

ESSENTIAL HEALING Newsletter December 2018

Hello and welcome to my latest newsletter. I wish to thank all my clients that have had treatments and attended events with me during recent months. The intention with this newsletter is to keep clients and readers up to date on current events, promotions & product information related to Aromatherapy & other services offered.

Introduction

Well firstly, apologies regarding the lack of newsletters for a while; I've had an incredibly busy year! I was busy until the middle of May with my Body Code studies, after which I took some time off and travelled around Europe (fun and exciting!) I have obtained a new qualification in The Body Code, which came through while I was away, at the end of May. I have also attended training courses in Kinergetics (Energetic Kinesiology) and Bio-Geometry this year.

Body Code sessions

In my last newsletter I explained how The Body Code works. In brief, it is a healing system that is used to identify and treat energetic imbalances in the body. These in turn help release health issues on all levels and can make profound changes in your life. If you are interested to know more, the current leaflet can be found on the homepage of my website, or at: [Body Code leaflet download](#). I conduct sessions in person and via skype. If you are interested in a session, please contact me using the contact details at the foot of the page.

What is the secret to good health?

I was recently asked by 2 practice nurses at my local GP surgery, 'What is my secret to good health?' This was after a standard health check where my results were AMAZING. No health issues at all. I was dumbfounded at first by the question, as this is normal for me. I honestly didn't know what to say at the time. So, in a reflective moment; I decided to put together a few tips that I use in my daily life to stay fit and healthy, to help myself but also to hopefully help others lead a healthier, more inspired life.

- Avoid drama, stress and negativity.
- Stand up for yourself and be strong.
- Don't let anyone get you down, push you around, bully you or tell you what to do (You are your own boss – look in the mirror each day and realise that the person you need to answer to, is you.)
- Smile and be cheerful as much as you can. Join a Laughter Yoga club if need be!
- If a problem arises that needs to be sorted out, deal with it in the best way you can. Procrastinating about it or burying it will only cause undue stress and endless hours of worry. Ask for help or advice if need be.
- Eat well. *I'm not one to preach but listen to what your body is asking to be fed – not out of habit (ie junk food, sugar, etc) Seek advice from a good nutritionist if you are at all concerned.*
- Follow your knowing, your intuition.
- Have regular health and wellbeing sessions. (This can be a massage, a meditation session or a therapy session, or more.) Self-development and self-healing also works.
- Regular exercise (like walking, cycling, yoga or tai chi.)
- Get things off your chest and don't bottle things up.
- Be honest to yourself and others.
- Respect for yourself, and others. Also, Be nice to yourself, and others!
- Adopt a pet – rescue shelters have adorable animals that are very thankful and loving. Pets make wonderful companions.
- Get regular sleep. Power naps can help too.
- Meet friends from time to time or take up various activities.

This list is by no means exhaustible, but I hope that it's useful. If you have any questions, please ask.

Health & Wellbeing Events

I have done a few events this year, including the Nagarjuna World Peace Fete in July, which is a superb event. This year was my 10th year, and they moved to a new venue in Thornby, Northants. I will be attending again in 2019; it is as popular as ever! I generally put event information on the front (home) page of my website, as it is not always possible to get a newsletter out on time.

Essential Oil Profile - Spearmint (*Mentha spicata*)

Spearmint essential oil has a refreshing scent that invigorates and wakes up the senses. Emotionally, it can help uplift a person's mood, especially if they are suffering from feelings of self-doubt, stress, or mental exhaustion. It helps stimulate a tired mind and can bring clarity of thought. On a physical level, Spearmint promotes digestion and may help reduce an occasional stomach upset. Also known to relieve hiccups. It also supports healthy respiratory function (hence useful in an oil vaporizer.) Its properties include: Antispasmodic, Carminative, Emmenagogue, Insecticide, Restorative, Stimulant. It blends well with Grapefruit, Lavender, Linden Blossom, Lemongrass and Rosemary. *Precautions: Not to be used in pregnancy, may antidote homeopathic remedies. As with all essential oils, keep out of reach of children.*

Product profile - Crystal Herbs Chakra Essence combinations

I have a variety of new stock, in the form of crystal pendants, gemstones, essential oils and crystal and natural essences by a company called Crystal Herbs. These continue to be added to the website and are always available from my practice by appointment.

Crystal Herbs are a company that make a wide variety of herbal essences, including their own version of the Bach Flower remedies. All remedies are natural, and hand made with love and care. If you are interested in other remedies, please let me know. These are also available in my online store. Further information can also be found there; and on their website at <https://www.crystalherbs.com/>. The Chakra Essence Combinations are a powerful set of combinations offers you the opportunity to work at a deep level with the issues and patterns of each of the chakras that most affect our mental and emotional well-being. There are ten combinations in the set; one for each of the seven main chakras as well as one for the feet chakras, higher heart chakra and the higher chakras above the head. Each combination contains a carefully selected mixture of both flower and gem/crystal essences designed to open and balance each chakra as well as working with the issues that are most predominantly held within it.

Crystal Profile - Labradorite

Labradorite is a magical stone of power and creativity. It is effective in helping one realise new ideas & potential and to attract success. Calming and harmonizing, Labradorite creates expansion and awareness on all levels. It protects the wearer from psychic attack and negative energies. Improves memory and imagination. When worn, it stabilizes the aura and immune system. It is a protective stone that will help keep you safe in all situations, especially if you mix with people a lot, i.e. travel, work, supermarket trips, etc. Effective in healing bone and joint problems and helps alleviate arthritis & rheumatism. Labradorite emanates amazing qualities over the whole mind, body and spirit spectrum. Chakras – All. Several forms of Labradorite can be found at my practice and in my online store (or will be updated soon.)

Health and Wellbeing Treatments and Special Offers in Peterborough

The following treatments are offered at my practice in Walton, Peterborough: [Aromatherapy](#), [The Body Code](#), [The Emotion Code](#), [Access Bars](#), [Energetic Facelift](#), [Reiki](#) and [Detox Foot Spa](#) treatments. For further information please visit my website at www.janetthornton.co.uk. We look forward to seeing you in the new year.

Wishing you a MERRY CHRISTMAS and all the best for 2019!