

INTERNATIONAL therapist

SPRING 2024

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forest bathing

—
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aromatherapy for
allergy relief

—
Showcase your
excellence

—
Tune into
tranquillity

AWAKENING THE
senses



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EDITOR'S LETTER



As the spring flowers blossom and the skies become clearer, it's no surprise that we feel a sense of renewal, becoming re-inspired for the coming year. For me, I am taking a new leap and setting off on a new adventure, which I will have started before this has reached your hands.

After much contemplation, I have decided to embark on a journey across east Asia and beyond. This adventure has been calling to me for quite some time, and I feel now is the right moment to heed its call. As a result, I'll be stepping down from my role at FHT and passing things onto new, capable hands.

I wanted to take this opportunity to say thank you to everyone who welcomed me (and my many changes to *International Therapist*) with open arms when I first started just over two years ago. My time here has been a delight for so many reasons; I have had the privilege of immersing myself in the world of holistic therapy – a journey that has been nothing short of transformative. Would you believe that when I first joined, I had never experienced a single treatment? Now, thanks to your guidance and the wealth of knowledge shared within the community, I have so much under my belt and I cannot wait to explore some of the places where these practices originated.

As for the FHT, there is a palpable sense of reinvention in the air, and I have no doubt that you will witness some wonderful changes to the company in the near future – changes that are designed to better serve you, our valued members. As always, don't forget to voice your thoughts and opinions in our 2024 survey at fht.org.uk/2024-survey. This is continually monitored throughout the year to make sure you're getting the best out of your FHT membership.

I now pass the editor's hat across to Mollie Steel, confident she'll nurture the magazine, ensuring its continued esteem in the industry and value as an FHT membership benefit.

I've dedicated this issue to awakening the senses, and I hope the pages bring you inspiration and joy for the season ahead; I know I have found much value already.

A fond farewell,



Molly Denton, Editor



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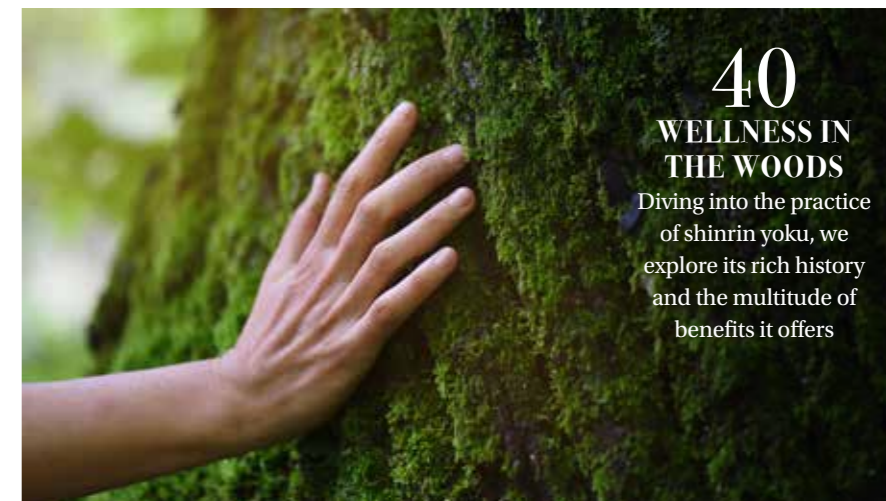
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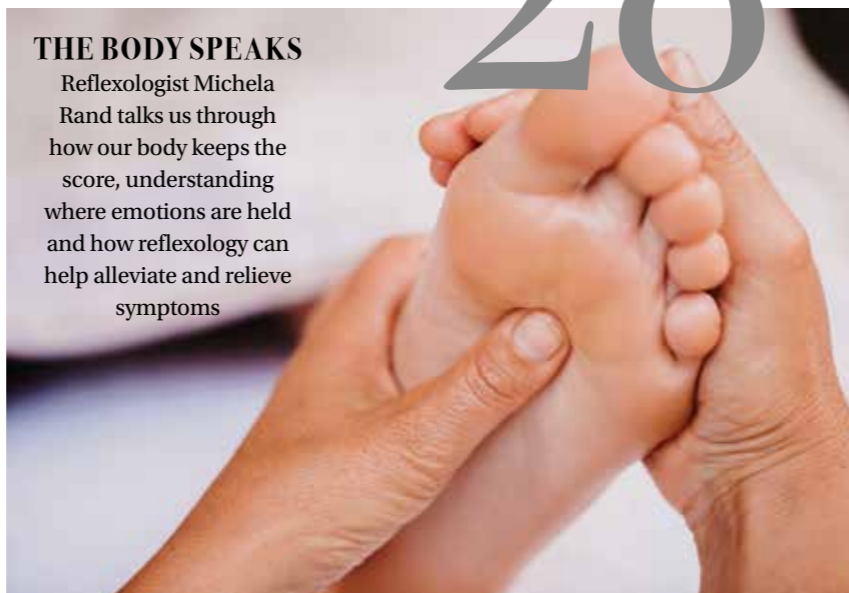
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INTRODUCING THE BOARD

Spotlighting those at the head of the table here at FHT

Our Board of Directors ('the Board') are in charge of the management of the company's business; they make the strategic and operational decisions of the company and are responsible for ensuring that the FHT meets its statutory obligations. They are each responsible for the councils that they represent, to which our members belong.

INTRODUCING: Caroline Larissey
International Federation of Health and Beauty Therapists

Hello, I'm Caroline and I'm honoured to share my story for this quarter's 'Introducing the Board'. Currently, I serve as the Chief Executive at the National Hair and Beauty Federation (NHBF) and am a proud vice-president of the FHT Governing Council, where I strive to foster collaboration, innovation and raising standards within the holistic and beauty therapy sector.

With my career spanning over 35 years, supporting the sector of holistic and beauty therapy is my passion. After starting out as a learner, then becoming a business owner myself, I truly understand and appreciate the challenges and successes professionals in this industry can face. I have genuine empathy, experience and a real understanding of what you do day-to-day.

In my current position at NHBF, I am proud to champion the employer's voice. I collaborate with industry and awarding organisations, professional bodies, government agencies, departments and ministers on crucial issues such as training, apprenticeships, standards, qualifications, codes of practice, quality assurance, funding and business practices.

Throughout my career, I have achieved numerous notable milestones. For nearly two decades, I have led the development of apprenticeship standards, National Occupational Standards and training programmes for the UK's hair, beauty, aesthetics and wellbeing sectors. During the challenging times of the COVID-19 pandemic, I played a pivotal role as the only technical adviser providing guidance to governments across the Personal Care sector for all four nations on behalf of the industry. I authored the award-winning NHBF and Trading Standards guidance during COVID-19, which became the go-to industry advice for the sector.

Last year, I was recognised among the first ever Powerlist which celebrates inspirational women

in Trade Associations, chosen from a portfolio including Trade Associations Federation (TAF), Federation of Small Businesses (FSB) and the Confederation of British Industry (CBI).

Over the last 20 years, I dedicated my time to championing the sector, which is why I am so proud to be on the FHT Board. Here, you - our valued members - offer such a diverse range of therapies, and I value the role you have in benefiting the nation, providing sometimes life-changing impact.

How do you think complementary therapies will benefit the nation's wellbeing in 2024?

The FHT represents the beauty, complementary, alternative and wellbeing therapy industries, all integral parts of the personal care sector. We believe these therapies could be further utilised to support the general public's health and mental wellbeing. However, the sector's value, contribution and position as a professional industry is often misinterpreted and overlooked. Given the NHS' increasing strain, it's vital for the government to recognise the benefits of complementary therapies.

The therapies represented by the FHT and medical professions can work together to improve patient outcomes, especially for those who experience chronic pain or mental health conditions, and for the public purse. Medical professionals could be better informed on the merits of these therapies and how they can refer patients through the use of social prescriptions.

To effectively support the NHS, we must attract more talent to the sector, ensure comprehensive training for therapists and reshape perceptions of professionalism, so that it is no longer seen as 'frivolous and fluffy' and non-essential. Building awareness and understanding of the sector's value is essential for supporting national health.



Maria Mason
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 (International Council of Holistic Therapists)



Judith Hadley
 ATL
 (Association of Therapy Lecturers)



Gerri Moore
 IFHB
 (International Federation of Health and Beauty Therapists)



Caroline Larissey
 IFHB
 (International Federation of Health and Beauty Therapists)



Jane Johnson
 PACT
 (Professional Association of Clinical Therapists)



Gary Groom
 Lay Member

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CAROLINE LARISSEY,
 IFHB

"The therapies represented by the FHT and medical professions can work together to improve patient outcomes, especially for those who experience chronic pain or mental health conditions, and for the public purse"


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CRANIOSACRAL THERAPY TRAINING

"It's amazing what you can hear when you listen with your hands."

Most of us are taught that we hear with our ears. In CranioSacral Therapy we learn to hear with our hands. Using the lightest touch, we listen to the subtlest rhythm of the cerebrospinal fluid as it flows round the central nervous system. This is one of the methods we use to evaluate & treat clients to help release tensions & patterns held deep in the body.

There are five core classes, starting with CST1: in Brighton, London, The Midlands, & Scotland. Get in touch - find out more.

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You can view more industry news online at: fht.org.uk/news

INDUSTRY news

WALES INTRODUCES MANDATORY LICENSING SCHEME FOR SPECIAL PROCEDURES

Wales is pioneering a mandatory national licensing scheme for tattoo artists, body piercers and practitioners of semi-permanent make-up, acupuncture and electrolysis. Aimed at enhancing infection control and eliminating poor practices, this initiative, part of the 2017 Public Health (Wales) Act, will establish a central register for licensed practitioners and approved premises. Over 3,500 practitioners and 1,800 premises in Wales will require licensing and approval under the scheme. Key requirements include practitioner and premises approval, licence display and adherence to competence and infection control standards. Local authorities will enforce the scheme, with fines for non-compliance.

Caroline Larissey, Vice President of the FHT, says: "We have continually been engaged in the development of the licensing scheme in Wales, as part of the Beauty Industry Group (BIG). The FHT also contributed to the first consultation on Special Procedures, which was completed in the summer of 2023.

"Wales appears to be leading the way when it comes to liaising with practitioners, professional associations and interested stakeholders to develop up-to-date bespoke industry guides.

"It is hoped that England will follow this extent of engagement with all practitioners and good practice when looking at the regime for non-surgical cosmetic procedures."

Find out more at fht.org.uk/wales-special-procedures



NEW REGULATIONS SAFEGUARD UNDER-18S FROM COSMETIC ADVERTISING

The Committee of Advertising Practice (CAP) and the Broadcast Committee of Advertising Practice (BCAP) have introduced groundbreaking regulations to protect under-18s from the influence of cosmetic intervention advertising. These regulations, effective since 25 May 2022, include placement and scheduling restrictions in both broadcast and non-broadcast media. Ads targeting cosmetic interventions are prohibited from appearing where under-18s constitute a significant portion of the audience. This marks a significant milestone in advertising standards, aiming to prevent the negative impact of unrealistic beauty standards on younger audiences. Further information can be found at asa.org.uk

NATURE VITAL TO IMPROVING VISITOR ATTRACTIONS FOR PEOPLE WITH DEMENTIA

In January, the Tower of London held an event delving into the use of nature to enhance visitor attractions for people with dementia. Organised under the ENLIVEN Project, which focuses on promoting healthy ageing, the event featured organisations like Kew Gardens and Beamish Museum sharing their experiences with dementia-inclusive projects in nature. Researchers and experts from various universities collaborated with businesses to improve understanding of dementia-inclusive nature experiences. Attendees learned about projects like wildflower moat visits at the Tower of London and cycling events at Burrator Arboretum. The event aimed to raise awareness about dementia and highlight the importance of inclusive outdoor spaces for those living with the condition.

Find the full report at fht.org.uk/enliven-report



USE OF COMPLEMENTARY HEALTH APPROACHES FOR PAIN MANAGEMENT RISES

A recent analysis by the National Institutes of Health's National Centre for Complementary and Integrative Health (NCCIH) sheds light on the increasing adoption of complementary health approaches among American adults, particularly for pain management. Published in the Journal of the American Medical Association, the study utilised data from the National Health Interview Survey (NHIS) conducted in 2002, 2012 and 2022.

The findings reveal a significant rise in the overall use of complementary health approaches, with the percentage of individuals utilising at least one of seven approaches increasing from 19.2% in 2002 to 36.7% in 2022. Notably, approaches like yoga, meditation and massage saw substantial growth over the two-decade period, with meditation becoming the most used approach in 2022.

Moreover, the analysis highlighted a notable increase in the proportion of adults using complementary health approaches specifically for pain management, underscoring their growing role in addressing pain-related issues. The study points to various factors contributing to this trend, including higher quality research supporting the efficacy of these approaches, their inclusion in clinical practice guidelines for pain and expanded insurance coverage. However, the authors acknowledge limitations in the study, such as decreasing NHIS response rates and potential recall bias. Find out more at

fht.org.uk/news-pain-management

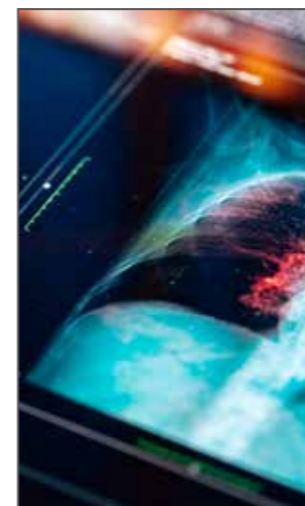
SHAPING THE FUTURE OF CANCER CARE

The British Skin Foundation and ITN Business collaborated to produce *Shaping the Future of Cancer Care*, a news-style programme presented by Simon Thomas that launched on the 4 February this year, coinciding with World Cancer Day 2024.

Highlighting strides against cancer, the programme features British Skin Foundation-funded research offering reassurance for early-stage melanoma patients. Interviews with leading charities, Cancer Research UK, Bowel Cancer UK, Macmillan Cancer Support, Prostate Cancer UK and Young Lives vs Cancer, discussed prevention, diagnosis, treatment and support.

Sponsored profiles from Accord Healthcare, Genesis Care and The Binding Site also spotlight innovative approaches in cancer care. Head of ITN Business, Nina Harrison-Bell said: "With so many people affected by cancer, this has been a really important and poignant programme to produce and by sharing content from the leading cancer medical experts, organisations and charities, we aim to raise awareness of cancer in all its forms, celebrate the pioneering work being done in the field and share hope for a world without cancer."

To view the full programme, visit fht.org.uk/itn-shaping-cancer-care



MEMBERS'

news

Welcome to Members' News, where we share your successes

FHT PROUDLY SPONSORS MASSAGE THERAPIST IN LONDON MARATHON

We proudly sponsored Ruth Carter, an inspiring FHT member, for the London Marathon on 21 April. Ruth's journey began with the 'Couch to 5k' plan during lockdown, leading to multiple half marathons. She has raised funds for MACS, helping families of children with eye impairments. Ruth's commitment, while managing her business, reflects her admirable dedication. FHT wholeheartedly supports Ruth, celebrating her journey and charitable spirit. Additionally, we applaud all other FHT members taking part in this year's London Marathon. Your commitment is truly commendable!



FHT ANNUAL TRAINING CONFERENCE 2024

Due to popular demand and the success of last year's event, our Annual Training Conference returns! Join us online from 13 to 31 May 2024, for a comprehensive programme featuring interactive live webinars, pre-recorded seminars, CPD opportunities and extra downloadable resources. Prices are £65 for Members, £40 for Student Members and £80 for Non-Members.

Find out more at fht.org.uk/conference



FHT'S NEW PARTNERSHIPS

Rehab My Patient

At the FHT, we're committed to empowering our members with the latest tools and resources to enhance their practice. That's why we're thrilled to announce our new partnership with Rehab My Patient, an innovative exercise prescription software tailored for therapists.

Rehab My Patient is a game-changer in the field of exercise prescription software. With an extensive library boasting more than 5,500 exercises, therapists can effortlessly create personalised exercise plans for their clients. What sets Rehab My Patient apart is its flexibility – therapists can brand the exercise plans with their own logo and contact details, making the entire process seamless and professional.

As part of our partnership, FHT members can enjoy three months of free usage and a 10% discount on subscription fees. This exclusive offer provides our members with unparalleled access to cutting-edge technology that will revolutionise their practice and enhance client outcomes. To find out more, simply visit Rehab My Patient's partnership page, located within the FHT Members' Area.



Physique

We are delighted to share the exciting news of the revival of our collaboration with Physique Management, a distinguished name in the realm of sports healthcare products. For over 25 years, Physique has supplied therapists, medical professionals, elite sports teams and consumers with products that professionals trust in the most demanding situations. Their product lines cover everything from sports first aid, massage, hot and cold therapy, taping and strapping, rehabilitation and exercise, plus so much more.

Kevin Peters, Managing Director at Physique, said: "Physique has reignited a successful partnership with the FHT. We're excited to be working with them again to build the partnership and support the FHT members with the supplies they need to treat their clients, supporting the development of the practices as they grow."

As part of our renewed partnership, members will receive 10% discount on all non-promotional items. To take advantage of this offer, visit Physique's partnership page within the FHT Members' Area.



MEMBER SPOTLIGHT

Caroline Purvey, an award-winning FHT member, has dedicated over 12 years to pioneering her transformative work. Originating from a practice she discovered in South Africa in 2011, Caroline brought her vision to the UK, establishing a centre for Yoga and wellbeing in Dover, Kent.

Her groundbreaking Total Release Experience® programme has empowered countless individuals, offering relief from past stress and trauma.

Recognised by professionals globally, Caroline's work has earned prestigious awards, including the IAOTP Top CEO of the Year in Alternative and Natural Health. Furthermore, she was bestowed with an Honorary Doctorate in Natural Medicine from Azteca International University, a testament to her remarkable contributions.

Caroline's commitment to mental health and wellbeing extends beyond accolades. Her online courses, validated by Canterbury Christchurch University, have demonstrated significant improvements in physical, mental and emotional wellbeing, with reductions of over 60% in anxiety and depression.

Establishing the Release-Recover-Discover Community Interest Company (RRD CIC), Caroline aims to collaborate with professionals to support

young people in schools nationwide. By empowering individuals to take control of their wellbeing, Caroline's impact reverberates through communities, offering hope and transformation.

Caroline's dedication, expertise, and unwavering passion underscore her status as a true pioneer in the field of holistic health and wellbeing.



If you, or someone you know, has a story or view that you'd like featured, please email our editor at editor@fht.org.uk with the subject line 'Member Spotlight'.

Please note: As we're expecting high demand for this section, spotlights will be taken on a first come, first served basis.

ATTEND THESE EVENTS WITH AN FHT MEMBER DISCOUNT

Integrative and Personalised Medicine Congress

6-8 June 2024

Use discount code **FHT-20**

Find out more at ipmcongress.com



Therapy Expo Conference

27-28 November 2024

Use discount code **FHT10**

Find out more at therapyexpo.co.uk



SAVE THE DATES

MAY - JULY

MAY

MONTH National Walking Month (UK)

01 Therapeutic Massage Awareness Day

08 - 14 Women's Health Week

12 International Nurses Day

13 - 19 Mental Health Awareness Week

21 World Meditation Day

27 Sun Screen Day

JUNE

MONTH Beautiful in your Skin Month

01 National Nail Polish Day (USA)

08 Global Wellness Day

10 - 16 Aromatherapy Awareness Week

10 - 16 Men's Health Week

21 International Yoga Day

26 National Beautician Day (USA)

JULY

11 International Essential Oils Day

14 - 20 Everyone Deserves a Massage Week (USA)

26 International Holistic Therapy Day

30 International Day of Friendship

Find out more awareness days at fht.org.uk/useful-awareness-days



Business just got easier with FHT member resources

We understand it's hard to find the time to create your own social media assets. The FHT have been working hard to create a wide range of downloadable assets for all of our members to use.

We will continue to update this section so you have a vast range of choice across the year.

Visit fht.org.uk/members-area/downloads-resources

FHT HOSTED COURSES

Expand your skill set and grow as a therapist with a FHT Hosted Course...



EMMETT FOR HUMANS (PREVIOUSLY EMM-TECH)
DATE: 27 April 2024
LOCATION: Harrogate
CPD POINTS: 7
PREREQUISITES: Any qualified therapist

Discover how the EMMETT technique addresses pain and body movement in this course, which contains 11 moves specially selected from the EMMETT techniques practitioner course, led by Gwyn Featonby.



STUDENT DISSECTION WORKSHOP
DATE: 7 May 2024
LOCATION: London
CPD POINTS: 5 with reflection
PREREQUISITES: Any student therapist

This is an exciting and unique opportunity for students to see the structures they will be massaging on a daily basis. Participants will be guided through King's College's dissection lab for a three-hour workshop, followed by a visit to the Gordon Museum.



SIMPLE SOCIAL MEDIA STRATEGIES
DATE: 27 June 2024
LOCATION: Online
CPD POINTS: 4
PREREQUISITES: Any qualified therapist

Social media is a fantastic marketing tool for small businesses, but how can you make it work for you? Join this short online course to learn some simple social media strategies that will help you attract more of the clients you want. Presented by Lisa Slater.



UPPER BACK EXERCISES
DATE: 3 May 2024
LOCATION: Online
CPD POINTS: 5
PREREQUISITES: Any qualified therapist

Have you ever treated a client with upper back pain and wished you could do more? In this webinar, Jane Johnson will explain the top 20 exercises she returns to when treating individuals with issues affecting this part of the back.



MARKETING MADE SIMPLE
DATE: 20 June 2024
LOCATION: Online
CPD POINTS: 4
PREREQUISITES: Any qualified therapist

This short online course will teach you how to get the right message in front of the right people at the right time, so you can attract more of the clients you want and build a successful business. Presented by Lisa Slater.



AROMATHERAPY FOR DEMENTIA
DATE: 6 July 2024
LOCATION: Cardiff
CPD POINTS: 6
PREREQUISITES: Level 3 aromatherapy

This course blends essential oils art and science to enhance engagement, cognition and wellbeing in individuals living with dementia. Participants will share experiences, learn techniques and explore essential benefits of oils in improving clients' quality of life.

To view these FHT Hosted Courses, and more, please visit fht.org.uk/course-listings

PLANT PROFILE

ROSEMARY

(Salvia rosmarinus, previously Rosmarinus officinalis)

WORDS SUE ADLAM, MFHT

Salvia Rosmarinus is a perennial, bushy evergreen shrub belonging to the Lamiaceae family. It can grow to about two metres tall, although some varieties grow prostrate. Recently, it was renamed due to DNA discoveries, now placing it as a sub-species of the Salvia (sage) genus rather than its own separate genus.

Its tough, shiny needle-like leaves are about 1cm long, dark on the top with a powdery white underside and curled margins resembling small pine needles. In spring, clusters of tiny lilac, blue or white flowers appear, resembling lips. New growth is soft and flexible, but older stems become woody and form trunks over time. Due to its wide range of uses as a culinary, medicinal and cosmetic herb, it's a good idea to have several plants growing around the garden. Although it can flourish for 10 years or so, it isn't totally frost hardy.

Rosemary is found growing throughout Europe, being native to the Mediterranean and was named for its preference for maritime habitats - 'Ros' is Latin for dew and 'maris' for sea. The second part of the original Latin binomial - officinalis - refers to the plant's status as a medicinal herb. It was highly prized by the Egyptians, Greeks, Romans and Arab physicians for its stimulating effect

on blood circulation, mental concentration and memory. Recent scientific studies have shown that it does indeed improve cognition as it helps the brain maintain the neurotransmitter acetylcholine, making it a great aroma to support students and elders alike. Traditionally, rosemary is associated with memory and remembrance and was used at both weddings and funerals.

Rosemary essential oil is a staple of all aromatherapists. In addition to the cognitive effects of memory and concentration, it is indicated for circulation, digestion, arthritis, rheumatism and aching muscles. Also useful as a hair tonic as it stimulates hair growth, particularly when combined with peppermint.

There are three main chemotypes of rosemary - ct. 1,8-cineole (Tunisia), ct. camphor (Spain) and ct. verbenone (France). Depending on environmental conditions such as light, soil, temperature, altitude and climate, the same species produce essential oils with a very different chemical make-up. Rosemary oil is pale yellow to clear with a strong woody-balsamic middle note, steam distilled from the leaves, flowers and twigs.

For further reading, please visit:
fht.org.uk/magazine-references

**Key therapeutic properties:**

Analgesic, antibacterial, antidepressant, antifungal, anti-inflammatory, antimicrobial, anti-rheumatic, antiseptic, anti-spasmodic, antiviral, antioxidant, astringent, carminative, cephalic, cytophylactic, decongestant, digestive, diuretic, emmenagogic, expectorant, febrifuge, hepatic, hypertensive, mucolytic, nervine, rubefacient, stimulant, stomachic, sudorific, vulnerary, warming.

Can be used for:

Circulatory: vein decongestant (ct. camphor). *Musculoskeletal:* muscle cramps, aches, spasms, neuralgia, rheumatic pain, arthritic conditions. *Nervous system:* low energy, foggy memory, poor memory, impaired mental function, chronic fatigue. *Respiratory system:* bronchitis, sinusitis, rhinitis, flu, common cold. *Skin:* rosacea, acne, seborrhoea, varicose veins, wound healing, promotes microcirculation, skin care. *Emotions:* restores psychological balance, clears the mind. A hydrosol of rosemary is available with many similar attributes to the essential oil.

Blends with:

Basil, bay laurel, cedarwood, eucalyptus, frankincense, lavender, lemon, tea tree, juniper berry, lemongrass, monarda, peppermint, petitgrain, pine, rosalina, grapefruit, thyme ct. thymol, thyme ct. linalool.

Safety data:

Rosemary oil is non-toxic, non-irritating and non-sensitising. However, due to 1,8 cineole, caution should be exercised when used with children under the age of five. Depending on the camphor content of ct. verbenone and ct. camphor, the essential oil may be neurotoxic and should therefore not be used in pregnancy or by people with epilepsy. Also contraindicated for hypertension.

NB: Only members who hold an appropriate aromatherapy qualification, accepted by the FHT for membership and insurance purposes, can make, use and supply aromatherapy blends and other products containing essential oils.



ENJOY THE OUTDOORS: Take advantage of the mild weather by offering outdoor sessions such as yoga, meditation or tai chi in a park or garden setting to connect with nature and promote overall wellbeing. Perhaps you could lead guided nature walks or mindfulness hikes to help reconnect with the natural world, stimulate senses and cultivate a sense of presence and gratitude for the beauty of springtime. Take a look at page 40 for our article on forest bathing and the many benefits it brings.

**GET TOGETHER WITH FRIENDS FOR NATIONAL TEA DAY:**

Why not celebrate National Tea Day on 21 April by organising a get-together with friends or family? You can enjoy different varieties of teas, share stories and relax together. Exploring different teas allows everyone to expand their palate, discover new flavours and aromas, and provides a delightful excuse for a fun and memorable gathering.



INCLUDE SPRINGTIME RITUALS: Why not incorporate some springtime rituals into your therapy sessions? This could be anything from intention setting and gratitude practices to symbolic activities that honour themes of renewal, growth, transformation and awakening the senses. How about creating specialised treatments that align with the themes of spring, such as stress-busting massages, energy rebalancing sessions or aromatherapy blends featuring springtime scents like floral and citrus essential oils.

OUR SPRING LIST

“Nature’s symphony awakens the senses, inviting us to dance to the rhythm of renewal”



START SPROUTING: On the next page, Don Gordon shares the many benefits of sprouting and how you can add this practice to your daily diet. Why not try his hummus recipe to get started - perfect for a lunchtime barbecue with friends now that the weather is brightening up!

**PRACTISE SOME TAI CHI OR QIGONG:**

Tai Chi and Qigong are both celebrated globally on 'World Tai Chi and Qigong Day', which typically falls on the last Saturday of April each year. This day aims to raise awareness about the health benefits of these ancient practices and promote their widespread adoption for physical, mental and spiritual wellbeing. It often involves community events, workshops and demonstrations to introduce people to the benefits of Qigong and Tai Chi. To get involved, consider attending local events, workshops or demonstrations in your community to experience the benefits first-hand and connect with others who share an interest in these ancient practices.



HAVE FUN WITH GARDENING: Take some time to enjoy the outdoors by creating your own little garden. Spending time cultivating your space may encourage mindfulness, reduce stress and foster a sense of connection with the earth. Planting herbs, flowers or vegetables can also provide you with a tangible symbol of growth and renewal ready for the months ahead. If you don't have a garden, consider making some space on a windowsill to create your own mini indoor garden, bringing the outside inside.

IT'S TIME TO SPROUT!

Nutritionist **Donald Gordon** talks all things 'sprouting', awakening the nutritional senses and bringing new life to food this spring

It's the time of year where we begin to come out of winter and enter into a new season where our bodies are intuitively seeking out new flavours, textures and nutrients. New energy is in the air and signs of growth begin to emerge from a previously frosty earth, allowing us to tap into the most powerful, nutritious food on the planet.

THE BENEFITS OF SPROUTING

Every living organism, from a garden rose to a tropical mango to an agricultural grain, begins as a seed. The entire biological blueprint for growth and development and the function of the plant is contained within that seed. Sprouts have a germinative energy that we don't yet have the capacity to measure – they are an ancient sustenance which brings new life to food, adding flavour and texture, as well as an array of vitamins, micronutrients, phytonutrients, minerals, polyphenols, antioxidants, flavonoids, prebiotics, probiotics and more. Not only are sprouts low glycaemic index food high in fibre, the 'sprouting' process increases protein content as much as 20% and vitamins and other nutrients as much as 500%, which makes them a better option than chalky, and very often expensive, highly processed protein powders.

This increase in protein availability is significant, as it serves as a valuable indicator of the enhanced nutritional value of a food when sprouted. The concurrent reduction in carbohydrate content suggests that many carbohydrate molecules are broken down during the sprouting process, facilitating the absorption of atmospheric nitrogen and their transformation into amino acids. The resultant protein represents the most easily digestible form among all proteins found in foods. This protein arrives in a predigested form, having already been acted upon enzymatically, making it easier for our bodies to absorb.

SEEDS, GRAINS AND LEGUMES

Did you know that dried seeds, grains and legumes do not contain discernible traces of ascorbic acid? However, when sprouted, they reveal quite significant quantities, which are important for the body's ability to metabolise proteins. The infinite increase in ascorbic acid derives from their absorption of atmospheric elements during growth. They also contain lower levels of antinutrients, making it easier for the body to absorb all the nutrients they contain. Moreover, the sprouting process of beans and grains has been shown to reduce levels of phytic acid and lectins, substances that make them hard to digest. There is an amazing choice of nourishing plant foods to excite your microbiome, including adzuki, alfalfa, broccoli, buckwheat, chia, chickpea, radish,

mung, green pea, sunflower, lentil and more.

Sprouting may well be a new nutrition revolution waiting to happen.

THE TOP 7 REASONS FOR SPROUTING

- 1. It's fast:** Most gardening takes weeks or months to produce a crop. However, with sprouting, you can produce a harvest in just three to four days without the need for specialised equipment. You can literally watch your seeds, grains or beans sprout and grow in front of you, and they are edible within days!
- 2. It's simple:** All you have to do is water, rinse (twice a day) and refrigerate. It feels magical, but there's no magic involved. This is nature at its best! Get a glass jar or seed tray and soak, rinse and repeat. Keep it on the window ledge and let light do its thing.
- 3. It's affordable:** Organic vegetable produce can often be expensive, especially when we consider costs associated with packaging, processing and storage. However, you can get a 125g bag of chickpeas for just under £2 and 125g of mung beans for £2.78, making them great economic options as fillers for multiple servings.
- 4. It's local:** With low transportation costs since you harvest from your windowsill, this process is very local. It has low environmental impact, plus it's super fresh as well as organic!
- 5. It's digestible:** We mentioned earlier the benefits of pre-digestion and the reduction in antinutrients and lectin levels. However, it's worth noting that since sprouts are composed of up to 50% water, this also helps the digestion process.
- 6. It's empowering:** Sprouts put you in control of your food destiny. You know exactly where and how your food has arrived on your plate. By being involved in the creative process, you bring new organic life into being. You're not just consuming food; you're nurturing and nourishing your body's ecosystem, awakening something previously dormant within yourself. How empowering is that!
- 7. It's plant-based:** Research is increasingly demonstrating the significance of a wholefoods plant-based diet as a core fundamental for achieving an abundant health span. Professor Tim Spector and the Zoe Podcast share valuable insights and recommendations for cultivating a healthy microbiome, highlighting the importance of consuming at least 30 different fruits and vegetables per week, with sprouted food definitely receiving a nod of approval. A wide array of sprouts contain practically every single vitamin, mineral, phytonutrient, polyphenol, bioflavonoid, and more, making them an excellent addition to any diet. **IT**

Don Gordon has been a degree-qualified health transformation and functional nutritional wellness consultant since 2018. You can find out more and connect with him at dongordon.co.uk

RECIPE

SPROUTED HUMMUS

Totally alive with freshly sprouted loveliness, waiting to awaken your olfactory taste buds. With sprouted chickpeas and courgette for added fibre – get those crudites or wraps ready for a culinary upgrade.

INGREDIENTS

- › 1 cup fresh mung bean sprouts
- › 1 cup fresh chickpea sprouts
- › ½ cup tahini
- › 2 garlic cloves, chopped
- › ½ tsp ground cumin
- › ¼ cup fresh lemon juice
- › ½ tsp freshly ground black pepper
- › ¼ cup extra virgin olive oil (plus more for drizzling)
- › 2 tbsp freshly chopped parsley
- › Paprika or Cayenne Pepper as desired
- › Large pinch Himalayan crystal sea salt to taste

METHOD

- 1 Use a blender to combine the lemon juice, garlic, mung bean sprouts, courgette, tahini, chickpea sprouts, cumin, salt and pepper (in that order). Begin blending on a low speed, gradually increasing to higher speeds. Blend until silky smooth or until you achieve your desired texture. Remember to scrape down the sides of the blender as needed. If the mixture is too thick, add water gradually until desired consistency is reached.
- 2 With the blender back on a low speed, add the olive oil and blend for about 30 seconds or until well combined.
- 3 Add the parsley to the mixture and pulse until combined.
- 4 Taste the mixture and adjust seasoning by adding more lemon juice, salt and pepper as needed.
- 5 Transfer the mixture to a bowl or container and allow it to sit for 30 minutes to allow the flavours to blend.
- 6 Garnish with a small handful of combined sprouts and drizzle with olive oil. Optionally, sprinkle with paprika or cayenne for added flavour.
- 7 Refrigerate and use within five days.

Be aware that many seeds that are packaged for planting purposes may contain mercury compounds or other toxic chemicals. Choosing organic sources (such as from buywholefoodsonline.co.uk) is an easy way to get started. Sprouting trays, kits or jars are super sustainable and start from as little £8 to £15. It's always advisable when preparing your seeds for sprouting to ensure that they are thoroughly washed and the containers are sterile to avoid any contamination.

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Damien Adler, Power Diary's co-founder, reflects, "Achieving both GDPR and ISO 27001 independent certifications is more than a milestone—it's a pledge to our users that their data, and that of their patients, receives gold-standard protection. It reinforces our commitment to data privacy and security."

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FHT EXCELLENCE AWARDS

Entries for the 2024 FHT Excellence Awards are now open. Apply today to let your clients know how brilliant you are

It's never been more important to showcase your work and demonstrate the many ways professional therapists can make a real difference to the health and wellbeing of others. We pride ourselves on having a strong, qualified and determined membership, and it's time to celebrate you.

We are very aware of how modest our members are and that you perhaps feel more passion towards making a difference to your clients' lives than gaining public recognition for the work you do – and rightly so, caring for and supporting others is exactly what our profession is all about. But, there are also some very real and far-reaching benefits when it comes to entering the FHT Excellence Awards.

Belonging to the FHT and being listed on our Therapist Register helps to demonstrate your professionalism, but awards also play an important role. Winning, or even being short-listed, provides both you and the FHT the opportunity to promote best practice to the world, as well as the therapies you are so fervent about.

Don't miss this incredible opportunity to showcase your journey, contribution and commitment to making a difference in the holistic therapy world. Whether you're a seasoned therapist or just starting out, we welcome all entries for the chance to be recognised for your outstanding efforts.

YOUR WORK MATTERS, PUT YOURSELF FORWARD

If you're ready to put yourself or a friend forward, all you need to do is let us know a little more about yourself or the person you are nominating by filling out our entry form through the link below. If you're stuck, see the next page for some tips and tricks!

To enter, simply visit fht.org.uk/awards and follow the instructions on screen.

Entries are open to all FHT members and accredited course providers. Entries open on Wednesday 1 May and close on Friday 30 June 2024. Remember, you can always apply for more than one award if you think it suits.

We look forward to hearing your responses.

Good luck!

THE 2024 CATEGORIES ARE:

EXCELLENCE IN PRACTICE:

○ **FHT Complementary Therapist of the Year:** This award recognises a complementary therapist who has demonstrated exceptional skill, dedication and client care in their practice. They excel in their chosen therapy and consistently provide outstanding service to their clients, contributing positively to the field of complementary therapy.

○ **FHT Beauty Therapist of the Year:** This award celebrates a beauty therapist who has shown excellence in their role, offering high-quality treatments and personalised care to their clients. They demonstrate innovation, professionalism and a commitment to enhancing the wellbeing and confidence of their clients through beauty therapy.

○ **FHT Sports Therapist of the Year:** This award honours a sports therapist who has shown exceptional expertise and dedication in the field of sports therapy. They excel in assessing, treating and preventing sports-related injuries, helping athletes perform at their best and recover effectively.

EXCELLENCE IN TRAINING:

○ **FHT Tutor of the Year:** This award acknowledges an outstanding tutor who has made significant contributions to the education and training of future therapists. They inspire and support students, delivering engaging and informative teaching that helps learners achieve their full potential in their chosen field.

○ **FHT Student Therapist of the Year:** This award recognises a student therapist who has demonstrated exceptional dedication, skill and professionalism during their training. They show promise in their chosen therapy and exhibit a commitment to continuous learning and development.

EXCELLENCE IN COMMUNITY:

○ **FHT Coordinator of the Year:** This award celebrates an FHT local group coordinator who has made a significant impact on their local community through their dedication to promoting holistic health and wellbeing. They organise events, initiatives and networking opportunities that bring together therapists and the wider community, fostering connections and support.

○ **FHT Volunteer of the Year:** This award honours a volunteer or group of volunteers who have generously contributed their time, skills and passion to support the holistic community or other charitable causes. They selflessly give back to others, making a positive difference in the lives of those they serve.

EXCELLENCE OF A LIFETIME:

○ **FHT Lifetime Achievement Award:** This prestigious award recognises an individual who has made outstanding contributions to the field of holistic therapy throughout their career. They have demonstrated exceptional leadership, innovation and dedication, leaving a lasting legacy and inspiring others in the industry.



YOUR AWARD ENTRY GUIDE

We know creating an application can be scary, so we've put together some tips to help you with yours

Entering the 2024 FHT Excellence Awards presents a fantastic opportunity to showcase your achievements and contributions as a holistic therapist. In order to make your entry stand out, it's important to address key questions that highlight your unique qualities, professional development and impact on both your business and community.

Here's a guide on what to include in your awards entry answers, aimed to inspire and guide you in creating the best possible application.

PROMPT ONE:

Why do you, or the person you are nominating, deserve to be [Complementary/Beauty/Sports] Therapist of the Year?

Highlighting what sets you or the nominee apart from other therapists is crucial in showcasing why you or they deserve the award. It's essential to discuss the exceptional qualities, skills and expertise that make you or them deserving of recognition. Emphasising specialised areas within the field where you or they excel can further demonstrate dedication and the positive impact on clients.

For instance, if you possess exceptional communication

skills, actively listening to clients' needs and tailoring treatments accordingly, resulting in consistent positive outcomes, this sets you apart. Alternatively, if you specialise in aromatherapy and have developed a unique approach that combines essential oils with massage therapy, providing a holistic experience beyond relaxation, this showcases innovation and effectiveness. Moreover, extensive knowledge and expertise in reflexology, with a focus on foot reflex zones to alleviate pain and promote overall wellbeing, would be another distinguishing factor.

These examples illustrate unique qualities, skills, expertise and positive impacts that make you or the nominee worthy of an FHT Excellence Award. Feel free to adapt them to reflect specific experiences and accomplishments accurately.

PROMPT TWO:

How have you/they contributed to the success of the business?

To effectively showcase your valuable contributions to the success of the business, highlight how your exceptional skills, professionalism and client satisfaction

have positively impacted the business's reputation and growth. Provide specific examples of initiatives, strategies or practices that have elevated the business.

For instance, perhaps you recognised the significance of establishing an online presence. You developed a user-friendly website and engaged with clients through various social media platforms. This proactive approach resulted in increased visibility, attracting a broader audience and extending the business's reach beyond the local community. As a measurable outcome, within six months of implementing these strategies, there was a 30% increase in website traffic, a 20% growth in social media followers and a noticeable uptick in inquiries and bookings from new clients, helping spread the word of holistic therapy.

Alternatively, you may have introduced specialised workshops and educational sessions aimed at generating additional income while providing enhanced value for clients. These sessions not only diversified revenue streams but also positioned the business as an industry leader in providing comprehensive wellness solutions. Consequently, client retention rates improved, with many workshop participants becoming long-term clients. Furthermore, the business's reputation as a trusted resource for holistic wellness knowledge grew, leading to increased referrals and positive word-of-mouth marketing.

Ensure to provide specific details and measurable outcomes in each example to demonstrate your valuable contributions to the success of the business. Adapt these examples based on your experiences and accomplishments to effectively showcase the impact on business growth and reputation.

PROMPT THREE:

How have you/they kept up with CPD this past year?

Highlighting your commitment to continuous professional development (CPD) is essential. Outline the various training programmes, courses or workshops you have undertaken to enhance your skills and expand your knowledge in complementary therapy. Mention any relevant professional qualifications acquired during this period to demonstrate your dedication to staying updated in your field.

For example, you may have participated in quizzes in International Therapist or attended the FHT's Annual Training Conference. These activities showcase your proactive approach to staying current with industry trends and best practices.

Additionally, mention any specialised courses or workshops you've completed, such as advanced

massage techniques or specialised training in aromatherapy or reflexology.

By consistently investing time and resources into your professional development, you not only demonstrate your commitment to excellence but also ensure that you are equipped with the latest knowledge and techniques to provide the highest quality care to your clients.

PROMPT FOUR:

Have you/they done anything above and beyond to champion the therapy industry and/or help your local community?

Showcasing efforts to champion the therapy industry and make a positive impact in the local community is really important. Provide specific examples of initiatives or activities undertaken to promote awareness about complementary therapy or support the community.

For instance, perhaps you've recognised the importance of giving back by volunteering your services at local community centres, providing free treatments to underserved populations. This could involve offering massage therapy sessions to individuals experiencing homelessness or conducting relaxation workshops for patients at a nearby hospice. By dedicating your time and expertise to those in need, you demonstrate a commitment to improving the wellbeing of your community.

Alternatively, you may have established partnerships with local charity organisations, offering regular therapy sessions to individuals struggling with mental health issues.

Through these collaborations, you not only provide valuable support to vulnerable populations but also raise awareness about the benefits of complementary therapy in addressing mental health challenges.

In each example, be sure to provide specific details and outcomes that highlight your efforts to champion the therapy industry and contribute to the local community. These examples can be tailored to reflect your own experiences and the ways in which you have gone above and beyond to make a positive impact.

In essence, crafting a compelling awards entry requires effectively addressing each question while showcasing your exceptional qualities, commitment to professional development, significant business contributions and community impact. Take the time to thoughtfully articulate your achievements, demonstrating why you deserve to be recognised as a top therapist. Your dedication to excellence and contribution to the field deserve acknowledgment, and this is your opportunity to shine. **IT**

Enter from the 1 May 2024 on our website at fht.org.uk/awards

For any queries about the Excellence Awards process, please email education@fht.org.uk for more guidance.



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6 WAYS TO

achieve your goals as a therapist

WORDS MOLLY DENTON



Achieving your goals as a therapist involves both personal and professional development – alongside motivation. Here are six steps to guide you on your journey.

1 CLEARLY DEFINE YOUR AIMS

Do you want to expand your client base, specialise in a particular treatment or open your own therapy business? It's essential to clearly outline your short-term and long-term goals. Be specific with yourself and realistic with your timeline, and write them down somewhere to reflect on later. The more precise and measurable your goals, the easier it will become to track your progress. You could even break them down into weekly, monthly or yearly milestones.

2 CREATE A PERSONAL PLAN

With these goals from step one in mind, develop a comprehensive plan that encompasses both your work and personal life. This plan should be designed not only for your clients but also for yourself. Consider areas such as mental, emotional, physical and spiritual wellbeing. This could involve self-care practices, pursuing ongoing education and conducting regular assessments of your own holistic health. Maintaining a balanced approach to your personal life will enhance your ability to support others in your professional one.

3 CONTINUE YOUR EDUCATION AND TRAINING

It's important to stay in the loop with the latest developments in holistic therapy. Attend workshops, seminars and courses – like our FHT Annual Training Conference (see more on page 66) – to boost your know-how. This ongoing learning not only improves your therapeutic skills but also keeps you aware of the latest trends and

research in holistic health, empowering you to deliver more informed and effective care.

4 BUILD A NETWORK

We understand that being a therapist can sometimes feel isolating. To break free from working in solitude, connect with other therapists, health professionals and like-minded people. Building a supportive network can bring you valuable insights, chances to collaborate and emotional support. Here at the FHT, we have a wide range of local support groups where you can meet with other therapists in your area. Plus, attending in-person workshops or courses – like our FHT Hosted Courses (P13) – is a great way to connect with others who share your interests.

5 EMBRACE A MINDFUL APPROACH

Engaging in mindfulness as a therapist boosts your focus, concentration and overall wellbeing, acting as a key motivator to pursue and achieve your goals. Staying fully present in each therapeutic interaction enables you to offer more effective and empathetic care to your clients. Alongside that, mindfulness is said to help stress management and in preventing burnout and sustaining a fulfilling career. By cultivating mindfulness, you not only improve your own mental and emotional resilience but also create a therapeutic environment that fosters growth and healing for both yourself and your clients.

6 EVALUATE AND ADJUST

To keep growing and developing as a therapist, it's important to regularly assess your practice and progress towards your goals. Each month, set aside some time to sit down and reflect on what is working well and what needs adjustment. Be open to feedback from your clients and peers, and use it as a tool for continuous improvement.

Remember, as you evolve in your therapy practice, your goals may also evolve. Allow for this flexibility in your plans and adapt them as needed. **IT**

AROMATHERAPY BLENDS for allergy relief

Managing Director of Penny Price Aromatherapy, **Ellie Dunmore**, shares blends to help alleviate spring's allergy symptoms and promote wellness

WORDS ELLIE DUNMORE

How wonderful it is to see the first buds of spring, in all their glorious shades. Spring is a wonderful time of year, cheering the heart after the dull winter months and bringing joy and hope for the rest of the year. But wait – if you suffer from allergies, this is when it all begins! Grass pollen, tree and flower pollen, along with drier dust in the air, can bring misery in the form of asthma, hay fever and hives, not to mention stomach upsets and headaches.

The term 'allergy' is used to describe a response within the body to a substance which is not necessarily harmful in itself but results in an immune response and a reaction that causes symptoms and disease in someone predisposed to allergic reactions. An allergy can manifest as everything from a runny nose, itchy eyes and palate to a skin rash. It aggravates the sense of smell, sight, taste and touch,

causing irritation, extreme disability and sometimes fatality. It occurs when the body's immune system overreacts to normally harmless substances.

There are many different forms of allergic reaction such as hay fever, rhinitis, asthma, eczema, urticarial rashes and anaphylaxis (in the case of anaphylaxis, we call the ambulance and utilise the EpiPen usually found on the person).

In the case of skin allergies, it is common practice to be given steroid creams that are primarily made from synthetic materials. These creams 'cover up' the problem rather than cure it – in fact, the best 'cure' for an allergy is to avoid the allergen. However, essential oils and hydrolats can be very useful as there are quite a few natural essential oils that can help with allergic situations – and also to help prevent them.

Let's look at a few of the conditions mentioned above:

NB: This article is intended for informational purposes only and does not substitute professional medical advice. Consult with a healthcare provider for guidance on medical conditions and allergies. Only members who hold an appropriate aromatherapy qualification, accepted by the FHT for membership and insurance purposes, can make, use and supply aromatherapy blends and other products containing essential oils.

HAY FEVER AND RHINITIS

In this case, prevention is definitely better than the cure. As soon as you feel any of the symptoms below, you need to start using essential oils:

- Frequent sneezing
- Runny or blocked nose
- Itchy, red or watery eyes
- Itchy throat, mouth, nose and ears

Penny Price Aromatherapy offers an amazing blend for hay fever and asthma, called 'Nurture Nose and Throat.' This pure blend of oils can be used in different ways, including in a vaporiser, a 'smell-stick' (similar to a Vic's inhaler), or blended in vegetable oil in a rollerball to roll under the nose several times a day, depending on the severity of the symptoms. This oil blend is composed of eucalyptus, lemon, peppermint and basil essential oils. You can use any of these individually or in combination, whether singly, in pairs or all together. If your selection at home is limited, I recommend trying peppermint as the primary oil.

Inhalation is definitely the most beneficial method for managing hay fever, but it's also an excellent idea to apply two drops of undiluted oil or oil blend in the crook of each elbow, then closing the arm so that the oils go into the bloodstream beneath the skin. This helps to keep the lungs clear of mucus.

ASTHMA

Asthma is an inherited condition that is easily triggered by allergens in the atmosphere, as well as pollution, certain washing products and perfumes. If you notice difficulties breathing in springtime, then check out the symptoms for asthma below:

- Coughing
- Breathlessness
- Inflammation
- Phlegm
- Anxiety

Strangely, Hyssop essential is the very best oil to help with asthma as it is hypoallergenic. I say "strangely" because many schools don't teach it, as it has received bad press in the past for being strong. However, if used correctly, Hyssop is a beautiful oil that helps many respiratory conditions and is also beneficial for eczema. Penny Price Aromatherapy also makes a beautiful blend called 'Nurture Breathing,' which contains eucalyptus, peppermint, lavender and hyssop essential oils to help relieve symptoms of asthma. Hyssop is the main oil, but if you haven't got that one at home, any of the other three would be great, and pine oil can also be useful. The methods of use are the same as for hay fever, so you can use an oil blend to help with both conditions and treat them simultaneously in your nasal inhaler, rollerball, or vaporiser.

ECZEMA AND HIVES

Having itchy skin can take the joy out of spring. If you experience any of the symptoms below, you may be allergic to certain elements around you at this time of year:

- Wet blisters
- Inflammation
- Itchiness
- Scaly dryness

Chamomile Roman essential oil is marvellous for helping itchy skin. However, oils used for eczema and hives must be diluted, as undiluted oils can make the situation worse. Creating a 1% blend (20-30 drops in 100ml of vegetable oil or a bland lotion) can be really useful and is most effective for healing the skin. In addition to chamomile, I recommend geranium, lavender (French) and bergamot, as these help to calm and regenerate the skin. Peppermint is also really good, but only add a couple of drops to your blend – it can help cool and relieve itching, but only in small quantities. Make a body lotion with the oils you choose, following the recommended dilutions (1% total) for twice-daily application. You can also add a couple of dessert spoons of the lotion to a bath to give all-over relief and reduce heat in the hives.

Although essential oils are useful for managing allergic situations, Hydrolats can also help. Hydrolats are the waters from the distillation of plant material and are perfect for calming and reducing inflammation because they are extremely gentle and non-invasive. Hydrolats contain many natural steroidal-type molecules that naturally reduce inflammation and swelling. They are sometimes anti-allergic when applied to the skin or ingested and can help clients control their allergic responses. Particularly useful for eczema-type skin, hydrolats can also be added to hand creams for contact dermatitis.

Geranium Hydrolat: Geranium is very soothing when added to skincare. It balances all skin types, particularly eczema-prone skin. Geranium is mildly anti-inflammatory, promotes healing and balances the hormonal system. To help contact dermatitis, add 30ml of geranium hydrolat to 100ml of unscented, uncoloured hand cream. A moisture lotion base can be purchased from your aromatherapy supplier for this purpose. For an all-over calming effect, add 50ml to 100ml to the bath, or use a small amount of peppermint hydrolat to relieve itching.

Lavender Hydrolat: Lavender hydrolat soothes damaged or fragile skin and can help relieve itching and inflammation in an allergic situation. When used in an atomiser bottle, it can be sprayed over large areas of eczema, hives, dermatitis and heat rashes for an instant calming effect. Add 30ml to 100ml of organic base cream and apply regularly to smaller areas of irritation.

Chamomile Hydrolat: Chamomile has been used for centuries to help calm the mind and help with inflammatory conditions in the body. It can be used in creams and lotions as above or added to the bath for a calming effect.

In essence, essential oils and hydrolats can help put the joy back into your springtime by relieving symptoms and helping you to enjoy wellness and health. **IT**

THE BODY SPEAKS

Reflexologist **Michela Rand** talks us through how our body keeps the score, understanding where emotions are held and how reflexology can help alleviate and relieve symptoms

WORDS MICHELA RAND

Your physical health is a massive reflection of your emotional wellbeing. Ignoring our human emotions impacts our physical health. We may choose to disregard our emotions, but this does not mean they will simply disappear. Our emotions must go somewhere, and often that ‘somewhere’ is our physical bodies. It is very well documented that everything in our lives – every stress, worry, trauma and injury (whether physical or emotional) – is stored somewhere if not released or properly processed.

In my professional experience as a reflexologist, I have found that reflexology is a profound method for helping people release these issues and deal with them more effectively than the harm they cause within the body. Our body and mind are miraculous pieces of machinery; I liken them to memory foam mattresses. They memorise everything, and the dents represent the pain we feel if not effectively released. I only have to look at someone’s feet and I can visually see a lot of their life story.

The colour of the skin massively reflects emotional health, as do the way the toes fall and whether the feet are hot or cold to the touch. Actions such as rubbing the feet together show signs of self-settling and soothing. These are all indications that your body is speaking to me, telling me what is going on inside. Your body is trying to communicate with you.

I believe that we store every experience that enters our life. From our birth to infancy, adolescence and beyond, these experiences are reflected in our bodies and our psyche. All of these experiences make up a lot of who we are as a person.

As a reflexologist, I genuinely work from my heart. I want my clients to feel relaxed and secure with me, but most importantly, I want them

to feel heard. I practise my work from my home, which is not a clinical setting. I find this puts my clients at ease straight away, kind of like going back to a safety net and feeling nurtured. It’s important for my clients to feel safe, warm and invited. I love working from a completely transparent place. What you see is what you get. I am super friendly and open, and most importantly, I am here for them.

PHYSICAL MANIFESTATIONS OF EMOTIONAL HEALTH

Okay, now let’s delve into how my mind works and how reflexology can help you. The best analogy is by using something as simple as a hose pipe. Imagine your emotions running through your body’s systems like flowing water. When the hosepipe is clear with no blockages, our thoughts and feelings can come in and flow out effortlessly. As humans, we are able to honour our thoughts and feelings; the mind can process them and, most importantly, let them go, allowing us to feel recovered, relaxed and ready to step forward in life.

Unfortunately, many of us have got knots in our metaphoric hosepipes, hindering the flow. Instead of processing them, we bury them or run away. We may even create such busy lives as a method of distraction, doing everything in our power to bury our emotions deep inside our bodies which can eventually manifest as physical illness and pain later in life.






A few examples of how some organs are affected by certain emotions include:

Grief is held among our lungs, which can lead to respiratory issues such as difficulty breathing and tightening of the diaphragm, creating a sense of anxiety. It can also make it harder to catch our breath. Have you ever heard of the expression ‘that took my breath away’? >

“From our birth to infancy, adolescence and beyond, these experiences are reflected in our bodies and our psyche”



Michela in treatment

- 
**HEART
JOY**
- 
**LUNGS
GRIEF**
- 
**LIVER
ANGER**
- 
**KIDNEY
FEAR**
- 
**SPLEEN
WORRY**

Worry can weaken our stomachs and spleen, causing digestive problems and hindering our bodies' ability to properly absorb nutrients from the food we eat. This can leave us feeling weak and tired, and it can also make it harder for our bodies to function at optimal health and vibrance.

Fear is held in our kidneys, which can also weaken the bladder. Stress weakens the heart and brain, affecting the nervous system. Our nervous systems transmit signals from our brains to our body. By not dealing with emotions, you could damage your entire body.

Holding onto our emotions can be exhausting, leading to us being overly emotional. This manifests as disproportionate reactions, taking things too personally, and not responding calmly in the presence of loved ones, making us reactive, short-tempered beings. Some people even disconnect from their bodies, becoming overthinkers and extremely sensitive individuals who very much reside in their heads.

The best way I can explain this is that you are physically in the room but mentally not present. You are not grounded; your spiritual body floats and seeks escape. Your eyes become vacant, your gaze

lifeless, often described as 'the thousand-yard stare'. In this state, you are lost because you have disconnected from the physical being of your body, stopping yourself from feeling. Part of our human experience is to feel emotions, honour them and learn to let go. Thinking it's better to disconnect than feel the pain your body is in is essentially burying your head in the sand instead of bravely facing your fears and trauma. It's a form of self-numbing and emotional freezing.

THE REFLEXOLOGIST'S APPROACH

Now, I know this can be challenging, but reflexology is such a beautiful therapeutic therapy. It serves as an incredible treatment to unblock pathways in the body, releasing trauma and experiences in a safe and loving environment. My clients come to me with a full spectrum of health issues, ranging from wanting to feel an overall sense of wellbeing to seeking emotional clarity and calmness.

Reflexology is a beautiful process, and I love gaining my clients' trust. The initial welcome is important - it sets the tone for the entire session. I enjoy being able to empower my clients, instilling courage and bravery to let go, releasing their emotions and gain clarity and freedom within their own bodies.

Before and after reflexology treatment



Hand in hand, I guide them towards becoming the best versions of themselves. Imagine living your whole life feeling trapped in a painful, unwell body? Reflexology can offer a path to liberation from such suffering.

The first reflexology session I hold can be very tearful, but awakening, and may evoke memories that have been unconsciously suppressed for safety. However, this is such a fantastic first step forward (excuse the pun!) in the right direction. Many of my clients, within the first few sessions, have a sense of feeling lighter, which means the muscular system is much less tense. This is an amazing sign that their body is slowly releasing baggage they have unnecessarily carried the weight of for so long. Their body is slowly but surely coming out of fight or flight mode; they no longer have to be on high alert. Reflexology is leading them into safety.

A JOURNEY TO EMOTIONAL FREEDOM

I had one client who suffered for many years with so much aggression and anger through life traumas they had experienced. Instead of honouring the emotions and taking steps to deal with them, they had buried them so deep it manifested into arthritis. This, for them, was such a powerful daily reminder of everything they have experienced throughout their life; they wished they had found reflexology sooner. The definition of anger is the punishment you give yourself - for someone else's behaviour, let that sink in! Thus, the only person you harm is YOU. Powerful right?

The anger was seething through their body, so much that it became their norm to feel daily pain and discomfort. This person was young and even struggled to roll their aching body out of bed each morning. That's until they had discovered reflexology. We worked on their muscular and skeletal system, relaxing the entire body, giving their body an invitation to finally let go. Their eyes instantly became brighter, they started standing taller, their shoulders unravelled. Their energy levels started to rise, and the meridians in their body were finally clearing out so positive energy could flow through without any blockages.

In essence, reflexology quite literally changed their life. They were able to move with ease, they started to sleep better, their organs began to relax and soften and they started to reconnect with their body. They were back in the room!

My goal is to shout about reflexology from the rooftops and how it can help emotional and mental health. It truly is a powerful treatment to regulate your entire body, mind and soul. I see many people on a daily basis, slowly but surely changing lives for the better in a loving, safe space. **IT**

Michela Rand is a practising reflexologist and reiki healer. You can connect with her at randholistics.co.uk, [@rand_holistics](https://www.instagram.com/rand_holistics) (Instagram) and [Rand Holistics](https://www.facebook.com/RandHolistics) (Facebook).



UNDERSTANDING THE EPIGENOME

Obstetrician and gynaecologist **Dr Larisa Corda** shares the importance of epigenetics and showcases their pivotal role in fertility optimisation

WORDS DR LARISA CORDA

There's a paradigm shift happening in the way we understand genes and their impact on our health and fertility. Previously, it was thought that health and fertility were determined by your genes, which you couldn't change. However, we now know this isn't the case.

Epigenetics is the science of how our outer and inner environments alter the way our genes are read, and how the combination of experiences and choices we make in life effectively form our epigenome. You could describe our genes – inherited from our mother and father – as the recipe for who we will become; and then epigenetics is the cook who helps our body to read and create that genetic recipe. This is a relatively new and very fast-growing area of research. For example, scientists previously thought that only 2% of the human genome had a function, with 98% considered merely 'junk DNA'. It turns out that it's far from being 'junk'; the majority of it has a role in gene expression – that is, how genes behave.

SHAPING FUTURE HEALTH

Epigenetics has not only formed the person we are now but can also change our future physical selves, including our future health. What's truly mind-blowing is that epigenetic changes can transform the genetic material we produce – our eggs or sperm – and, eventually, the future health of the baby we create. Not only can we shape and mould our own health destiny, but we can also do the same for our children.

Epigenetics explains why changes in our daily habits, food, exercise, behaviours, environment and even our emotional state can make you more fertile (but can also make you less fertile). You are capable of incredible change that can all come from within you. Even small changes – for example, eating lots of dark-green leafy vegetables – can make a big difference; they are rich in folate, which is vitally important for creating epigenetic tags on DNA, controlling what happens to DNA and ultimately affecting every cell and how it behaves. So, something as simple as adding more vegetables to your diet can have major consequences for your fertility, and this knowledge makes adopting these new habits easier. Even if you haven't been following a lifestyle to optimise your health until now, most epigenetic changes are reversible. Though some of our epigenome is inherited (especially the one affecting our nervous system), an overwhelming amount is acquired, meaning that we have direct control over it. Our bodies continually restructure, replenish and regenerate, empowering you to alter your body's destiny and take ownership of your own fertility.

EVERY CELL HAS A ROLE

Every minute of every day, our bodies, and therefore our cells, are in a constant state of communication with our environment. Your body isn't one whole entity, but a collection of trillions of cells, according to the pioneering developmental biologist Dr Bruce Lipton. And each of those cells – including the DNA inside each one – will change according to its environment. This internal environment changes not only based on what we eat and how we exercise, but also on what we touch, breathe and taste, as well as the state of our mind. Lipton says that if we feel loved, our blood will contain feel-good and vitality-

enhancing hormones such as dopamine and oxytocin, as well as growth hormone. But if we feel fear, our blood becomes filled with stress hormones and inflammatory agents. In fact, studies have shown that these changes in our blood can occur within the space of minutes.

Increasingly, recent research is pointing to our cells as the main orchestrators of our destinies rather than our genes, and this is changing the narrative around our biology. Cells are capable of doing things that aren't necessarily written in our DNA – assuming roles and identities, exchanging information, creating and sculpting organs, sensing, learning and memorising. To do what they need to, cells control which genes will be turned on or expressed, and so they decide where the products of the genes will be directed and used. Genes are not the architects, but merely tools that are used by cells to shape who we become.

WHAT DOES THIS MEAN FOR FERTILITY?

For fertility, it means that decisions we make regarding our health don't only impact us, but also impact the sperm and eggs from which our children will be formed, as well as the first environment they come into contact with: that of the womb. Investing in our health and lifestyle can literally shift the environment that supports our eggs and sperm, influencing their quality and their potential to give rise to healthy children. How fast we age – including our eggs and sperm – is also an epigenetic process. Therefore, how we live can even create an anti-ageing environment in the body that promotes sperm and egg health. This explains why some men and women over the age of forty are able to conceive naturally. One way that ageing is kept in check is via an enzyme called telomerase. Its job is to replenish little caps on the end of DNA called telomeres, which preserve its integrity and structure. Telomeres exist on the DNA in eggs and sperm. We know that telomerase is negatively affected by environmental factors like poor diet, and by adverse events such as verbal or physical abuse, violence and trauma. However, the opposite is also true: love, compassion and support can enhance telomerase activity, thereby preserving telomeres and promoting health. This has been shown in patients with breast cancer.

When they joined a support group and practised regular meditation, they preserved their telomere lengths and curtailed the progress of disease. This strongly implies that we may be better able than we previously thought to alleviate the impact of ageing on eggs and sperm – even how fast egg and sperm quality starts to decline. However, the influence we can have on our genes doesn't start or end with us. It's transgenerational, meaning that our ancestors' behaviour and experiences have directly contributed to our own epigenome. Some of this we can't control or influence. The experiences of our parents had a direct impact on our biological programming. But this also means that the choices we make in life will shape our children and the generations beyond. Becoming pregnant is one thing, but bringing a conscious awareness to the human being that is being shaped on the other side is another. We can take action towards not only conceiving but also towards creating the healthiest baby and future adult possible. We can do this by optimising the environment of the uterus. >

Chemical Messengers

Chemical messengers, known as neurotransmitters and their receptors, aren't only found in the mother's brain, but across her entire endometrium (uterine lining). The foetal brain continually constructs itself in the womb, creating 250,000 nerve cells per minute. The connections that form between these nerve cells continue developing after birth and even during adulthood, but the womb is the first environment where they are formed.

Neurotransmitters do more than affect the nervous system of the baby; they influence everything from circadian rhythms, the cardiovascular and digestive systems, to how a child perceives pain over the course of their life. Maternal health before pregnancy really matters – a fact being reinforced by numerous studies. For example, research has shown that the babies of anxious pregnant mothers have higher heart rates in the womb, which may have an effect on the babies' cardiovascular system later in life. If the mother experiences severe stress or trauma while pregnant, it has been shown this can directly impact the foetal nervous system too. Maternal stress even has a major role in conditioning the health of the child, as it has been linked with greater behavioural problems, autism spectrum disorder, sleep disorders and altered immune function and microbiome, as well as a shorter lifespan.

Nutritional Changes

Another example of this is with nutrition, one of the key pillars of The Conception Plan, my 12-week holistic approach to being fitter, healthier and, in turn, more fertile. Food provides the raw materials for producing healthy sperm and eggs. It's also the key to creating a fertile inner environment. What you eat has a huge impact on how your genes express themselves, so nutrition is one of the main ways in which we get to influence our epigenome. For you to be fertile and for a baby to thrive, you need real, nourishing food. There are even more reasons for being committed to a positive way of eating; it may not only reduce the chance of infertility, but can ultimately influence your long-term health. During pregnancy, the placenta draws on your stores of vitamins and minerals and so how you eat now will affect not only the postnatal period but also future pregnancies, the menopause and beyond. And it will affect your baby's life too: research shows that the food babies are exposed to while in the womb affects their food choices later in life.

Modern, processed foods are often not fertile-friendly. They tend to be high in sugar and vegetable oils, which negatively interfere with hormonal signals between different organs, including the uterus, the placenta and the ovaries. Eating these foods in pregnancy can lead to an increase in the risk of diabetes and pre-eclampsia (a condition that involves raised blood pressure in pregnancy, with wider consequences), and can also negatively influence the growth and development of the baby. The foods we eat can also encourage the production of new nerve cells within us and within babies in utero, increasing the number of neural circuits and therefore something

“Epigenetics will merge the world of science and spirit, helping us to understand the mind-body-spirit connection”

called 'synaptic plasticity', which helps to build greater resilience to stress as well as improving overall mental health.

Epigenetics offers us a chance to connect with the incredible potential of our genes, while also being able to birth an upgraded version of ourselves. No doubt, it is going to overhaul how we view health and evolve medicine, handing over the power to individuals. But I also believe that epigenetics will merge the world of science and spirit, helping us to understand the mind-body-spirit connection. Before a caterpillar can become a butterfly, it goes through a stage of transformation. New cells called 'imaginal cells' appear, which hold new patterns of DNA expression and thus new potential for growth. These imaginal cells combine with the old cells, and this mix eventually gives rise to the new butterfly structure.

You could say that we humans can do this too: by tapping into the power of our epigenome, we can emerge as new beings, stronger and ultimately healthier.

One of the greatest gifts that the desire to become a parent gives us is the opportunity to reflect on our lives so far, then to do something differently. Understanding epigenetics shows us that we not only have the tools for self-empowerment but also the blueprint for health and fertility within us. We can rewrite our epigenome through healthier actions and behaviours that support our wellbeing and our ability to conceive. Children teach us to be present and patient with them. But first, we need to be present and patient with ourselves. When we bring a conscious awareness to how all our decisions may impact upon our children, we are empowered to change for the better and, by doing this, give them the best future. **IT**

Larisa Corda is an obstetrician and gynaecologist, and serves as the resident fertility expert for ITV's *This Morning* in the UK. She qualified from Imperial College London and has received training in both the UK and Australia. She believes in an integrated and holistic approach to treating a patient that addresses many lifestyle factors. She is author of *The Contraception Plan* out now on Amazon. Find out more at thecontraceptionplan.com and through Instagram [@drlarisacorda](https://www.instagram.com/drlarisacorda)



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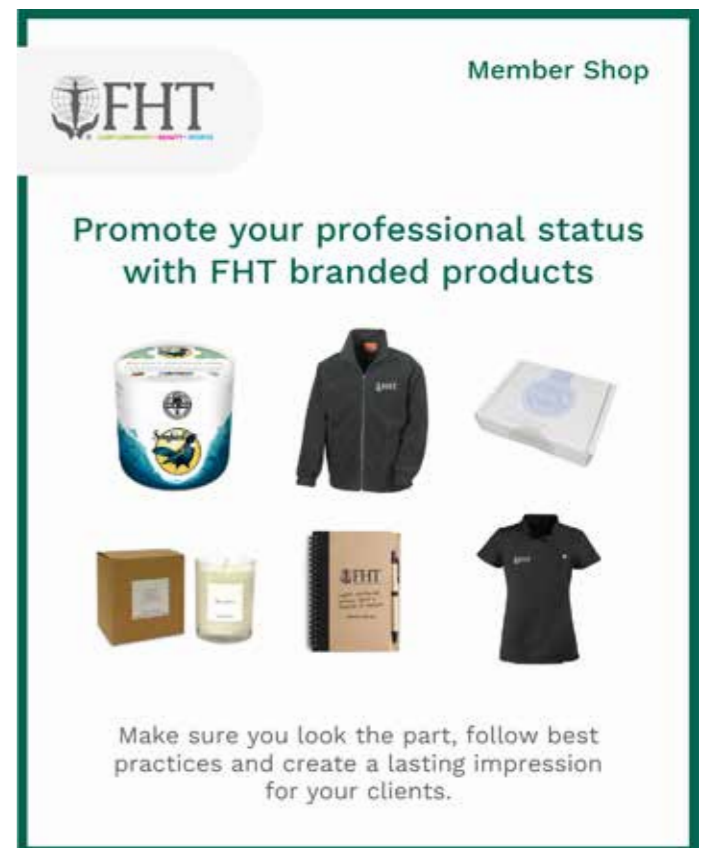
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MOVE INTO THE WORLD OF JOINT MOBILISATION

Osteopath and international lecturer **David Lintonbon** explains how to identify and help joint-related dysfunction quickly and effectively

WORDS DAVID LINTONBON D.O.

Joint mobilisation is a manual therapy technique used to help with the increase in joint function and decrease in pain. For example, muscle imbalances occur due to strain, sprain and repetitive injury, resulting in limited joint mobility and decreased nutrients within the joint cartilage. Other adjacent joints start to compensate for this joint dysfunction and stiffness by moving excessively, causing overuse and resulting in joint deterioration. Muscles supporting the stiff joint become tight and

are unable to contract and relax, with lactic acid produced within the muscle unable to drain out, causing pain and stiffness of the joint.

By taking the joint to the restrictive barrier and slightly beyond, using a slow and rhythmic manner, practitioners can increase the quality and quantity of joint motion. This, in turn, decreases muscle tension and spasms, helps reduce pain and discomfort and promotes muscle relaxation, ultimately increasing the fluid dynamics of the joint to restore its function.

A BRIEF HISTORY

Of the two main types of joint mobilisation, we are looking at the theories of Geoffrey Maitland, an Australian physiotherapist, and Freddy Kaltenborn, a Norwegian physical educator. Kaltenborn later pursued studies in orthopaedic medicine in London, followed by chiropractic training in Germany and osteopathy in the UK. Both practitioners developed their techniques during the 1940s and 50s, essentially evolving from osteopathic articulation (1890 or earlier), in which joints are taken through a range of motion in a graded fashion with the goal of enhancing the quality and quantity of motion. These techniques were initially taught in most osteopathic colleges, particularly at the British School of Osteopathy by Alan Stoddard DO. It was under Alan Stoddard that Kaltenborn, later the developer of Kaltenborn mobilisation, learned the application of joint articulation.

These procedures are extensions of the diagnostic process for evaluating joint movement. If a restriction of motion is encountered in one direction, the practitioner delivers a series of gentle rhythmic movements in the direction of motion restriction. This greatly increases the joint range of movement while stimulating the flow of blood to the joint and surrounding tissues. When appropriately applied to conditions like osteoarthritis, they can help ease pain and improve joint function.

THE BENEFITS

Joint mobilisation is a manual medicine technique applied by the practitioner to improve joint mobility and relieve pain. It involves the passive movements of a joint to restore or enhance its range of movement, along with relaxing shortened muscles that cross the joint.

There are many benefits to the client when joint mobilisation is carried out. It can improve joint mechanics, expand the range of movement and help alleviate pain. As a result of improved function, recipients often note enhanced walking, standing, spinal flexibility and better shoulder-arm usage. While the effects may be temporary, it is advisable to complement them with mobility exercises.

CONTRAINDICATIONS

Joint mobilisation can be an effective technique for clients with stiff and painful joints. However, it is not the correct approach for everyone, especially clients with:

- Severe osteoporosis
- Connective tissue disorders where the joints move too much, e.g. Ehlers Danlos
- Fractures and bone cysts
- Tumours within a joint
- Fused joints
- Infection within a joint
- Severe inflammatory arthritis, e.g. rheumatoid arthritis
- Prolapsed intervertebral discs
- Patients on blood thinners
- Neuropathy, e.g. Charcot-marie-tooth disease and diabetes.

PROFESSIONAL PROGRESSION

If you would like to learn how to apply joint mobilisation techniques to your clients, IMM CPD courses provide comprehensive training in



Shoulder mobilisation examples



Thoracic mobilisation examples

PHOTOS: DAVID LINTONBON

assessment and practical joint mobilisation techniques. These courses aim to equip you with the knowledge and hands-on skills necessary for effectively helping clients, providing long-lasting joint mobility and offering pain relief. This approach allows you to help your clients more profoundly. It's not just about adding another technique but about being equipped with the right technical skills to make you proficient in your client care.

At IMM, we offer professional, accredited CPD courses for manual therapists looking to learn new skills. Successful participants receive a certificate of CPD hours. Find out more at immcpd.co.uk/joint-mobilisation. For this qualification to be accepted by FHT, we require either a Level 3 Sports Massage or a Level 4 Massage qualification. **IT**

David Lintonbon D.O. graduated from the British School of Osteopathy (BSO) in 1985 and has since obtained qualifications in medical acupuncture and a master's degree in education. With over 30 years of experience, he has been teaching hands-on skills in both the UK and over 40 countries worldwide. David continues to teach at the British College of Osteopathic Medicine in London (BCOM), UK. He is also the co-founder of the CPD company Integrated Manual Medicine (IMM) alongside Manual Therapist Emily Ho.

Brow trends change all the time and what is at the height of fashion doesn't always work for everyone. Brows should frame your face and a well-constructed brow should always enhance, define and lift your eyes and face. If the brow isn't working with your face shape, it can easily make your face look older, longer, wider, fuller or droopy.

Here are a few tips for creating a great brow for your clients and some points to consider:

FACE SHAPE

The moment my client steps into my treatment room, I look at their face. Don't be afraid to look. Consider the jawline, the size of their forehead, where their eyes sit, the width and length of their face. It is important to learn and understand face shapes and what brow shapes work for each.

As a rule, the brow should be shaped opposite to the face shape, for example:

ROUND – Avoid a very rounded brow as it will make the face look round and fuller. Instead, create a brow with strong lines and angles with a good arch, this can help lift and lengthen the face.

SQUARE – Try to avoid strong lines. Instead, create a soft arch to soften a strong jawline.

LONG RECTANGLE – Avoid very high arches as this adds to the length of the face. To shorten the length of the face, keep the brows more horizontal or

straight and reduce the height of the arch. This will draw eyes across the face and away from the length.

BROW MAPPING IS KEY

You should also always know how to map the brows. Brow mapping is a process used to create symmetry between both brows when styling. Before beginning a brow shaping treatment, you should be aware of the three key points for a basic brow map: your starting point, your end point (where the tail of the brow finishes) and where the highest point of the brow arch needs to sit.

After mapping, I always pay close attention to my client's eyes. If their eyes are set closer, and I wish to create the illusion they are wider, I will open the gap between the brows. Yet, if the eyes are very wide-set and I aim to make them appear closer, I will reduce the gap between the brows.

If the client has a very high forehead and I wish to create the impression of a shorter one, I shape a higher arch. But, if the forehead is small, I opt for a less pronounced arch.

Another valuable tip for brow styling is to always have the client in a seated position and not lying flat with relaxed muscles. Working from the front provides a perspective consistent with how they see their brows, as brows look very different when you're styling from behind. **IT**

Looking to up your brow game? To refresh existing skills or learn new techniques and treatments, visit uktraining-solutions.co.uk

BROW BASICS

Salon system educator and brow expert **Lisa Stone** shares her top tips on shaping brows to suit your client's face

WORDS LISA STONE

Additional points to consider:

- Be wary of trends. What is in fashion and will it work for your client? Can you do a variation of the trend or tone it down to suit their taste?
- Take into account the age of a client and their personal preferences. For instance, if a client likes their eyebrows thinner, it's important to consider this and respect it.
- Look at what you have to work with. Is the client asking for something unrealistic? How can you adapt this?
- Has your client got any scar tissue hiding in the brow? This brow should always be shaped first, and the brow should be shaped around the scar tissue.

FOREST BATHING

WELLNESS IN THE WOODS

WORDS MOLLY DENTON

Despite the name you won't need to pack your swimsuit; it simply means the practice of slowing down and saturating yourself in the forest atmosphere

It's well known that even the quickest of walks through our local green spaces can do us the world of good¹. Now, imagine dedicating a minimum of two hours solely to that experience. Shinrin yoku, directly translating to 'forest bathing,' embodies precisely that notion - immersing oneself in a forest environment and deeply connecting with nature through all five senses.

The term was first introduced in 1982 by Akiyama Tomohide, the director of the Japanese Forestry Agency. It came forth as part of an initiative to attract people to Japan's then-overlooked forests² inspired by ancient Shinto and Buddhist practices. The aim was to stimulate relaxation and improve wellbeing of forest visitors, with the hope that by viewing the woodlands as a source of health restoration rather than just a resource, it would stir a sense of protectiveness and encourage environmental conservation among the population.

EMBARKING ON A NATION OF HEALTH

Since then, Japan has been at the forefront of scientific investigation into the connections between forests/green areas and human health. Between 2004 and 2012, the

Japanese government invested \$4 million in developing shinrin yoku as a national health programme³. As it stands, there are 65 certified forest-therapy bases in Japan, all of which have been proved to have particular health-promoting properties. In fact, a comprehensive Japanese study involving 3,144 adults over the age of 70, residing in urban areas, discovered that the probability of living longer over a five-year span correlated with the presence of nearby green spaces and the individuals' perceived ability to walk to parks and in tree-lined streets⁴. When rooting around in more general research on surrounding ourselves in nature, it suggests a plethora of tangible and enduring health benefits. These include reduced stress levels, improved immunity, decreased blood pressure (both systolic and diastolic) and better recovery from illness or trauma⁵.

With this information, alongside drawing on thousands of years of intuitive knowledge - such as the belief that we are part of nature and we have a deep need to feel that connection - shinrin yoku has now become a widely accepted part of Japanese preventative healthcare, recognised for the mental, physical and spiritual health benefits it delivers. Over the years, it has gradually gained acceptance as a meditative >

practice worldwide. Its philosophy is rooted in three different traditional concepts: yūgen, komorebi and wabi sabi. Yūgen emphasises a deep awareness of the beauty surrounding us, even when it cannot be seen directly. Komorebi, typically described as ‘sunlight leaking through trees’, captures the interplay between the sun and the leaves. Lastly, wabi sabi celebrates the inherent beauty found in imperfection and impermanence.

PLUNGING IN ITS ESSENCE

It’s often said that unlocking the power of the forest lies within our five senses. It’s not about exercising, hiking or jogging; rather, it’s the simple pursuit of being in, and with, nature, connecting with it through our ears, eyes, nose, mouth, hands and feet. It’s about listening to the birds sing, seeing the sunlight dance through the leaves and feeling the breeze flow past like a gentle caress on the skin. It’s also about smelling the fragrance of the natural world and breathing in the natural aromatherapy of phytoncides⁶. According to the World Bank, about 56% of the world’s population currently lives in cities, with this number expected to grow to about 70% by 2050⁷. So, it’s more important than ever to lap up the benefits of forest bathing and make the most of our green spaces.

Although location plays a significant role in ‘proper’ forest bathing, with studies showing that different areas can bring more benefits than others, when it comes to grounding yourself through nature, something is *always* better than nothing. Even if you live in a big city and can’t easily get to an isolated forest, visiting your local city park or nature reserve can still drench you in a similar sense of satisfaction. While it might not replicate the exact release you’d get walking through the open wilderness, research suggests that engaging in activities within an urban park can still improve your mood, heart rate variability and memory⁸.

ADAPTING IT FOR ALL

What’s better yet, forest bathing is not exclusive to the wilderness-lover; it’s adaptable for everyone. Unlike other outdoor activities, the practice does not involve strenuous physical exercise: in fact, it can be embraced as the opposite. The essence of shinrin yoku is to perform a very slow walk – typically a minimum of two hours – with frequent pauses to allow a deep connection with the environment. When you take time in this natural green world to just ‘be’ with good intention and in a fully present way, research demonstrates its many mind-body benefits, including:

- **Increased mindfulness:** It is without question that forest bathing evokes mindfulness. Enthusiasts say it can help you relax and refuel – giving you a break from the devices and pressures that dominate your daily life⁹. At the same time, when we enjoy nature, we are also turning off rumination, worry and obsessive thinking.
- **Reduced stress:** Spending time in nature, particularly forests, has been shown to reduce levels of the stress hormone cortisol¹⁰.



“The tranquillity of the forest can rejuvenate both the body and mind”

For references, please visit: fht.org.uk/magazine-references

The peaceful atmosphere promotes relaxation and calmness, helping to alleviate symptoms of stress and anxiety.

- **Better immune function:** Some studies suggest that spending time in forests can boost the activity of the immune system¹¹, leading to increased production of natural killer cells and other immune-boosting factors. This may help the body better defend against infections and diseases.
- **Increased energy levels:** Spending time in nature has been shown to increase feelings of vitality and energy. The tranquillity of the forest, combined with physical activity such as walking or hiking, can rejuvenate both the body and mind, leaving individuals feeling more refreshed and energised. Alongside that, exposure to natural light and fresh air can help regulate the body’s circadian rhythm, promoting better sleep patterns.
- **Improved cognitive function:** The restorative effects of nature has said to help reduce mental fatigue and improve focus, leading to better cognitive performance overall and enhanced concentration, creativity and problem-solving skills¹².
- **A deeper connection with nature:** Forest bathing encourages a deeper connection with the natural world, fostering feelings of awe, appreciation and interconnectedness. This connection with nature has been linked to greater environmental awareness, empathy and a sense of belonging¹³.

FINDING SERENITY IN NATURE

After reading and researching about shinrin yoku and seeing how accessible it is, I was so intrigued that I decided to try it for myself to understand the benefits first-hand. Last weekend, I stepped into my local common, and within the first 20 minutes, it became clear to me why the practice has gained such prominence in recent years. After two hours, I felt truly relaxed.

As I entered, I allowed a symphony of sounds to surround me – the soft rustle of the leaves, the canorous chirping of birds hidden among the tall branches, the gentle murmur of a nearby stream and the distant chatter of other passers-by. Fresh from a recent rainfall, the air hung heavy with the earthy scent of damp moss and soil, invigorating my senses with every breath, all the while the sun peeked through the canopies above, dappling my skin with warm hues. Wandering along the winding trails, the crunch of gravel beneath my feet centred my thoughts, providing a peaceful soundtrack to my journey. With each step, I felt a sense of connection to the natural world.

I couldn’t help but think, with an increase in mental health issues across the world, participating in something like forest bathing at least once each month could be a sure way to help battle the negative effects of stress, anxiety and the building pressures of modern life. The World Health Organization (WHO) estimates that globally one in four people have one or more mental health issues¹⁴. With such statistics, it’s evident that finding effective ways to promote mental wellbeing is crucial. Activities like forest bathing offer a natural and accessible solution to combat stressors, and is something simple to add to your day or recommend to your clients as a way to empower their own healing journeys. **IT**

TOP TIPS

The experience of forest bathing is fascinating but, although I benefited from my experience in many ways, it’s clear to remember that this therapy goes far beyond a simple stroll in the woods. Trained forest therapy guides lead participants in activities designed to engage all of their senses with the natural environment. Forestry England host a range of these each year (visit forestryengland.uk), however, if you’re unable to attend or want to experience the benefits without an instructor, here are their top tips for beginners:

- Turn off your devices (or put them on silent) to give yourself the best chance of relaxing, being mindful and enjoying a sensory forest-based experience.
- Slow down. Move through the forest slowly so you can see and feel more.
- Take long breaths deep into the abdomen. Extending the exhalation of air to twice the length of the inhalation sends a message to the body that it can relax.
- Stop, stand or sit and smell what’s around you. What can you smell?
- Take in your surroundings using all of your senses. How does the forest environment make you feel? Be observant, look at nature’s small details.
- Sit quietly using mindful observation; try to avoid thinking about your to-do list or issues related to daily life. You might be surprised by the number of wild forest inhabitants you see using this process.
- Keep your eyes open. The colours of nature are soothing and studies have shown that people relax best while seeing greens and blues.
- Stay as long as you can, start with a comfortable time limit and build up to the recommended two hours for a complete forest bathing experience.

CONSIDERATIONS FOR CLIENTS WITH POOR MENTAL HEALTH

Katy Lassetter highlights the signs of poor mental health and how you can spot them to enhance your clients' experiences

WORDS KATY LASSETTER

Every year, mental health problems impact one in four of us in England¹. Did you know that five of the 10 leading causes of disability worldwide are related to poor mental health²? Accessibility for clients with poor mental health is key if you want to run a successful practice.

TYPES OF MENTAL HEALTH PROBLEMS

According to the World Health Organization (WHO), the five mental health problems that cause disability are major depression, schizophrenia, bipolar disorders, alcohol use and obsessive-compulsive disorder (OCD). But mental health problems are far wider ranging, and lack of awareness can impact the treatment of clients who suffer in silence.

With advice on more than 30 conditions online, the mental health charity Mind considers mental health problems to encompass everything from anger, Body Dysmorphic Disorder (BDD) and eating problems to hoarding, loneliness and paranoia, as well as Post-Traumatic Stress Disorder (PTSD), Seasonal Affective Disorder (SAD) and sleep problems.

"I find joining fitness classes and accessing a range of treatments help engage my body and spirituality. But that's not come without obstacles. The issue is that my conditions are invisible and lack awareness," says Sharon Michelle Brisley-Moore, author of *Over Catastrophising Daily*. "It's difficult to see a client's internal suffering. However, picking up on signals and knowing how to help them beyond your basic offer can make a difference."

HOW TO SPOT THE SIGNS

When speaking to Sharon Michelle Brisley-Moore about her experience living with OCD and high-functioning anxiety for over 30 years, I discovered that the following are typical indications that a client is suffering with poor mental health:

Verbal clues:

- Putting themselves down
- Asking lots of questions and over clarifying
- Seeking reassurance and praise
- Over apologising
- Quick speech (when nervous)
- Slurred speech (when chronically fatigued)

Non-verbal clues:

- Shakes and hand tremors
- Sweating body and wet-looking hairline
- Pale or flushed appearance
- Slow heavy movements
- Alert body posture (rigid or fidgety)

- Self-harm markings
- Sore fingernails/cuticles from picking
- Slow-healing wounds
- Withdrawn behaviour
- Forgetfulness - missed appointments
- Regular illness and cancelled appointments

Many behaviours could signal poor mental health. However, as St John Ambulance points out, we all demonstrate one or more of these behaviours at some stage so they need to be compared to an individual's usual state.

The relation of these clues to poor mental health conditions comes down to how long they last, as well as how frequent and severe they are³. Unless you know your client well, these signs may be lost on you.

What's the takeaway? If you suspect a client has a mental health condition, treat them with respect and actively listen when they wish to suggest a way you could improve their treatment experience.

While any wasted time costs you money, remember that forgotten and missed appointments are often beyond a client's control when consumed by poor mental health.

Once, I was 15 minutes late to an appointment. I apologised, but the therapist told me off (loudly) in the waiting room. What did this achieve? He wasted more time. I felt ashamed, guilty and worthless. I didn't return for further treatment.

What should he have done? He could have calmly asked why I was late to discover I'd written down the wrong time and that their booking process could be improved. Had I received an email appointment confirmation or text reminder, this horrible scene wouldn't have played out.

HOW TO SOOTHE OR AWAKEN THE SENSES

Self-care is one of the best improvements people suffering from poor mental health can make. The Mental Health Foundation⁴ offers tips backed by research that can also be transferred to the treatment room:

Nature nurture - I connect with nature to manage my mental health, and its power to nurture the mind has been proven time and again. Why don't you bring the calming effects indoors? Whether you play the soothing sounds of birdsong or embrace the aromatherapy of essential oils, there's plenty you can do to awaken the senses.

Sleep support - Trouble drifting off is common for people with poor mental health. While you won't be there at bedtime, you can help relax the body and mind to prepare them for sleep. Research shows that acupuncture, for example, can not only regulate yin and yang



“People suffering from poor mental health often find the unknown difficult to bear, while too much information can overwhelm them”

For references, please visit: fht.org.uk/magazine-references

but also increase the content of y-Aminobutyric acid to enhance sleep quality⁵.

Healthy hydration – Those suffering with dry mouths or excessive sweating are going to dehydrate more easily than most. You’ll probably offer a glass of water after a treatment or encourage clients to bring their own to a class. But why not encourage drinking throughout and make sure water’s always nearby? Herbal tea is also a nice touch to end a treatment and soothe the senses.

Kindness kudos – Loneliness eases with connection. Not only will an act of kindness make you feel better, but a small gesture could make a huge difference. Be warm and welcoming or smile with understanding. This also helps build trust.

Matt Drzymala, who suffers with depression, anxiety, OCD and intrusive thoughts, told me that finding a practitioner who understands him always boosts his treatment experience. He said: “We’re not just numbers with cut and paste problems. A brilliant practitioner might have dozens of clients, but they will get to know YOU. Getting to know me and making me feel their treatment room was a safe space really helped. I went from dreading a session to

loving it. When they earn your trust, you know you’re safe, know the work they’re doing will help and – eventually – it helps to improve your mental health.”

HOW TO SET BOUNDARIES

It’s important for you to respect the boundaries of those suffering with poor mental health and set your own boundaries too.

Clear and concise communication is crucial for you both. People suffering from poor mental health often find the unknown difficult to bear, while too much information can overwhelm them.

Consider including a quick phone consultation the day before a treatment or creating a simple email template to send to new clients before their first visit. Include details on parking and check-in procedures, as well as payment and rebooking options.

Consistency is key too. Let ongoing clients know when there’s going to be a change to the usual setup. This will protect your own time and energy while reassuring your client they’re in safe hands.

Physical touch is another important boundary for people with mental health conditions. It’s best to embrace a pro-touch attitude for clients, asking for permission to give a massage or any other hands-on treatment. **IT**

Katy Lassetter is a writer passionate about holistic therapies. She’s worked with aromatherapists to hypnotherapists and manages the social media marketing for the Story Massage Programme. Living with ME and an autoimmune disease for over 14 years provides her with experience using alternative therapies to manage her health, and the empathy needed to write for and about others receiving treatments. Email katy@chichestercopywriter.co.uk or visit chichestercopywriter.co.uk

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TUNE INTO TRANQUILLITY

We spoke with **Freddie Moross** from Myndstream about how therapists can best utilise sound in their therapy rooms

WORDS + INTERVIEW MOLLY DENTON

Leo Tolstoy once said, "music is the shorthand of emotion," and his words couldn't ring truer. Think about it – sounds are vibrations that affect us and our surroundings. With the right combination, they can organise our neural activity, stimulate our bodies and retune our emotions.

Now, thanks to increasing consumer awareness about how music can improve health and wellbeing, it's becoming an even more important part of the therapy experience. For years, spas have utilised the five senses to influence how guests feel, from ambient lighting, aromatherapy and various hot and cold tools. Incorporating the auditory sense into this approach, music has emerged as a powerful tool to enhance relaxation, promote stress reduction and create an overall immersive and therapeutic environment.

Whether it's the gentle melodies during a massage or the soothing tunes during a meditation session, music has the ability to complement and elevate the entire treatment experience. In a conversation with Myndstream founder, Freddie Moross, we shed light on the transformative role of music in therapeutic settings and how you can rethink its application in your practice.

MOLLY DENTON (MD): How does rhythm and tempo impact the therapeutic experience?

FREDDIE MOROSS (FM): At Myndstream, we have just conducted a scientific literature review in conjunction with Professor Adam Ockelford and the University of Roehampton. The review set out to understand the impact that different aspects of music composition can have on our mental

and physical states, looking at the power they have to activate different parts of the autonomic nervous system. The study has shown that fast-paced music with a high tempo can increase heart rate, blood pressure and arousal levels, leading to feelings of energy and excitement as the body's sympathetic nervous system is activated and the 'fight or flight' response is triggered¹. In contrast, slow, rhythmic music with a low tempo has the opposite effect, promoting relaxation, calmness and even sleepiness. This is because it triggers the rest and digestion response in the parasympathetic nervous system, helping to regulate breathing and heart rate and promoting a sense of relaxation².

MD: Can you provide insights into the neuroscientific aspects of how music affects the brain and emotions, and how therapists can leverage this knowledge in their practice?

FM: Music has profound effects on our brains; it can trigger emotions, influence our mood, behaviour and overall wellbeing, as well as reducing cortisol levels, decreasing heart rate and bringing down blood pressure.

Music engages the limbic system, the brain's emotional centre, triggering the release of hormones and neurotransmitters that influence our mood and our emotions. Driving a positive emotional connection with your clients drives increased loyalty, brand differentiation, increased spend and more customer referrals as 7/10 consumers are more likely to recommend a brand based on their emotional connection to it³.

Music can also trigger our autonomic nervous system, influencing heart rate, blood pressure, respiratory rate and muscle tension. Calming music can trigger the 'rest and digest' response, inducing relaxation and reducing the stress-related hormone cortisol, while upbeat music can stimulate the 'flight or fight' response in the body, boosting energy and elevating mood.

Through personalising the music to the treatment goal and outcome, you can enhance the overall client experience, boosting their holistic health and wellbeing. With 80% of people more likely to buy from a brand that provides personalised experiences⁴, it's a great way to boost revenue and drive loyalty.

MD: What sort of things should therapists consider when making a therapy playlist?

FM: When curating music for a wellness setting, it's important to consider the rhythmic qualities that can enhance the overall experience and promote a sense of calm, relaxation and wellbeing. As an example, when designing outcome based music for The Stream, the qualities that were important to us were:

- Slow to moderate beats in order to create a soothing and relaxing atmosphere
- Simplicity and flow: favouring smooth, flowing rhythms that gently guide listeners into a meditative state
- Consistency and predictability, maintaining a consistent pulse and rhythm throughout, allowing listeners to synchronise their breathing and heartbeats to the music

- Using natural sounds like gentle waves, rain and rustling leaves to help connect listeners to nature, recentring them
- A strong compositional value. It was important to us that we work with industry and genre leading musicians who are able to deliver high quality and enjoyable pieces that fit the above, while maintaining artistic integrity.

MD: How do therapists choose the right type of music for different clients and therapeutic goals?

FM: In order to select the right tempo for your setting, you first need to think about what is the desired outcome you want to achieve in the space. For example, for a massage where the desired client outcome is relaxation, we would recommend choosing music with a tempo between 60-80 BPM, with a slow, steady rhythm that encourages deep relaxation. Opt for simple, soothing melodies with instruments like a piano, flute and harp to promote feelings of serenity.

In contrast, if you are looking for uplifting and energising music, for example in a waiting area, then we recommend choosing music with a tempo between 80-120 BPM, with a lively and upbeat rhythm. Here you can be more experimental and incorporate more complex rhythms and melodies that utilise a variety of instruments, ranging from piano and guitar to synth and percussion.

The goal is to create an immersive auditory experience that elevates the atmosphere of the space and enhances the therapeutic outcomes for the client.

MD: How does Myndstream facilitate this?

FM: Music is a powerful tool but is often under utilised. It can shape a space, shift a state of mind and, as evidenced above, even change our physiology. We founded Myndstream with the mission to release the power of music to deliver health and wellbeing outcomes. We work with world leading musicians, scientists and wellness practitioners to understand the effect of music, so that the music we create can enhance the therapist's treatments and transform the client experience.

Last year we launched the world's first music streaming service for spas. It is home to more than 60 playlists from award-winning wellbeing artists. All playlists are categorised by mood and duration, enabling therapists to develop immersive, multi-sensory treatments and keep track of appointment time. It is cost-effective and fully licensed for business use globally. Our work has transformed many spaces globally from spas, hotels and schools to people's homes. **IT**

Freddie Moross is the dynamic founder and CEO of Myndstream, a global music brand which is making major breakthroughs in the world of music for wellbeing. With the launch of its pioneering cloud-based spa music streaming service last year, Myndstream has developed a simple and intuitive system to deliver the perfect audio experience for wellness. Find out more at myndstream.com

With the rise of exercise prescription across almost all holistic and allied health care professionals, is now the time to ask yourself: Should I be prescribing exercises?

Patients are suffering with increasing levels of chronic pain, postural-related discomfort, overuse injuries and various joint and muscle pains. With the NHS battling to keep up with the demand for musculoskeletal (MSK) services, we're seeing increasing numbers of patients seeking support from holistic therapists, massage therapists, sports therapists and allied healthcare professionals.

Exercise prescription may seem foreign to you, and there's a good chance you didn't cover it during your training. However, it does not need to be complicated if we follow some key strategies:

1 CASE HISTORY

Taking a detailed case history and assessment will give you a good idea of the onset of the pain, the cause, any aggravating or relieving factors, any social history or any serious signs or red flags. Taking a case history will help you to establish the diagnosis. It will also help you understand more about the job or hobbies that your clients may have. Putting this all together gives you a good idea of how you might treat your client and the types of exercises you might prescribe.

2 EXAMINATION

Examination is the way we can find out what might be wrong with the body. You might look at body parts that are stiff, or perhaps they are hypermobile. You might find that particular muscles seem sore to the touch. Some muscles might be short when you try to stretch them; others might be too flexible. You might find one leg is weak compared to the other. By doing an examination, you can ascertain functional limitations that you can address with exercises.

3 EDUCATION

Clients benefit from education. They want to know what they can do to help themselves. They want to increase their understanding of why they are in pain and what might help them. Educating clients can help motivate them, help them take control of their health and provide you with an opportunity to demonstrate your level of knowledge.

4 ADHERENCE

One of the problems with exercise prescription is that often clients do not adhere to the prescribed exercises. That's why you might see patients more regularly, to support them, encourage them and motivate them to do the exercises between sessions with you. We know that long exercise programmes have lower adherence, so keeping exercise plans to two to four exercises each week is ideal. Any more than that, and they may not follow through with them.

5 EVIDENCE-BASED

Exercises are evidence-based, which might clinically support any interventions you choose to undertake. We know from hundreds

of research papers that exercises seem to benefit almost every musculoskeletal pathology or joint problem. Integrating exercise therapy to your treatment plan will help your clients in their recovery and enhance the credibility of your service.

6 DO NO HARM

Don't try to copy various influencers with exercises, as they usually over-complicate them for show. A box jump leading into a single-leg Romanian deadlift isn't suitable for 99% of people. However, exercises like wall squats or lunges are more straightforward and provide a functional way to strengthen the legs. Keep it simple.

HOW TO KNOW WHAT EXERCISES TO PRESCRIBE

Ideally, you would have training to support you, and working within your scope of practice is always recommended. Jane Johnson, Vice President of the FHT, is running a series of webinars on exercise prescription that members might find useful. See below:

- 19.04.2024 Top 20 exercises for the lower back
 - 26.04.2024 Top 20 exercises for the neck
 - 03.05.2024 Top 20 exercises for the upper back
- See fht.org.uk/hosted-courses for more details.

Many times, we determine the exercises not necessarily by the diagnosis but by the functionality of our clients. For example, two clients may come in with disc problems in their lower back, and one may have pain bending forward, while the other may have pain bending backward. Prescribing a bespoke exercise plan for both clients would be beneficial.

THE POWER OF PRESCRIBED EXERCISE

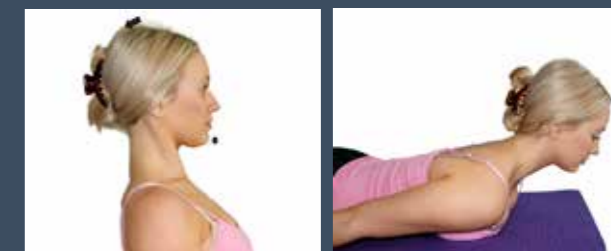
Prescribing exercises offers a multitude of benefits for all patients with any joint or muscle pain. It is a fundamental aspect of care in rehabilitation, chronic pain management and preventative therapies. Exercise prescription helps to improve clients' physical health by increasing mobility and strength. Alongside this, physical wellbeing contributes to mental wellbeing, and engaging in exercise can empower clients to regain control of their health, especially if they lead sedentary lifestyles.

Rehab My Patient is an excellent exercise prescription software that can assist in sending exercises to clients. It's also educational and helps suggest the right exercises based on muscles and diagnoses. It is an essential tool for scaling your therapy business. FHT members receive three months free and 10% discount at rehabmypatient.com/FHT

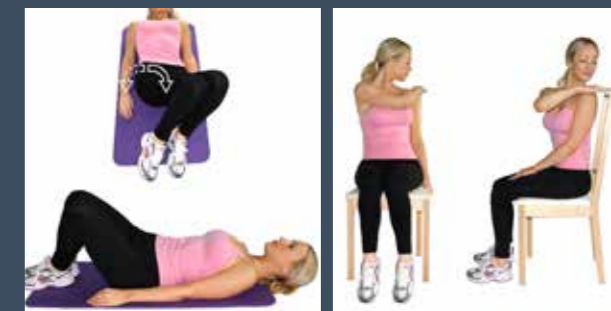
Tim Allardyce is a physiotherapist and osteopath with 22 years of experience. He has worked at the top end of sport (6x Olympic Games) and currently works at Surrey Physio Group.

EXAMPLES OF EXERCISE PRESCRIPTION

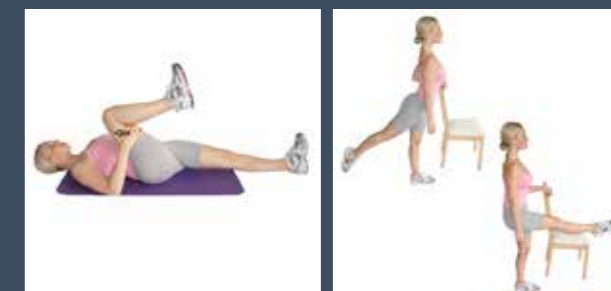
For neck pain: During your case history, your client complains of neck discomfort while using a mobile phone and laptop. On examination, you find they have tenderness in their neck and upper trapezius muscles, as well as forward head posture. A suitable exercise to prescribe might be a neck retraction exercise or a neck extension strengthening exercise.



For lower back pain: Your client presents with chronic back pain. On examination, you find they have significant stiffness in their lumbar and thoracic spine. You might decide to prescribe them some gentle mobility exercises to increase range of movement.



For hip pain: Your 60-year-old client comes in with pain in their groin, buttock and lateral thigh. They have noticed that walking has become slightly slower over the last few months. Upon examination, you find their hips to be stiff, with reduced range of flexion and rotation. You might prescribe some mobility exercises to improve the hip range of movement.



HIT THE GROUND MOVING

Unlock the potential of your therapy practice with these tips on prescribing client exercises from physiotherapist and osteopath **Tim Allardyce**

WORDS TIM ALLARDYCE

REFLEXOLOGY FOR SCHOOLS



Discover the transformative power of reflexology in school settings with **Lorraine Senior**, who shares insights, real-life stories and practical guidance on how to get started

WORDS LORRAINE SENIOR

Reflexology is emerging as a valuable supportive therapy offering a range of benefits in many settings. Whether you are an established practitioner seeking diversification or newly qualified eager to explore new opportunities, have you considered the supportive role that reflexology can offer in the education system?

Reflexology, with its nurturing touch, is acknowledged to significantly contribute to emotional wellbeing, helping reduce anxiety and promote relaxation. These benefits may encourage young people to be in a better frame of mind for coping, managing, and thriving in the classroom, perhaps in a better frame of mind conducive to learning.

There are many benefits to receiving reflexology in the school setting. Here are just a few:

- It may offer emotional wellbeing support, helping individuals in managing stress and anxiety and boosting self-esteem.
- Through supportive positive touch therapy, individuals may experience an increased oxytocin release, calming the mind and body, which may improve focus and concentration upon returning to the classroom, potentially contributing to better learning outcomes.
- It may also provide an opportunity for individuals to learn self-care reflexology techniques, which may be transferable into a variety of situations, fostering wellbeing and coping mechanisms.

Reflecting on the past 12 years working within the school environment, delivering reflexology supported by the Functional Reflex Therapy (FRT) Framework and toolkit during the school day, I truly believe that every school and learning environment throughout the world can benefit from the support of a qualified reflexologist.

For anyone considering this pathway for their therapy, these tips may be helpful:

- Reflect on the purpose of introducing the session during the school day and create a professional package to help you feel confident when sharing with headteachers.
- Sometimes, even small adaptations and adjustments in your approach and implementation of the framework can have a significant impact on the success of the session's outcome.
- Have an awareness of how to adapt your approach to support diverse needs.
- I would also encourage reflexologists to consider how the body receives and gathers information and to think about the method of delivering their reflexology to allow the body time to process and respond to the information delivered through nurturing touch. As sessions during the school day will be short, it's important to be clear about the purpose and expectations.
- Clearly articulating keywords that resonate with headteachers is crucial and will enhance respect for the therapy and the sessions you can offer and how you can work as part of the interdisciplinary team.
- Highlighting the therapeutic benefits for wellbeing within the classroom is essential, addressing the impact of stress and anxiety on an individual's ability to cope during the school day and its repercussions on learning.
- Consider how you may use the FRT toolkit and objects of reference to support your approach, encouraging interaction, obtaining consent, taking responsibility and making these sessions fun and enjoyable.

I have drawn from my many years as a teacher within mainstream and the special education system, as well as from my experience as a dedicated reflexologist supporting young people with additional, complex and diverse needs, to craft a book guiding reflexologists and providing essential reading for headteachers looking for innovative and inclusive ways to support emotional wellbeing of young people during the school day.

In the book titled *Reflexology for Schools: Nurturing Learning and Embracing Diverse Needs*, supported by The Functional Reflex Therapy Framework, real-life stories of young people form an integral part.



Measuring how they feel



Relaxation with reflexology

The reader is invited to join us in the therapy room and enjoy the meaningful connections that are built and develop, both in the therapy space and beyond. The reader is encouraged to explore the documented benefits of reflexology, feedback from young people themselves, staff and parents and carers, as well as testimonials from reflexologists and headteachers who already embrace this intervention within their setting.

It is now up to us, qualified reflexologists, to present a professional package showcasing our ability and the value of our work within the multidisciplinary team. We need schools to discuss our work and actively seek reflexology as a therapeutic intervention supported by the FRT Framework for inclusion in their development plans. **IT**

Lorraine Senior is the founder of Functional Reflex Therapy and is a qualified teacher with over 20 years in the education system and over 15 years as a qualified reflexologist. She now shares her work through three-day CPD training to support reflexologists. In 2017, Lorraine was the winner and recipient of the 2017 FHT Tutor of the Year excellence award. More information about the pathways of FRT can be found at functionalreflextherapy.co.uk and you can find the book at functionalreflextherapy.co.uk/product/reflexology-for-schools

ASK AN EXPERT

Do you have a question you would like answered?
Every issue we find experts to answer your queries
about complementary, beauty or sports therapy



Q HOW CAN I ENFORCE CANCELLATION FEES FOR MISSED APPOINTMENTS?

IT Editor, Molly Denton, says: It's not uncommon for therapists to encounter clients who are late or fail to show up. While we can accept that life can sometimes interfere, each instance of this behaviour deprives you of valuable time and potential income – resources that could have been directed toward benefiting someone else. A practical solution to combat this is to implement a cancellation policy for your therapy practice. This not only facilitates effective time management on your part, but also establishes a fair system for handling no-shows, making sure that your time is optimally used and that clients respect the services you provide.

Justifying the policy is typically noted as the most uncomfortable for most business owners, but it's important for maintaining a fair and professional environment, ensuring fair compensation for your time and promoting client accountability – after all, their time wasting directly impacts your business. There's no need to feel apologetic about having a policy in place; it's a reflection of your professionalism, expertise and dedication to providing quality services. Consistently applying a cancellation policy fosters a transparent and respectful therapist-client relationship, significantly contributing to the overall professionalism of your practice.

When crafting a policy, consider a few key elements: be mindful of your tone, define a cancellation time frame that suits you (such as 24 or 48 hours), outline penalties for cancellations and make it visible on your website and emails.

Introducing the policy at a client's first appointment is an effective way to set expectations from the start. This can be done through client intake forms, in-person consultations, signage in waiting and treatment areas, and by featuring it prominently on your website and social media platforms. Perhaps even enhance its impact with automated reminders and on confirmation emails.

Q CAN I TREAT CLIENTS UNDER 16 YEARS OLD?

Membership and Insurance Services Manager, Beverly Bartlett, says: Yes, you can treat clients under 16 years of age, but it depends on several factors including your qualifications, the nature of the therapy and local regulations. For example, consider treatments such as waxing, microdermabrasion, semi-permanent makeup and face peels.

In many places, you are required to obtain consent from a parent or legal guardian before treatments. When in doubt, it's best to refer to our FHT Code of Conduct, which emphasises that members treating children and vulnerable adults must ensure that treatments are both safe and appropriate.

You bear the responsibility to safeguard and promote the welfare of your young or vulnerable clients, considering the safety and appropriateness of the chosen treatment.

When working with children and vulnerable adults, you must be well-versed in relevant legislation related to welfare and safeguarding, applying this knowledge in your practice. Such legislation would include the Children's Act 1989, the Protection of Children Act 1999 and the Safeguarding Vulnerable Groups Act 2006.

For the protection of all parties involved, it's recommended to have a parent or legal guardian present during both the consultation and the treatment, with their details recorded on the client's consultation form. This is to safeguard you against any allegations of inappropriate behaviour.

However, you may use a common sense, case-by-case approach when deciding whether to have a parent or guardian present, taking into consideration factors such as the client's age or vulnerability and the type of treatment being given. You should make sure to document your decision on the client's record, providing an explanation if choosing to proceed without parental or guardian presence.

You should also be aware that you must not treat a child or vulnerable adult without that individual's consent, provided they have the capacity to give consent. You must have written permission from a parent or legal guardian before treating a child.

Adhering to these guidelines ensures the wellbeing of the child or vulnerable adult and maintains professional standards and ethical considerations. **IT**



Email us your
questions at
editor@fht.org.uk

LOOKING AFTER YOUR SHOULDERS

In this third and final instalment of a three-part series, massage therapist and trainer **Darien Pritchard** shares four release techniques for your shoulders

WORDS DARIEN PRITCHARD

As massage practitioners, it's important that we look after our own bodies in order to maintain our careers. In this segment, we'll look at four release techniques for your shoulders. It's very easy to build up tension in your shoulders as you massage, by working hard with your arms and hands, and by tensing them (often unconsciously) as you apply pressure. Because of this, muscle fatigue and soreness are common. It's not easy to massage your shoulders without tensing them while using your hands. So, this article covers four alternative ways to release shoulder tension.

STEP 1: Upper Trapezius Stretch

Let's start with a quick, easy way to stretch the upper trapezius, the muscle that forms the top of each shoulder. Do one side at a time.

Reach across to place your hand on top of your opposite shoulder (eg, your left hand on your right shoulder). Then, turn your head away (to the left). Keeping it turned away, tilt your head upward, allowing your hand to gently press your shoulder down to take up the slack. Then, keeping your shoulder down with your hand, look downward and feel the stretch in your upper trapezius (right side).

STEP 1



1. Place your hand on your shoulder

2. Look up while keeping your shoulder down 3. Look down to stretch your upper trapezius

STEP 2: Mobilising your shoulders

Many people know the simplest way to mobilise their shoulders. To do this, move your shoulders:

- Forward and back
- Up and down
- Around in a circle or oval that encompasses those four directions.

Try to keep your arms dangling as much as you can while you do this, making sure you are moving your shoulders and not just your arms. You can do this with one shoulder at a time or both together.

STEP 3: Stretching your shoulders by stretching your arms

It's worth noting that we perform a large percentage of life's activities, including massage, with our arms forward to position our hands in front of our abdomen or lower chest. So, it's useful to do stretches that move our shoulders into positions that counterbalance this, such

as above and behind your head, and low down behind your back.

It's natural, after being hunched over for a while, to yawn and give yourself a big stretch backward over your head. You can enhance this stretch by interlocking your fingers and attempting to circle your hands above your head. Don't force beyond what's comfortable, but try to gently nudge a little extra stretch if you do this regularly.

You can also bring your arms behind your back and interlock your fingers there. Then, with your arms straight (but not rigid), begin to move your hands around behind your back in a circle or oval within a comfortable range.

STEP 4: 'Massaging' your shoulders with a tennis ball

An easy way to 'massage' your shoulder muscles is by pressing on a tennis ball. Place the ball on the wall and position yourself so that the ball is behind one shoulder. Then, move up and down like a bear

scratching its back on a tree. Control the pressure by adjusting how much you lean on the ball, keeping it within your comfort level. Don't let the ball cross your spine or the edge of your scapula with any pressure.

Spend extra time on tighter areas. Most people like working between the shoulder blades (rhomboids and thoracic erectors), just above the top inside corner of the shoulder blade (levator scapulae) and out along the top of shoulder above the scapula (upper trapezius).

There are two variations you might try. One is to do this lying down (e.g. on a yoga/camping mat), moving your body on the ball by pushing from your feet.

Alternatively, you can also use two tennis balls at once, placing one under each side of your back. This is tricky to do standing up - keeping the balls from either falling down - but works well when you're on the floor.

STEP 2

1. Lift your shoulders up

2. Move your shoulders down

3. Move your shoulders forward

4. Move your shoulders back

5. Move your shoulders in a circle (with your arms dangling).

STEP 3

1. Yawn and stretch your arms back above your head

2. Move your arms in a circle above your head

3. Move your arms in a circle behind your back

STEP 4

1. Tennis ball behind shoulders

2. Lay down and move your body on the ball (not pictured)

ADAPTING THESE MOVEMENTS

I hope you find these suggestions helpful. Please don't apply them too rigidly. Play with them to find out how they work best for you or how you might adapt or blend them with more familiar ways of stretching and releasing. **IT**

Darien Pritchard has been a massage trainer since 1982, and has served on the General Council for Massage Therapy. He has written a number of massage books, most recently the student text *Anatomy, Physiology and Pathology for Massage* (2nd ed, 2023). For three decades, Darien has pioneered a focus on how massage practitioners can look after their hands and body, including developing the original hands-free massage training – the skilful, sensitive use of the forearm and elbow to save the hands. Find out more at dynamicmassage.co.uk and handsfreemassage.com





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EDITOR'S PICK

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BOOK RECOMMENDATIONS

Nurture
your body
and mind

ON OUR SHELF

It's well-documented that reading can help improve memory, but that's just one of the many reasons to enjoy the hobby. As it turns out, a good page-turner can offer benefits for your health and happiness in numerous ways beyond mere pleasure. In fact, a growing body of research indicates that reading can literally change your mind. Using MRI scans, researchers have confirmed that reading involves a complex network of circuits and signals in the brain. As your reading ability matures, those networks also get stronger and more sophisticated¹. In one study from 2013, MRI scans measured brain activity as participants read *Pompeii*, showing increased connectivity, especially in the somatosensory cortex, the part of the brain that responds to physical sensations like movement and pain².

What should you be reading? The short answer is: Whatever you can get your hands on. If you're pressed for time, devote a few minutes daily to a blog on a niche topic. If you're looking for an escape, fantasy or historical fiction can transport you out of your own surroundings and into

another world altogether. If you're on a career fast-track, read non-fiction advice offered by someone who's already arrived. Consider it a mentorship you can pick up and put down when it suits your schedule. One thing to note: Don't read solely on a device. Flip through print books, too.

As avid readers already know, there's nothing quite like the smell of an old book or the crack of a new one's spine. Despite the increasing popularity of e-books, it seems safe to say that the enduring appeal of real books isn't going anywhere just yet, and the benefits of reading are here to stay. Studies have shown repeatedly that people who read print books score higher on comprehension tests and remember more of what they read than people who read the same material in a digital form³.

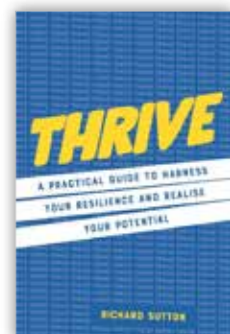
So, as we're on the theme of 'awakening the senses' in this issue, why not awaken yours by grabbing a book? What's better yet, is that we've done the hard work for you – below, we share six suggestions of books to benefit both mind and body, offering a blend of captivating storytelling and opportunities for further education as a therapist.



MAKE GOOD TROUBLE
BRIANA PEGADO

Whether you consider yourself a rebel, an activist, a protester or simply someone who sees injustice they wish they could challenge – you have access to a power that you may not have considered: energy. In this book, Briana Pegado shows you how to harness the energetics of disruption to catalyse actionable change in your own life and society. It's for anyone who feels compelled to make the world a better place, anyone who is looking to bring compassion and equality to all aspects of their lives.

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TOUCH IS REALLY STRANGE
STEVE HAINES

As the latest addition to the *Really Strange* series, this science-based graphic comic addresses questions on touch, revealing its complexity, power and limits. Used positively, touch can change pain and trauma, communicate compassion and love and generate social bonding. Get it wrong and it can be abusive and terrifying. *Touch is Really Strange* celebrates the power of inward touch (interoception) and looks at how we can use skilful contact to promote feelings of joy, connection and vitality.

£9.99 at uk.singingdragon.com



REFLEXOLOGY FOR SCHOOLS
LORRAINE SENIOR

In *Reflexology for Schools*, Lorraine Senior explores the significance, effectiveness and value of qualified reflexologists in education settings. Drawing on over 12 years of personal experience, Senior emphasises the positive impact of integrating this therapy into the school day. This book is tailored for reflexologists looking to expand their skills and business within the education sector. It features real-life stories of 12 young individuals benefiting from reflexology, demonstrating how the FRT framework connects the classroom, therapy room and beyond.

£24.99 at functionalreflextherapy.co.uk



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AMARIS

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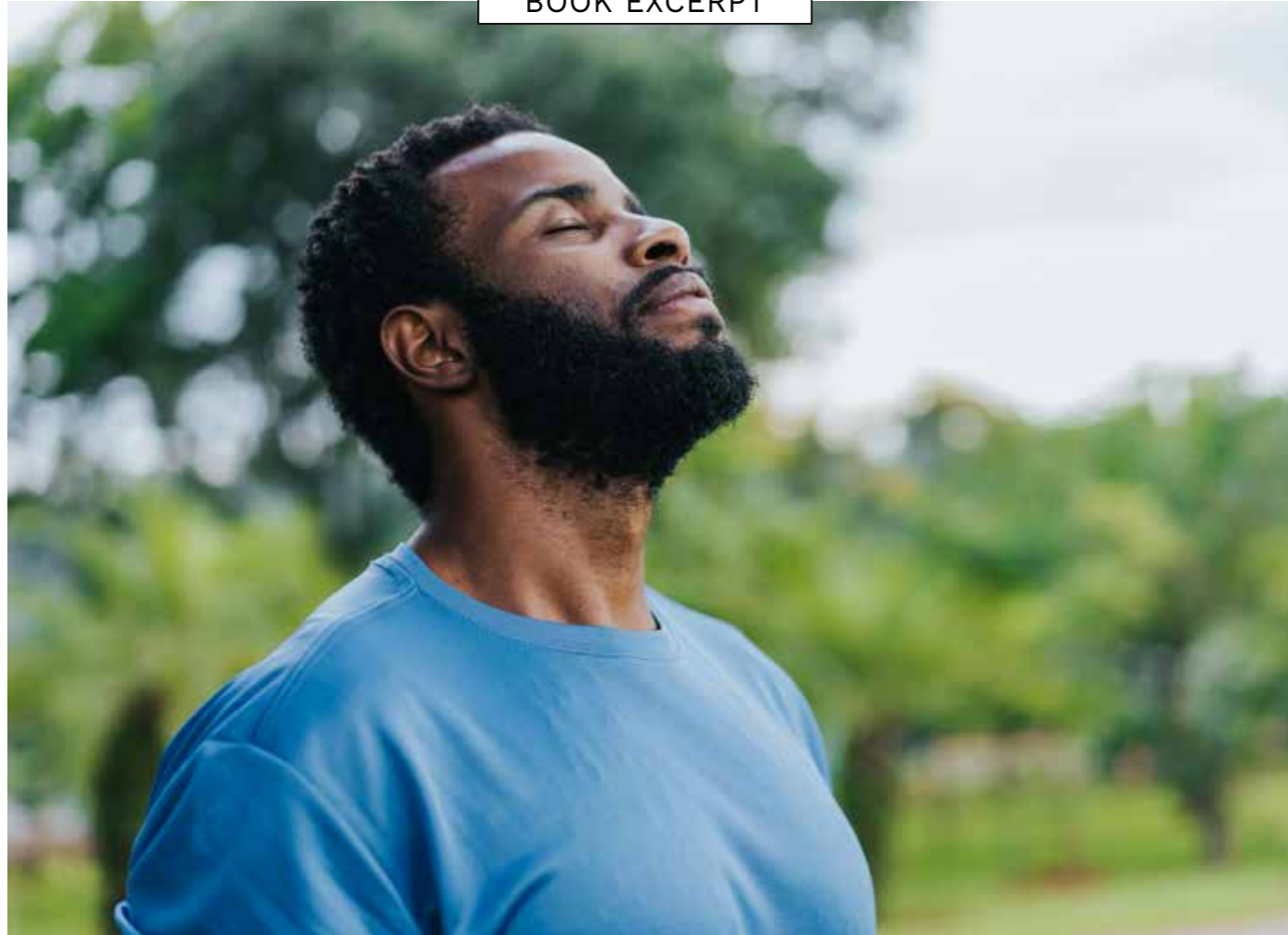


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BOOK EXCERPT



HOW TO TRAIN A HAPPY MIND

AN EXCERPT FROM SCOTT SNIBBE'S *HOW TO TRAIN A HAPPY MIND*

Based on the hugely successful *Skeptic's Path to Enlightenment* podcast (which has over 200k annual downloads), this is the first mainstream book to share the power of analytical meditation in an eight-step guide that allows anyone to improve their mental wellbeing.

Working in a similar fashion to cognitive behavioural therapy, analytical meditation transcends the calm-inducing practice of mindfulness, actively training the brain to become happier. It combines Tibetan Buddhism with modern science and psychology, using engaging techniques that leverage our natural interest in stories and emotions.

Scott Snibbe writes *How to Train a Happy Mind* in an accessible tone with plenty of references to popular culture. He doesn't promise a life free from challenges but rather, one where you can remain happy irrespective of them, as you learn to develop your greatest potential. On the next page, we feature an excerpt from the chapter 'What is Analytical Meditation'.

WHAT IS ANALYTICAL MEDITATION?

Over the past few years, meditation has become a popular therapy recommended to help people to sleep better, reduce stress and aid concentration. Yet meditation is much more than a useful tool for treating distraction or restlessness. For Buddhists, meditation's deeper purpose is to strengthen the positive qualities we all naturally possess, like openness, compassion, kindness, generosity, patience, gratitude and joy. The type of meditation that actively steers your mind toward these qualities is called analytical meditation.

Analytical meditation is a path to becoming a better human being. It helps you to develop a rich inner life, while actively enriching your outer life, too, deepening your connections to others and making you a force for a better world.

In the Tibetan Buddhist tradition, there are hundreds of different meditations that you can practise to develop specific positive qualities. But all these meditations boil down to two types: stabilising meditation and analytical meditation.

STABILISING MEDITATION CALMS THE MIND

In stabilising meditation, also popularly known as mindfulness meditation, you are totally honest and present with yourself, accepting whatever occurs in your body and mind without needing to act on it. Stabilising meditation helps calm your mind and makes you less reactive. It is the form of meditation most people have already heard about, available widely in apps and courses. For some, it may be the only type of meditation they thought existed.

In stabilising meditation, you slow down your thoughts and focus on some aspect of your body or mind. The most common object of focus for stabilising meditation is the breath. Your breath is always with you and it is a reflection of your inner state. It's quick and shallow when you're nervous, slow and steady when you're calm. Meditating on the breath is an immediate way to connect your body with your mind, opening yourself up without judgment to whatever you are experiencing in the present moment.

Stabilising meditation is an important part

of every meditation session. Without mental stability, you can't focus on anything – whether it's work, a conversation or meditation. That is why all the meditations in this book begin with a short stabilising meditation on the breath to calm and focus your mind.

ANALYTICAL MEDITATION CHANGES THE MIND

The second, lesser-known type of meditation is analytical meditation. This form of meditation goes beyond watching your mind to actively steer it away from disturbing thoughts, like anxiety, fear and craving, and toward beneficial ones, like satisfaction, joy and generosity. Instead of calmly watching whatever comes into your mind like you do in stabilising meditation, in analytical meditation you actively question what pops into your mind, and proactively cultivate beneficial thoughts and feelings that steer it toward openness, happiness and compassion.

Analytical meditation acknowledges that every single thought you have programmes your mind in one way or another. The recently discovered principle of neuroplasticity backs this up, demonstrating how your every thought reinforces neural structures in the brain, making that thought more likely to occur later. Watching a movie, reading a book or scrolling social media all modify your brain so that you think or act differently in the future. Advertisements work on this principle, reinforcing the thought that there is something you lack which will make your life complete. Your interactions with media, colleagues, family and friends all unconsciously shape your mind too.

Analytical meditation is a way to take conscious control over your mind's habits instead of letting them be unconsciously programmed by your interactions with the people and the world around you. This form of meditation works in a similar way to cognitive behavioural therapy, which uses logic to recognise distorted thoughts and then trains your mind toward healthier responses. It is also similar to positive psychology, which expands beyond merely treating mental problems and on to fostering a rich, thriving life. Through stories, critical thinking and reason, analytical meditation steers your mind

toward what Abraham Lincoln called "the better angels of our nature".

Something encouraging I've noticed when leading analytical meditation sessions is that many people – even beginners – can give their full attention to an analytical meditation, while they have far more trouble maintaining the single-pointed focus of a stabilising meditation. I think this is because we are so used to watching TV and listening to stories. And, ultimately, analytical meditation is just another type of story – one we tell ourselves with our eyes closed, sitting on a cushion, that helps us to better understand our minds and reality.

Despite analytical meditation being easier to pick up than stabilising meditation, it is still important to practise both types of meditation. Stabilising meditation calms and focuses the mind, while analytical meditation changes the mind. That's why you include both in a meditation session. A session often begins with a stabilising meditation to calm your mind, moves on to mentally active analytical meditation to transform it, then returns to a stabilising meditation to deepen insights from the analytical meditation, transforming them into heartfelt realisations. **IT**

Scott Snibbe is a 20-year student of Tibetan Buddhism whose teachers include Lama Zopa Rinpoche and the Dalai Lama. He is the Executive Director of A Skeptic's Path to Enlightenment, a non-profit organisation dedicated to teaching secular forms of Tibetan Buddhist analytical meditation. Find out more at skepticspath.org

Purchase your own copy of *How to Train a Happy Mind* at watkinspublishing.com

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EDUCATION MATTERS

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Join us for a transformative event featuring top speakers, diverse experts and networking opportunities to fuel your passion for holistic therapy

We were so happy with the success of our Student Therapist Education Programme (STEP) that debuted back in March, thank you to everyone who attended or shared your expertise, it was definitely one for the books. With a turnout of more than 200 eager students, this event served as a pivotal platform for aspiring holistic therapists, and those wanting to continue their learning, deepen their knowledge, hone their skills and connect with like-minded individuals in the field.

The event boasted a diverse programme of 24 engaging webinars, including eight captivating live sessions. Each webinar was meticulously curated to cover a broad range of topics relevant to all aspects of holistic therapy and business, ranging from introductory courses to advanced techniques. We welcomed renowned experts and practitioners who led sessions offering invaluable insights, practical tips and first-hand experiences.

Throughout the event, attendees had the opportunity to explore various avenues of holistic therapy, including – but not limited to – crystal healing, aromatherapy, reflexology, energy work and

mindfulness practices. Networking sessions facilitated meaningful connections, enabling students to exchange ideas, share experiences and forge lasting relationships within the holistic therapy community.

However, it's not the only training event we are happy to host this year. It's almost time to join us again for our FHT Training Conference 2024, taking place from 13 to 31 May online so you can once again access it on your own terms and when it suits you best. Join us to learn from a range of different therapists and network with likeminded people, all while earning over a year's worth of CPD points.

For this year's event, we have gathered a selection of the industry's top speakers, featuring a diverse range of experts, FHT accredited course providers and esteemed members. From live talks and pre-recorded seminars, this event is designed to inspire you with a range of topics. Additionally, we have set aside dedicated time for you to sit down and connect with fellow therapists, ensuring a well-rounded timetable packed with non-stop learning fun.

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CPD QUESTIONS

HERE TO HELP YOU CONTINUE YOUR PROFESSIONAL DEVELOPMENT

AROMATHERAPY FOR SPRING (P26)

In her article, Ellie Dunmore offers tips to help alleviate symptoms of seasonal allergies. Provide a case study of how you have supported a client affected by allergies. (This activity would be worth 5 CPD points – for more guidance, see fht.org.uk/cpd)



RELEASING THE SHOULDERS (P56)

Darien Pritchard, in his third instalment, talks through some self-care practices for therapists to release tension in the shoulders. Research how stress and posture affect shoulder tension, and how therapists can address these factors.

RESEARCH (P70)

Each issue, we share a selection of research that we've found and read over the last quarter. What recent holistic research or publications have you read or studied? Think about how you can apply this additional knowledge in your practice and write a plan.

CREATING PASSIVE INCOME (P74)

Izzy Rose shows us how to manage time better as a therapist and make passive income. Explain the steps you'd take to improve your time management as a therapist.



Below, you'll find questions relating to key articles in this issue of *International Therapist*. To gain 3 CPD points (unless otherwise stated) answer one or more questions, using a minimum of 300 words in total. Feel free to construct your own questions if none below suit for any of the articles in this issue.

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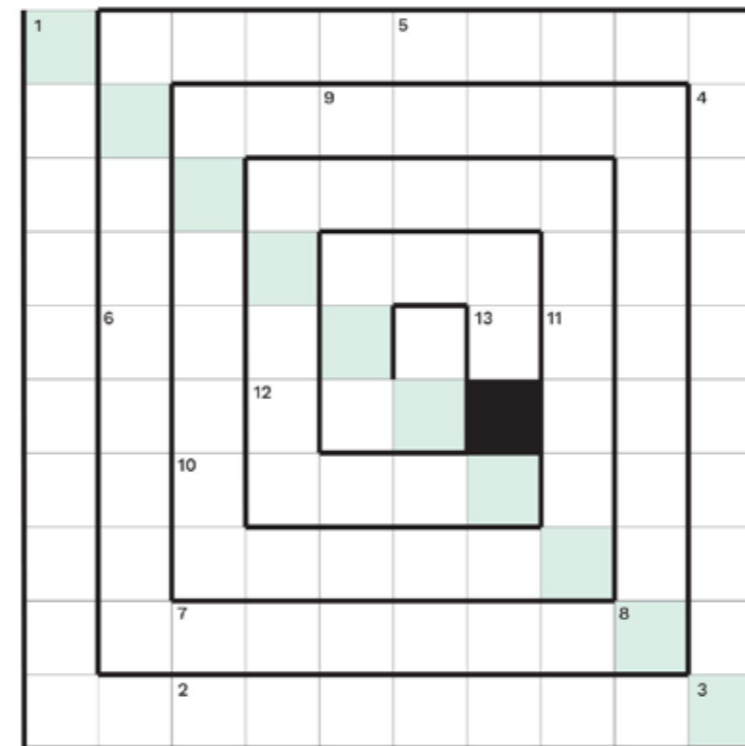
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CPD SPIRAL



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Write your answers in the spiral from the start, working in an anticlockwise direction, towards the centre of the grid. The shaded diagonal line will spell out a package of DNA. Simply email the word that appears in the diagonal shaded boxes to the editor at editor@fht.org.uk (writing 'IT Spring 24 Spiral' in the subject line) or send your answer on a postcard to the FHT address (see page 3). Please include your name, address and membership number. Entries without a membership number will not be counted. Standard competition terms and conditions apply (visit fht.org.uk/competitions before you enter or visit the members' area). Entries to be received no later than midnight on **Sunday 26 May 2024**.

SPIRAL NOTES:

CLUES

1. A series of pressure changes that take place within the heart (7, 5)
2. Activity requiring physical effort, carried out to sustain or improve health and fitness (8)
3. The separation and throwing off of waste materials or toxic substances by a living organism (9)
4. A type of cell that receives and sends messages from the body to the brain and back to the body (6)
5. A long, rod-like midline structure that develops dorsal to the gut tube and ventral to the neural tube (9)
6. The inner layer of the two main layers of the skin (6)
7. In males, the external sac that contains the testicles (7)
8. A process that helps move undigested food and waste through the large intestine (4, 8)
9. _____ Cavity. A space inside your chest that contains your heart, lungs and other organs and tissues (8)
10. A hormone formed by the C cells of the thyroid gland (10)
11. The elevated edge of the neural groove (6, 4)
12. Bile _____. To carry bile between these organs, plural (5)
13. Flattened bony process that extends laterally from the scapular spine to form the bony tip of the shoulder (8)

WHERE'S THE SOLUTION TO LAST ISSUE'S SPIRAL?

We do not publish spiral solutions as completing the spirals from the magazine can count towards your CPD points (1 CPD point per spiral quiz, a maximum of 4 CPD points per year). Thank you for all your entries for the Winter 2023/24 spiral. Remember, we love to hear your feedback and welcome any comments alongside your entry. Good luck!

RESEARCH

PLAYING AN INSTRUMENT AND BRAIN HEALTH

Ref: doi.org/10.1002/gps.6061

Engaging in music throughout your life is associated with better brain health in older age, according to a new study published by experts at the University of Exeter.

Scientists working on PROTECT, an online study open to people aged 40 and over, reviewed data from more than 1,000 adults over the age of 40 to see the effect of playing a musical instrument – or singing in a choir – on brain health.

The team reviewed participants' musical experience and lifetime exposure to music, alongside results of cognitive testing, to determine whether musicality helps to keep the brain sharp in later life.

The findings show that playing a musical instrument, particularly the piano, is linked to improved memory and the ability to solve complex tasks – known as executive function. Continuing to play into later life provides even greater benefit. The work also suggests that singing was linked to better brain health, although this may be due to the social factors of being part of a choir or group.



SOCIAL PRESCRIBING AND TYPE 2 DIABETES

Ref: doi.org/10.1186/s12916-023-02796-9

Social prescribing (SP) typically involves connecting patients in primary care with services offered by the voluntary and community sector. Initial evidence suggests that SP has the potential to link patients with community-based health promotion activities, thus contributing to the prevention of chronic conditions such as type 2 diabetes (T2D).

A recent study published by Springer revealed that SP could serve as a platform for individual-level T2D prevention, transitioning from standardised, targeted and short-term strategies to more personalised, inclusive and long-term approaches.

The study, conducted between November 2020 and March 2022, employed a mixed-method approach, combining quantitative and qualitative data analysis. Situated in a multi-ethnic, inner-city area characterised by high levels of deprivation, the research systematically demonstrated how accessible, holistic, sustained and integrated SP practices within primary care settings appeared to facilitate the delivery of individual-level T2D preventative interventions tailored to the specific health and social needs of the community.

BROWN FAT AND WEIGHT REGULATION

Ref: doi.org/10.1002/dmrr.3594

Brown adipose tissue (BAT) has been linked to energy expenditure, suggesting its potential as a target for weight loss in humans. Although initially believed to be insignificant in adults, recent advancements in imaging and laboratory techniques have revealed the presence and functionality of BAT in adulthood.

Studies have identified factors such as body mass index (BMI) and seasons affecting BAT quantity. However, the feasibility of utilising activated BAT for substantial weight loss remains uncertain, as its contribution to total energy expenditure appears low. Moreover, BAT is less detectable in obese individuals, raising questions about its role in obesity pathophysiology.

While BAT abundance decreases with age and higher BMI, solely activating existing BAT may not lead to significant weight loss, especially in the target patient group. Further research is needed to understand the relationship between BAT, weight gain, and obesity to inform effective weight loss strategies.



GARDENING AND POSITIVE WELLBEING

Ref: doi.org/10.1186/s13643-024-02457-9

Gardening and horticultural therapy (HT) has been widely recognised as a multicomponent approach that has affected a broad range of health and wellbeing outcomes. A recent umbrella review and meta-analysis published by BMJ underscored the effectiveness of gardening and HT activities in enhancing wellbeing and quality of life across diverse populations, including vulnerable subgroups.

Evidence suggests that engagement in gardening fosters the adoption of healthy behaviours among individuals, such as increased consumption of fruits and vegetables and enhanced physical activity, thereby positively influencing multiple dimensions of health and wellbeing. The proximity to nature facilitated by gardening instils feelings of connectedness with the natural environment, fostering positive affect, elevated mood and tranquillity. Immersion in outdoor settings within a relaxed atmosphere promotes mindfulness, emotional resilience and stress reduction, leading to enhanced vitality.

Aligned with the attention restoration theory, reconnecting with nature through gardening replenishes cognitive resources, resulting in improved concentration and attention. Moreover, community gardening offers a safe and welcoming environment for social interaction, countering feelings of loneliness and social isolation, particularly prevalent among vulnerable populations like those with pre-existing learning difficulties and mental health conditions. It serves as a platform for fostering community cohesion and social connectedness, expanding individuals' networks of social support.

Additionally, gardening activities yield direct physiological benefits, including reduced blood pressure and obesity levels, thereby mitigating the risk of various physical health disorders such as vascular diseases, type 2 diabetes and cancer.

The results of this study highlight a positive association between gardening and HT and multiple measures of wellbeing, quality of life and health status. Notably, existing reviews lack granular evidence in terms of different aspects of gardening (e.g. type, quantity, and intensity), and therefore this should be a priority for future studies.

For references, visit fht.org.uk/magazine-references or alternatively, type the individual references into your search bar online

CUPPING THERAPY ON LOW BACK PAIN

Ref: doi.org/10.1016/j.ctim.2024.103013

A 2024 Elsevier study investigated the effectiveness of cupping therapy on low back pain (LBP), finding that high to moderate quality evidence supports cupping's significant improvement in pain and disability. The effectiveness varies based on factors like treatment duration, cupping types, treatment locations, and LBP classifications.

The study included 11 trials with 921 participants, where five studies were at low risk of bias and six were of acceptable quality. High-quality evidence showed significant pain improvement at two to eight weeks, but not at one month or three to six months. Dry cupping didn't improve pain compared to wet cupping. Moderate to low-quality evidence indicated cupping didn't reduce chronic low back pain and non-specific chronic low back pain. Cupping on acupoints showed significant pain improvement compared to the lower back area. Cupping also showed a significant effect on pain improvement compared to medication therapy and usual care. It mediated sensory and emotional pain immediately and up to two weeks post-intervention. Moderate evidence suggested cupping improved disability at one to six months follow-up. Overall, cupping demonstrated a superior and sustained effect on pain reduction compared to medication and usual care.

A B C D E F G H I J K L **M** N O P Q R S T U V W X Y Z

MEDICAL A-Z

MENOPAUSE

MENOPAUSE occurs when periods stop due to lower hormone levels. It usually affects women between the ages of 45 and 55, but it can happen earlier. Menopause can happen naturally or due to reasons such as surgery to remove the ovaries (oophorectomy) or the uterus (hysterectomy), cancer treatments like chemotherapy or a genetic reason. Sometimes the reason is unknown. Perimenopause is when you experience symptoms of menopause, but your periods have not stopped. Perimenopause ends, and you reach menopause when you have not had a period for 12 months.

CAUSES

Menopause is caused by a change in the balance of the body's hormones, which occurs as you get older. Premature or early menopause can occur at any age and, in many cases, there's no clear cause. It happens when the ovaries stop producing as much of the hormone oestrogen and no longer release an egg each month.

Menopause can also occur when a woman's ovaries are affected by certain treatments such as chemotherapy or radiotherapy, or when the ovaries are removed, often at the time of a hysterectomy. It's not only those who identify as women who will experience menopause. Some transgender men, non-binary people and intersex people or people with variations in sex characteristics may also experience menopause.

SYMPTOMS

Common symptoms of the menopause and perimenopause include changes to your mood, such as low mood, anxiety, mood swings and low self-esteem, problems with memory or concentration (such as brain fog), alongside a myriad of physical symptoms like hot flushes, difficulty sleeping, palpitations, headaches and migraines, muscle aches and joint pains, changed body shape, weight gain, skin changes, reduced libido and recurrent urinary tract infections, among others. Symptoms can last for months or years, and can change with time. For example, hot flushes and sweats may improve, and then you may develop low mood and anxiety (NHS, 2024).

ORTHODOX TREATMENT

The main medicine treatment for menopause and perimenopause symptoms is hormone replacement therapy (HRT), which replaces the hormones that are at low levels. However, there are other treatments if someone cannot, or chooses not to, have HRT.

Other treatments to help with symptoms can include clonidine and gabapentin (to help with hot flushes and night sweats), antidepressants (low mood) and cognitive behavioural therapy (low mood and some physical symptoms) (NHS, 2024).

COMPLEMENTARY THERAPY

Menopause symptoms can be uncomfortable, and while complementary therapies shouldn't replace medical advice, they can offer additional support.

Here are a few options:

HYPNOSIS

Clinical hypnotherapy has been shown to be effective in reducing many symptoms of menopause, including hot flushes, brain fog and fatigue. A selection of randomised, controlled trials of clinical hypnosis demonstrated the approach was significantly more beneficial than a 'structured attention' therapy approach in postmenopausal women¹.

MINDFULNESS-BASED STRESS REDUCTION

MBSR (Mindfulness-Based Stress Reduction) demonstrates efficacy in alleviating menopausal symptoms, particularly psychological distress such as depression and anxiety, in perimenopausal and postmenopausal women. While both MBSR and active controls show significant symptom reduction over an eight-month study period, MBSR exhibited better outcomes in psychological wellbeing compared to active controls².

YOGA

Yoga can help manage the physical and psychological symptoms that many women experience during the transition from perimenopause to menopause, such as fatigue and muscle aches³. It can also improve long-term physical and mental health in postmenopause when the depletion of oestrogen can lead to osteopenia and osteoporosis (brittle bones), sarcopenia (muscle loss) and the risk of cardiovascular disease⁴. Yoga is said to help retain muscle flexibility, general mobility and balance.

AROMATHERAPY

Using naturally extracted aromatic essences from plants to help alleviate various physiological and psychological imbalances, aromatherapy is believed to reduce anxiety and increase relaxation. In a study published by the National Library of Medicine, it was found that 12 weeks of lavender inhalation helped improve sleep among menopausal women, alongside reducing hot flush frequency by 50%⁵. Additionally, three more randomised controlled trials of aromatherapy combined with massage, found it to be more beneficial than massage alone in reducing physical and psychological symptoms, such as night sweats and depression⁶.

NUTRITION

Eating a healthy, varied diet, including plenty of fruits, vegetables, wholegrains, calcium-rich foods and low-fat dairy products, has been shown to help relieve menopausal symptoms such as vasomotor symptoms (hot flushes and night sweats). Additionally, moderate intake of caffeine and alcohol can contribute to symptom relief⁷. Combining these with regular physical activity for over 150 minutes a week, including weight-bearing activities, has been shown to relieve symptoms such as fatigue and sleep disturbances⁸.

These are just a few examples of complementary therapies that have shown promise in easing menopausal symptoms. Many other approaches are available, including studies on acupuncture and reflexology, so it's worth exploring various options to find what works best for individual clients.

For references, please visit:
fht.org.uk/magazine-references

THE BUSINESS HUB

Welcome to FHT's Business Hub! Designed with you in mind, our Business Hub is a focal point of specially curated content, intended to help you build and manage your business successfully.

OPTIMISING YOUR TIME

Complementary therapist **Izzy Rose** talks through a couple of ways you could use your time better as a busy therapist to support your income

WORDS IZZY ROSE

As complementary and holistic therapists, we are all too aware of the challenges of burnout, often feeling drained by clients and thinking about how we can protect our energy and personal wellbeing.

In the therapy industry, practitioners frequently find themselves trading time for money – a dynamic that can sometimes feel pressured. While we love our jobs and the passion for what we do drives us, recognising the intrinsic rewards of helping others and the sense of purpose it gives us, our qualifications rarely extend to essential skills beyond therapeutic expertise. We don't learn how to market ourselves, manage time efficiently or how to use social media to grow our businesses, leaving us to navigate and learn as we go.

However, there are some simple steps we can take to use our time better, prioritise tasks and embrace technology, and I will share two with you here.

ARTIFICIAL INTELLIGENCE

Modern technology is a key asset to help you manage admin tasks, and typically without much time or cost. Some of you may have already heard of 'artificial intelligence', better known in the mainstream as 'AI'. This term may seem scary at first, but you shouldn't underestimate how it can help you in your business.

The artificial intelligence chatbot ChatGPT, developed by OpenAI in 2022, is a really good example of this. Based on a large language model, it enables you to ask it anything and receive a quick response. It's almost like chatting with that really intelligent friend. For example, I suggest asking it something like 'how can I grow my business as a complementary therapist' to get started. See what responses it gives you, and go from there.

As well as advice for your business, ChatGPT can help with all your spinning plates as a therapist, including treatment information, accountancy, marketing, bookings and emails – not to mention your personal life. To take some burden off your workload, consider leveraging the platform for tasks such as email responses. Alongside that, investing in an online booking system can help, relieving time by efficiently handling inquiries

and reducing the labour-intensive aspects of booking processes.

I acknowledge that this may all seem very daunting at first. Nevertheless, the pros of utilising modern platforms like ChatGPT far outweigh the cons when it comes to simplifying our lives. Of course, like many non-human things, it does have its limitations. I would always recommend editing ChatGPT responses to make them more human-like and to check the accuracy of the information. Essentially, consider using it only to take the leg-work out of admin or to give you a bit of inspiration.

CREATING PASSIVE INCOME

In our industry, income potential often faces limitations on how long we can work or how many days we put in, and there are even instances where we find ourselves volunteering or providing services for free. That's why 'passive' income holds significant importance. Rather than exchanging time for money, passive income involves making an initial effort that you can make money from over time.

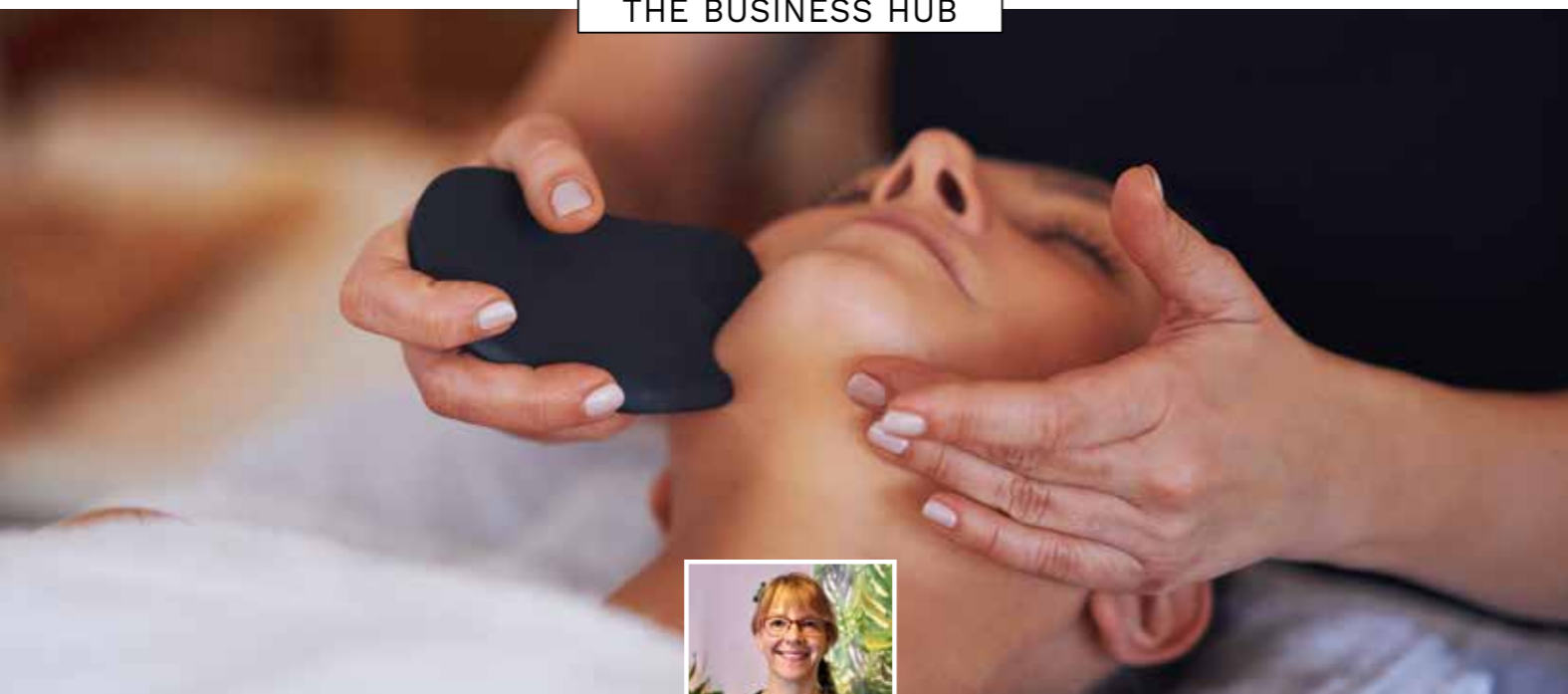
As an example, I spoke to my massage therapist who has been working in this industry for 20 years. She loves what she does but is always back-to-back and has little time off for herself. I suggested to her to train and start her own online course or to offer advice to other massage therapists through distance coaching on Zoom. After all, she does have a thriving, busy and professional practice that every therapist desires. I planted that seed for her, and I hope that one day it comes to fruition.

There are so many options for us as complementary therapists to offer our services in unique ways. Take a closer look at the services you're offering and how to diversify them. You could set up an online course or workshop that could later turn into automated webinars. Equally, you could explore opportunities to write and publish an e-book or create and sell physical products to expand your engagement and reach. Doing so can allow us to break free from traditional constraints, fostering both financial stability and personal growth.

Remember as therapists we are providing a valuable service, so continue charging your worth. Take a closer look at what value you provide and name your price. **IT**

Izzy Rose is a clinical aromatherapist and podcaster of *Diffuser Diaries* (available on Apple, Spotify and Google). She is also author of the book series *Simply Essential Oils*. Find out more at fht.org.uk/diffuser-diaries and on her socials at [@oilswithizzy](https://www.tiktok.com/@oilswithizzy) (TikTok, Instagram and YouTube).

THE BUSINESS HUB



THIRTY YEARS OF THRIVING AND FLOURISHING

Join **Sarah Baudains-Bourne** as she reflects on three decades of holistic therapy, marked by passion, industry evolution and an unwavering commitment to eco-sustainability

WORDS SARAH BAUDAINS-BOURNE

Three decades have passed since I first entered the realm of holistic therapy. For me, it isn't just a profession – it's a lifelong passion deeply rooted in my upbringing and personal experiences. Over the years, I've dedicated myself to the holistic approach and natural beauty, offering a range of therapies and products through my business, Pure Heart Therapies & Yoga.

With a keen focus on natural wellbeing throughout my childhood and adolescence, my journey into holistic therapy began with a personal quest for relief from hereditary conditions such as allergies, psoriasis, migraines and headaches. Determined to find natural solutions to ease my ailments, I delved into the world of aromatherapy and crystals around primary school age. As I entered my teenage years in the late 1980s, my passion only grew, leading me to pursue formal education in the field. It was during this time that I saw my first reflexology chart,

igniting my curiosity and further fuelling my interest in other avenues of holistic healing practices.

By the age of 21, I had set up my own natural beauty salon in Cornwall and was teaching reflexology and a range of beauty subjects at Saltash College. I also extended my expertise to a younger audience, sharing my knowledge with children aged four to eight and at GCSE level. Where these therapies helped me during my developmental years, I've always found it important to introduce them at this fundamental age. Through engaging lessons in aromatherapy, mindfulness and yoga, I set out to instil a foundation of holistic wellness early on, empowering young minds with tools for self-care and stress management. I even managed to successfully get yoga on the school curriculum in one Somerset school with a DVD called Thinking Outside the PE box. I still have faith that one day, yoga will be on every school schedule.

CHANGES IN THE INDUSTRY

Over the past 30 years, I've witnessed significant changes within the industry – both good and bad. A positive development is that the temporary halt to our modern, busy world, brought about by the outbreak of Covid and worldwide lockdowns since 2020, has left us searching for more meaningful approaches to health and wellness. Therapies are needed now more than ever, especially treatments that focus on self-regulation and stress management. We are seeing a wave of people taking more responsibility for their health and wellbeing. You only have to watch a snippet of daytime TV or spend half an hour scrolling on social media to learn about the latest trends in healthcare, skincare, astrology and even crystal therapy. With the increasing popularity of these therapies, they have become more accessible to the mainstream, moving away from being seen as luxuries only found in spas, with some treatments even being recommended by the NHS.

There also seems to be a surge in scientific research being carried out on therapy work, yoga and meditation (to name a few). With more science-based evidence becoming available to the public, holistic therapies may become more credible.

However, this accessibility also means that more people are coming into the profession. While this is good, it is essential that the industry continues to be regulated and that newcomers are trained properly and equipped with the right knowledge. With the ever-growing list of therapies and qualifications available, it can become overwhelming to find the right training, leading people to opt for the quickest and most affordable options. With the advancement of technology and the availability of online courses, there is a downside: an increase of unqualified therapists taking cheaper, overnight online courses, typically those that only scratch the surface and don't adhere to professional standards.

This is where my FHT membership has proven invaluable. I utilise my benefits and logo for support and recognition at all times. Some therapies still require licensing and adherence to industry regulations, and being associated with the FHT provides the professional recognition and guidance sought by both therapists and clients alike, offering reassurance in terms of quality and expertise.

STAYING FOCUSED

Self-employment can often feel isolating, and it's important to bounce ideas around with others in your industry rather than keeping them locked in your head. Community and networking play a vital role in my work as a holistic therapist. Despite living in the digital age, I believe in the power of face-to-face communication and human connection. I actively participate in local events and networking opportunities to promote holistic wellbeing in my community. I highly recommend joining a local group with like-minded individuals. The FHT host a range of these groups, which I've always found invaluable. Take a look on the FHT website (fht.org.uk/local-groups) to see if there are any in your area or if there are any virtual meetings you can join.

It's important to recognise your own limits and to reach out for support and help if you need it. Remember to prioritise your own wellbeing. To maintain sustainability as a therapist, your health and fitness must align with your work to prevent burnout or injuries. Determine your true

alignment in business and identify areas where you can let go of stressors. For example, early in my career, I noticed I was becoming drained of vital energy, and I sought a solution. For me, that solution was the discovery and subsequent training in reiki healing. Reiki transformed my energy, shifting from draining myself to channelling energy. I've found that Reiki not only protects me and establishes healthy boundaries but also enriches all experiences, particularly for the client. I highly recommend Reiki attunements for both personal and professional growth.

When you need expert advice, don't hesitate to reach out for support. We can't all be web designers, proof-readers, graphic artists, videographers and social media experts (despite the expectations nowadays). Accountability can be motivating. For instance, I've recently embraced social media with the guidance of Chloe Morris from Pink Flamingo Marketing. Let's avoid allowing these expectations to lead to resentment and conflict with our original intentions. Learn to let go and delegate tasks to experts while focusing on the work that brings you joy and makes your heart sing.

ADVICE ON ECO SUSTAINABILITY

Since my youth, I've been a member of Greenpeace and Surfers Against Sewage, advocating for causes such as animal testing. Therefore, it was a given that my wellbeing business would be an eco venture from the outset. Utilising eco-friendly, sustainable, plastic-free, toxin-free, plant-based products is non-negotiable for me. With the exposure to toxins in our environment already, my wellbeing business focuses on minimising these exposures for my clients, affording their bodies the opportunity to heal more swiftly.

When I opened my first salon in Cornwall 30 years ago, I set out using 'Nature's Sunshine' products before creating my own aromatherapy spa product range for both face and body treatments. Now, I supply the range to clients and to bodywork therapists, reflexologists and facialists who seek aromatherapy products but lack the time or inclination to blend essential oils themselves. Maintaining authenticity in your business practices and 'walking your talk' is paramount to achieving success, rather than simply following transient trends.

A FULFILLING ROLE

One of the most rewarding aspects of my long-spanning career has been seeing the transformation my treatments have brought to my clients' lives. Whether guiding families through the joys of pregnancy and childhood or assisting teenagers in managing exam stress, I've observed first-hand the empowering effect holistic practices can have on individuals as they reclaim control over their health and wellbeing.

Looking ahead, I see a promising future for holistic therapy, with ancient healing practices like reflexology, aromatherapy and yoga gaining mainstream recognition.

I hope to see these therapies integrated into conventional healthcare systems, making holistic healing more accessible to all. **IT**

Sarah Baudains-Bourne has been a member of the FHT for 30 years. Based in Frome, Somerset, you can find her at purehearttherapies.com, [@purehearttherapies](https://www.instagram.com/purehearttherapies) (Instagram and Facebook) and by email at sarah@purehearttherapies.com

COMING together

The Local Groups, supported by the FHT, have been busy. Take a look to see what they've been up to over the past few months...

SHARING FOR HEALTH WITH ISLEWORTH

The Isleworth local group had the pleasure of hosting Christian Kyriacou, a feng shui practitioner and author of *The House Whisperer* for their virtual meeting in January. The session featured a serene gong bath and a guided meditation that led the members around their homes, with many sharing their visions and, interestingly, a myriad of water themes emerged, creating a harmonious connection between them all.

The interactive session took an unexpected turn when one member had to leave due to a burst pipe emergency in her home. Coordinator, Theresa Robert-Green, said: "This real-life scenario beautifully echoed the water-themed discussions, underlining the powerful connection between our inner experiences and the outer world."

During the meeting, Christian shared valuable feng shui tips, emphasising desk placement for those working remotely. Simple changes, like not facing the wall and keeping the back away from the door, were highlighted for enhancing energy flow. The concept of considering our heart as our home added a profound touch to the holistic approach.

Theresa continues: "We want to say a special thank you to Christian Kyriacou and all the participants for making the session insightful and meaningful. We look forward to more enriching experiences in the upcoming months."

Virtual feng shui fun with Isleworth

Photograph: Isleworth LSG



Auricular acupuncture with the Northern Network
Photograph: Belfast and District LSG

AURICULAR ACUPUNCTURE WITH THE NORTHERN NETWORK

The Northern Network (Belfast and District) local group held a meeting on Friday 26 January, where they invited Tommy Fisher to give a talk. Tommy is trained in auricular acupuncture, a diagnostic treatment system based on normalising the body's dysfunction through the stimulation of one to five points on the ear. A form of this technique has been used in ancient Egypt, Rome and the Mediterranean area.

The National Acupuncture Detoxification Association (NADA) protocol has standardised auricular treatment which has the potential to provide vast public health relief on many issues challenging our world today, including substance addiction, PTSD, trauma, mental health problems and chronic stress.

During his talk, Tommy shared many stories about the difference he has seen in people's lives as a result of this therapy. In fact, he was invited to New York after the 9/11 terror attack to work with the rescue services with great effect. Afterwards, Tommy gave each member a personalised treatment, which, as you can see in the photographs, meant everyone was relaxed by the time they went home.

WELCOME TO 2024 WITH TEES VALLEY

In February, the Tees Valley group held their first meeting of the year, welcoming back regular members along with five brand new attendees. The meeting was an opportunity to discuss plans for the year ahead and get to know everyone.

Coordinator, Karen Phillips, noted: "It was so interesting to hear about everyone, the therapies they offer, and their experience and skills. We realised how much we all have in common, predominantly all being in this business to help clients feel better."

The next Tees Valley meeting will be held in April and will cover how to attract the ideal client.



Welcoming 2024 with Tees Valley
Photograph: Tees Valley LSG

CHATTING HEALING MODALITIES WITH COLCHESTER

In February, the Colchester local group discussed different healing modalities, including reiki and spiritual healing. Coordinator, Miranda Welton, brought in her singing bowls, some books, Tibetan cymbals, tuning forks, cleansing sprays, incense, music and some information for each member on self-care. She says: "It was a really lovely, uplifting session and, as most of us have been suffering with colds recently, it was definitely needed." They also did a full chakra visualisation and discussed the making of sprays to cleanse hands rather than using hand gels.



Keeping Healthy with Colchester
Photograph: Colchester LSG

GOOD GUT HEALTH IN WATERLOOVILLE

For their January meeting, Waterlooville welcomed Julie Weston to talk about gut health. Julie covered a wealth of interesting facts and moments that made the group go 'wow'. They learned a great deal about guts, including how they function, which foods aid or hinder them and how various factors like life stage, environment and culture impact the digestive system.

Topics such as immunity, pro and prebiotics, gut flora, the advantages of consuming local produce, sugars and the importance of a diverse diet in supporting good digestion were discussed. The talk sparked a lively group discussion afterwards, which is always found to be the highlight - the post-talk conversation in the room.

HYPNOTHERAPY FUN WITH THE WORTHING GROUP

The Worthing group had a virtual session in February, where they welcomed Honey Lansdowne to share insights on using hypnotherapy to enhance therapy businesses.

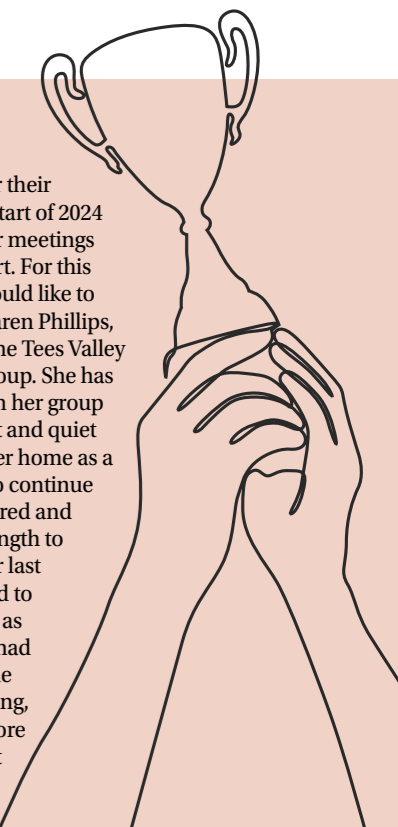
During the session, participants learned about the power of language - how words can heal, trigger, create visuals, evoke emotions, attract or repel, motivate, deflate and, ultimately, make a difference. Honey emphasised the importance of client satisfaction for generating repeat business, receiving more referrals, building reputation, making an impact and garnering positive reviews. She also delved into the significance of the words therapists use with clients, highlighting the importance of authenticity even in automatic responses.

The session concluded with a meditation, adding a reflective touch to the evening. It was said to be a captivating experience, offering a different perspective on hypnotherapy than what was initially expected.



ALI'S AWARD

Thank you to all coordinators for their support at the start of 2024 and getting their meetings off to a good start. For this Ali's Award, I would like to acknowledge Karen Phillips, coordinator of the Tees Valley local support group. She has continued to run her group through difficult and quiet times, offered her home as a meeting place to continue and has persevered and grown from strength to strength. For her last meeting, she had to move the venue as her attendance had grown! Well done Karen for adapting, creating and, more importantly, not giving up.





FHT

ACCREDITED COURSE PROVIDERS



SC SHORT COURSE - FHT Accredited short course is a training course that on its own does not follow the National Occupational Standards (NOS) and Core Curriculum for a therapy and one which may not qualify the student to Practitioner Level. Short courses expand on an existing therapy that follows the NOS or FHT standards as best practice, i.e. Pregnancy Massage or CPD courses.

Q QUALIFICATION COURSE - FHT Accredited qualification is a training course that follows the National Occupational Standards (NOS) and Core Curriculum - where available - for the therapy and one that qualifies the student to Practitioner Level. This is for learners who are starting from the beginning with no knowledge in the therapy.

IRELAND

Q SC Deirdre Murray Holistic Sligo

deirdremurrayholistic.ie

SC Golden Egg Holistic

goldeneggholistic.com

Q SC International College of Orthopaedic Therapy (INCOT)

incot.ie

Q Kerry School of Reflexology

kerryreflexology.com

Q SC National School for Remedial Therapy (NSRT)

nsrt.ie

SC Obus Academy

obus.ie

Q Tara School of Reflexology & Therapies

taraschoolofreflexology.ie

Q SC The European College of Reflexology and Massage

ecrm.ie

SCOTLAND

SC Aurora Holistic Training Academy

aurora-scotland.com

SC Cancer Support Scotland Training Academy

cancersupportscotland.learnworlds.com

Q Hailey Dallas Brows Ltd

haileydallasbrows.com

SC Holistic Ecosse

makima@hotmail.co.uk

SC Horizon Geothermal Training Academy

jacquelineochertyhotstonemassage.co.uk

Q Mind Detox Academy

minddetoxacademy.com

Q School of Holistic Therapy

holistic-school.com

Q SC Shiatsu and Thai Massage Training Scotland

stmsts.co.uk

SC Start with Touch Ltd

startwithtouch.com

Q SC The Glasgow School of Massage

theglasgowsschoolofmassage.com

Q Therapia School of Reflexology

therapiaschool.co.uk

NORTHERN IRELAND

Q SC Airmid Academy

airmidtherapies.com

Q Angel Haven

angelhaven.co.uk

NEW Q Beulah Keane (Mind Body in Feet)

mindbodyinfeet.co.uk

Q SC Body and Sole School of Complementary Therapies

bodyandsoleschool.co.uk

Q SC Calm Confident Training Academy

calmconfidentkids.co.uk

SC Dorothy Kelly Academy of Reflexology

dorothykellyacademyofreflexology.com

Q Judy Buckley School of Reflexology

judybuckleyreflexology.com

Q New Beginnings School of Natural Therapies

angelsanctuary.co.uk

Q SC Sheila Nugent School of

Reflexology & Holistic Therapies

sheilanutgentschoolofreflexology.co.uk

NORTH WEST

SC Acupuncture Training Providers Ltd

jonhobbsacupuncture.com

SC BCT Workshops

fht.org.uk/btc-workshops

Q Breathworks

breathworks-mindfulness.co.uk

Q SC British Academy of Crystal Healing

britishacademyofcrystalhealing.com

SC Dorn Method Academy UK (Jacqui)

dornemethod.org

Q Harmony Holistics Wirral

harmonyholisticswirral.co.uk

SC Health Med Training Solutions

acupuncturetrainingproviders.co.uk

SC Hero Lifestyle

herolifestyle.co.uk

Q SC KORE Academy Ltd

koretherapy.com

Q Natural Touch Training

naturaltouchtraining.co.uk

SC NotLost Wellbeing Ltd

notlostwellbeing.com

Q Oletessa Reiki & Holistic Therapies

oletessatherapies.co.uk

Q Reiki Tradition

reikitradition.me.uk

SC Sigma Woman

sigmawoman.co.uk/cpd-training

NEW SC Tameside College

tameside.ac.uk

SC The Master Academy/ Urban Body Balance

urbanbalance.co.uk

NEW Q Vector Training

vtraining.co.uk

SC Xtreme Therapeutics

xftuk.com

NEW SC Yu Learn With Me

yuheal.nl

NORTH EAST

Q SC Breeze Academy

breeze.academy

NEW SC Eclipse Training Associates

eclipsetrainingcourses.co.uk/courses

Q The No1 Pain Relief Clinic

theno1painreliefclinic.co.uk

YORKSHIRE AND THE HUMBER

Q Cosmo Kemp School of Thai Yoga Massage

cosmothaiyoga.com

Q SC Eve's Garden (Alison Valerie Peart)

eves-garden.co.uk

Q SC Pain Care Clinic Ltd

paincareclinic.co.uk

SC Sacred Moon

sacred-moon.co.uk

Q The Sound Therapy Company

thesoundtherapycompany.co.uk

SC Total Therapies Training

totaltherapies.co.uk

EAST MIDLANDS

Q SC Cedars Training Academy Ltd

cedarstrainingacademy.co.uk

Q Chi Medics™

chi-medics.com

SC Gentle Release Therapy Ltd

gentlereleasetherapy.com

SC Holistic Tai Chi Qigong Training Academy UK

hqtau.com

Q Penny Price Aromatherapy Ltd

aromatherapy-courses.co.uk

SC Pressure Point

pressurepoint.me

Q Shirley Price International College of Aromatherapy

shirleyprice.co.uk

SC Skcin National Skin Cancer Charity

masced.uk

SC The Wellbeing Academy Therapy

essential-solutions.co.uk

Q Tri-Dosha

tri-dosha.co.uk

WEST MIDLANDS

Q SC Central School of Massage

centralschoolmassage.com

SC Chakrascension™ Centre

chakrascension.org.uk

Q Joanne Woodward Holistic Health Clinic

joannewoodwardholistichealth.com

SC Just Be (Butterfly Experience with Jacqui Mexson)

jaqui.mexson@virginmedia.com

Q Lorraine Davis Holistic Healthcare and Education Centre

lorrainedavistraining.co.uk

SC Lymphoedema Training Academy Ltd

lymph.org.uk

SC Microsystems Therapies and Training

mtat.uk

Q Midlands School of Massage & Bodywork

massageandmovement.uk

SC OM Massage School

ommessageschool.com

SC The Ishta Centre

coreposturalalignment.com

WALES

SC Angela Green Complementary Therapies

angelagreen99@yahoo.co.uk

SC Dynamic Massage

dynamicmassage.co.uk

Q Glyndŵr University

glyndwr.ac.uk

Q SC HB Training Wales Ltd

hbtraining.org

SC Lucy's Beauty Academy

lucysbeautystudio.org.uk

Q Physiotherapy and Complementary Therapies Ltd

nwcom.co.uk

SC Sally Kay

reflexologylymphdrainage.co.uk

Q SC TEACH Therapy

teachtherapy.co.uk

NEW SC West Shires School of Complementary Health

therapytrainingwales.co.uk

SOUTH WEST

SC Booth VRT Ltd

boothvrt.com

SC Cheltenham School of Complementary Therapy & Beauty

thetherapyschool.co.uk

Q SC Core Elements

coreelements.uk.com

SC Cotswold Academy - Complementary Health & Sport

cotswoldacademy.co.uk

Q SC Holistic Approach Academy

holisticapproachacademy.com

SC GemmaCo Limited

jemmaco.com/training

SC Light Touch Therapy Training

lighttouch.co.uk

SC Nicolle Mitchell

massagefordementia.co.uk

SC Physical Solutions UK

physicalsolutions-uk.com

SC Seren Natural Fertility

serennaturalfertility.co.uk

NEW SC The Blue Lotus

massagefordementia.co.uk

SC The Children's Reflexology Programme

kidsreflex.co.uk

SC Therapy Health and Beauty Clinic

therapyclinic.co

SC Tranquillity Zone Training

tranquillityzonetraining.co.uk

Q University of St Mark & St John

marjon.ac.uk

SC Weston Hospicecare

westonhospicecare.org.uk

SOUTH EAST

Q Alison Dalziel Acupuncture & Massage Training

alisondalziel.co.uk/contact

SC Aromalyne

aromalyne.com

Q SC Brighton Holistics Online

brightonholisticsonline.co.uk

brightonholistics.co.uk

Q SC Brighton School of Massage

brightonschoolofmassage.co.uk

Q SC Calming Influences Ltd

calminginfluences.com

Q Centre for Nutrition Education and Lifestyle Management

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SC Jane Sheehan
footreading.com

Q SC Lucis College
lucisgroup.com **Q** Mary Atkinson Holistic
Therapy Courses
maryatkinson.com

Q Natasha de Grunwald
natashadegrunwald.co.uk

SC Purple Turtle Academy
purpleturtletherapy.com

NEW SC Quinn Neuropratic
brendan-quinn.co.uk

SC Reflexmaster
reflexmaster.co.uk

SC RJ Buckle Associates
rjbuckle.com

SC Shakra Centre
shakracentre.com

SC Shared Beauty Secrets
sharedbeautysecrets.com

Q SC The Academy of Systematic
Kinesiology
kinesiology.co.uk

SC The Advanced Attraction Company Ltd
carolynebennett101@gmail.com

Q SC The College of Functional Wellness
functional-wellness.co.uk

SC The Holistic and Wellness Course Academy
sallygarozzo.com

SC The Ixchel System
ixcheltherapies.co.uk

SC Time for a Change
timeforachange.uk.com

SC Total Release Experience (TRE UK®)
treuk.com

SC Training4Healthcare
training4healthcare.co.uk

EAST OF ENGLAND

SC Academy of Advanced Beauty
academyofadvancedbeauty.com

SC AuroraStar Holistic Therapies & Training
aurorastar.co.uk

Q SC Cameron Reid Training
www.cameronreid.com

Q Culinary Medicine College
culinarymedicinecollege.com

SC Functional Reflex Therapy
functionalreflextherapy.co.uk

SC Helen Mary Perkins
helenperkins.com

SC One Mind Academy
onemindacademy.com

SC On the Spot Training Centre
sallymorriss.co.uk

SC SKN-RG Academy
skn-rg.com

SC Zen School of Meditation
biancadagostino.com

LONDON

Q SC Ayurveda Pura Academy
ayurvedapura.com

SC Accredited Massage Courses Ltd.
accreditedmassagecourses.co.uk

SC Benjawan School of Thai Massage and Therapy
benjawan-thaimassage.co.uk

SC Body Health Therapies
bodyhealththerapies.co.uk

Q Bodyology
bodyologymassagecourses.co.uk

SC CPD Health Courses
cpdhealthcourses.co.uk

SC Craniosacral Therapy Educational Trust
cranio.co.uk

SC Elemental Massage School of Beauty and
Holistic Therapies
elemental-massage.co.uk

SC Eva Nagy Massages
evanagymassages.co.uk

Q HypnoTC: The Hypnotherapy Training Company
hypnotc.com

NEW SC Integrated Manual Medicine (IMM)
immcpd.co.uk

SC International Massage Education
internationalmassageeducation.co.uk

Q SC Jivita Ayurveda Ltd
jivitaayurveda.com

Q Magni Academy
magniskin.co.uk

SC School of Natural Therapies
schoolofnaturaltherapies.co.uk

Q Shen Mantra
shenmantra.com

SC SpaNu Wellness
spanuwellness.com

SC St Mary's University
smuc.ac.uk/shortcourses

SC The Skintellectual Group
skintellectualgroup.com

SC UnitedMind Ltd
unitedmind.co.uk

SC Ziggie Bergman
zonefacelift.com

SC Ziggie Bergman with the London
School of Reflexology
zonefacelift.com

NATIONAL

NEW SC Amethyst Trust Specialist Cancer
Massage & Reflexology Training
amethysttrust.co.uk

Q SC Anatomy and Physiology Online
anatomy-and-physiology-online
-courses.co.uk

Q SC Essential Training Solutions Ltd
essential-training.co.uk

Q SC Gateway Workshops
gatewayworkshops.co.uk

SC Hypnosis Courses Ltd
hypnosis-courses.com

SC Jennifer Young and Beauty Despite Cancer
beautydespitecancer.co.uk

SC Jennifer Young Ltd
jenniferyoungtraining.com

Q SC London School of Massage
londonchoolofmassage.co.uk

Q The College of Bowen Studies
collegeofbowenstudies.co.uk/contact-us

SC The Chrysalis Effect
thechrysaliseffect.com

SC Vitali-Chi Headquarters
v-chi.com

SC Wavestone Therapies Ltd
thewavestone.co.uk

SC Womb & Fertility Massage
fertilitymassage.co.uk

SC Zen School of Meditation
biancadagostino.com

INTERNATIONAL

SC Alchemy of Breath Academy
alchemyofbreath.com

Q American Fitness Professionals
& Associates (AFPA)
afpafitness.com

Q Blossom & Berry Baby Massage & Yoga Training
blossomandberry.com

SC Breath of Gold
breathofgold.com

SC Butterfly Touch Therapies Training Limited
butterflytouchtherapiestraining.com

Q Health Coach Institute, LLC
healthcoachinstitute.com

Q Institute of Transformational Nutrition (ITN)
transformationalnutrition.com

Q SC Jari Jari Spa
jarijari.com.my

SC Liddle Kidz Foundation
liddlekidz.org

SC MSTR® International
mcloughlin-scar-release.com

Q Natural Bioenergetics Global
naturalbioenergetics.ca

Q SC New Mind Academy (New Mind Sdn. Bhd.)
brainhealthspecialist.com

Q SC New Vision Therapy
newvisiontherapy.co.uk

SC PureAroma Healing Academy
purearoma.com.tw

SC Rapid NeuroFascial Reset
rapidnfr.com

Q Rinalda Therapeutic Kneads
rinaldatherapeuticneads.com

SC Shiny Forest Ltd
shinyforest.com

Q SC The Institute of Aromatherapy
aromashoppe.com

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