

Kathleen Ward

Health Clinic E-Zine

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Readuff, Loughmourne, Castleblayney, Co Monaghan
Ph: 042 9745070 / 9745546 Fax: 042 9745958

Email: kathleenward@eircom.net Web: www.kathleenwardhealthclinic.ie

Treatments Available:

- Bio-Resonance/ Vega-Testing
- Allergy Testing
- Antenatal Classes
- Homeopathy
- Herbalism
- Physical Therapy & Sports injury therapy
- Reflexology
- Acupuncture
- Hypnotherapy
- Osteopath
- Holistic Massage
- Cranial Sacral Therapy
- Kinesiology
- Analytic Arterial test
- Conference Room

Hi all, and welcome to the first edition of 2017. We hope you had a peaceful and happy Christmas and that 2017 is treating you well so far. Happy New Year to all. Don't forget we have Gift Vouchers available for all occasions, so why not treat a loved one to health and happiness.

If you prefer to have your name deleted from our mailing list, please contact us by email at kathleenward@eircom.net.

Check out our facebook page.

www.Facebook.com/KathleenWardHealthClinic

Arterial index testing:

<http://www.kathleenwardhealthclinic.ie/turn-back-time>



Our analytic arterial test and recommendations can help you to *maintain healthy arteries and heart.*

[find out more ▶](#)



Reflexology

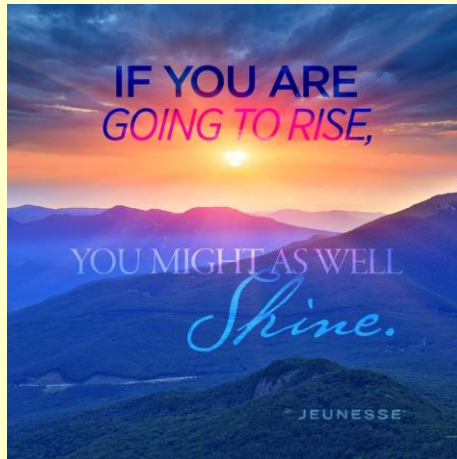
Not only does reflexology work brilliantly as a preventative medicine but it can help you by treating many minor health problems and irritations like back pain, headaches, hormone imbalance, insomnia, self-confidence, digestive issues and pain management. Who doesn't suffer from any of those?

Reflexology is often dismissed or misunderstood as a simple type of foot massage that might be added onto a spa day or thought of simply in terms of a treatment for pampering. In fact that is often how many people first experience reflexology, and when they realise how good it made them feel, how they had the best night's sleep in ages, how the pain in their lower back that usually bugs them didn't seem to be there after the treatment, then they go back for more.

Reflexology helps restore balance in the body, but the benefits of reflexology go way beyond relaxation. Of course, time and time again with my clients I see reflexology doing just that, leaving the client at the end of the treatment in a wonderful floaty space, feeling deeply relaxed as if a world of pain, stress and worry had been lifted from their shoulders. That is a wonderful gift in itself and the physical benefits on the body are measurable. Increased relaxation can ripple throughout the different body systems, like relaxing the digestive system for example, aiding elimination or allowing increased blood flow through the blood vessels, putting less stress on the heart and assisting joint mobility.

Reflexology as preventative medicine

A misunderstanding that I often find about reflexology is that because the treatment works on the feet, the benefits must only be felt there. Due to the holistic nature of reflexology the effects of the treatment are felt throughout the entire body as in the above example with relaxation, however it also has a powerful effect. A reflexology treatment will trigger the parasympathetic nervous system, reducing anxiety, stopping the fight-or-flight response, and letting the body heal. Regular treatments can help maintain the body's balance and well-being and work brilliantly as a form of preventative medicine to keep both body and mind in top condition to keep disease at bay.



Soya milk may help women with polycystic ovaries

Soy milk could help women who suffer polycystic ovary syndrome fight off type 2 diabetes and heart disease, new research has found.

Polycystic ovary syndrome (PCOS) stops the ovaries working normally and is caused by an imbalance in hormones, with symptoms including irregular periods, weight gain and thinning hair. But scientists found compounds in soy products, like milk or beans, can help females' metabolic health and their hearts because of the plant oestrogen, which evens out the hormones.

The study saw 70 women aged between 18 and 40, all suffering PCOS, referred to the Kosar Clinic in Arak, Iran, with half randomly assigned 50mg of a soy isoflavone (compounds that exert oestrogen-like effects) supplement for 12 weeks while the second half were given a placebo. Told to avoid other supplements during this time and exercise like they normally do, at the end of the 12 weeks blood samples were taken and analysed for fat and hormone levels, and signs of inflammation and insulin resistance - associated with health problems like heart disease and type 2 diabetes.

Women who took soy had lower levels of circulating insulin, harmful cholesterol called LDL, testosterone and triglycerides - fats in the blood - than those who took placebos.

"Our research found that women who have PCOS may benefit from incorporating soy in their diets," the study's first author, Dr Zatollah Asemi, of Kashan University of Medical Sciences, Iran, said.

"There is growing interest in how adding soy to the diet can help address metabolic syndrome and related health conditions. Our findings indicate consuming soy isoflavone regularly may help women with PCOS improve their metabolic and cardiovascular health."



Acupuncture & the benefits:

Acupuncture is a one of the major modalities of ancient Chinese Medicine that is very well suited to the needs of modern men & women. From acute injuries to more chronic health issues, acupuncture can help you on the road to recovery.

1. Acupuncture improves functioning of the immune system.

If you experience frequent colds, flu or low energy levels, it is a sign that your immune system is not strong enough to fight off the intruders, such as viruses, bacteria and other pathogens. With regular acupuncture treatments, especially at the change of seasons, you strengthen and improve your natural immunity. Acupuncture increases the production of white blood cells moderating the immune system.

2. Acupuncture moderates your stress levels and stress associated symptoms, such as anxiety, poor sleep, digestive system symptoms and menstrual irregularities in women.

We now know that major contributing factors to acute and chronic health problems is stress we face in daily life and how we respond and process it. Constant rush of adrenaline leads to all of the above mentioned symptoms, but with regular acupuncture treatments, your hormonal balance is regulated, you are more relaxed and sleep patterns are restored. Acupuncture activates parasympathetic nervous system, overriding the stress activated sympathetic nervous system.

3. Acupuncture is excellent for reduction and management of pain.

Acupuncture moderates pain by triggering the release of endorphins thus changing the processing of pain in the brain and the spinal cord. It improves local micro circulation in the pain affected areas and reduces swelling and bruising. Due to its pain regulating characteristics, acupuncture may reduce the need for medication, so secondary complaints induced by medication therapy are improved as well. More awareness about the benefits of acupuncture led to it being included within conventional medicine institutions as a complementary medicine of choice that provides longer lasting pain relief for patients suffering from chronic pain.

4. Acupuncture helps you to improve and keep healthy weight.

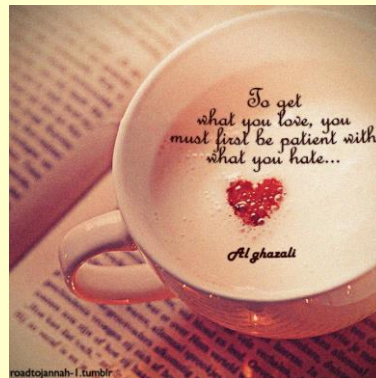
If you are experiencing issues with body weight, whether you want to reduce or gain some, having regular acupuncture treatments helps your metabolic function by stimulating the transformation and transportation of nutrients and better absorption. The sense of hunger is regulated and because adequate digestion and absorption means that foods ingested are utilised to their maximum, hunger between meals is reduced. If you are experiencing cravings for certain foods, such as crisps, cheese or have a sweet tooth, it is useful to know that according to Chinese Medicine these are signs of an unbalance in bodily functions, restored very efficiently by acupuncture. Once regulated, your eating habits, digestion and evacuation are improved and you will find your energy levels improved, too.

5. Acupuncture is a supporting medicine model in male and female fertility.

Acupuncture use in family planning is a well researched area and is now even provided onsite a number of conventional private IVF clinics in the UK.

If you are en route to start a family, have acupuncture. Your acupuncturist is able to advise best course of treatments to suit your individual circumstances. Acupuncture can improve a number of issues from regulation of menstrual cycles, Polycystic Ovary Syndrome (PCOS), Endometriosis, anovulation, to improving both egg and sperm quality in male partner. The complete benefit package of acupuncture in reproductive medicine is beyond the scope of this article. However, it is worth mentioning that, besides anatomical irregularities that might exist in either or both partners, there isn't an aspect of reproductive

physiology where acupuncture may not influence to some degree your reproductive health.



Why a probiotic is essential for our bodies:

We have trillions of organisms in our body containing foreign DNA. When our immunity fails, some bacteria grow in places that they are not to be in. they respond to the environment that they are in. for example, if we eat organic foods there will positive activity in our guts. If we eat sugary or processed foods it is a very different scenario. Every day we face being exposed to many different bacteria. Our bodies react in different ways. Some of us need more probiotics to build our system up than others. The Bifodophilus and Acidophilus found in probiotics vary.

Probiotics that contain the above:

- Supports Repopulation of Beneficial Bacteria in the Gut
- Provides 11 strains of good bacteria
- Nourish and strengthen the gut microbiome and its resident microflora
- Supports immune and digestive health

We have 2 probiotics in stock here in the clinic; Pro B11 and Acidophilus & Biofodophilus.

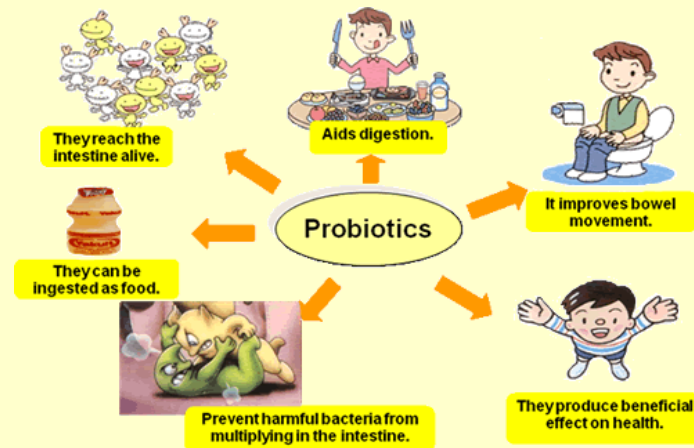
These microorganisms perform essential functions in the body and are affected by aging, adverse intestinal pH, microbial interactions, environmental and dietary temperatures, stress, physiological factors, peristalsis, bile acids, host secretions and immune responses. A healthy balance of good bacteria has long been considered to be a cornerstone of good intestinal and immune health.

Probiotic Eleven provides 11 species of live microorganisms that exert many beneficial health effects. This specially formulated blend contains strains of important

gut-beneficial organisms and prebiotics (non-digestible foodstuffs, including fiber) that serve as food for the probiotics in the colon.

The acidophilus and bifidophilus contains more than 30 billion beneficial probiotic organisms per capsule. Its contains lactobacillus and bifidobacteria. These promote a good digestive system and healthy immune function. They increase the acidity of the intestines and help maintain a favourable intestinal environment.

You should always take a probiotic while on or after taking an anti-biotic.



Why Cancer Can't Survive This Essential Element

Cancer already overtook heart disease as the number-one killer disease of the West.

Current figures worldwide show that 1 in 2 men and almost as many women will get cancer. That's startling 50/50 odds. That's why we are all battling cancer. That means either you, or someone who is very close to you, will probably fight the disease.

70 years ago a German doctor named Otto Warburg made a significant number of discoveries (winning the Nobel Prize in 1931), that showed cancer cells cannot use the essential element oxygen in the same way as normal cells. Instead cancer cells have an anaerobic (which means without oxygen) metabolism.

He looked for an efficient way to supply extra oxygen to ordinary cells since cancer cells didn't use oxygen. It wasn't until Johanna Budwig came along and gave us the breakthrough Otto Warburg needed.

In the meantime, many physicians got started treating cancer by flooding the body with essential extra oxygen. Guess what? **It worked! It worked then and it works now.**

When it comes to cancer prevention and eradication, you need every tool available. Don't settle for conventional cancer treatments.

Make no mistake cancer can be beaten. In some ways it is like a game -- a very serious game -- but there are rules. If you don't know the rules, you have very little chance of winning..

You'll also learn about:

- An herb that beats chemo!
- Why diet is the #1 change you MUST make to survive and which diets really work
- All about chemical detox (we live in a sea of carcinogens; you must do something about it!)
- How toxic emotions are the #1 reason we get cancer
- My 3 ultimate pillars of health, homeopathic anti-cancer research, what you need to know about cancer markets and so much more!

You can save your life or the life of a loved one with this knowledge.



Happy People...

live minimally, tell the truth, never make excuses, take time to listen.

Don't hold grudges,

speaking well of others, choose friends wisely, establish personal control, Dream Big.

see problems as challenges,

nurture special relationships, avoid social comparisons, treat everyone with Kindness.

EXERCISE.

Don't sweat the small stuff,

accept what cannot be changed.

MEDITATE.

Avoid seeking approval from others,

express gratitude for what they already have.

EAT WELL.

wake up at the same time every morning,

and get absorbed in the

NOW.



Ante natal Classes Available

Antenatal Classes now available at the Kathleen Ward Health Clinic

Antenatal classes now available at the Kathleen ward health clinic. Classes will be run in the evenings over a 4 week period. For further information on dates, times and prices please [contact us](#) at the clinic.

Classes can run either over 4 week period or be done on a 1 or 2 day period if needed.

Next Antenatal class begins soon. Please call to book place

Conference room

Conference room is available for meetings, classes, conferences etc. it can seat up to 150 people. Both large and small numbers are welcome.

<http://www.kathleenwardhealthclinic.ie/function-room>



*You are never too old to set another goal or
dream a new dream!!!!*

Kathleen Ward & Arlene Ward Smyth