

Kathleen Ward Health Clinic E-Zine

Easter 2017
Issue 45

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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

Happy Easter to you all. Im sure you have found, just like us,that the months from Christmas have flew past us. Lets look out at the brighter longer days of Spring / Summer. "It is spring again. The earth is like a child that knows poems by heart." 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 ▶](#)



Keep an eye on our Facebook page for an opportunity to win vouchers and more for the clinic.

YOGA CLASSES

CLASSES COMMENCING

Thursday April 6th,

TIME: 7 P.M. -8.30 P.M

AT: KATHLEEN WARD HEALTH CLINIC

TEACHER: Christina Captigux.

COST: €80 FOR 8 CLASSES OR

€12 DROP-IN CLASSES

BOOKING ESSENTIAL CONTACT

Vitamin D supplements 'could help with asthma'



Taking vitamin D supplements could significantly cut the risk of severe asthma attacks for some sufferers, say health experts.

Patients who suffer from severe attacks were at a lower risk of an attack and less likely to need hospital treatment if they had been taking regular doses of the vitamin, trials carried out by a Cochrane Review showed.

They were also less likely to need treatment with steroid tablets.

Asthma is a chronic respiratory disease affecting around 300 million people worldwide, causing wheezing, coughing, chest tightness and shortage of breath.

Vitamin D in children and adults has been linked to lowering the risk of asthma attacks.

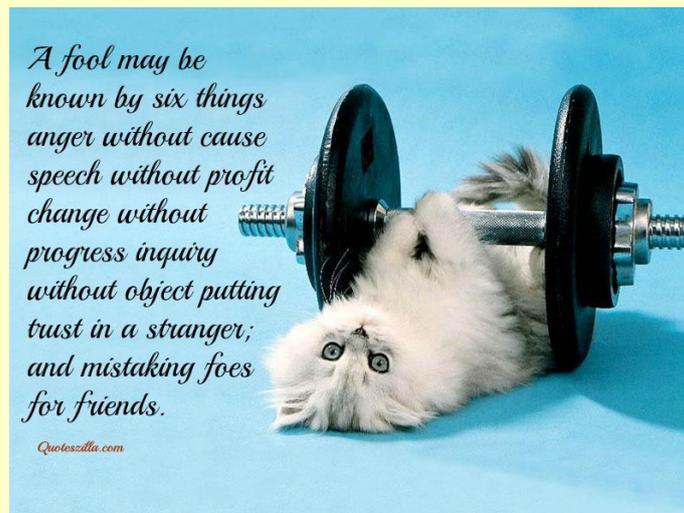
Evidence suggests it may help prevent respiratory infections, such as the common cold, which can lead to attacks in patients.

Virus in chicken could be linked to obesity:

Recently there has been research examining the connection between poultry consumption and weight gain. Studies have shown that animal protein intake was associated with long term weight gain and poultry was the worst.

Many chickens now a day's are genetically manipulated and so there is a lot more excess fat in the meat.

Sam – 1 was the first chicken virus associated with human obesity but unfortunately there has been more. The viruses are spread through nasal, oral and faecal excretion between chickens which can then cause obesity in humans.



Breathe Focus.

The term "fight or flight" is also known as the stress response. It's what the body does as it prepares to confront or avoid danger. When appropriately invoked, the stress response helps us rise to many challenges. But trouble starts when this response is constantly provoked by less momentous, day-to-day events, such as money woes, traffic jams, job worries, or relationship problems.

Health problems are one result. A prime example is high blood pressure, a major risk factor for heart disease. The stress response also suppresses the immune system, increasing susceptibility to colds and other illnesses. Moreover, the build-up of stress can contribute to anxiety and depression. We can't avoid all sources of stress in our lives, nor would we want to. But we can develop healthier ways of responding to them. One way is to invoke the relaxation response, through a technique first developed in the 1970s at Harvard Medical School by cardiologist Dr. Herbert Benson. The relaxation response is a state of profound rest that can

be elicited in many ways, including meditation, yoga, and progressive muscle relaxation.

Breath focus is a common feature of several techniques that evoke the relaxation response. The first step is learning to breathe deeply.

The benefits of deep breathing

Deep breathing also goes by the names of diaphragmatic breathing, abdominal breathing, belly breathing, and paced respiration. When you breathe deeply, the air coming in through your nose fully fills your lungs, and the lower belly rises.

For many of us, deep breathing seems unnatural. There are several reasons for this. For one, body image has a negative impact on respiration in our culture. A flat stomach is considered attractive, so women (and men) tend to hold in their stomach muscles. This interferes with deep breathing and gradually makes shallow "chest breathing" seem normal, which increases tension and anxiety.

Shallow breathing limits the diaphragm's range of motion. The lowest part of the lungs doesn't get a full share of oxygenated air. That can make you feel short of breath and anxious.

Deep abdominal breathing encourages full oxygen exchange — that is, the beneficial trade of incoming oxygen for outgoing carbon dioxide. Not surprisingly, it can slow the heartbeat and lower or stabilize blood pressure.

Practicing breath focus

Breath focus helps you concentrate on slow, deep breathing and aids you in disengaging from distracting thoughts and sensations. It's especially helpful if you tend to hold in your stomach.

First steps. Find a quiet, comfortable place to sit or lie down. First, take a normal breath. Then try a deep breath: Breathe in slowly through your nose, allowing your chest and lower belly to rise as you fill your lungs. Let your abdomen expand fully. Now breathe out slowly through your mouth (or your nose, if that feels more natural).

Breathe focus in practice. Once you've taken the steps above, you can move on to regular practice of breath focus. As you sit comfortably with your eyes closed, blend deep breathing with helpful imagery and perhaps a focus word or phrase that helps you relax.

Supplements that save lives press this link to read:

http://issuu.com/yourhealthylivingmagazine/docs/rhm_sept-oct16_web/19?e=1363589/38175232

SPF how high is high enough It's that time of year again when we need to start thinking ahead:

Many of us believe that we should use an SPF50. No! In fact an SPF30 lotion offers 97% protection against UVB rays, while an SPF50 offers 98% protection.

Did you know that using a waterproof sun lotion is like wrapping your skin in cling film?

Synthetic waterproofing agents stop skin from breathing, which may lead to sore irritated skin.

Added to the chemical compounds found in sun creams, a burst of hot sun can make your skin a prickly nightmare.

25% of sun lotion is washed off in the first 20 mins in the water.

We are now stocking Jason Sun cream. This sun cream has No parabens, petrolatum, artificial colors or phthalates. We have SPF 45 and SPF 20 in stock. The Spf 45 is equivalent to Spf 50 in other brands. We have the family, kids and face creams in stock and there is a 1.5 year expiry date on all products so you don't have to worry about buying now and using next year.

<http://www.jason-personalcare.com/body-loving-products/.../spf>

SPF how high is high enough

Many of us believe that...



Eating yellow foods can make you happier press on link:

<https://www.facebook.com/dianamossop/posts/994562033989494>

The healthiest food comes from the healthy soil

There is no question your health and that of children is directly related to the quality of the food you eat.

The quality of the food in turn is dependent on the health of the soil in which it is grown. Farmers are very much dependent on chemical technology and so the nutrients, vitamins and minerals are being killed off. This in turn leaves nothing nutritious in the food we eat.

Weeds and pests are becoming resistant to the chemicals and so the farmers have to spray more and more each year on their crops.

Years ago children spent hours outside playing, nowadays more and more children are spending hours inside watching tv or playing with computer games and phones.

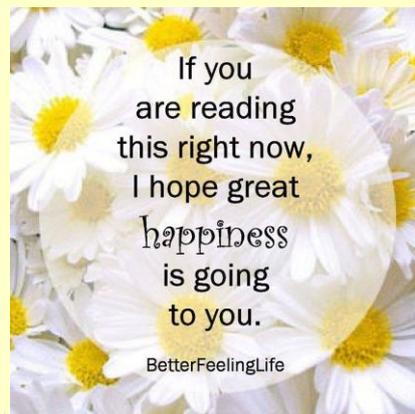
The immunity of our children is being depleted very quickly because of this. In turn the rates of asthma, allergies and bugs are rising year in year out.

It is clear that paying attention to our soils is crucial to all of our health. Regenerating the soil has led to improved food production.

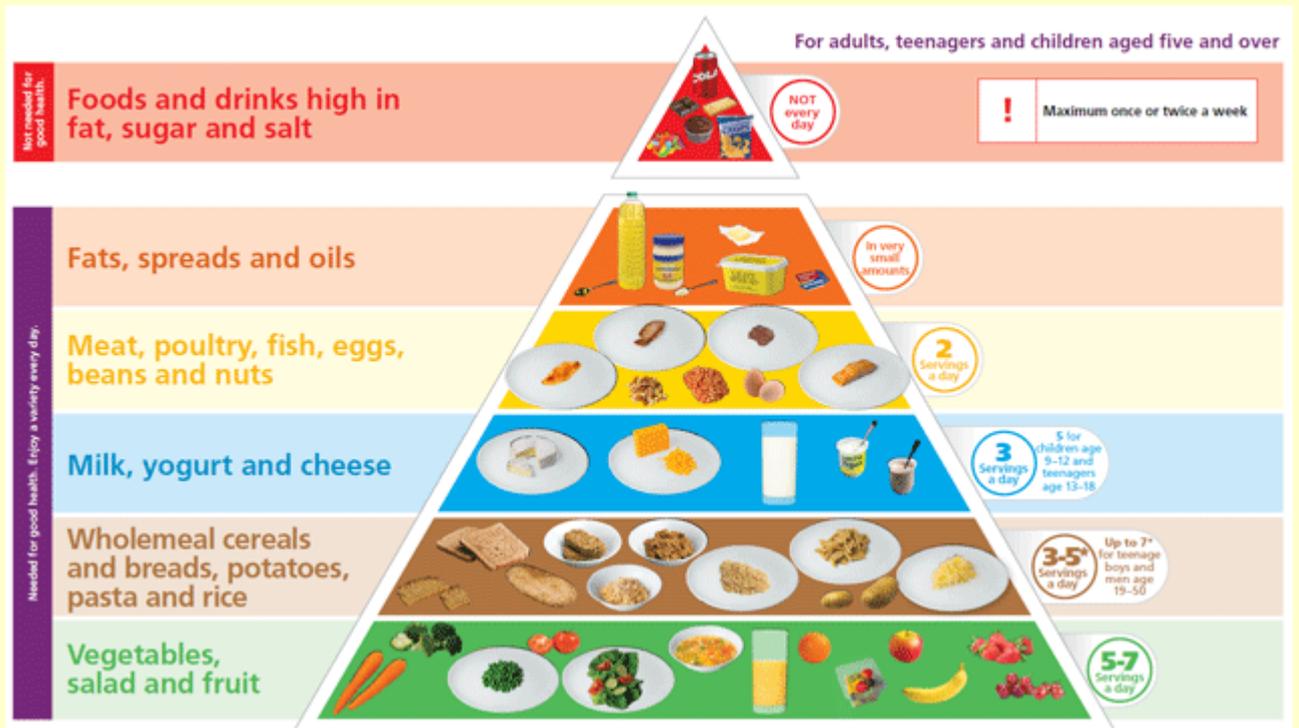
AS many of you are aware, sugar is a food that is killing the nation. It is found in so many foods that we eat on a daily basis and hidden to a major extent. Here is an article on the dangers of sugar.

https://issuu.com/yourhealthylivingmagazine/docs/rhm_sept-oct16_web/52?e=0

For a healthier Easter egg option, why not try out the Dr Coys chocolate <http://www.drcoys.ie/> and Easter eggs or choices or Celtic chocolate to name but a few. These can be found in a lot of supermarkets like Supervalu, Tesco, Dunnes, online and at www.evergreen.ie



A lesson that thankfully is been taught in primary schools. Unfortunately its adults that need the refreshment.



Today know that you are in control of your own happiness. Do not let negative opinions of others darken your path. Remember hold your head high and just keep on going.



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>



Kathleen Ward & Arlene Ward Smyth