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JANE CAMPBELL COMPLEMENTARY THERAPIES

Welcome to a Brand New Year

I hope you are looking forward to an amazing New Year, full of possibilities and potential. As Walt Disney said "if you can dream it, you can do it"



Price Increase

From 1 February my prices will be increasing by £3 per treatment.

Workshops

On Wednesday 22 and 29 January at 10am I will be at the Dingwall Library delivering workshops.

On the 22nd it will be *Hand Reflexology* and learn how working the points on your hands can ease issues in your body

On the 29th you will have fun learning self-help *Relaxation Techniques*

Both of these workshops will be interactive and tailored to who is there on the day. It is best to book in advance as places are limited. The workshop is Free if you have a Highlife All Inclusive Card (50p) budget. £3.10 over 60's and £6.10 adult.

January You Time

Hand Reflexology
Wednesday 22nd January at 10am



Self Help Relaxation Techniques
Wednesday 29th January at 10am



Free for High Life all inclusive (50p budget-£3.10 over 60s-£6.10 adult)
For more information and to book in advance please drop in to Dingwall Community Library
dingwall.library@highlifehighland.com Tel: 01349 869869

Talk

On Monday 10 February I'll be giving a talk on *Complementary Therapies* to the Dingwall Monday Club. This will be my first ever talk as normally I do workshops - but I'm sure I'll manage to talk for 40 minutes with no problem at all!

The Wonders of Reflexology

I normally have a Reflexology treatment every 4 weeks but due to my therapist renovating her treatment room I didn't have a treatment for 9 weeks and boy did I miss it! I started to get aches and pains and was feeling stressed. I couldn't figure out what was wrong until I realised that my body was missing its regular Reflexology session; which really helps to keep my body and mind in harmony.

I came across the photos below and it helped me to understand what happens in my body when I have Reflexology, so I hope it helps you too.

Do you suffer with fatigue, brain fog, feelings of overwhelm? Are a lack of energy, aches and pains stopping you doing what you love? Below are images captured of the energy flow to the brain and spine and through the chakras after a Reflexology treatment. I found it fascinating to see in colour the changes that can occur in the body after Reflexology. Also the benefit of taking time out for yourself and the relaxation that Reflexology brings can't be underestimated.



Energy Reflexology's post



The brain before and after a Reflexology treatment :)

Christie @positivelywholehealth who just finished her doctorate in natural medicine told about her @braintaptech heart rate variability machine and decided to do some before and after testing. Look at the results! Before on the left and after in the right.

Just the pictures show more energy flow to the brain, the spine, and through the chakras and meridians!

PSYCHOEMOTIONAL STATE

Today, 08:52

Today, 10:00

SPLINE-MAP OF ELECTRICAL ACTIVITY

SPLINE-MAP OF ELECTRICAL ACTIVITY

psychoemotional state index
(50 - 100%)

psychoemotional state index
(50 - 100%)

32

49



SPECTRUM OF THE BRAIN ACTIVITY

SPECTRUM OF THE BRAIN ACTIVITY

Delta 0.5 Hz 43%	Theta 5.10 Hz 23%	Alpha 10.15 Hz 23%	Beta 15.20 Hz 7%	Gamma 20.25 Hz 3%
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Delta 0.5 Hz 57%	Theta 5.10 Hz 20%	Alpha 10.15 Hz 8%	Beta 15.20 Hz 8%	Gamma 20.25 Hz 6%
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FUNCTIONAL CONDITION OF THE SPINE

Today, 08:52

Today, 10:00

DEPARTMENTS OF THE HUMAN SPINE

DEPARTMENTS OF THE HUMAN SPINE

Cervical spine
26%

Thoracic spine
13%

Lumbar spine
28%

Sacrum
13%

Coccyx
15%



- C1: Head, Brain, Ears
- C2: Auditory Nerves, Sinuses
- C3: Teeth, Cheeks, Outer Ears
- C4: Nose, Mouth, Lips
- C5: Pharynx, Vocal Cords
- C6: Shoulders, Neck, Tongue
- C7: Thyroids, Elbows
- Th1: Trachea, Esophagus
- Th2: Heart
- Th3: Lungs, Chest, Breast
- Th4: Gall Bladders
- Th5: Liver, Blood circulation
- Th6: Stomach
- Th7: Pancreas, Duodenum
- Th8: Spleen
- Th9: Adrenal Glands
- Th10: Kidneys
- Th11: Ureters
- Th12: Small Intestines
- L1: Large Intestines
- L2: Abdomen, Appendix
- L3: Bladder, Sex Organs
- L4: Sciatic Nerves
- L5: Lower Legs, Feet
- S1: Hip Bones, Buttocks
- S2: Rectum, Anus

Cervical spine
46%

Thoracic spine
45%

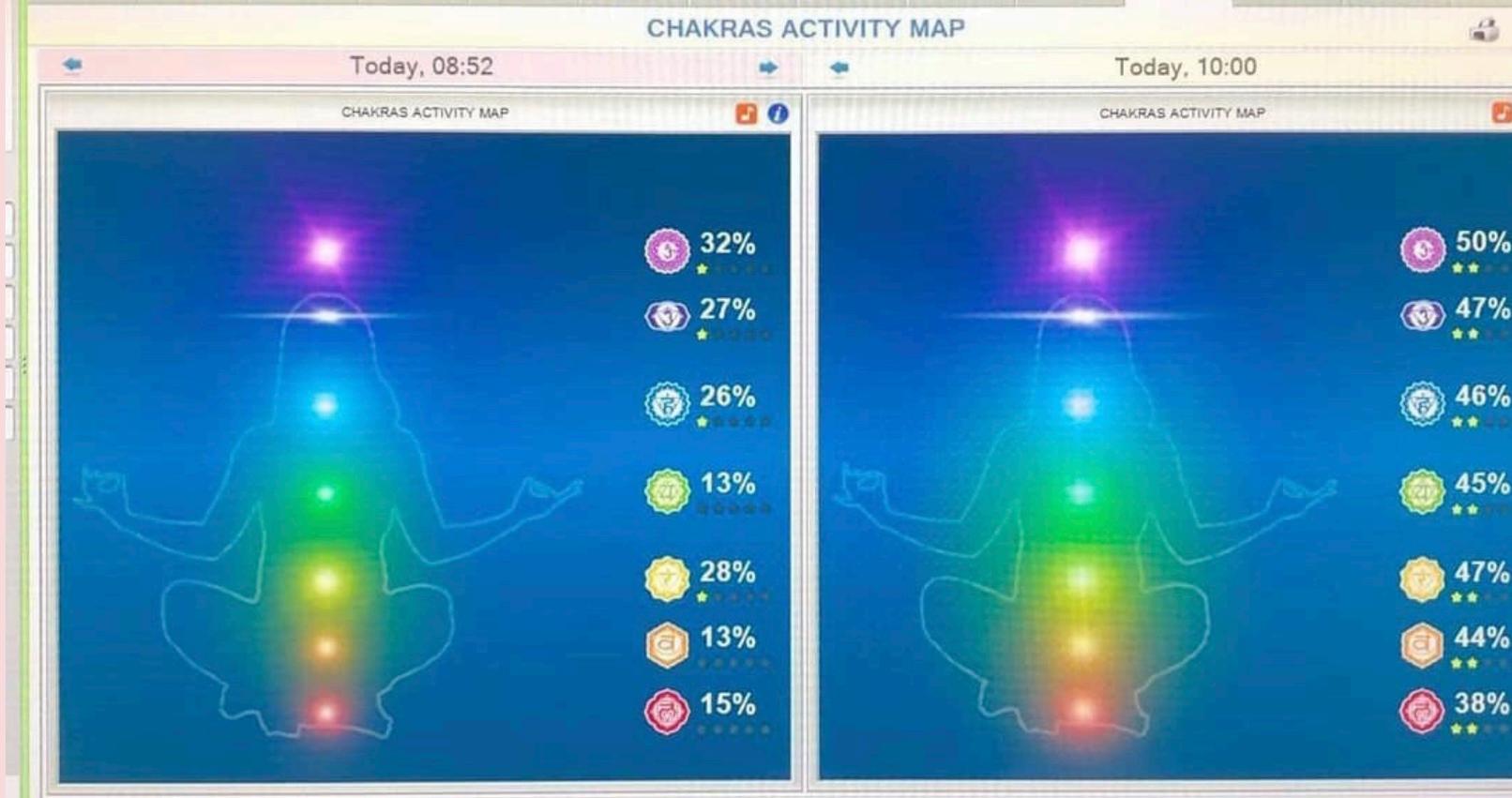
Lumbar spine
47%

Sacrum
44%

Coccyx
38%



- C1: Head, Brain, Ears
- C2: Auditory Nerves, Sinuses
- C3: Teeth, Cheeks, Outer Ears
- C4: Nose, Mouth, Lips
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So if you would like more energy to go to that exercise class, to get out walking in the woods, even cleaning the house (okay maybe not!) and an improved sense of well-being why not try a Reflexology session. If you've never tried it before I hope you will be pleasantly surprised at how relaxing it is - so much so that about 95% of clients fall asleep at some point during the session.

If you prefer a Massage but would like to try Reflexology remember that you can have both within your treatment time; just [book](#) a combination treatment.

If you haven't already liked my [Facebook page](#), then please do so, as all the latest information is posted there.

With love and happy toes

Jane x

You can view all my previous Newsletters [here](#)



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