

**Reduce acute pain**

**Turn chronic illness around**

Discover how at the

**Reflexology Weekend Workshop**

**Where: Forth Primary School**

**When: Sat 30<sup>th</sup> & Sunday 31<sup>st</sup> of January**

**9.30 - 5.30**

**\$400 per person (\$100 per day for repeats)**

**Includes manual, morning, lunch and afternoon tea & laughter!**

**Phone 64283007 or email: [purplehouseforth@bigpond.com](mailto:purplehouseforth@bigpond.com) for more information or to register your spot.**



*'Chronic diseases could kill 52 million people per year....'* I am reading in an article over my morning coffee. Hmm, that doesn't surprise me. Today, our healthcare system works well when you have an accident or an emergency, but when it comes to chronic illness like heart disease, diabetes, cancer, mental illness and obesity our current medical system has its limits.

*"Reflexology actually works!"* I am glossing over these triumphant headlines in yet another article. Research reported that reflexology may be just as effective as mild painkillers like aspirin, acetaminophen, or ibuprofen. I am reading how the

scientists came to that conclusion: participants were asked to submerge their hands in ice water for as long as possible as a mild form of torture. Reflexology was then applied to hands and feet and then the participants were asked to submerge their hands again. The study showed that those who received proper reflexology could handle colder water for longer periods of time than the control group. The unfortunate participants who didn't get proper reflexology couldn't handle the colder water for longer periods of time. This finding means that reflexology is allowed to come out of the closet and be celebrated as a proven healing modality in its own right because the self same scientist concluded that **reflexology reduces pain by 40% and improves the time pain can be handled by 45%. (That means it increases your pain threshold by 45%).**

At the Purple House all our practitioners excel in reflexology. We have made sure of this! You can prove this for yourself by booking in for a session. Sometimes experience is the best way. It was for me. When I was 40 my 80 year old mum-in-law moved onto our property after she crashed her car and broke her leg. While she spent time in our spare bedroom recuperating I sometimes gave her reflexology. I am not sure how much this helped towards her recovery, but it certainly helped our bonding! Gran was normally very solitary and introverted but working her reflex points not only opened up her own healing energy channels, it also opened her heart, to the point where I got to hear many childhood stories that had never seen the light of day before.



Her car accident set a trend in our family. It prompted a series of car accidents, or so it seemed, followed by many reflexology treatments. Within a couple of weeks of gran wrecking her car, one of our daughters crashed into a tree. Luckily she was unharmed but my other two daughters and I weren't so lucky a fortnight later when we were travelling home on a deserted country road one sunny Sunday afternoon.

Suddenly we were in the ditch, with the front of the car completely gone and Eve and me dangling from our seats by our seatbelts while Mieke had nearly been halved by her lap-belt in the back. Out of the blue a lone car travelling in the opposite direction had careered onto

our side of the road just as we happened to occupy that particular patch and **Bang!** Before I had a chance to jump on the brakes we were involved in a head-on collision that could have killed all of us.

Luckily we came away with minor injuries. (Scars on our legs and Eve needed plastic surgery on her eye). The worst thing was the whiplash. Suddenly I felt every tiny muscle group and ligament in my body. The pain from bending over the dishwasher after dinner the next day was brutal. (Even worse than normal!) Peter gave me a gentle massage before we went to bed. The next morning my whole body was stiff and the pain was even worse. I managed to get through another day of chores when I suggested to Pete to give me a reflexology treatment instead of a massage, seeing my body was too tender to touch.

We finished that evening by Peter giving me an hour long reflexology session with all the essential oils I had. I stumbled into bed and slept like a rock. When I woke up the next morning I was as good as gold! I got up carefully tried the different muscle groups that had hurt so much the day before and to my surprise there wasn't even a hint of uncomfortableness. Even the memory of pain had gone. **Reflexology had reduced my pain by 100% as well as my recuperation time by a 100%!**

I was fascinated. Even though I had witnessed many miracles with reflexology in my treatment room, this was new to me! I continued back at work and from that day on I never had another bit of trouble with whiplash, concussion or backaches caused by the head on collision. We kept busy with salvaging the bodies of our family for the next couple of years as we wrote off another 3 or 4 or 5 cars ( I lost count) ending by the 'mother-of- all- Motor-Vehicle-Accidents' when a passing truck crashed into my body as I was getting into our just replaced family vehicle. This was a suitable ending, because for the first time our car had only minor injuries and I suffered the brunt of the impact.

By then I had learnt my lesson and I made Peter or the kids give me reflexology every single day, while the scent of essential oils wafted through the various hospital wards I spent time in. Today I am a living testament of what our combined health care system can achieve: I am here due to a medical miracle and my quality of life is as good as it is because I took complete ownership and responsibility of rebuilding my health upon leaving the hospital.

Apparently knee replacements are the most commonly replaced joint in the body, due to obesity, walking or running on hard surfaces or just from life. The time that is needed to recover from a knee replacement often mounts up to being a whole year! There are reflex points or nerve endings on each foot for preventing a knee replacement. Reflexology only takes a few minutes every day, or an hour at most and it is enjoyable rather than excruciating. From the comfort of my wheelchair I watched many physio patients go through the motions of bending and stretching their new knee joints and it wasn't fun! It made me thank my lucky stars that I only needed my hip joints repairing.

There are easy to locate reflex points on the hands as well as feet to help ease the pain of a tennis elbow and frozen shoulders. The weird thing about frozen shoulders is that they just happen overnight. Suddenly half of your body is frozen in pain and you feel like a chook that has had its wings clipped. It usually disappears as mysteriously as it appeared, but it can take up to 9 months to a year.

That is the point I am trying to make: there is no need to go through life like a winged bird or wobbling around on a walking stick **when you can reduce your own joint pain by 40% in 15 minutes, like this article claims.** As if this isn't enough, Mother Nature has also conveniently given you two hands covering another 14000 nerve endings, which lead back to every part of your body. If you can't be bothered bending over to reach your feet, you can lie back in comfort and apply pressure to the points found on your hands.

No prior knowledge is required for this workshop. All you need is an open mind, a pair of hands and feet and a pillow and blanket. This weekend will be a great mix of relaxing your body while you are on the receiving end and stimulating your mind with information you have never hear before.

During the workshop I will teach you how to:

- ***Reduce anxiety and stress***
- ***Increase focus and clarity***
- ***Encourage and restore the flow of nutrient and oxygen through the body***
- ***Relax sore and tired muscles***
- ***Induce overall relaxation and peace of mind***
- ***Rebalance the hormones***
- ***Stimulate and balance your metabolism.***
- ***Boost your immune system.***
- ***Use essential oils correctly***



***Whether you want to know more to help yourself and your family, or whether you want to avoid invasive surgery and learn tricks to banish pain from your life, or even whether you simply feel like having some time out and share in a few laughs, tears and nice food as well as spending hours on the massage table, this workshop is for you! Contact the Purple House for more information on 64283007. Looking forward to having a great sharing time, Grada!***



Helen Callaghan is back on our team of fabulous practitioners at the Purple House!

"I am back☺ and lucky to be working at the Purple House again on Mondays, Wednesdays and every fourth Saturday.

I took a detour for a few years which gave me time to focus on teaching Yoga, Yoga Therapy and Mindfulness

Meditation classes as taught by the Gawler foundation in the Yarra Valley. Now it feels as if I never left.

I am still continuing with my classes but with my three children growing up fast I have some more time on my hands. I suddenly realized how much I missed hands on work. It is a really great thing to be able to help someone feel better by compassionately working on their body with my hands. I also use Chinese Cupping methods if I feel that is what they need and incorporate lovely stretches that relieve tension and just feel so good.

My years of teaching yoga have really made it clear to me that energy/blood flow in our bodies can become congested and blocked. Sometimes we have too much energy in one part of the body and not enough in other parts. Think of a painful knot in your shoulder or that constant throbbing of sciatic pain. This is really congested energy/blood flow. Of course this is what Chinese Practitioners have been telling us for thousands of years: an imbalance like this in our bodies can lead to other chronic illnesses.

I can help you improve energy movement in your body, relieve pain and work on your body in a way that suits you. It may be a strong deep massage or it may be gentle Shiatsu movements. We are all different so you need a treatment that works for you. My training in Mindfulness Meditation has improved the way I work as I am fully present and connected to you for every second of the treatment.

During the treatment I will be encouraging you to move out of your thinking mind and connect with your body. If you are someone who loves to talk all the way through a treatment then you are probably also someone who doesn't spend a lot of time connecting with your body☺! Does that sound familiar to anyone? I am looking forward

to seeing some past clients and some new ones too.



I am happy to offer people private consultations, teaching simple techniques you can use to help you cope with stress, anxiety and depression.





I also spent time travelling. Here are a couple of pictures taken in Nepal last year after the earth quake. This is with my family at Annapurna base camp and with our lovely Nepalese guides just after we made our return. The other one is of the Mountains in the early morning with the moon setting. Two things I love most are my family and our beautiful earth!

Namaste, Helen.



Here is what one client wrote after a massage with Helen: "You can really feel her purpose flow out through her hands while she massages. She connected and tuned into my body so much that I didn't need to tell her anything. She just knew what to do."

And another client: "I had such a beautiful relaxing massage with Helen today. Felt I could completely relax in her sure and capable hands... She has such a nurturing feel even whilst working out the knots! The arm and hand massage was out of this world. I think I could handle a whole hour of just that! Really great massage! I had the best "after massage face" to prove it!"

A massage can even heal a sick tummy or mental illness as was the case with David, a client who comes for regular massages. David initially came with serious tummy problems, so severe that he sometimes needed to be hospitalized. His digestion was touch and go and he was on a huge list of medications which kept his problems at bay but left him feeling half alive.

After a month of weekly massages his digestion markedly improved and his GP was able to reduce his medication. After two months of weekly treatments he announced that he had actually suffered from bi-polar most of his life but had forgotten to tell us (!). However since the massage treatments he felt more 'normal' than ever before.

As his digestion became stronger and stronger he was able to digest his foods, which meant his body was getting the nutrients it had been starved of for years. This meant that he could reduce his medication even further because he felt so good. His brain fog, lethargy, and inability to concentrate all vanished into thin air.

After a while he was able to reduce weekly sessions to fortnightly and he has been going strong ever since. The digestive problems haven't bothered him for years. He is one of our success stories and all it took was a few changes starting with one massage, which turned into another one and so on till he felt so good and was so used to it that it was inconceivable to go back to his non-massage drug infused days.

Why do you think something as simple as a massage cured David's 'incurable' bipolar and poor digestion? It's all to do with your Vagus Nerve.

At the very earliest beginning of our lives, while we are growing from one cell into millions in our mother's womb, a clump of nerve mass forms into the brain in the head. Not many people know that at the same time a smaller, identical substance is grown in the gut. Our thinking brain is creating

a branch office in our tummy! Connecting these two brains is a bundle of nerves called the vagus (which means 'wandering' in Latin). These nerves constantly send information to and from the gut and the brain. Some of the nerves wander around the other organs inside our abdominal cavity, making sure we can breathe and swallow properly, we are able to taste our foods, our heart rhythm is strong and our bowels healthy and regular.

Stimulating and toning the vagus on a weekly basis helped David to regain perfect harmony in his body and mind. David had been lucky he hadn't suffered from any other vagus imbalances like moodiness, inflammation, heart failure, poor memory and short attention span. The vagus is often the root cause of many things, but is rarely considered because testing its efficacy is too difficult, as it is such a complex nerve.

This is the reason why we will always love giving out massages; it makes the client feel whole. All those massage strokes have a deeply hypnotic effect on the subconscious, which is in charge of the healing process of the body. With each massage it gets more and more relaxed. Blood starts to circulate freely around the body and toxins are removed from the lymphatic system. Not only the vagus but the muscles, tendons and ligaments also get a good go-over.

A remedial massage combined with essential oils is the most balanced healing package. The practitioner might be focusing on the physical aspect but in the meantime the body releases a flood of feel good chemicals unlike the client has ever felt before. Serotonin is one of those feel good chemicals that are released during the massage. Serotonin helps you to feel deeply relaxed and at peace. This means you are better company for your family and friend, you work smarter not harder and your life span will be increased.

To get maximum benefit our therapists may offer you some cranio-sacral work, or reflexology or other forms of healing like Kinergetics or Pranic Healing. This can be discussed when we take note of your history. Please remember to tell us everything!

1 hr Massage \$80

1 hr Massage/Combo Healing \$100

½ hr Massage \$60

Here is another rave review:

"Today was my first time as client of purple house to help with my sciatic problem and all I can say is wowwww! Even though there were many sore spots, it was bearable and amazing feeling afterwards! Will be going back again next week! I think i will also be putting a voucher for here on my birthday wish list this year or any year!"

PS: many newborns suffer from a Vagus imbalance because the nerves may have been trapped or traumatized during the birth. This impairs digestion and causes colic. One or two ½ hour treatments is often all it takes to allow the digestion to catch up to the rest of the body.

**To make an appointment for yourself or your family member phone  
64283007**

**Or check out: [www.purplehousenaturaltherapies.com.au](http://www.purplehousenaturaltherapies.com.au) and book online.**

