



Staying in Touch

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Hello!

Autumn has arrived and the days are getting shorter but that doesn't stop us from taking time for oneself. How about trying some Reiki this month? This article will also give you an insight to why some people are unable to taste; using cardamom in your cooking as well as how to increase calcium in your diet.

Don't delay, book today for those massage appointmentsyou know your mind and body need it!

Tasteless Taste Buds

We all have about 10 000 taste buds on our tongues, but believe it or not, many people cannot taste properly. The main reason for this is that their taste buds have been dulled by eating cooked foods that are hot and also spicy.

The second reason is that some folk have a zinc deficiency. Eating zinc-rich raw foods over time (such as poppy seeds, pumpkin seeds and pecans) gradually returns one's taste buds back to normal, allowing meals to once again become occasions for taste celebrations.



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Reiki



What is Reiki?

The practice of Reiki is an original method of healing, developed by Mikao Usui in Japan early in the 20th century, which is activated by intention. It works on every level, not just the physical.

The Japanese word Reiki means 'Universal Energy'. Eastern medicine has always recognised and worked with this energy, which flows through all living things and is vital to well-being. Known as 'ki' in Japan, 'chi' in China and 'prana' in India. Acupuncture, T'ai chi and Yoga are also based on the free-flow of this energy in a person.

What are the Benefits?

Illness can be a time of great stress. Reiki can help us cope by encouraging relaxation and bringing balance to both mind and emotions. Benefits reported by Clients/Patients of our Practitioner members include deep relaxation, promoting a calm, peaceful sense of wellbeing on all levels.

Reiki encourages and supports positive personal choices, such as improving diet, taking more exercise, devoting time for rest or leisure activities, and may reduce the need for alcohol and tobacco. Engendering greater inner harmony and balance, regular Reiki treatments promote a calmer response to life's challenges. Reiki's gentle energy is easily adapted to most medical conditions and may be used safely by people of all ages, including the newborn, pregnant mothers, surgical patients, the frail and the elderly, in any situation.

Being complementary, Reiki works effectively alongside orthodox healthcare and natural remedies, expanding treatment options.

Reiki can enhance everyday living, and regular sessions may help to promote development of a healthier, more resourceful state of

complementary therapy centres, GP surgeries, hospitals, hospices, cancer support groups, post-operative recovery, drug rehabilitation, prisons, HIV/AIDS centres, and in the care of the elderly.

What happens during a Session?

A Reiki treatment is non-diagnostic, non-interventionist, non-manipulative and no pressure is applied.

A session is usually carried out with the recipient lying down or sitting, in a comfortable and peaceful environment. There is no need to remove any clothing as Reiki energy passes easily through all materials, including plaster casts. The Practitioner places their hands gently on or over the body; there is no massage or manipulation. Reiki can also be given over a distance.

Reiki may be experienced as a flow of energy, mild tingling, warmth, coolness, other sensations, or nothing at all.

Length of Reiki sessions may vary, but are usually half to one hour in duration.

The Practitioner will take a short case history prior to discussing treatment options. A treatment plan will be discussed and agreed with you, and reviewed as necessary. This will always be subject to your own preferences, and can be changed at any time in line with progress.

How often do I need to have a Treatment?

Even one single Reiki session can make a difference; however a course of regular treatments may be more effective. These may be weekly, fortnightly or less often depending on the needs of the individual. A treatment plan will be discussed with you, and reviewed as necessary. This will always be subject to your own preferences, and can be changed at any time according to progress.



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Is it Time to Take Care of Your Self?

The Art of Proper Selfishness!

The one thing no one ever teaches us is how to understand and manage ourselves. Yet we all know that if we cannot manage our self we will find it almost impossible to manage the 'four Rs' in daily life – Our Responsibilities, our Relationships, our Roles and our spiritual and mental Resources (energies).

That's why the art of proper selfishness means taking time to care for and nourish yourself. Not with food, exercise, longer vacations or more money. But with insight, wisdom and ways to relax your thoughts and feelings, methods to focus your mind, hear the call of your heart and follow that call. We owe it to ourselves and to those around us to make sure we are at our best.

Too Busy? mmm...thought so!

But perhaps you say you just don't have the time. In Chinese the word for 'busy' has two characters – one means 'heart' and the other means 'killer'! The modern mantra of the Western world is 'I'm too busy'! Is this your mantra? Little wonder we don't know how to relax. Is it time, are you ready to be little less busy and to learn to relax, refresh, renew, rediscover and perhaps even reinvent your self?

Yes! Then all that you see here is designed for just that purpose. It's taken over twenty years to gather and test the wisdom and the methods in these resources. All because I woke up one day and realised I had a severe case of 'busy'!

Cardamom – A Royal Spice

Cardamom is known as the 'queen of spices', perhaps because of its historical connection to these lady royals: Egypt's Cleopatra burned cardamom incense whenever her Roman lover Mark Anthony visited; Arabian Nights mentions cardamom frequently as an aphrodisiac; and the cardamom plant with its lovely purple and white flowers graced Hanging Gardens of Babylon, built by King Nebuchadnezzar for his wife.

The seeds of this romantic and ancient spice, with penetrating aroma and spicy/sweet flavour, come from a plant belonging to the ginger family native to India and Sri Lanka. There is only one true cardamom, *Elettaria cardamomum*, although other inferior types from cardamom-like plants do exist.

The ancient Egyptians chewed cardamom to sweeten their breath and the Greeks used it as a perfume. The Vikings discovered this precious spice 1000 years ago and took it home to Scandinavia where it is largely used today in baking.

Cooking with cardamom is varied and fun. It's tasty in curries, sweet dishes and also in some drinks such as teas, coffees, mulled wine and punches – in fact it is seen as a 'festive' spice. It features in Dutch 'windmill' cookies and Scandinavian pastries and can also be used for pickling – especially herrings.

In addition to its royal and culinary properties, cardamom carries health benefits. According to the ancient Indian system of health science, Ayurveda (wisdom of life), cardamom helps digestion and eases flatulence and cramps. It improves circulation to the lungs and thus aids with congestion or asthma. It also detoxifies the body, relieves halitosis and enhances the appetite.

Getting Enough Calcium in a Dairy- Free Diet

Vegetarian, vegan, gluten-free and dairy-free diets are just some of the different ways of eating to which some of us adhere. When starting a diet that may be limited in a particular food group, it's important to do sufficient research to ensure that you are not going to be short of certain nutrients. Ideally, you should seek the advice and guidance of a nutritionist, naturopath or dietician.

A dairy-free diet is one in which all dairy products are eliminated. Such a diet may be necessary because of dairy intolerance, or the person may feel it's morally wrong to eat animal products. The main nutrient that is lost when you eat this way is calcium, and sometimes vitamin B12 if no meat is eaten either.

Calcium is one of the most vital minerals and is responsible for a number of roles in the body.

- It is fundamental in the development and maintenance of bone structure.
- It plays a role in the release of neurotransmitters.
- It is important in the metabolism of vitamin D.
- It supports a regular heartbeat.

Fortunately, calcium is a mineral that can be sourced in good quantities from other food products, including:

- Canned sardines
- Salmon
- Tofu
- Almonds
- Green leafy vegetables (although it is important to note that the calcium in spinach is not easily absorbed.)



While natural food sources are the best way of maintaining calcium levels, taking supplemental calcium with the advice of a practitioner can help you reach the recommended daily intake level.

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