

# INTERNATIONAL therapist

SUMMER 2024

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balance

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the history of  
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## EDITOR'S LETTER



**H**ello, and welcome to the summer 2024 edition of *International Therapist*! If you have read the previous spring edition of the magazine, you may know that Molly Denton has since stepped down from her position as Editor in order to embark on an exciting adventure across East Asia and beyond. With this in mind, I would like to take a moment to introduce myself. My name is Mollie Steel, and I'm the newly-appointed Editor of *International Therapist*.

Molly has done some incredible work for the magazine; its evolution over the past two years has been phenomenal, and I'm honoured to be stepping into her shoes. I'm sure you'll join me in wishing her the best of luck in her travels! I endeavour to continue *International Therapist's* success and strive to ensure the magazine is something that you, as FHT members, are proud to receive.

Hand in hand with this change, this edition of the magazine is inspired by the theme of Embracing Change and New Beginnings. This summer, I want to encourage you to step out of your comfort zone, develop your knowledge, and maybe try something new. Perhaps you could flip to page 22 and learn how to embrace nature with barefoot walking, or skip ahead to page 44 where you can learn about the new, exciting developments for one of our own Accredited Course Providers, New Vision Therapy. Equally, if you land on page 32, we dive into a topic that is very personal to me: challenging our damaging technology habits.

However, before you read on, I would like to thank those who have contributed to this issue by offering up their free time to write such incredible and informative pieces. Some, you may recognise as regular contributors, while others may be more unfamiliar. It has been delightful working with every single one of them, and I hope you all enjoy the sheer wealth of knowledge and experience they have to share.

So, on that note, whether you're starting a new career, new book, or new hobby, I encourage you to go forth and embrace all changes, both big and small, this wonderful summer. Here's to a new chapter!

Happy reading,

Mollie Steel, Editor



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## INTRODUCING THE BOARD

### Spotlighting those at the head of the table here at FHT

Our Board of Directors ('the Board') are in charge of the management of the company's business; they make the strategic and operational decisions of the company and are responsible for ensuring that the FHT meets its statutory obligations. They are each responsible for the council that they represent, to which our members belong.

#### INTRODUCING: Jane Johnson Professional Association of Clinical Therapists

Hello, I'm Jane. If you have attended one of the FHT's live webinars or watched one of the webinar recordings, you may know me as 'Jane Johnson The Friendly Physio'. Or, if you have attended one of the Dissection Workshops in London, you may have met me in person. I'm delighted to have been appointed Vice President of the FHT's Governing Council where, last year, I met my incredibly experienced colleagues on the Board of Directors. I'm passionate about helping therapists learn new skills and to feel more confident in their assessment and treatment techniques. I feel this is where my biggest contribution lies.

I've enjoyed a 'portfolio' career, which is a fancy way of saying I've done lots of different things! Around 36 years ago, I trained as a fitness instructor, worked as a personal trainer in a corporate gym, and studied both Swedish and sports massage. Fascinated by the concept of being an entrepreneur, I took my first degree at night school, studying economics and management accounting. Using this knowledge, I built up my own private practice.

Having recognised first-hand the many barriers people face when it comes to improving their health and fitness, I studied for a part-time MSc in Health and Exercise Behaviour. I loved the course component relating to cardiac rehabilitation, which is something I was able to put into practice when working in a hospice as a physiotherapy assistant. The hospice had a gymnasium, and I got to work with people who needed highly tailored exercise programmes at a completely different level to those usually provided to the general population.

For many years, I taught anatomy on massage training courses, I've written multiple reports, and presented at court as an expert witness in cases relating to massage and physiotherapy.

The first milestone for me was gaining my degree in physiotherapy. I applied to four universities for four years running and was rejected by each. That's 16 rejection letters! My second milestone was gaining my PhD a few years ago. It was the most stressful thing I've ever done.

For the last 20 years, I've worked as a musculoskeletal (MSK) physiotherapist, specialising in occupational health - I help people to return to work following injury, illness, planned surgery, or to remain in work while managing an MSK condition. I get to use all of my skills - analytical assessments, physical assessments, hands-on treatments, and exercise advice.

Ten years ago, I took a leap of faith. With no job to go to, and no clients in the area, I left the chaos of London and bought an unmodernised house in the North of England. I filled my home with rescue dogs, took long walks, and lived wrapped in blankets. Life presented new opportunities. I started to work with a variety of new occupational health companies and frequently travelled to Taiwan, China, and Japan to deliver workshops. Following my heart, I'm now beginning yet another new adventure. I'm learning to live more slowly. I've returned to keeping a sketchbook, am connecting more with nature, eating as a vegan, and savouring the things that can so easily be overlooked. I still deliver webinars and workshops and write, but I also spend a lot more time enjoying the gliding of gulls, the vastness of the stars, and the swell of the sea.

#### What advice would you give to anyone starting their career in the holistic therapy industry?

- If you want to train in lots of different therapies, that's fine. If you want to specialise in just one, that's fine too.
- Find your tribe. Whatever your passion, there are people out there who share it.
- If there is something you really want to do, and you think you can do it, just do it, no matter what anyone tells you.
- By all means plan, but in the end, follow your gut instinct. Our bodies tell us a lot about what we need (and what we don't).
- Competition is a myth. A rising tide lifts all boats. Customers will come to you because you are you, not because of the therapy you offer, but because of the way you deliver it.



JANE JOHNSON  
PACT

"Follow your bliss. If you start down one path and find it's not for you, it's okay to change paths. It's okay to lose sight of the shore; that's how we discover new lands!"



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# INDUSTRY news

## BEAUTIFUL BRITAIN

If you own a brand or business and would like to be part of one of the UK's major beauty celebrations, British Beauty Week is the perfect opportunity! From 23 to 27 October, the beauty industry will come alive with diversity, creativity, and innovation, reinforced by its theme of 'A Beauty Industry That Looks Like You'. With more than 100+ brands and businesses participating, from skincare to makeup, haircare to wellness, there's a spot for everyone. How will you get involved?

To find out more, visit [britishbeautyweek.co.uk](https://britishbeautyweek.co.uk)



## GAMES OF THE XXXIII OLYMPIAD

The 2024 Olympic Games, scheduled from 26 July to 11 August, and the Paralympic games, scheduled from 28 August to 8 September, will take place in Paris. Perhaps you will be tuning in to the competition, attending in person, or if you are a sports therapist, you may even recognise some of your clients reaching that Olympian finish line! Did you know, in Ancient Greece, athletes would often receive a deep friction massage using olive oil to help prevent and assist with sports injury?



## GO WITH THE FLOW

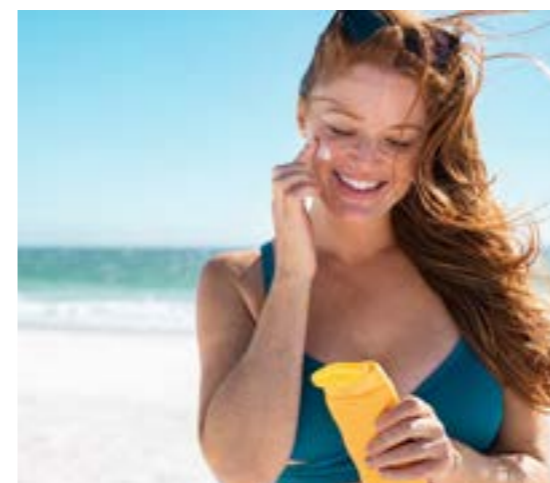
For many people, menstruation is associated with pain, cramps, and tiredness (Schoep et al, 2019). However, a recent study from researchers at University College London showed that women who regularly menstruate performed better in sports while on their period, with faster reaction times and fewer errors. Interestingly, a significant number of participants believed that their symptoms had negatively affected their performance, when this was not the case. In contrast, they demonstrated slower reaction times during the luteal phase, and more errors in the predicted ovulatory phase, suggesting women are more prone to sports injury while in these phases (Ronca et al, 2024). This study is a fantastic step forward into understanding female sport performance and sports injury prevention. To learn more about this study, head to [fht.org.uk-references](https://fht.org.uk-references)



## FELINE GOOD WITH CAT YOGA

Picture this: you, your yoga mat, and a few curious feline companions.

International Cat Day is celebrated on 8 August, and what better way to celebrate than practising some cat yoga! Some companies offer professional classes or experiences; however, if you are the owner of a cat or two, cat yoga can be as simple as laying down your yoga mat and inviting your feline friends to join you. Allow them to interact on their own terms as forcing them can be stressful. Though having cats weaving around you can be an adorable distraction, it is the perfect opportunity to help you develop your focus and mindfulness skills. If this is something you are considering implementing into your own practice, be sure to check with your insurance provider beforehand, and ensure appropriate cover is in place in the event of any unexpected cat-astrophes.



## IS YOUR SUN CREAM SPF SAFE?

Through tests conducted by Which?, it was revealed that three popular UK sun cream products did not meet the required safety standards. These include Asda Protect Moisturising Sun Lotion SPF30 High, Bondi Sands SPF50+ Face Sunscreen Lotion, and Calypso Press & Protect Sun Lotion SPF30. The results revealed that these products did not reach the advertised SPF, and Bondi Sands SPF50+, did not reach the minimum UVA Protection. Due to this information, Which? recommends staying away from these products this summer. For more information on the tests and recommendations for better sun cream alternatives, visit [fht.org.uk-references](https://fht.org.uk-references)



## KING CHARLES HONOURS THREE KEY MEMBERS OF THE COLLEGE OF MEDICINE

Dr Michael Dixon, Dr Fiona Butler, and Mr Michael Dooley were recognised for their personal service to the royal family during the announcement of the King's Birthday Honours List.

Dr Michael Dixon, Chair of The College of Medicine and Head of the Royal Medical Household, has been made a Commander of the Royal Victorian Order (CVO). Dr Fiona Butler, who is a College of Medicine Council Member and Apothecary to the King, along with Mr Michael Dooley, the Treasurer at The College of Medicine and the Queen's physician have been made a Lieutenant of the Royal Victorian Order (LVO).

As a founding member of The Integrated Medical Alliance (IMA) the FHT would like to congratulate Dr Michael Dixon, Dr Fiona Butler, and Mr Michael Dooley on their significant accolades.



# MEMBERS'

## news

Welcome to Members' News, where we share your successes



### EXCELLENCE AWARDS 2024

We would like to thank everyone who submitted applications to the Excellence Awards this year. We have had an overwhelming response and have been delighted to read each and everyone of your applications. We will be announcing finalists in the next edition of the magazine, so keep an eye out!

### AN IMPORTANT NOTE

In last quarter's spring magazine, an unfortunate error was made within our Members' Spotlight section, in which Caroline Purvey's article included an image of complementary therapist Gill Park. The team at the FHT would like to reiterate our apologies to both members for this error. We can confirm we have been in contact with both Gill and Caroline, and sincerely thank them for their understanding. With this in mind, we would like to direct you to page 12 where you can read Gill Park's spotlight in full, and page 79 where you can find a feature for Caroline Purvey's FHT Accredited Course.

### INTRODUCING... OUR NEW CEO

We are delighted to announce that, as of July 2024, our new Chief Executive, Conrad Hollingsworth, has joined the team here at FHT. He has extensive experience as a Chief Executive in the non-profit and charitable arena, ranging from development and support of membership organisations to environmental and multi-purpose frontline organisations, and more recently of a national children's disability organisation.

Conrad brings a wealth of experience and relevant skills to the role and has a huge passion for the holistic industry. He has a collaborative can-do approach and looks forward to working with all FHT members, Board, staff, and volunteers to make positive changes to support the FHT.

On joining the FHT, he said: "I am thrilled to be taking on this key leadership role of a unique organisation supporting members who are making a positive difference to people's lives via so many disciplines, not just UK-wide, but internationally."

We hope you will join us in welcoming Conrad as he embarks on this exciting journey with us!

### LOOKING FOR VOLUNTEER WORK?

Queen Alexander Hospital in Portsmouth is looking for enthusiastic volunteers to get involved and help at its Macmillan Centre. Volunteering is a fantastic way to develop your skills and experience while giving back to the community and doing something positive for those who need it most.

You will be provided with free training with Joy Kennard, along with benefits such as free parking, incentives, and support. A consultant has pre-approved all treatments that you would do, and all paperwork, oils, and balm towels are provided. The hospital insures you while you are on premises, but you may still require your own insurance.

All they need are your abilities and willingness to spare a few hours of your time.

To join the team, contact Julie Gailer (nee Kill) at Macmillan by phoning **02392 283324** or emailing **Julie.Gailer@porthosp.nhs.uk**

### MEMBER SPOTLIGHT

#### KEEPING THE GIFT OF HEALTH ALIVE WITH JEWELS THERAPIES

**Jewels Victor-Moore is a health and wellbeing practitioner and therapist based in Inverness, in the Highlands of Scotland.** She has practised as a reflexologist, aromatherapist, and masseuse for 19 years and has multiple qualifications, including a BA and Masters in Health and Wellbeing, a diploma in Contemporary Art Practice and Complementary Therapies, all from the University of Highlands & Islands, as well as a certificate in Bio-Medicine from the College of Naturopathic Medicine. Jewels says that professional development is her absolute priority and these days she is furthering her knowledge and understanding of the fascial system.



However, many other life experiences outside of formal qualifications have influenced the way in which Jewels works with people. For example, she says, navigating an immensely difficult cancer journey for a few years taught her a lot about the importance of resilience and empowering yourself to grow and be in flow.

Jewels' role is multi-faceted and incorporates therapeutics, practising clinical aromatherapy, clinical reflexology, and professional massage including hot-stone therapy and Kinetic Chain Release (KCR). It also includes social care work, caring for vulnerable people and seeking to enhance their quality of life. Jewels is also a pre-researcher, and has recently completed a systematic review on *'The Effectiveness of Massage and Reflexology in Oncology and Integrated Healthcare'*.

Jewels considers her practice, Jewels Therapies, to be an extension of her creativity and commitment to complementary therapies. Her business values are: effective, evidence-based, and health-focused. Jewels is a firm believer that health is everyone's business, and that there has been a universal shift in awareness, whereby people understand that health is in their own hands.

Every treatment she carries out on a client is imbued with the intention for the person to reach their full potential in terms of growth and repair both the mind and the body. Essentially, Jewels blends her theoretical knowledge base, life experience, and infuses treatments with the aim of facilitating alignment.

In feedback given by one of Jewels' clients, they said: "It feels like the lid comes off and everything is released".

To learn more, contact Jewels via her mobile: **07585 809 607**, email: **jewelstherapies@yahoo.com**, or Facebook: **facebook.com/Jewelstherapies**

If you, or someone you know, has a story or view that you'd like featured, please email our editor at **editor@fht.org.uk** with the subject line **'Member Spotlight'**.

Please note: As we're expecting high demand for this section, spotlights will be taken on a first come, first served basis.

## SAVE THE DATES

AUG - OCT

### AUGUST

**MONTH** Summer Sun Safety (USA)

**MONTH** World Cancer Support  
**15** National Relaxation Day (USA)

### SEPTEMBER

**08** World Physical Therapy Day

**12** Mindfulness Day

**13** Positive Thinking Day

**17** World Patient Safety Day

**22** Autumn Equinox

**23 - 29** World Reflexology Week

**23 - 29** National Inclusion Week (UK)

**25** National Fitness Day (UK)

**27** World's Biggest Coffee Morning: Find out more at **coffee.macmillan.org.uk**

### OCTOBER

**MONTH** Black History

**MONTH** Breast Cancer Awareness

**04** World Smile Day

**10** World Mental Health Day

**14 - 20** Backcare Awareness Week (UK)

**18** World Menopause Day

**24** World Acupuncture and Oriental Medicine Day

# 10 YEARS ON

Reflecting on the last decade, **Gill Park** talks about the successes and challenges of running her own business and the importance of being part of a strong community

WORDS GILL PARK

In February of this year, I celebrated 10 years in business, working as a personal trainer, fitness coach, and sports massage therapist. I started my business back in 2014; I had just resigned from my job as a purchasing manager and moved from London to Wilmslow to escape city life. Having taken a year off to look after my son and newborn daughter, I struggled to find a flexible, part-time role that paid well and was close to home. I quickly realised that setting up my own business would be the best option.

I started out by offering services to friends in the area and found a job working part-time for a local physiotherapist. Then, to compliment the sports massage side of the business, I gained a qualification as a personal trainer. I set up a website, entered the world of social media and, little by little, began to build up my business. Very quickly, it went from part-time hours to a full-time job and a new career.

I built a private gym for one-to-one sessions and now run fitness classes in both Wilmslow and Knutsford, which are always popular and well-subscribed. I also run a boxing group for teenage girls, and I love working with them! It's amazing watching them build up strength and grow in confidence – it's enormously empowering and great for their mental health.

Like many other small businesses, there are always challenges along the way, and Covid-19 was a difficult period. It was a worrying time, but those periods are often the most rewarding, and I'm proud of how my business bounced back. During lockdown, I ran several classes online and had clients from all over Europe. I worked hard to build the business up again and within a year, I was almost back to normal. I also worked for a couple of UK businesses doing online stretching and core stability sessions. Delivering online classes to over 40 people at a time pushed me out of my comfort zone, but they were a huge success.

I absolutely love running my own business – it feels great to know that I can genuinely help people overcome injuries or get fit. It's lovely to see my clients feeling good, enjoying themselves, and just having fun in my classes! After many years working for a big company in the retail industry, I like being in control of my diary and my brand. I'm fiercely proud of my logo and reputation and love having the flexibility to work around my family.

More than anything, I just want people to have fun. After what we've all been through over the last few years, it's so important to have a laugh and feel strong, and I genuinely believe that my classes



Gill's tranquil massage therapy room

are a great way to lift the spirits.

Creating a community has always been important to me – in fact, it's one of my proudest achievements. I like to connect people and support local businesses, and I've made so many friends through work. I always shop local and refer clients to other businesses in the area. I love that I can't walk down the high street without bumping into someone I know. It's wonderful being part of the local community.

Established in 2014, Gill Park Massage & Fitness offers a range of services including sports and pregnancy massage, personal training, and fitness coaching. Working in Wilmslow, Cheshire, **Gill Park** is passionate about helping clients to become fit and healthy, achieve their goals, and overcome chronic pain. As well as one-to-one training sessions, Gill runs a number of fitness classes and also offers life coaching. Find out more at: [gillianparkmassage.co.uk](http://gillianparkmassage.co.uk).

(Original piece written by Liz Boardman  
Copywriting in collaboration with Gill Park. Contact  
Liz via her website: [lizboardmancopywriting.co.uk](http://lizboardmancopywriting.co.uk))



## FHT HOSTED COURSES

Expand your skill set and grow as a therapist with an FHT Hosted Course...



### INTRODUCTION TO BIOMECHANICS FOR CHRONIC PAIN RELIEF

**DATE:** 21/09/2024  
**LOCATION:** Online  
**CPD POINTS:** 3

Get into the power of your bones with a three-hour guided workshop based on the Get Into Your Body methodology. This session will teach you how to resolve physical pain from chronic pain conditions and emotional issues, and immediately experience tools to relieve stress and anxiety in the body. With Victoria Salomon.



### INTRODUCTION TO INTELLECTUAL PROPERTY

**DATE:** 14/10/2024  
**LOCATION:** Online  
**CPD POINTS:** 1

Join us as we take you through the basics of intellectual property and how they apply to you. Discover how to protect your ideas, products, services and brand in this practical workshop. With Kim Rothman.



### COACHING SKILLS FOR THE HOLISTIC THERAPIST

**DATE:** 15/10/2024 – 16/10/2024  
**LOCATION:** Online  
**CPD POINTS:** 10

In this two-day online course, we will cover basic coaching skills, how to reframe negative thinking using cognitive behavioural coaching and the use of the GROW model. Come away from these sessions feeling confident that you can start to employ coaching skills in your therapy room. With Jo Permaul.



### DETOX MASSAGE

**DATE:** 21/10/2024  
**LOCATION:** Online  
**CPD POINTS:** 7

Learn this massage treatment, which helps detoxify the body, and discover the emotional links and areas of the body linked to digestion. With Jemma Cooper.

To view these FHT Hosted Courses, and more, please visit [fht.org.uk/course-listings](http://fht.org.uk/course-listings)



## PLANT PROFILE

## ATLAS CEDARWOOD

*(Cedrus atlantica)*

WORDS SUE ADLAM, MFHT

*Cedrus atlantica* is a majestic evergreen conifer belonging to the *Pinaceae* family which can reach heights of up to 35 metres. The young trees are shaped like pyramids, but as they age, they develop the distinct flat top and long horizontal layers of spreading branches. The green to silver-blue needles, which are shed gradually rather than all at once, are 2–2.5cm long and arranged in spirals around side shoots, forming clusters like a rosette. Its thin scaled cones are barrel shaped, 5–8cm, and sit erect on the branches. These are often produced every other year and contain winged seeds. Atlas Cedarwood is slow growing and can easily live for up to 500 years.

*Cedrus* is Latin for 'true cedars', thought to originate from the Ancient Greek word *Kedros*. Its common name, 'Atlas', refers to where it grows in the Atlas Mountains, a mountain range which stretches through Morocco, Algeria, and Tunisia. It is well adapted to these mountainous climates where there is plenty of winter precipitation. In the UK, they can be found planted in parks and gardens of large estates, and, in Mediterranean regions of Europe, they have been used in reforestation projects. Cedar trees have long been revered for their longevity, and in many cultures they are considered sacred, representing a symbol of life and fertility for the Ancient Egyptians, Sumerians, Greeks, and

Romans. They are also mentioned frequently in the Bible and the Qur'an. The volatile oils produced by cedar trees are emitted from the needles to repel pests, prevent disease, and contain cooling properties — thus preventing water loss through transpiration. So certainly, they are one of those trees that contribute to our wellbeing when 'forest bathing'.

Cedarwood essential oil is distilled from the wood, stumps, or sawdust of a number of different tree species — far too many to discuss here! The best cedarwood essential oil is distilled from 20–30 year-old Atlas Cedarwood heartwood, which is now sadly on the IUCN Red List of Threatened Species as it's endangered in its natural habitat. Therefore, aromatherapists who practise sustainably may wish to use cedarwood essential oil distilled from other members of the *Cupressaceae* family in the *Juniperus* genus that are often referred to as 'cedarwood essential oil'. This is the aromatherapists' go-to oil for the psyche and the mind, as well as for supporting the skin, lymphatic, respiratory, and genitourinary systems, and as an insect repellent. It is also often used alongside rosemary as a hair tonic.

For further reading, please visit:  
[fht.org.uk/magazine-references](https://fht.org.uk/magazine-references)

**Key therapeutic properties:**

Analgesic, anti-arthritic, antidepressant, antifungal, antihyperalgesic, anti-inflammatory, antiseptic, anxiolytic, astringent, cephalic, diuretic, expectorant, insect repellent, mucolytic, nervine, sedative, tonic.

**Can be used for:**

**Cardiovascular system:** varicose veins; **Lymphatic system:** sluggish lymph, cellulite, oedema; **Genitourinary:** cystitis, vaginal infections and discharges; **Musculoskeletal system:** general weakness or lack of strength; **Nervous system:** nervous irritability, sadness, melancholy; **Respiratory system:** colds, bronchitis, catarrh, coughs, clears head; **Skin:** acne, dermatitis, skin eruptions, ulcers, seborrhoea of scalp, dandruff, cellulite, fungal infections, hair/scalp tonic, hair loss, moist eczema, parasitic skin infections; **Emotions:** calming during times of fear, anxiety, nervous tension, and sadness, provides comfort and stabilises when out of balance, seems to help people who get stuck in the past, valuable aid in meditation; **Other:** mosquito/moth repellent, anti-dust mites.

**Blends with:**

Bergamot, clary sage, cypress, frankincense, geranium, grapefruit, jasmine, juniper, lavender, mandarin, myrrh, sweet orange, patchouli, sandalwood, vetiver, and ylang ylang.

**Safety data:**

Cedarwood essential oil has no known hazards or contraindications. It is non-toxic, non-irritant, and non-sensitising. However, as it contains ketones, some suggest it best to avoid use with small children, the elderly, epileptics, pregnant and/or nursing women, although Tisserand (2014) says it is not contraindicated.

NB: Only members who hold an appropriate aromatherapy qualification, accepted by the FHT for membership and insurance purposes, can make, use and supply aromatherapy blends and other products containing essential oils.



**STAY PROTECTED:** With temperatures on the rise, it is so important to use suncream whenever you're heading outside this summer, even if it doesn't appear sunny! Lips, ears, hands, and the back of the neck are just a few of the places people forget to apply suncream. No matter your skin tone, you should apply suncream to any exposed skin. Those with tattoos should also look to ensure their ink is protected with sun-cream as the sun's UV rays can cause them to fade prematurely. Don't forget your hats and sunglasses and wear protective footwear if you're heading out rock pooling. Cover your food and drinks to protect from pesky wasps and carry insect repellent to avoid those nasty bug bites.

**GO WILDLIFE WATCHING:**

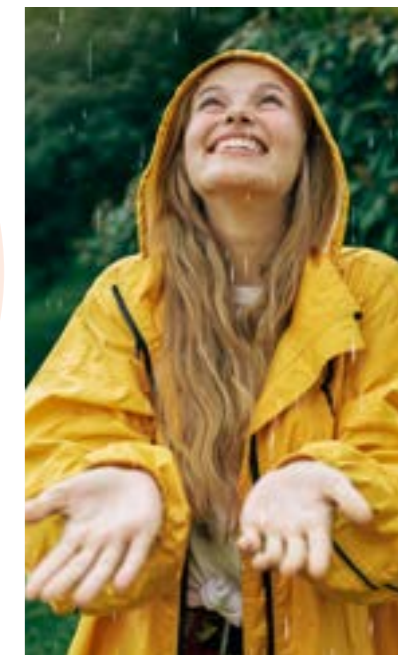
From butterflies to deer, from frogs to dolphins, the UK has an amazing selection of wildlife, and both cities and the countryside have their own unique ecosystems. Would you believe there are over 10,000 foxes in London? Or that the largest population of bottlenose dolphins in Europe reside in the waters around Cardigan Bay, Wales? Equally, if you're visiting another country for the holidays, research what wildlife is around – you might be surprised! Take a boat trip, or simply go out on a walk, and take a moment to observe and appreciate the creatures, both great and small, which we share the Earth with.

**FOOD GLORIOUS FOOD:**

Is it really summer unless you can smell the mouth-watering smokiness of a barbeque? Summertime is a great time to try some new food. If you're stumped for dinner ideas and fancy testing out a new recipe, we've got you covered! Flip over to page 16 and give nutritionist Coriander Stone's pan-fried monkfish recipe a go.

# OUR SUMMER LIST

"A ship in harbour is safe but that is not what ships are built for"

**EMBRACE THE WEATHER:**

There's nothing better than a glass of ice-cold water to help you cool down and stay hydrated during the summer heatwaves. However, although summer is stereotypically sunny, don't let a dreary forecast put you off! Get out there and embrace each day as it comes, rain or shine!

**GO ON A WELLNESS RETREAT:**

There are a variety of wellness retreats around the UK and the world. Some take the form of a group retreat, offering structured programmes with a set timetable for meals, specific activities, and relaxation. Others offer a more independent, self-guided experience, providing private accommodation and allowing guests to choose activities at their leisure.



# FRESH CATCH

Nutritionist **Coriander Stone** offers a healthy, beginner-friendly fish dish, perfect for the summer months

## RECIPE

### Pan-fried Monkfish with Salsa Verde (serves 4)

#### INGREDIENTS

- › 4 x 150g monkfish fillets, membrane removed
- › 2 large handfuls flat-leafed parsley
- › 2 large handfuls mint leaves
- › 2 large handfuls basil leaves
- › 1 small handful capers (either salted or in vinegar), rinsed well
- › Juice of 1 lemon
- › 8 tbsp extra virgin olive oil
- › 2 garlic cloves, 1 crushed
- › 250g cherry tomatoes, halved
- › 400g can mixed beans, without added salt or sugar, drained and rinsed
- › Sea salt & black pepper to taste

#### METHOD

1. In a blender, mix the herbs, 1 garlic clove, capers, lemon juice, olive oil, salt, and pepper until smooth to create the salsa verde.
2. Heat a cast iron or chemical-free non-stick pan and cook the fish for about 5 minutes each side until opaque but still juicy.
3. Gently sauté the crushed garlic, then add the tomatoes and beans.
4. Simmer over a low heat for 2-3 minutes and serve with the fish and salsa verde drizzled over the top. Scatter over toasted pine nuts and pumpkin seeds if you like – and enjoy!

**T**his vibrant, flavoursome monkfish recipe is fantastic for summer. It's a beautiful dish, packed full of nutrients, and it's quick and easy to prepare. Marked by the long days and hot weather, summer is all about enjoying the abundance that the season has to offer, and the fresh green of the herbs with its tangy, zesty sauce embodies this perfectly.

Herbs are a fantastic addition to almost any dish and – thanks to their polyphenol content and antimicrobial, antiviral, and anti-inflammatory effects – have so many health benefits. Be careful not to blend them for too long though, as the heat from the blender can damage their fragile oils and nutrients.

I love this dish as it can be made using any fish at all, so if you find monkfish too expensive or tricky to get hold of, just substitute it for salmon, cod, or other fish including sardines or mackerel. Of course, the benefit of using an oily fish is they contain higher levels of omega-3, and it is also easier to keep them juicy when cooking.

You could also make this dish with chicken, which I think would work really well too.

**Tip:** You could add some fresh chilli to the salsa verde to give it a bit of a kick, plus the additional health benefits of chillis which – due to the capsaicin – have anti-inflammatory and antioxidant effects, while increasing energy expenditure. **IT**



**Coriander Stone** has a First Class BSc Honours in Nutritional Therapy. She currently works with Brainstorm Health and is the Student Support Manager for FHT Accredited Course Provider CNELM. Find out more at [cnelm.ac.uk](http://cnelm.ac.uk) and [brainstormhealth.co.uk](http://brainstormhealth.co.uk)



# SUMMER CRYSTALS

## NAVIGATING THE SEA OF LIFE

Crystal expert and FHT Accredited Course Provider **Jackie Winters** talks us through some of her crystal recommendations for making the most of this summer season

WORDS JACKIE WINTERS

“It is in embracing change that we discover the true beauty and boundless potential of new beginnings”

**S**ummertime always reminds me of Bob Marley soulfully singing how the “sun is shining” and “the weather is sweet”. It’s a time of happiness and good vibes, and although we enjoy the lazy, summer days, we often find ourselves contemplating all the things that we could achieve in life, but never actually get around to doing.

In the ebb and flow of life, change is constant; the seasons come and go, and before too long, the years turn into decades, leaving many of us clinging to familiarity. However, our true purpose lies far beyond the confines of our comfort zones. Embracing change and new beginnings requires courage, resilience, and a willingness to let go of the past.

This is where I feel crystals can be really beneficial. With their innate energies and healing properties, they can serve as guiding lights when we need them the most.

### AQUAMARINE

With its fluid *c’est la vie* (this is the life) energy, aquamarine can help you navigate emotions linked to the past and release what is no longer serving you. It is natural to feel apprehensive about what lies ahead, but aquamarine can awaken the adventurer within you, urging you to bravely sail into uncharted waters and feel the excitement of living a life full of mystery and wonder.

### TIGER’S EYE

Another wonderful ally to incorporate within your crystal selection is tiger’s eye, with its protective and empowering properties. Simply place tiger’s eye in your palm and connect to the feeling of the stone in your hand; it can allow you to detach from the mundane, helping you find the courage and confidence needed to navigate life’s challenges. Likened to the vigilant eye of a tiger, this crystal fills us with a sense of fearlessness and determination, empowering us to face the unknown with grace and resilience.

### PINK OPAL

True transformation requires more than just bravado – it requires authenticity and vulnerability. Pink opal, with its gentle and nurturing energy, encourages us to embrace our true selves and blossom into our maximum potential. This incredible crystal will help you connect to your heart and unveil your true desires and passions. As your inquisitive self begins to break free, you may find yourself changing routine, enrolling on courses and seeking new



friends. By fostering self-love and acceptance, this crystal helps us shed the masks we wear and reveal the beauty of our authentic selves to the world.

Crystals ignite our senses and serve as powerful reminders of our capability to change, grow, and renew. Whether worn as jewellery, placed on an altar, or carried in a pocket, their energies can provide comfort and guidance as we embark on our journey of self-discovery.

So, as you set sail on the voyage of life, remember the wisdom of the ages and the guidance of the crystals. Release the anchors of the past with aquamarine, summon the courage to face the future with tiger’s eye, and allow the authenticity within you to blossom with pink opal. **IT**

**Jackie Winters FM BACH** is an FHT Accredited Course Provider and the founder of the British Academy of Crystal Healing (established 2004). With 5-star ratings from numerous students, the academy is renowned as a leading authority in crystal healing and energy medicine. Jackie is also author of *Messages from Mother Earth Divination Cards Volume 1 & 2* and has a free podcast that attracts regular listeners from the UK and around the world. The academy warmly welcomes students globally, offering online tutor-led sessions. Jackie’s 40 years of research into energy medicine and crystal healing are evident in her inexhaustible knowledge. As a Shaman at heart, she provides retreats and guidance on Shamanic lifestyle, with a remarkable connection to the mineral kingdom and energy wisdom. Find out more and listen to the podcast at [britishacademyofcrystalhealing.com](http://britishacademyofcrystalhealing.com) or contact Jackie – [jackie.winters@yahoo.co.uk](mailto:jackie.winters@yahoo.co.uk) or **07834 072273**.





## Member Newsletters

# We Aren't Ignoring You

We have recently changed email marketing platforms. This means your fortnightly member news might be going to spam or junk folders. If you are expecting to receive them, but haven't been, please check.

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Email [editor@fht.org.uk](mailto:editor@fht.org.uk) - and let's discuss!



# THIS QUARTER, YOU SAID...

Our latest quarterly benchmarking statistics, exclusively for FHT members

In our latest survey, we aimed to find out more about your involvement in the industry. We asked questions regarding how many years' experience you have, how you develop your knowledge, and your opinions on in-person and virtual events. Here's what you said:

**YOU BECAME INTERESTED IN HOLISTIC THERAPY AT AGE....**


<b>27%</b> 25-34	<b>6%</b> 13-17
<b>22%</b> 18-24	<b>6%</b> 55-65
<b>18%</b> 25-44	<b>4%</b> <13
<b>14%</b> 45-54	<b>2%</b> 65+



**59%**  
of you have more than 18 years' experience in the industry




**80%**  
own your own holistic clinic/business



**76%**  
of you prefer in-person events

**60%**  
of you who don't own your own holistic clinic/business say this is something you are working towards

**92%**  
of you enjoy seeing the quarterly survey results



You develop your holistic knowledge through:

- 51%** SEMINARS/WEBINARS
- 45%** ONLINE RESEARCH
- 42%** SOCIAL MEDIA
- 22%** WORD OF MOUTH
- 21%** NEWSPAPERS/MAGAZINES
- 20%** BLOGS
- 20%** OTHER  
*(such as classes, local support groups, training, workshops)*
- 18%** BOOKS



Want to take part? Keep an eye out for the next quarterly survey in our Members' Newsletter



# THE BENEFITS OF BAREFOOT WALKING

Reflexologist and advanced facial reflexology practitioner **Michela Rand** introduces us to the surprising benefits of barefoot walking

WORDS MICHELA RAND

**T**his day and age, it is easy to lose our connection with nature. With the growing focus on corporate life, urbanisation, and technology, many people view nature as separate from us. However, this is not the case; we are nature.

Barefoot walking, also known as 'earthing' or 'grounding,' is the practice of connecting your body to the Earth. By doing this, we bond with the Earth's natural energy and Mother Nature's healing electric current.

Many people are both mentally and physically exhausted from the overstimulation of their stressful day-to-day lives. Walking barefoot on a beach or grassy area is a great way to naturally recharge using the Earth's wonderful healing properties, and to start reconnecting with nature.

Barefoot walking has grown from a playful trend to a well-researched practice with recognised health benefits. Walking barefoot restores our natural gait, and the padding and structure of shoes can prevent us from developing certain muscle groups which help strengthen the body. Walking without shoes can also improve balance, help with pain relief, and even improve the mechanics of our hips, knees, and core.

Our ancestors harboured a close connection with the Earth's energy. We walked barefoot, slept on the ground, and benefited from Earth's natural energy. Today, so much of our time is spent separated from this grounding energy – in our shoes, in our cars, and indoors.

## THE SCIENCE OF BAREFOOT WALKING

There is a simple science behind barefoot walking. We are bioelectric beings, and the human body carries a slight positive charge. All of our cells are specialised and made to conduct electrical impulses. Electricity is required for the nervous system to send signals throughout the body and to the brain in order for us to think peacefully, move our bodies, and feel energised.

The Earth, however, carries a negative charge. When we make a physical connection with the Earth through barefoot walking, we discharge that excess energy. This is said to have an incredible healing effect at a cellular level.

## WHY BAREFOOT WALKING?

Barefoot walking is incredible. There's something very special about taking your shoes and socks off, closing your eyes, and taking a moment to listen to the sounds around you. Perhaps you're at the beach, the sun shining as gentle, foamy waves lap against the soft sand – or in a park, with dewy blades of grass

between your toes, and the melody of birdsong surrounding you. Either way, it allows your body to soak up all of the goodness and charge yourself positively, connecting with Mother Nature.

You can feel the positive energy on the soles of your feet, inviting you to let go of any pain you store mentally and physically. It is like the Earth is communicating with your body, offering you positivity and healing in that very moment. It is a euphoric feeling of instant peacefulness.

The benefits of barefoot walking are endless. Many people have said they experience much deeper and restorative sleep, and upon waking, they feel more energised and rejuvenated within both their physical body and mental health.

I have done a lot of barefoot walking with my five-year-old daughter. My gorgeous little one has Sensory Processing Disorder, also known as SPD. I have researched a lot about this, as any parent would, and discovered a lot of sensory issues come from not being able to ground yourself. So, for example, when labels in clothing provoke irritation and irrational responses within the body, barefoot walking calms our nervous system and nurtures our sensory side. My daughter walks around our home barefoot, and she also wears ankle weights to help ground her body. Not only does it help increase awareness of her own body, but brings her back to balance with a feeling of tranquillity. It also helps with kinaesthetic learning, which involves touching, moving, and tactile, hands-on learning.

Though it is fantastic that modern science has allowed for medication to be so accessible, I feel we shouldn't be so quick to medicate every small thing or try and 'fix' something that is out of the ordinary. We should strike a healthy balance between holistic therapies and modern medicine, rather than focusing entirely on medication.

Education and research are such powerful tools, and when possible, we should learn how we can aid our bodies with natural alternatives.

While barefoot walking on the beach with my daughter, I asked her how her body felt. "Mumma," she said, "it feels all cosy and fuzzy like a huggle. It makes me giggle and feel super happy!"

My heart could have exploded in that very moment. Something as simple as walking barefoot had such an innocent and positive impact on a child. It's beautiful to watch too; you can see the change in her mood by how she moves her body. She slows down, and you can physically see that overwhelmed, heightened and irritated energy leave her body, replaced with stillness and love instead.

Sometimes, she closes her eyes and dances, and it's like she's





“The benefits of barefoot walking are endless. Many people experience much deeper and restorative sleep, and upon waking, they feel more energised and rejuvenated within both their physical body and mental health”



Michela barefoot walking with her friends in Calpe, Spain

dancing with the elements. I wonder if she hears whispers of love from the world around her. The smile on her face is priceless.

**BAREFOOT WALKING AT A GLANCE**

The mental health benefits of barefoot walking are wonderful. It allows us to become self-aware, emotionally stable and well connected to the environment around us. It also brings with it a profound sense of inner peace and mental clarity, offering a stillness that we sometimes struggle to find in our busy, hectic day-to-day life. It's also great for the immune system. Studies have shown that it reduces white blood cells. This points to better immunity and less inflammation within the body.

Barefoot walking really takes us back to what our bodies need to thrive and allows us to stay in harmony with ourselves. It keeps us grounded, allowing us to live from a place of stability, remaining present in reality rather than trapped in our heads.

The effect barefoot walking has on the body is so positively intense and wonderful. Like the sun giving us a glorious nutrient like vitamin D, the Earth gives us healing.

So why don't you give it a go? Take some time to remove your footwear. Feel the sand or grass beneath your feet and allow it change your health, mind, body, and soul. **IT**

**Michela Rand** is a practising reflexologist and reiki healer. You can connect with her at [randholistics.co.uk](http://randholistics.co.uk), [@rand\\_holistics](https://www.instagram.com/rand_holistics) (Instagram) and [Rand Holistics](https://www.facebook.com/RandHolistics) (Facebook).



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# THE INTRICATE BALANCE OF LIFE

Cotswold Academy's **Jess Bates** explores a therapist's role in guiding clients towards homeostasis

WORDS JESS BATES



**I**n today's world, there is a danger of striving for perfection. Something that, when it comes to our health, can feel completely overwhelming. Do you have a morning ritual? Do you drink green tea while you journal? Do you do yoga, a HIIT class, lift weights every week, and schedule a daily walk at lunchtime for fresh air? Do you practise meditation, eat an entirely plant-based diet, drink apple cider vinegar, and sleep 12 hours a night?

This is just a snippet of the overwhelming number of 'shoulds' circling around at any one time. Unless you're superhuman, you certainly can't do them all and that can leave you feeling deflated, desperate to be at the top of the mountain but totally unclear on how to get there. Constantly striving for this optimised, perfectly balanced life can actually have a detrimental effect.

We will explore principles that can be used to educate our clients on their own homeostasis to promote a more balanced life without the overwhelming, high expectations of 'perfection.' This means offering options for simple changes, small things that are manageable and have a compounding effect, meaning that a few months later, they feel better without having overhauled their lives.

## FIRST, WHAT IS HOMEOSTASIS?

Homeostasis is a sophisticated internal control system in the body which ensures the stability of various physiological factors. It works continuously to self-regulate the body and adjusts to internal and external changes to maintain optimal conditions for the body's cells and overall wellbeing. Examples include regulating body temperature through sweating and shivering, controlling blood sugar levels with insulin and glucagon, and maintaining pH balance in the blood and tissues. When homeostasis is disrupted, health issues can arise.

There are a wide variety of factors that can disrupt homeostasis. These include:

- Chronic stress
- Poor diet
- Lack of physical activity
- Infections
- Medications
- Inadequate sleep
- Emotional factors
- Lifestyle choices
- Hormonal changes

Managing these disruptions is key to improving overall health and maintaining homeostasis.

Now that we understand homeostasis and some of the elements that impact it, let's explore some key areas that we can focus on with our clients to help support their overall wellbeing, stress management, physical activity, and diet.



## STRESS MANAGEMENT

There is an intricate connection between stress and homeostasis. Chronic stress can lead to hormonal imbalances, elevated blood pressure, digestive issues, weakened immune function, inflammation, and neurological effects. Here are a few options that we can offer our clients to help them reduce or manage stress:

### Box breathing

Research shows that deep breathing exercises can regulate the automatic nervous system. This can lower blood pressure and create an almost immediate sense of calm. When our nervous system is activated, we can go into fight, flight, or freeze meaning that decision-making is impaired. Having a technique to calm us and move our thinking back to the frontal cortex is highly beneficial. How?

1. Exhale, getting all the oxygen out of the lungs.
2. Next, inhale for the count of 4.
3. Hold for 4.
4. Exhale for 4.
5. Hold for 4 and repeat 4 times.

### Prioritise sleep

This piece of advice is one that many people find really challenging. Meditation before sleep is an amazing way to empty the mind. There are some brilliant apps with relaxing or sleep-inducing meditations that can help. Headspace or Calm are a great place to start, or search for binaural beats for sleep – music in the frequency of 1-4 Hz is said to increase deep sleep and relaxation.

### Routine

We know that babies thrive on a bedtime routine and adults are the same! Preparation for sleep starts in the day; avoiding caffeine after 2pm, dimming the lights an hour before bed, having a bath, and reading a book instead of watching TV or scrolling social media before bedtime can be really effective. If you are an aromatherapist, you could make a blend for relaxation and sleep. One of our past students, Nic Moorely, Aromatherapist and Weleda Wellbeing Advisor, suggests a blend of:

- **Lavender** – calms, soothes, eases tension, relieves pain
- **Neroli** – calms the nerves, soothes the soul, eases anxiety and insomnia, rejuvenates body and soul
- **Vetiver** – calms, eases aches and pain, helps with grounding, relieves stress and worry, releases mental and physical exhaustion

This blend could be used to make lotions, face masks, candles, room sprays or diffusers.\*

*\* Only members who hold an appropriate aromatherapy qualification, accepted by the FHT for membership and insurance purposes, can make, use, and supply aromatherapy blends and other products containing essential oils.*





## DIET

The importance of diet cannot be overstated when regarding homeostasis. The foods we consume are not only a source of nourishment but also a means of regulating the internal environment of our bodies.

Though there are so many things to discuss in the area of diet, we have boiled it down to four areas that are essential to, or massively impact, homeostasis:

**1. Hydration:** Water is involved in numerous physiological processes, including temperature regulation, digestion, and the transportation of nutrients. Staying well-hydrated ensures that these processes operate smoothly.

**2. Gut Health:** The gut is often referred to as the “second brain” and needs a diet rich in fibre (fruit, vegetables, and whole grains) and prebiotics to support the growth of beneficial gut bacteria, which in turn, influences the immune function and the absorption of nutrients.

**3. Inflammation Control:** Chronic inflammation disrupts homeostasis and is associated with various health issues. A diet high in processed foods, sugar, and unhealthy fats can contribute to inflammation.

**4. Balanced Blood Sugar:** High and erratic blood sugar levels can massively disrupt the body’s equilibrium. Consuming complex carbohydrates, fibre, and foods with a low glycaemic index can help stabilise blood sugar levels and prevent spikes and crashes.

**With these elements in mind, there are some simple tips that we can offer our clients to make improving diet feel more manageable:**

1. While it’s widely acknowledged that adopting a predominantly plant-based diet offers optimal health benefits, many find it challenging to make such a significant dietary shift. Instead, finding small swaps that mean one meal a week is plant-based can be a great start. For example, swapping beef mince for lentils in a bolognese.
2. Encourage hydration by adding lemon and lime to fresh water.
3. Reduce processed food and sugar by swapping the usual processed bread for a wholegrain loaf from the bakery.
4. To reduce sugar intake, start a weaning process. Swap the chocolate bar for a chocolate raisin and nut mix before eventually swapping this for fruit.
5. Swap a glass of orange juice for an orange to include the fibre.

## PHYSICAL ACTIVITY

Physical activity plays a pivotal role in regulating hormones, improving mood, and supporting metabolic balance – essential for homeostasis.

We can encourage our clients to take part in daily, physical activity. This can be something as simple as a walk, or another great option is to join a tai-chi or yoga class; these types of exercise emphasise controlled, mindful movements, and deep breathing. These practices have been shown to reduce stress levels by activating the body’s relaxation response, which helps balance the sympathetic (fight or flight) and parasympathetic (rest and digest) nervous systems.

People may find introducing consistent physical activity into their routine difficult at first, but one option is to explore ways your client can make exercise more enjoyable. Group activities are a great way to gain the social motivation to keep going; for example, barbell groups, running clubs or Pilates classes offer a fantastic opportunity to join a community. Alternatively, you can suggest finding motivation by selecting a special audiobook or podcast exclusively for the daily walk.



There are an overwhelming number of things that we can suggest to our clients to support homeostasis. Not all of the suggestions in this article will work for everyone but by adopting one or two, we gradually create the positive momentum of taking health seriously and taking steps to improve it.

Once one small change has been adopted and created into a habit, there is space to choose another.

The greatest gift that we can give our clients is kindness, compassion, and non-judgemental understanding. If you can authentically see and hear what your clients are telling you, and respond accordingly, you are enabling a huge step in taking the pressure off the ‘perfect’ standard. You will help them to feel seen; a massive relief in itself. **IT**

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# UNCOVERING THE MYSTERY OF SACROILIAC JOINT DYSFUNCTION

Informed by the expertise of Dr Géza Nagy and Csaba Horvath, Eva Nagy educates us on the sacroiliac joint (SIJ), its dysfunction, and the therapeutic options available for relieving SIJ-related discomfort

WORDS EVA NAGY, CSABA HORVATH, AND DR GÉZA NAGY

**T**he sacroiliac joint (SIJ) is a central joint in the body. Shaped like an inverted 'L', the joint's vertical component can slide upwards and downwards, while the horizontal component can move forwards and backwards. Despite its importance, you may not realise that SIJ dysfunction is one of the leading causes of lower back pain, with around 15–30% of cases caused by SIJ dysfunction (Barros et al, 2019). In fact, it is also a contributor to both knee and shoulder pain, and can impact the function of all spinal and limb joints.

Before the 1980s, it was thought that the SIJ was a stiff joint with no movement; however, nowadays it is known that the SIJ *does* move, and it is extremely important that its free movement is not hindered.

## CAUSES OF SIJ DYSFUNCTION

SIJ dysfunction is usually caused by wrong movement or prolonged force, such as incorrectly sitting or standing. Pain typically occurs on one side and so, when a person wants to reduce pain, they tend to overload the other side. Similarly, if free movement of the SIJ is restricted on one side, people tend to add more pressure on the opposite side to compensate. This changes our posture and can eventually lead to hip and knee pain. Over time, this can also lead to scoliosis or even disc herniation.

## HOW CAN MANUAL MOBILISATION HELP SIJ DYSFUNCTION?

Manual mobilisation methods can be employed to improve SIJ dysfunction. The patient should be placed in a pain-free, side-lying position on a treatment table, supported by a head and leg pillow.

During treatment, the articular surfaces of the blocked joint are delicately moved relative to each other, using sliding motions and other

movement techniques. This gentle joint mobilisation, when executed correctly by a licenced professional, has been shown to reduce pain by eliminating abnormal neuroreceptor function.

## THE IMPORTANCE OF TREATING SIJ DYSFUNCTION

If the dysfunction is treated and the pain is reduced, then the patient does not have to constantly maintain a compromised posture or seated position. This avoids the imbalance on the pelvis and entire spine, greatly reducing the risk of complications. In general, eliminating SIJ dysfunction promotes improvement in:

- headaches
- hip joint pain
- lower back pain
- neck pain
- shoulder joint pain
- stiffness.

## A HISTORY: THE AKA-HAKATA METHOD (ARTHROKINEMATIC APPROACH)

The AKA-Hakata method originated in Japan where many people suffer from lower back pain caused by disc herniation and spinal stenosis. Unfortunately, even after surgery, many patients still reported continued pain. Researchers eventually discovered that the source of the pain lay in SIJ dysfunction.

It was in the late 1970s, orthopaedic surgeon and physiatrist, Professor Setuo Hakata, recognised the therapeutic importance of the intra-articular movements for SIJ dysfunction.

Using these findings, he began treating SIJ dysfunction *before* admitting people for surgery. He found that, although the physical damage (like disc

herniation) remained, their pain significantly decreased and often surgery was no longer required. Researchers also learnt that though treatment could not help with joint inflammation, it greatly assisted with pain relief.

As a result – and over a period of 40 years – Professor Hakata developed a completely new treatment method, the 'Arthrokinematic Approach' or 'AKA-Hakata Method' which was introduced to the International Federation for Manual/Musculoskeletal Medicine in 2003 (Katada, 2019).

The AKA-Hakata Method is remarkable. Unlike other contemporary therapies at the time, it recognised the importance of preserving the SIJ's mobility; this paved the way for developing better and more effective treatment approaches such as SIJ-Therapy.

Techniques such as SIJ-Therapy and the AKA-Hakata Method combine arthrokinematics, joint mobilisation techniques, and articular neurology which can positively influence the neuroreceptors deep within the joints and ligaments. These neuroreceptors control the muscles responsible for joint movement, stability, and maintaining joint position. These therapies are therefore shown to decrease pain, improve faulty muscle tone, and restore normal joint movement.

## THE ROLE OF THE SACRUM

The sacrum plays a vital role in our body's mechanics, particularly in the SIJ, as it connects with the hip bone. The sacrum's movements are synchronised with our breath: as we inhale, the sacrum tilts backwards, and as we exhale, it tilts forward. It plays a key role in bearing weight, supporting posture, facilitating walking, and contributing to adjustments in the size of the birth canal.

## A FURTHER UNDERSTANDING OF SIJ AND DISCOMFORT

It is important to examine the dysfunction of the SIJ when it comes to shoulder pain, neck pain, and sciatica-like symptoms. Many of the joints which cause pain in these areas are somehow connected – either directly or indirectly – to the SIJ via the hipbone or sacrum.

A deep understanding of anatomy and muscle movements can enrich your abilities as a therapist for a variety of complementary therapies. For example, if a patient indicates pain during arm abduction (moving the arm away from the midline of the body), and the pain has not been caused by an accident or injury, SIJ dysfunction should be investigated. This is because the sequence of muscle involvement during an arm abduction eventually connects directly to the hip bone.

Since the SIJ is composed of the sacrum and the hip bone, if either bone becomes misaligned for any reason, it can impede the joint's free movement. In this case, focusing on the hip bone may result in the patient being able to raise their arm much higher without pain.

Similarly, if a patient is suffering from sciatica, they often report a radiating pain in their legs. Since numerous connections to the sciatic nerve originate from the sacrum, a misaligned sacrum can cause leg pain via the sciatic nerve.

Equally, when approached regarding neck pain, it is worth examining the SIJ function, as this might arise from a restricted SIJ. Anatomical connections of the ligaments in the neck eventually connect to the tailbone, meaning that a person cannot turn their head or raise their arm without affecting the sacrum, and therefore the SIJ. **IT**



Csaba Horvath demonstrating one of the SIJ-Therapy mobilisation techniques (during SIJ-Therapy training in Hungary)



L–R: SIJ-Therapy Co-Founders, Csaba Horvath and Dr Géza Nagy

**Eva Nagy** is an FHT Accredited Course Provider in Thai Massage. She has over 17 years' experience in a variety of massage treatments and uses a unique combination of Eastern and Western techniques and principles to achieve the best results. If you would like to contact Eva, you can do so via her website: [evanagymassages.co.uk](http://evanagymassages.co.uk) or, if you want to learn more about the spine and the sacroiliac joint, visit [sijtherapy.com](http://sijtherapy.com).

**Csaba Horvath** is a highly experienced sports massage therapist with over 23 years of experience. His expertise extends to Dorn Therapy and the Bowen Technique, complemented by an SI Qualification.

**Dr Géza Nagy** has been a member of the Association of Hungarian Manual Therapy Doctors since 1993. Since 1998, he has taught manual therapy at the Department of Human Kinesiology within the Faculty of Physical Education and Sport Sciences at Semmelweis University, Budapest.

*This piece, originally written by co-founders of SIJ-Therapy, Dr Géza Nagy and Csaba Horvath, has been translated from Hungarian by Eva Nagy and subsequently adapted into English.*

Therapists looking to practise joint mobilisation or spinal work must hold valid certifications, accreditations, and insurance. It is advisable that you confirm coverage with your insurer beforehand.



# THE VICES AND VIRTUES OF TECHNOLOGY

It's impossible to imagine a world without technology. However, research has shown that too much time spent in front of a screen can be detrimental to our health, and it's vital that we know when to switch off

WORDS MOLLIE STEEL

**M**odern technology is an invaluable tool for therapists and clients alike. Perhaps Facebook offers you a way to stay in contact with your local groups, and maybe Instagram makes it easier to share images and keep your clients updated.

Over the past few years, even the FHT has shifted to delivering most of its teaching conferences, seminars, and its STEP programme within the virtual world. With its constant improvements, ease-of-access appeal, and ability to connect people from all around the world, technology usage continues to rise. In its most recent annual survey, Ofcom revealed that '47.9 million UK adults accessed the internet on smartphones, tablets, and computers in May 2023'. That's around 70% of the UK population!

But, we – as a society – have also learned that when technology is not used in moderation, it can be damaging to our mind, soul, and wellbeing. Excessive technology usage may be something you notice in loved ones, clients, or even yourself – but when a piece of technology is always in your back pocket, how can you appropriately reduce your screen-time?

Firstly, we need to understand *why* too much technology can be bad for us. I decided to research this further and contacted some experts on the subject.

From my findings, there are two core aspects to the 'vices' of technology: the mental and the physical.

## THE MENTAL HEALTH ISSUES

Though research is limited on the extent to which technology affects a person's mental health, those who are prone to struggling with anxiety and depression may notice their symptoms worsening when using social media. But even for those not susceptible to mental health issues, constant technological exposure can still be distressing – and you may not even be conscious of it.

You can easily find yourself overanalysing every small detail due to the amount of confusing and conflicting information online. You may question how you look and feel, become anxious due to fearmongering headlines, or even begin worrying whether a friend or partner is angry with you because they added a full-stop to the end of their text!

## THE PHYSICAL PROBLEMS

There is far more knowledge and research surrounding the variety of physical side-effects associated with extended and excessive use of technology.

Some of the most commonly known are:

- Bad posture
- Back-ache or neck-ache
- Muscle pain
- Repetitive Strain Injury (RSI)
- Carpal Tunnel
- Dry eyes/eyestrain.

## QUALITY OF SLEEP

Some of us may find ourselves staying up late in front of a screen, endlessly scrolling through social media, responding to notifications, or even just binge-watching the latest Netflix series.

Modern research has described this way of delaying sleep as 'bedtime procrastination', often faced by those with little-to-no free time during the day, attempting to take back control.

And it's not just about less sleep – using technology before bedtime can drastically affect the quality of the sleep you do get. Associate Professor Christopher Gordon from Macquarie University stated, on behalf of the Sleep Health Foundation:

"One of the biggest issues with using technology before bed is the amount of light emitted from devices. Research shows that the light emitted from devices such as phones, tablets and computer screens can delay circadian rhythms which can prolong the onset of sleep. In particular, blue light from devices can delay the release of melatonin, a hormone that helps with initiating sleep and regulating sleep wake cycles. Using technology before bed can also be stimulating, not allowing the brain to prepare for sleep."

## WHAT SHOULD WE BE DOING?

As holistic therapists, you can encourage your clients to try these steps if they are facing the negative side-effects of excessive technology use. Equally, you can try implementing these yourself as a way of improving your own daily routines.

### Be more present

A few years ago, I tried using a variety of meditation apps to help improve my own mental health. One great piece of advice they offered was to practise being present during your commute. If you travel to work on the bus, for example, look out the window and observe your surroundings. Turn off your music, remove your headphones, and immerse yourself with the sounds around you, allowing thoughts to pass by without judgment. It can be amazing how much time slows down when you allow yourself to remain grounded.

Professor of Psychology at Swansea University and expert in social media addiction, Professor Phil Reed, emphasised the importance of "being aware", and being "more mindful of what you are doing". If you are able to notice when the social media or technology use occurs, ask yourself: what are you getting out of it?

### Put phones away

It can be an easy option to fill silences with phone usage, whether that be at parties, work gatherings, or at the dinner table. I often find when meeting new people, I tend to gravitate to my phone to alleviate tension. However, it can be a great exercise in developing confidence to keep your phone in your pocket or bag, to resist the urge, and make the mindful choice to ignore it.

Similarly, you may want to take photos of what you had to eat, places you have visited with family, or the band you are seeing in



concert – but make sure you are not living through your camera lens. Taking photos, especially in social situations, is a fantastic way of creating a visual memory of your experiences, but you should always try and remain present in the moment. You should cherish these times, and try not to be bogged down with posting them as they happen. Often, if you take the photo and put your phone away straight after, you may find the urge to post isn't so strong. This then allows you to make a rational choice surrounding your social media usage.

#### Remove technology from the bedroom

There are many ways you can begin implementing a 'no technology' rule in the bedroom. You could use an alarm clock rather than your phone alarm, charge your phone out of arm's reach, and keep laptops, televisions, or game consoles in another room. If you feel the need to check social media before sleep, perhaps reach for a book instead, or take a relaxing bath. Most importantly, focus on creating a routine that works for you.

Lisa Artis, Deputy CEO of The Sleep Charity, says: "It's essential to develop a good wind-down routine, but first, make sure your bedroom is conducive for sleep. A restful bedroom environment should be cool, quiet, dark, and free from distractions – that means removing computers, tablets, mobile phones, and even TVs. Find alternative ways of relaxing, such as listening to soothing music, doing some gentle yoga, or meditating. If you struggle to sleep or wake in the middle of the night with your mind – and heart – racing, try to practice some deep breathing techniques. If your mind is buzzing with things to do, write them down. Speaking positive thoughts aloud can help too."

Of course, sometimes it can be impossible to avoid technology before bed. For example, if you need your phone in the bedroom for emergencies, consider setting up your phone to activate 'night-mode' which darkens your screen and emits a softer, orange light to improve the transition to sleep. Some phones also offer an option which temporarily blocks access to social media apps during a set time.

#### IN CONCLUSION

In this modern age, it can be so difficult to escape technology, and in some ways, we shouldn't want to. Technology allows us to have thousands of years' worth of knowledge at our fingertips. It acts as an encyclopaedia, a calculator, a shopping centre; it allows you to contact emergency services, to stay connected to loved ones, and to remain educated and aware.

Without technology, the wellness industry would not be able to thrive as it has done. So many more individuals are turning to holistic methods after discovering them online, and social media allows therapists to advertise and promote their businesses from the comfort of their own home.

But too much can be damaging, so it's about balance, and about knowing when to switch off. **IT**



#### ONE BREATH AT A TIME

This subject is incredibly personal to me. I turned 18 during the Covid-19 pandemic, and I didn't realise it then, but I quickly slipped away into the virtual world as a way to cope. This was devastating to my mental health, my attention span, my routine, and (most importantly to me), my creativity. I would come home from classes or work, and lay in bed on my phone, fall asleep with it under my pillow, and wake up in the morning, frantically checking my notifications. It has only been recently that I have managed to escape this and create a more positive routine – though it has been a challenge!

Overstimulation of our minds can be incredibly damaging to our wellbeing. So, I invite you to go on a walk whenever you next have some free time, perhaps pop into your favourite café. Sit down and allow yourself to do... just that. Allow yourself a technology detox. Leave your devices in your bag, and focus on the sounds and smells around you. It might feel strange at first, you may feel your fingers itching to find your phone, or perhaps you'll even feel a little bored! Simply, take a deep breath – in and out. Allow yourself to sit comfortably with your thoughts as you begin to implement new, positive habits into your life, one breath at a time.

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Lisa Artis, Deputy CEO of The Sleep Charity; and the team at The Sleep Charity

For references and further reading see:  
[fht.org.uk/magazine-references](https://fht.org.uk/magazine-references)





# BE A MAN

## CHALLENGING THE STIGMA OF BEAUTY THERAPY FOR MEN

WORDS CAROLINE LARISSEY

FHT Vice President and NHBF Chief Executive, **Caroline Larissey**, explores the stigma surrounding men and the beauty sector, offering suggestions as to how therapists can take steps to tackle this and attract male clients

**O**utdated gender norms and societal expectations about masculinity are a key contributor to the stigma surrounding male beauty and skincare. If I think back to when I was a beauty therapy trainee at my local college 35 years ago, there were certainly no male beauty therapists or clients visiting the salon.

Traditionally, there has been a perception that beauty services such as skincare, makeup, and general complementary therapies are primarily associated with women and femininity. As a result, some men may feel that these services are ‘unmanly’ or that engaging in them could somehow invalidate their masculinity.

However, these days, society’s attitudes towards gender roles are evolving, perceptions are gradually changing, and self-care practices for men are becoming more accepted and mainstream. Many men now recognise the benefits of taking care of their appearance and investing in beauty and wellbeing services, regardless of gender stereotypes. Additionally, the rise of male-centric products and services have helped normalise these practices for men. Particularly, as society continues to challenge and redefine these stereotypes, it is becoming more acceptable for men to embrace self-care without fear of judgement or societal backlash.

There are many ways that beauty and wellbeing professionals can encourage men to look into – and ultimately book – treatments and services. For example, try to educate your clients on the benefits of beauty treatments and therapies; these can include maintaining healthy skin, preventing premature ageing, and boosting overall confidence and self-esteem. You can try to normalise the conversation and destigmatise the topic by openly discussing the importance of male grooming, hygiene, and self-care, highlighting that taking care of one’s appearance is not about vanity but rather about self-respect, confidence, and personal care.

By discussing influential figures such as male celebrities, athletes, or influencers who openly embrace and promote self-care practices, this can help improve perceptions and normalise these practices for other men.

By adopting a multifaceted approach that combines education, representation, and normalisation, beauty and wellbeing professionals can gradually break down

the stigma surrounding men’s engagement with beauty, skincare, and complementary therapies. This can empower them to prioritise their overall well-being and improve self-confidence.

There are a diverse range of beauty and skincare treatments available for men. Many salons, spas, and clinics now offer specialised services and product lines tailored specifically to male clients’ needs and preferences. For example:

**Brow Shaping:** Waxing, threading, or trimming services to groom and define eyebrows

**Chemical Peels:** Professional-grade peels that use acids to remove dead skin cells and treat concerns like fine lines, hyperpigmentation, and acne scars

**Facials:** Deep cleansing, exfoliation, and targeted treatments for specific skin concerns like acne, dullness, or ageing

**Laser Treatments:** Laser resurfacing or IPL (Intense Pulsed Light) treatments can address concerns like age spots, sun damage, and even out skin tone

**Manicures and Pedicures:** Nail grooming, buffing, and treatments for men’s hands and feet

**Microdermabrasion:** A non-invasive procedure that gently exfoliates the skin’s surface, promoting cell renewal and improving skin texture

**Moisturisers and Serums:** Specialised products formulated for men’s typically thicker and oilier skin, targeting concerns like dullness, dryness, or anti-ageing

**Tanning Services:** Spray tanning or UV tanning options for achieving a bronzed look

**Waxing:** Hair removal services for the face, chest, back, or other areas through waxing techniques.

And that’s just beauty therapy – there is a whole range of holistic, complementary, and sports therapy treatments for men, each type providing a unique way of supporting men’s overall health and well-being.

Of course, any beauty and wellbeing professional or business should always ensure that their treatments and therapies are open and welcoming to all individuals, regardless of their sexual orientation, gender identity, or gender expression. This includes using inclusive language, respecting chosen names and pronouns, and creating a safe and judgement-free environment. **IT**

**Caroline Larissey** is a highly respected and experienced professional with over 35 years’ experience in the hair, beauty, and wellness sector. She is currently employed as Chief Executive at the National Hair and Beauty Federation (NHBF), the largest UK trade association for c. 5,000 hair and beauty businesses. To find out more about Caroline and her role as Vice President at FHT, see: [fht.org.uk/about-us/governing-council](https://fht.org.uk/about-us/governing-council)



# YOGA

## FOR THE YOUNG AT HEART

Yoga teacher and founder of Breathe Move Relax, A. Tyler, talks us through some gentle yoga movements perfect for older people and those with restricted mobility

WORDS A. TYLER

There is a stereotypical image of yoga only being for fit, young, and flexible people. However, this is certainly not the case! There are hundreds of yoga postures and movements which are accessible to all.

It's never too late to 'oil a rusty hinge', and the same is true for the body. We can introduce gentle yoga movements into our daily lives, even as older adults, to improve our physical and mental health. Gentle yoga movements, breathing, and mindful practices can bring many benefits to older people, even if they're new to yoga.

### BENEFITS OF YOGA

Yoga encompasses a broad range of elements, including philosophy and ways of living, along with the postures (asana), breath control (pranayama), mindfulness (focused concentration, dharana), and meditation (dhyana).

As we age, yoga can be beneficial for several reasons, including improved:

- joint mobility
- range of movement
- balance
- bone density and muscle strength from standing postures
- sleep
- focus and concentration, preventing cognitive decline
- mood
- self confidence.<sup>1</sup>

The movement in yoga promotes the production of synovial fluid which protects our joints and reduces friction. By keeping our joints well-oiled, it allows us to feel less stiff, more mobile, and helps us to enjoy life.

The movements combined with the breath can keep us focused and 'in the moment', and can help reduce stress and anxiety, improving our ability to relax.

All of these elements can be practised by a beginner of any age, and no special equipment is needed. For older adults, or those with limited mobility, a lot can be achieved with a chair – either by using it as a seat or for support. This removes the worry of trying to get down onto the floor, or losing balance and falling over.

Yoga can be practised at any time of day, though remember to leave at least two hours after eating before doing any posture work. It can also be practised outdoors: on a bench, in a garden, or through mindful walking.

### HOW TO BEGIN

For those new to yoga, especially for older adults or someone with restricted mobility, consider the following:

- Start gradually
- Do 5 or 10 minutes and see how the body feels the next day
- Start and end your session with a minute of mindful breathing
- Stay on or near the chair to feel more confident
- Be gentle with yourself.

For those suffering from osteoarthritis, it's best to start gradually and slowly, and avoid doing too much, especially if the joint is inflamed. The NHS also recommends gentle exercise for those suffering from arthritis to prevent and reduce pain<sup>2</sup>.

If someone is considering practising yoga, but has medical conditions which they are concerned about, it's always best to check with a GP if yoga would be appropriate. Seated breathing and meditation practices can be a great place to start if there are any concerns about movement.

Now, let's begin!



## 1 ELBOW-SHOULDER CIRCLES

GOOD FOR SHOULDER MOBILITY AND UPPER BACK

Sit (or stand) comfortably and place fingers on shoulders. Inhale and draw the elbows in towards each other in front of the chest, then lift them upwards. Exhale and move them out to the sides (wide), then lower them down to the side of the ribcage.

I like to do this movement in this direction because it opens the front of the chest, countering our classic seated 'C' shape and rounding of the upper back.  
**Repeat 1-5 times.**



## 2 SWIMMING VERTICALLY

GOOD FOR WRISTS AND SHOULDERS

Sit (or stand) comfortably and put palms together in front of the chest. If your wrists are feeling okay, press the hands into each other to strengthen the wrists and arm muscles. Inhale and gradually move the hands upwards towards the ceiling, reach high, feel tall in the spine, then exhale and widen the arms to the sides, and return to the starting position.

Do 1-5 of these.



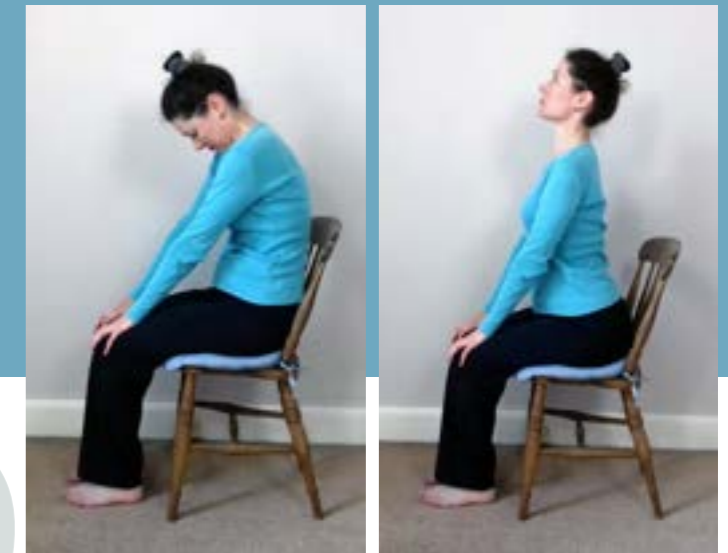
## 3 SEATED CAT

GOOD FOR SPINAL MOBILITY

To avoid kneeling on the floor, the 'cat' posture can be done sitting on a chair.

Sit slightly forward of the back of the chair and curve the spine and look down to the knees. Then move the spine to lift it forwards and upwards into a slight back extension. Depending on what you prefer, breathe in on either the flexion or the opening up, and exhale on the other.

**Repeat 1-5 times.**



## 4 TREE BALANCE

GOOD FOR BALANCE

Stand and hold onto a sturdy chair or the wall. Turn one knee and hip slightly out, and place that foot on the inside of the straight leg; your tiptoes should be touching the floor with your heel touching the inner calf. Raise your free arm. Breathe steadily throughout. Depending on what you are comfortable with, hold the position for 5-60 seconds. Repeat on the other leg. As your balance improves, you can let go of the chair once your foot is in place and work up to placing the foot higher on the supporting leg.

**Tip:** If you struggle to hold your balance, repeat twice for each side, holding for a few seconds. When you can hold for longer, do it once on each side. The other images show further useful leg movements.



**Alyson Tyler** teaches yoga in Dumfries (Scotland) and online. She qualified to teach yoga in 2010 with the British Wheel of Yoga and is also a qualified massage therapist. She has been practising yoga herself since 1991. To contact Alyson, email [alyson@breathemoverelax.scot](mailto:alyson@breathemoverelax.scot) or visit her website at [breathemoverelax.scot](http://breathemoverelax.scot)





# THE SUNSHINE VITAMIN

**T**he sun, a source of warmth and life, offers a vital gift to our skin: vitamin D. This essential nutrient plays a crucial role in maintaining healthy skin, influencing its barrier function, cell growth, and inflammatory responses. However, the sun's ultraviolet (UV) radiation presents a double-edged sword. Excessive exposure can lead to significant skin damage, including premature aging and the risk of skin cancer. Striking a balance between achieving adequate vitamin D levels and protecting our skin from the sun's harmful rays becomes a delicate dance, essential for maintaining overall well-being.

## VITAMIN D: A CONDUCTOR OF SKIN HEALTH

Vitamin D exerts its influence through the vitamin D receptor (VDR) which is present within various skin cell types. Upon binding to activated vitamin D (calcitriol), the VDR complex acts as a conductor, orchestrating gene expression within the cell nucleus. This intricate process governs several vital functions in the skin, including:

- **Maintaining a robust barrier:** Vitamin D plays a key role in regulating the growth and maturation of skin cells (keratinocytes). It helps form a strong and resilient barrier against external threats like irritants and pathogens.
- **Quelling inflammation:** Vitamin D possesses potent anti-inflammatory capabilities. It modulates the production of inflammatory cytokines which contribute to various skin disorders like psoriasis, eczema, and atopic dermatitis. Conversely, it stimulates the production of the anti-inflammatory interleukin-10, promoting skin health and reducing inflammation. This ensures a harmonious balance within the skin's immune response.
- **Shielding against oxidative stress:** Vitamin D analogues have demonstrated antioxidant effects, protecting skin cells from DNA damage caused by reactive oxygen species generated during UV exposure. This additional layer of defence acts as a shield, mitigating the harmful consequences of sunlight and promoting cellular health.

## SUNLIGHT: A SOURCE OF LIFE WITH HIDDEN DANGERS

While sunlight serves as the primary source of vitamin D, its UV radiation poses a significant threat to skin health. The two main types of UV radiation, UVA and UVB, have distinct – yet detrimental – effects:

**UVA radiation:** UVA penetrates deeply into the skin, damaging collagen and elastin fibres, the very building blocks that provide skin with its youthful elasticity and structure. Over time, this leads to premature aging and the formation of wrinkles, a visible sign of sun damage.

**UVB radiation:** Responsible for sunburn, UVB radiation plays a more direct and aggressive role in skin cancer development. It damages the DNA of skin cells, leading to mutations that can trigger the uncontrolled growth of malignant tumours, including the deadly melanoma.

Therefore, the desire to obtain sufficient vitamin D through sun exposure must be carefully balanced against the potential for significant skin damage.

## STRIKING A BALANCE: A MULTIFACETED APPROACH

Given the dual nature of sunlight, achieving a balance between vitamin D acquisition and skin protection is paramount. Here are some key strategies to consider:

**Sun Protection Measures:** Consistent and comprehensive sun protection remains the cornerstone of safeguarding skin health. This includes:

1. **Sunscreen:** Regularly applying broad-spectrum sunscreen with SPF 30 or higher helps filter out harmful UV rays, minimising the risk of sunburn and skin cancer. Choosing water-resistant sunscreens and reapplying frequently, especially after swimming or sweating, is crucial for optimal protection.
2. **Seeking shade and protective clothing:** During peak sunlight hours (typically between 10am and 4pm), seeking shade provides a natural barrier against UV radiation. Additionally, wearing protective clothing, including hats and sunglasses, further reduces UV exposure, especially for individuals with fair skin or a history of skin cancer.

**Dietary sources:** While sunlight remains the primary source of vitamin D, incorporating certain foods rich in this nutrient can contribute to maintaining adequate levels. Vegetarian and vegan diets may be low in vitamin D unless fortified foods are included. Ensuring a well-balanced diet rich in diverse food groups is crucial. Fatty fish (salmon, mackerel, tuna), egg yolk, and fortified foods like milk and orange juice are valuable dietary sources. It's important to note that the vitamin D content in these foods can vary, and relying solely on dietary sources may not be sufficient for everyone, especially those with limited sun exposure.

## BEYOND SKIN: THE WIDER IMPACT OF VITAMIN D DEFICIENCY

Vitamin D deficiency extends its reach beyond skin health, impacting various bodily systems and potentially leading to a cascade of negative health consequences:

- **Skeletal issues:** Osteomalacia (softening of bones) in adults, osteoporosis (bone loss), and fractures.
- **Potential links to various diseases:** Research suggests a possible association between vitamin D deficiency and conditions like preeclampsia (pregnancy complication), childhood tooth decay, autoimmune disorders, cardiovascular disease, type 2 diabetes, certain cancers, and even increased susceptibility to infections.

## MYTH SEED: USING SUNSCREEN WILL LEAD TO VITAMIN D DEFICIENCY

This is a common concern that, as dermatologists, we face in our clinics. There have been a variety of studies that have found using sunscreen daily, in real life settings, still allows adequate vitamin D production. Therefore, we advise continuing using sunscreen and take oral vitamin D if there is any concern about deficiency.

## CONCLUSIONS: A SYNERGISTIC APPROACH FOR OPTIMAL HEALTH

Maintaining optimal vitamin D levels while safeguarding skin health necessitates a balanced and multifaceted approach. By adopting sun-safe practices, and incorporating dietary sources of vitamin D, individuals can achieve a healthy equilibrium. Consulting healthcare professionals for personalised guidance on sun protection strategies and vitamin D supplementation ensures optimal health outcomes and long-term skin health.

By understanding the intricate interplay between sunlight, vitamin D, and skin health, we can make informed choices that maximise the benefits of vitamin D while minimising the risks associated with excessive sun exposure. This synergistic approach allows us to achieve a healthy balance, promoting overall well-being and ensuring vibrant skin throughout our lives. **IT**

**The British Skin Foundation** is the only UK charity which raises money to fund research into all types of skin diseases, including skin cancer. Learn more at [britishskinfoundation.org.uk](https://britishskinfoundation.org.uk)

On behalf of the British Skin Foundation, Dr Adil Sheraz and Dr Bindi Gaglani talk us through vitamin D, sunlight, and skin health, highlighting the benefits and risks of sunlight exposure which accompanies the summer weather



# PAST, PRESENT, FUTURE

## A HISTORY OF NEW VISION THERAPY

Founder of New Vision Therapy (NVT), **Chris Duquemin**, talks us through NVT's development, and how his personal experience with undiagnosed pain influenced its creation

WORDS CHRIS DUQUEMIN



**“The role of a New Vision therapist is to accurately identify and release restrictions anywhere in the body that are having a negative impact on the balanced function of the Central Nervous System.”**

Well, it's a bit of a mouthful, but after successfully testing my engineering theory about PTSD in Canada in 2018, I had to explain what it was I was *actually* doing. This was a pivotal moment for NVT.

My NVT story began 15 years earlier where I worked as a mechanical engineer, designing, installing, and repairing refrigeration units, air conditioning systems, and commercial kitchens. I developed a shoulder pain and being a 'typical bloke' I thought it was going to sort itself out, and I carried on with my very physical job.

It was only after a few years that the penny dropped, and I realised I needed help. I went to my doctor; he referred me to the hospital, and after 18 months of extensive checks and physiotherapy

sessions, the hospital said, "We don't think you're actually in pain. We think it's all in your mind, and we want you to see a psychologist."

I remember taking my T-shirt off. Because of the physical nature of my job, I had a left shoulder like Popeye, but my right trapezius had deteriorated so much that it was nearly down to the bone. "I'm not making this up," I told the physiotherapist. "You can see the imbalance in my muscles. Something isn't right!"

I was given two choices: exploratory surgery, or cortisone injections as required. As an engineer, I saw the pain as a signal – a flashing red light on the dashboard. Injections may help with the pain, but would just mask the issue. I was trained to identify the root cause of a problem and address that. I needed someone to tell me exactly *why* the pain was there.

I politely declined the medical interventions, but had the peace of mind that there was no pathology

involved. That turned out to be one of my most valuable lessons. I realised that modern medicine is amazing, but from an engineering perspective, I believe it has two main downfalls. Firstly, you are limited to what you can see. If nothing shows on scans, blood tests, or x-rays, your diagnostic abilities can be greatly reduced. Secondly, it very often treats the symptom, and not the root cause.

### IDENTIFYING THE ROOT CAUSE OF PAIN

Having exhausted all other options, I went to see a therapist who was practising a complementary therapy and had successfully helped my mother-in-law at the time manage her fibromyalgia. There I was, lying on this inflatable air bed and the therapist was using a feather-light touch to check my body. After a while he said to me, "What did you do to your ribs?"

It wasn't really a question; it was a statement. It was like one of those light bulb moments and it felt like my body was saying: *someone is finally listening to me*. Many years beforehand, I had broken my ribs in a martial arts tournament. Although I had no more pain there, the area had clearly never fully healed. I pieced together that the compensatory patterns which my body had adopted around the injury site, resulted in my shoulder issue.

It was such a relief. After more than 10 years of discomfort, I was almost pain free in three weeks. I was sleeping again, not grumpy with the family, and had a zest for life once more.

### DEVELOPING SOLUTIONS

My journey into 'Body Engineering' really began when I went back for my follow up about two months later. I did not need to go; I was feeling amazing, but my engineering mind needed to know... How had they found the root cause of my pain just by using their hands when modern medicine had not?

My therapist explained about the mechanics of the central nervous system; this semi-sealed hydraulic, pressurised system with a regulated inflow and outflow of fluid. As an engineer, I could directly relate to that. I began to study his work, attended courses on acupuncture, and gained a qualification in Upledger CranioSacral Therapy.

I began learning and developing techniques of my own, using a combination of the mechanics of the central nervous system and fascia to tell me exactly where the imbalances were in the body. After seven years working with my mentor, the calling to walk my own path became so strong that I left, and New Vision Therapy was born!

We quickly gained a reputation for being the 'last chance saloon,' where people would come when they had exhausted all other options; this was incredibly similar to my own story. We had a very high degree of success assisting with complex, medically undiagnosable conditions by focusing on the simple things. Firstly, we accurately assess that the CNS is compromised; this is done quickly by checking muscles in the roof of the mouth. Then, when we have confirmation that the CNS is indeed out of balance and usually stuck in some degree of 'fight or flight,' we can start using our toolbox of hands-on diagnostic skills to assess where the body is compromised and restore those areas to balance.

We find many of these issues are like having a nail in a car tyre. You can keep putting air into it, but ultimately, you're only temporarily alleviating

the symptom. You need to take the nail out, and allow for the body to plug the hole and start repairing itself.

My work soon led me down the path of helping veterans with chronic PTSD. We had a high degree of success within one or two sessions because we focused on these simple things. I had read a book by Stanley Rosenberg, *Accessing the Healing Power of the Vagus Nerve*. This changed my view on everything I had been doing, and I developed specific techniques and protocols to release the vagus nerve where it exits the brainstem, extending all the way down under the left ribs.

### LAUNCHING NVT WORLDWIDE

It worked amazingly well, and after a trip to Canada where I tested my newly-developed techniques on chronic cases, I was asked to develop a workshop programme that I could share and teach. With the assistance of the FHT, the New Vision Therapy Accredited Courses have been developed right through to qualification level.

I connected with an amazing physiotherapist in Preston, England, who – after taking on board my newly-developed protocols – was soon achieving incredible results with the most complex cases. This has led to an opportunity to undertake a pilot study with Lancashire University on NVT for veterans with chronic PTSD.

I am already anticipating the success of this study, and starting to train a mini army of NVT therapists in the North of England, with other hubs in the South West and London. We have other training venues in the Canary Islands, Jersey, and Canada, and by the end of the year we will have therapists in New Zealand and Australia, as well as Spain and Portugal. We will also be running workshops in Dubai for the first time.

I am working towards developing NVT hubs all over the world. Currently, I am not only teaching the workshops, but I am also running a dedicated mentoring programme for NVT therapists to become teachers in the future. In this way, we can help as many people as possible.

After more than 21 years of hands-on experience and over 20,000 NVT sessions undertaken, I love sharing the knowledge I have gained. The pilot study with Lancashire University is just the beginning of a bright future of NVT, with another study on ADHD currently in the works.

I would like to take this opportunity to thank the FHT for not only allowing me to share this article with you, but also for their assistance in developing the workshop programme and qualification. I would also like to thank the therapists and students who are practicing NVT for trusting me, and walking the walk alongside me. It means a lot. **IT**

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**Chris Duquemin**, a former mechanical engineer, founded New Vision Therapy in 2011 after alternative therapy effectively managed his undiagnosed shoulder pain. NVT combines various methods that complement traditional medicine, addressing the root cause of the problem. Chris offers an FHT Accredited Course on NVT, which covers the foundations through a number of workshops. To find out more go to [newvisiontherapy.co.uk](http://newvisiontherapy.co.uk). As mentioned in the article, Lancashire University is currently conducting a pilot study investigating NVT and how it can benefit those suffering from PTSD. We aim to be in contact with Chris in the near future to report on these findings.





# NAVIGATING EVER-CHANGING LANDSCAPES

In the first instalment of a two-part series, CEO of The Chrysalis Effect, **Elaine Wilkins**, educates practitioners on how to deal with the changing needs of clients after the post-pandemic surge of ACE, ASD, and ADHD diagnoses

WORDS ELAINE WILKINS

**A**re you hearing of more and more people waiting for, or looking into, a diagnosis for ADHD or ASD? I noticed a significant increase in friends, family, and clients speaking about how they were going through the process of seeking a diagnosis for themselves or their children – or both. I had to check if this was more than anecdotal, and a quick glance at the statistics was astounding.

In December 2023, there were 172,022 patients with an open referral for suspected autism – this is a five-fold increase in referrals since 2019, and the highest number *ever* reported (NHS, 2023). Similarly, the national prescribing data showed there was a 51% increase in the number of patients prescribed medication for ADHD between 2019–20 and 2022–23 (NHS, 2023). Also, in February 2023, 24% of those referred had been waiting one to two years and 10% had been waiting two to three years.

## WHAT DOES THIS MEAN FOR US AS PRACTITIONERS?

For 15 years, our organisation, The Chrysalis Effect, has been working with clients diagnosed with ME/CFS, Fibromyalgia, and Post Viral Fatigue. Cuts in NHS services and ever-growing waiting lists are a general problem now in the UK and this drives more patients to seek alternative support. As holistic practitioners, we are constantly having to embrace the changing needs of clients, and so, in this two-part series, I want to highlight some of the small changes that we can make to truly help our clients.

One significant change I implemented was to make The Chrysalis Effect a trauma-informed organisation. After attending the 2018 ACE Aware Conference in Scotland, I was exposed to the research from the Kaiser Permanente Study (Felitti et al, 1998) that proved an irrefutable link between small ‘t’ trauma faced in childhood and the development of chronic illness. Expert Dr Nadine Burke Harris expressed it was imperative

we open this discussion, and I completely agreed, but it was clear to me that if clients were unaware of the underlying factors driving their illness, we would be unable to help effectively.

## ONE SMALL STEP FOR MANKIND...

Our first step was a small one; we began by adding questions to our client intake forms to ascertain if adverse childhood experiences had contributed to their history and development of chronic pain in adulthood.

The results were quite astonishing with 95% of patients reporting adverse childhood experiences. Many had extremely high scores which meant they had endured years of suffering from unexplained symptoms along with endless and fruitless NHS referrals. This left them feeling hopeless and fearful that there would be no escape from chronic pain and fatigue-related illness, ever.

However, after completing our questionnaire, clients could finally understand what had happened to them, and practitioners reading those profiles knew immediately what was underpinning their clients’ struggles. This is a life changing ‘wow’ moment every time it happens.

Then, it became our responsibility to become informed and skilled in opening up these conversations. For our team, it meant investing in training development to ensure that practitioners could feel confident in having ACE and trauma conversations. This led to the development of the Trauma Informed Coach FHT Accreditation for Therapists and Coaches.

## CHANGE AND CHANGE AGAIN

Then, the pandemic changed everything again. I am certain you will have noticed that the needs of your clients have undergone a seismic shift since that awful time. We are seeing reactivation of viruses, retriggering of past trauma, and heightened anxiety levels in all age groups.

This meant more changes, upskilling practitioners, making additions to our chronic fatigue training, and including long Covid resources. We had to expand our knowledge quickly as the NHS commissioned us to help long Covid patients presenting with fatigue, and more and more patients came for help.

Our post-pandemic health profiles show big changes. We started seeing clients readily sharing the impact of issues affecting mental health, including PTSD, bipolar, and addictions. These used to be ‘red flag’ profiles, and the team knew to send them over to me personally to

**ACE** - Adverse Childhood Experiences  
**ASD** – Autism Spectrum Disorder  
**ADHD** – Attention Deficit Hyperactivity Disorder  
**ME/CFS** – Myalgic Encephalomyelitis/Chronic Fatigue Syndrome  
**Small ‘t’ Trauma** – Distressing events that are not inherently life threatening, but cause disruption in emotional functioning (such as infidelity, divorce, and financial worries) (Barbash, 2017)

ensure these clients were provided with the correct support. However, the numbers escalated and were no longer an occasional occurrence.

## THE LINK BETWEEN NEURODIVERSITY & CHRONIC FATIGUE

Significantly, our live support sessions saw open an influx of adult female clients, diagnosed or seeking an ADHD or ASD diagnosis. To further my knowledge, I met with an expert who was diagnosed with autism and ADHD at age 52. I asked her to review our FHT Accredited Course for ME/CFS and Fibromyalgia to highlight any gaps in our knowledge.

After completing module one of four, she messaged me to say she was in tears. It was intensely emotional to realise that neurodiverse clients struggle with the same high levels of sensitivity to environments as ME/CFS clients. It was clear neurodiverse, ME/CFS, and Fibromyalgia clients have incredibly similar experiences, including headaches, IBS, cognitive issues, extreme fatigue, unexplained pain, and – unsurprisingly – very high anxiety levels and low self-esteem.

This was a monumental moment for both of us, discovering that many clients with ME/CFS may have undiagnosed ADHD or ASD while many neurodiverse clients are labelled with a mental health ‘illness’ with no understanding of why they struggle with ME/CFS. We had been working in the blind spots.

## IN CONCLUSION...

This knowledge empowers us and our clients. We need to remain aware that the pandemic heralded a seismic shift for us as therapists and wellbeing coaches, and clients are often unaware of what is driving their health issues. Understanding the links and crossovers in health issues and needs for neurodiverse clients is vital. We need to be able to recognise the hidden factors that may be impacting a client’s wellbeing and address any skills gap to confidently discuss ACE and small ‘t’ trauma. **IT**

**Part two in our autumn issue will focus on burnout, the phenomenon of ‘female masking’, and case studies relating to the link between ME/CFS and neurodiversity.**



For more information – and for FHT members discounted accredited courses in ACE trauma and neurodiversity – scan the QR code or email [team@chrysaliseffecthealth.com](mailto:team@chrysaliseffecthealth.com)

**Elaine Wilkins** is a published author, an FHT Excellence Tutor of The Year, and multi-award-winning founder of The Chrysalis Effect, a Trauma Informed Coaching organisation that delivers the first ever Trauma-Informed Recovery Pathway for those suffering with multiple symptoms including ME/CFS, Fibromyalgia, and long Covid post-viral fatigue. Her own recovery from chronic fatigue syndrome was the catalyst to her 15-year journey to transform the attitude, approach, and accessibility of recovery from fatigue related illnesses. TCE trauma informed approach has been tested and proven in NHS pilot studies and evaluated by Oxford University.





# PAEDIATRIC MASSAGE

## HELPING DEVELOPMENTAL TRANSITIONS

Accredited Course Provider **Tina Allen** of the Liddle Kidz® Foundation, speaks on the importance of paediatric massage for children undergoing developmental transitions, and how the nuances of touch therapy can profoundly impact the developmental trajectory of young clients

WORDS TINA ALLEN

**P**aediatric massage is a specialised therapeutic approach that extends beyond simply adapting adult massage practices for a younger client. It adapts traditional massage therapy techniques to meet the unique physiological and psychological needs of infants, children, and adolescents. The techniques are also specifically designed to align with childhood developmental stages, catering to each age group's unique physical and emotional needs.

Paediatric massage involves the application of gentle, purposeful touch by a professional trained in these specific areas of development. This tailored approach ensures that the therapy is safe and beneficial to the child's overall growth and wellbeing.

Understanding the distinction between paediatric and adult massage is crucial for practitioners, and this includes a deep knowledge of paediatric anatomy and developmental psychology.

Professionals must be familiar with how a child's body develops, especially the nuances of their muscular and skeletal structures, which differ significantly from adults. Moreover, understanding developmental psychology enables therapists to select methods that best align with the child's emotional and cognitive maturity.

Effectively implementing paediatric massage requires professionals to be trained in various techniques that can be adjusted according to the child's health needs and comfort levels. This includes knowing when – and how – to apply lighter or more moderate pressure and how to adapt the environment to suit the common sensory sensitivities of young children. The correct training equips therapists with a repertoire of massage techniques and the ability to assess and respond to a child's response to touch, making paediatric massage a highly specialised and impactful therapeutic intervention.

### NAVIGATING DEVELOPMENTAL MILESTONES

**Newborn:** The transition from womb to world is an immense change for newborns, making infant massage especially beneficial during this initial stage. A gentle, nurturing touch helps soothe the common discomforts of newborns, such as constipation and gas, while also promoting better sleep patterns. This soothing effect comforts the infant and helps parents connect with their baby, fostering a deep bond crucial for emotional development.

**Infancy:** Additionally, using massage during infancy lays a foundation of trust and security. This early introduction to positive touch helps infants feel safe and cared for in their new environment, essential for healthy emotional and psychological growth. Regular massage can enhance neurological development and sensory integration, providing a solid start for newborns as they begin their journey in life.

**Toddler:** The toddler years are a time of significant exploration and independence, but they can also bring about challenges, such as temper tantrums and emotional volatility. Paediatric massage provides a unique form of support during this stage by promoting relaxation and emotional regulation. The calming effects of massage can help toddlers cope with the frustrations that often come with learning to navigate the world, thereby reducing behavioural issues.

In this critical phase of early childhood, the grounding effect of massage can also reinforce feelings of security and attachment as toddlers increasingly assert their independence. This balance helps toddlers manage their emotions more effectively and develop a sense of resilience that will benefit them as they continue to grow and face new challenges.

**School-age:** As children enter the school environment, they are exposed to various social and academic pressures that can be overwhelming. Paediatric massage can play a crucial role in alleviating this stress, enhancing their ability to concentrate and engage in the classroom. Regular massage sessions help reduce anxiety, which can improve cognitive functions such as memory and attention span, directly impacting their academic performance.

Furthermore, the relaxation benefits of paediatric massage



encourage a more focused and calm demeanour, which can facilitate better interactions with peers and teachers. This supportive therapy helps school-aged children navigate the complexities of new social dynamics, contributing to a more positive and productive educational experience.

**Adolescence:** Adolescence is marked by rapid physical growth and profound emotional transformations, making this a particularly vulnerable time for mental health issues. Paediatric massage can be a supportive therapy to help manage the stress associated with these changes. By reducing anxiety and promoting relaxation, massage can help adolescents maintain better mental health and cope with the pressures of growing up.

**Teenage years:** Additionally, the self-esteem of teenagers often fluctuates as they go through puberty and face heightened social pressures. Regular massage therapy can foster a positive body image and strengthen self-worth by nurturing the mind-body connection. This support is invaluable as adolescents learn to navigate their evolving identities and complex social landscapes, helping them emerge as confident and well-adjusted young adults.

**A HOLISTIC APPROACH**

Incorporating paediatric massage into professional practice presents a unique opportunity for massage therapists and other health professionals to enhance their approach to child development. Comprehensive training is essential, equipping practitioners with the skills necessary to handle the subtle nuances of working with children at various developmental stages. These programmes emphasise safe, effective, and evidence-based massage techniques, ensuring therapists are prepared to offer the highest standard of care.

Paediatric massage is a powerful tool within therapeutic settings, supporting the physical development of young clients and their emotional and cognitive growth. By fostering a non-invasive environment, this form of therapy helps children smoothly navigate the complexities of growing up. Through regular sessions, therapists can help alleviate common childhood issues such as anxiety, hyperactivity, and stress, contributing significantly to overall well-being.

Paediatric massage allows health professionals to provide a holistic approach that nurtures the entire spectrum of a child’s development. This method integrates seamlessly into therapeutic modalities, reinforcing the child’s body, mind, and spirit. As therapists, embracing this practice enables us to support the myriad of transitions children experience from infancy through adolescence, facilitating better adaptation to each developmental phase.

This approach extends beyond traditional care models, fostering resilience and well-being among the paediatric population. In practising paediatric massage, therapists assist in alleviating physical and emotional symptoms and enrich the child’s capacity for handling future challenges. It prepares children not merely to face the world but to thrive, enhancing their quality of life and enabling them to reach their full potential.



By providing a natural and non-pharmacological approach to managing issues in childhood, paediatric massage offers a valuable tool for parents and caregivers seeking holistic remedies. Incorporating massage into a child’s routine can, therefore, be transformative, helping bridge gaps in sensory processing and cognitive functions.

For professionals dedicated to advancing child development, paediatric massage therapy offers a comprehensive and compassionate solution. It encapsulates a commitment to nurturing younger generations comprehensively, ensuring that as they grow, they do so with robust health and a resilient spirit, poised for success in every endeavour. **IT**

**Tina Allen** is the founder of the Liddle Kidz® foundation. She is a leading expert on infant and paediatric massage therapy, and an internationally respected lecturer, educator, and award-winning author of the best-selling book *A Modern Day Guide to Massage for Children*. She has collaborated with healthcare professionals throughout the world to provide paediatric massage therapy in more than 200 medical institutions, including the Mayo Clinic St Jude Children’s Research Hospital, and the Tokyo National Metropolitan Children’s Hospital. Learn more about the Liddle Kidz® Foundation and its comprehensive online certification programmes offered via its Virtual Learning Lab at [liddlekidz.org](http://liddlekidz.org)

# ELEVATE YOUR PRACTICE

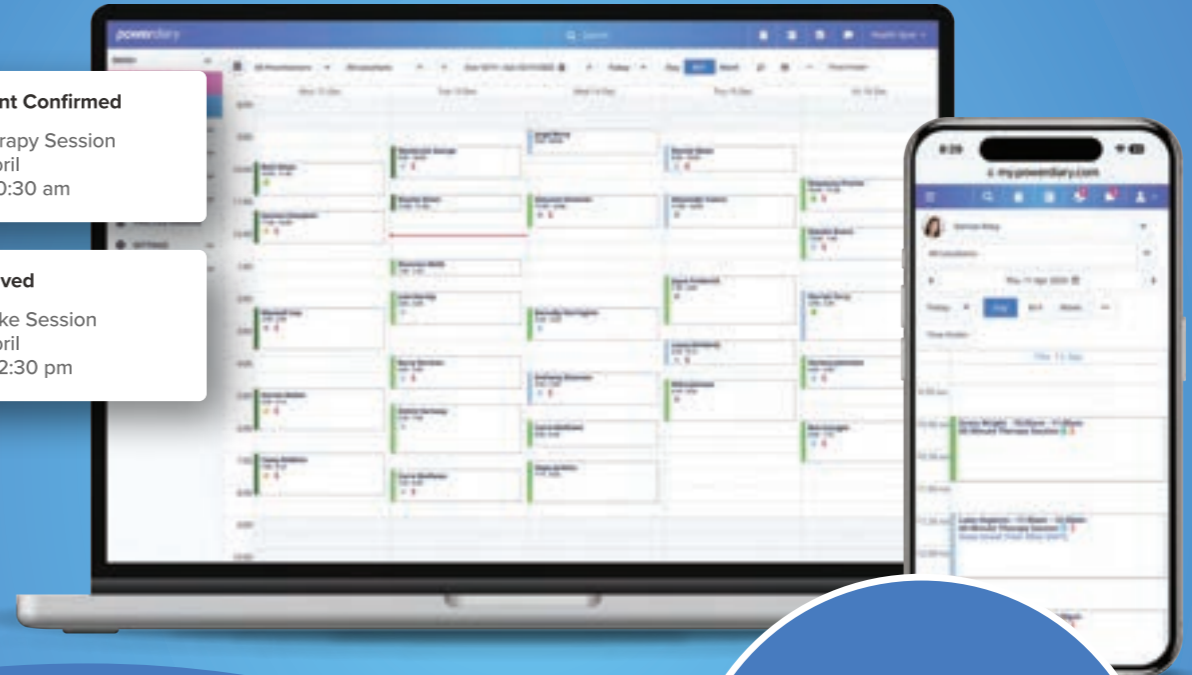
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# ASK AN EXPERT

Do you have a question you would like answered?  
Every issue we find experts to answer your queries  
about complementary, beauty, or sports therapy



## Q HOW CAN I BEGIN TO SUCCESSFULLY MARKET MY SERVICES AS A THERAPIST?

**OLLIE CHAPLIN, FHT Marketing Manager** says: Marketing can be an incredibly confusing and overwhelming process at first, especially when you are managing your own holistic business or practice. We recommend that you start slowly. Try to begin by creating a marketing plan; lay out different pieces of information relating to your business, create clear goals, and begin to create a proactive routine.

If you are unsure of where to start, we would recommend you consider the following:  
**Make sure people understand the difference between the therapies you offer:** The 'average Joe' might want a massage, but when presented with a choice between a holistic, Swedish, Mongolian, or Balinese massage, they may be confused or overwhelmed by the options available to them.

Make your client journey easier by offering further information, advice, and expertise via your website and social channels. Take the time to explain the different types of treatments you offer: What do they entail? What are their benefits? How long will they take? Ensure this information is available to clients before they contact you.

Include this information in your practice

room. Perhaps feature educational books and magazines that your clients can read. As an FHT member, you will also have access to the FHT Shop where you can purchase marketing leaflets for a variety of therapies.

**Use a website and social media to enhance your visibility:** Whether you are searching on a phone or computer, via Google, Bing, or Safari, can your customers find you and your communication channels easily?

An effective website will allow your customers to understand what you have to offer, how to contact you, and where to find you. The easier this is, the better. Google Business Accounts are a great way to advertise your business and allow customers to find your location really easily. This is integral because, if a potential customer is unable to find this information easily, it can deter them from booking.

Social media can help you find your niche and stand out from your competitors. Think of the style of content *you* would like to see and create it! Canva is a fantastic free graphic design software which offers numerous templates for different social media platforms as well as physical marketing material such as posters and leaflets.

If you struggle with designing social media posts yourself, the FHT offers its members a variety of social media resources created by our experienced marketing team. Head over to the Members' Area on our website and you will be able to find marketing resources, along with general assets that you can use to start consistently posting relevant content on social media.

Software, such as MailChimp, can allow you to create an automatic schedule for newsletters without you having to manually send them out. This can be incredibly beneficial for consistency and can allow you to work around a busy schedule.

**Understand your demographic:** Different demographics will find information in a variety of ways. Think about your ideal customer and how they would go about finding information. Would this be via a Google search or within a Facebook community group? Could you advertise your business on a community board, or approach local clubs to offer your service to a larger group?

To gain insight into your audience, ask existing customers how they heard about your services. Use this information to determine which avenues you should focus your time on promoting.

**Provide fantastic customer service:** Putting effort into every detail can sometimes feel like a waste of time. However, this is what makes you stand out from your competitors. Think about your customers' journey from start to finish. What little, caring touch could you add that would mean a lot to the customer? Customers appreciate a personalised experience, and great customer service will often lead to word of mouth referrals.

Email us your questions at  
[editor@fht.org.uk](mailto:editor@fht.org.uk)

## Q HOW CAN I MAKE THE MOST OF FHT'S EDUCATIONAL RESOURCES?

**GEMMA CRAGGS, FHT Education and Training Executive,** says: As a member of the FHT, you have access to a wide range of educational resources. By making the most of these resources you can continually enhance your skills, stay informed of industry developments, and grow your business.

**CPD Resources:** Continuing Professional Development (CPD) is essential for expanding your therapy career. At FHT we provide an abundance of CPD information and guidelines. By participating in CPD activities you can develop new techniques, expand your personal knowledge, and ensure your practice remains up to date and effective. ([fht.org.uk/cpd](https://fht.org.uk/cpd))

**Webinar Recordings:** The FHT offers pre-recorded webinars which provide you with valuable tips from industry experts that you can use within your practice. Each session can earn you five CPD points when paired with a reflective practice. These recordings cover a range of topics and are available for purchase via the FHT website, allowing you to learn at your own pace. ([fht.org.uk/education/fht-webinar-recordings](https://fht.org.uk/education/fht-webinar-recordings))

**FHT Hosted Courses & Events:** We organise a variety of training courses and events tailored to expand your skillset and benefit your business. These courses are designed to meet the needs of therapists across complementary, sport, and beauty modalities as well as offering general business advice. We aim to provide practical knowledge and skills that can be directly applied to your practice. ([fht.org.uk/education](https://fht.org.uk/education))

**FHT Accredited Courses:** FHT offers a selection of accredited courses across the UK, ensuring you receive high quality training vetted by the organisation. These courses cover a range of topics allowing you to find training in your area that best suits your interests and professional needs.

**Local Support Groups:** FHT's Local Support Groups meet regularly across the UK, offering supportive communities for therapists. They provide opportunities to hear from exceptional speakers, enhancing both personal and professional development. Building connections within these groups can lead to valuable networking opportunities. ([fht.org.uk/local-support-groups](https://fht.org.uk/local-support-groups))

**International Therapist Magazine:** Our *International Therapist* magazine is an excellent resource for keeping up to date with industry news and developments. Each issue includes articles on current trends and topics along with CPD questions to help you reflect on and apply what you've learned. Engaging with this content is an easy way to earn CPD points while staying informed. **IT**





# THE EFFECTS OF MYOFASCIAL RELEASE ON PARKINSON'S TREMOR

Sports massage therapist **Sheree Phelps** talks us through the surprising results of her study which explored the use of myofascial release to help reduce Parkinson's tremor

WORDS SHEREE PHELPS



**T**here are 145,000 people living with Parkinson's Disease (PD) in the UK. It is the fastest-growing neurological condition in the world. One of the main symptoms is tremor.

About 70-90% of people with PD experience a tremor at some point in their lives. Although there is no cure, medicines, surgical treatment, and other complementary therapies can help treat the symptoms.

Tremor is often the first motor symptom of PD and is a direct cause of the reduced levels of dopamine in the brain.

The exact science as to why PD occurs is not yet known; however, it is believed that a combination of age, genetics, and environmental factors cause the dopamine-producing nerve cells to die.

## WHAT IS THE NEED TO FIND A LESS MEDICATED, MORE HOLISTIC APPROACH TO PD?

Often people living with PD are administered incorrect treatment. Parkinson's UK surveyed 2,000 people, and found that 26% were first given a diagnosis other than PD.

As a result, almost half of this group (48%) were given treatment for a non-existent condition, with 36% receiving medication, and 6% undergoing operations or procedures. Of those receiving unnecessary treatment, more than a third (34%) reported that their health worsened as a result (Parkinson's UK, 2020).

Enormous progress has been made in the treatment of PD, but all remain medication or operation based.

A therapy with more minor side effects is needed for PD. Therapeutic massages are the most commonly used forms of complementary and alternative medicine (CAM), but no systematic review or meta-analysis has focused on the efficiency of massage for PD alone.

## WHAT WAS THE PLANNED RESEARCH PROJECT?

While many previous studies have demonstrated how massage can help with stress, aid sleep, and reduce anxiety, I wanted to investigate a more neuroscience-based research project: can massage – specifically myofascial release (MFR) – help with PD-related tremor?

Planned over a 12-week programme, six-week control, six-week intervention, with a follow up at week 16 to see if results held, my goal was to produce a teachable MFR protocol, which could reduce or change a PD tremor for the better.

Results were not as expected, but ended up raising further questions for more specific studies in the future linking myofascial massage and PD.

## WHY DID I THINK MYOFASCIAL RELEASE WAS THE ANSWER FOR PD?

Because fascia tends to tighten, contract, and stiffen in response to different stresses on the body, movement disorders and chronic pain issues could be directly affected by MFR therapy.

Myofascial release is a very relaxing treatment, and effects can be amplified by practicing mindfulness at the same time. Neurobehavioural effects of mindfulness have been recorded for people with PD, so combining a relaxing treatment room, sounds, lighting, and a warming treatment couch, seemed to be the winning combination I was hoping for.

## HOW WERE THE TREATMENTS CONDUCTED EACH WEEK?

Each week of the control period, each participant took two questionnaires. This continued for the intervention period. An MFR protocol which I developed was used on each participant. They were to listen to the same piece of music each week for one hour and receive a hot stones treatment to help warm and soothe the tissues. Then various MFR techniques were used across the limb, limbs, or side of the body that PD had affected.



**DATA STARTED TO COME IN...**

As the weeks went on, I quickly realised that the numbers and statistics were not showing the reduction in tremor for which I had hoped. In fact, from the questionnaires that were used, it looked as if MFR was making PD tremor symptoms only reduce by single digit percentages! During each treatment, the tremor almost completely disappeared and remained reduced immediately afterwards, but when the questionnaires were filled in a week later to see if results held, it showed little to no change at all.

PD has more than 40 symptoms that affect both the central nervous system (CNS) and the parasympathetic nervous system (PSNS). So, while having treatment, the PSNS is largely at play, similar to when we are asleep. When the massage finishes, however, the CNS is more actively in control. For someone living with PD, the CNS is in a constant, profound stress-like response. I believe that the contrast between the relaxing MFR treatment and returning to everyday life was too drastic, thus making the tremor come back.

**A MINI BREAKTHROUGH WAS OBSERVED!**

On week 12, the final intervention week, my first participant came in and asked to have his own music played. My initial thoughts were that, as part of a research project, every variable had to remain the same. But with some consideration, I concluded that if each participant played music they liked, they would all experience the same levels of serotonin, happiness, and enjoyment, therefore not changing the treatment environment exactly. So, as requested, we listened to Bob Dylan.

When the treatment finished, his tremor did come back, but in a much less vigorous way than before the treatment. I had an unexpected breakthrough! I did not say anything to keep participants from talking and influencing results, but I did ask for them to choose an artist or piece of music they personally had a connection with to listen to during their final treatment session.

**RESULTS WERE THE SAME ACROSS THE BOARD!**

My theory is, by keeping the CNS occupied with the personalised music, the contrast between treatment and every-day life was reduced, therefore delaying the tremor from coming back as strongly straight away.

Results showed that participants had a 64.7% decrease in difficulty when taking part in hobbies, and one month on, results had not risen back to the original score.

Another surprising statistic was the effect MFR treatment had on communication. One questionnaire showed an 18.75% improvement regarding the communication skills of someone living with PD.

While the psychological effects of the tremor only decreased by 6.15%, between week 1 and 12, there was a 13.3% decrease in the physical tremor overall.

**RESEARCH PROJECT LIMITATIONS**

The main limitation for the research project was the number of participants. PD is very individual and larger scale projects would need to be run to have a more homogeneous group of PD symptoms.

In addition, due to the numerous dependant variables that people with PD experience daily such as sleep interference, mixed stress levels,

“The element of music in a treatment room shows us how important the environment is”

and irregular medication timings, these were all contributing factors that would change results on both questionnaires. As all participants played sports and exercised regularly, muscle strains, post-exercise tightness, and post-exercise delayed-onset muscle soreness were variables that could change the outcome of this study.

**CONCLUSIONS AND FUTURE THOUGHTS AND IDEAS**

This study was to see if MFR – as a standalone technique – would help decrease the symptom of PD-related tremor. Results suggest that *only* using MFR is too relaxing for a person living with PD; the jump between the CNS being in daily fight-or-flight, and the PSNS relaxing during the massage, is too much of a contrast.

Due to the nature of PD, and the numerous symptoms that come with the disease, future studies are needed to individualise each symptom per study group and record outcomes using MFR massage therapy.

My main hope for future studies is to combine meditation and MFR massage for PD clients who have PD related tremor. The use of data collected from an electroencephalograph machine (EEG device) would provide evidence of the participants’ own control of brain activity and the effect of MFR massage combined potentially.

Subjectively, all participants enjoyed the treatments and felt that the tremor was not as pronounced – or was less frequent – during and straight after the massage. All reported that they would recommend MFR massage to other people living with PD and that they would come back for future treatments.

The element of music in a treatment room shows us how important the treatment environment is to a client. Listening to their individual injury needs, concerns, and goals in a consultation is surplus if they do not feel comfortable enough to relax into their treatment with you.

Therefore, next time you treat someone with Parkinson’s Disease, and realistically every client, consider using music therapy alongside your treatment. Let them choose the music, whether that be AC/DC or simple spa sounds. Observe how the music influences their treatment outcomes and watch how they relax further into treatment with each session they have. **IT**

**Sheree Phelps**, former Team GB Olympic rifle shooter and owner of Podium Therapies, is a highly qualified clinical massage therapist based in Cardiff. She offers a variety of treatments, ranging from relaxation, deep tissue, to specific sports massage. If you are interested in contacting Sheree for treatment, visit her website at [podiumtherapies.co.uk](http://podiumtherapies.co.uk). Or if you wish to read her full research project and dissertation, please contact her via email at [sheree@podumtherapies.co.uk](mailto:sheree@podumtherapies.co.uk), or call **07540 864380**.



# Protect your practice with our tailor-made insurance

At the FHT, we're extremely proud to support members with our robust package of **membership benefits**. And, thanks to our insurance partners Hiscox, we're also able to ensure that you are **covered** with an insurance policy that keeps you and your clients safe.

Our malpractice, public and products liability policy covers **more than 360 therapies**, with lots of added extras included too:

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T&Cs apply. See FHT website for details.

INSURANCE  
PROVIDED BY





# Mindful

## MARKETPLACE

Prioritise *you* and treat yourself to some of these wellness products which are perfect for helping you stay protected and relaxed this summer



1

### SUN BUM SPF 30 LIP BALM

This smooth SPF 30 lip balm is available in a variety of flavours; each stick contains aloe vera and vitamin E to help protect against harsh rays.

£4.79 [sunbum-uk.com](http://sunbum-uk.com)



2

### TURMERIC & SEAWEED SOAP

A sublimely scented soap containing sustainably, hand-harvested Pembrokeshire kelp seaweed along with turmeric powder, bergamot, and lemongrass essential oils. (Use code *FHTWILD10* for a 10% discount on your online order.)

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3

### DR ORGANIC MANUKA HONEY FOOT & HEEL CREAM

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CHANCE TO WIN!

4

### NEOM PERFECT NIGHT'S SLEEP PILLOW MIST

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5

### RESCUE REMEDY® DROPPER

Created using the original methods developed over 80 years ago by Dr Edward Bach, a physician and homeopath, Rescue Remedy® is specially blended from five individual flower essences to provide comfort and support anxiety.

From £8.50 [boots.com](http://boots.com)



6

### POCKET SMIDGE

Contained in a handy 18ml dispenser the size of a credit card, Pocket Smidge provides protection against biting pests. Its water and sweat resisting formula allows for powerful, immediate protection for up to eight hours without re-application.

£6.20 [smidgeup.com](http://smidgeup.com)



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Visit our website and book onto a range of courses that we've vetted and approved, ensuring they meet the highest standards.

Visit [fht.org.uk/courses](http://fht.org.uk/courses)



## BOOK RECOMMENDATIONS

## ON OUR SHELF

The history of storytelling is closely tied to the history of humanity. One of the things that makes humans so unique is our passion for stories, whether those be fables, legends, biographical recounts – fact or fiction.

One of the first recorded pieces of literature was the *Epic of Gilgamesh*, a poem from ancient Mesopotamia that was written on 12 clay tablets more than 4,000 years ago. It is thought to have influenced many classical pieces of literature, such as Homer's *Iliad* and *Odyssey*.

In Ancient Greece, there were numerous libraries dedicated to the conservation of written knowledge, the most famous being the Library of Alexandria which was partially burned down during Julius Caesar's Civil War in 48 BCE. Surviving records claim more than 40,000 scrolls were destroyed.

Many other ancient texts have also been lost forever, whether that be because of political siege, war or invasions, or because they were not preserved adequately.

Even as we fast forward to the Middle Ages, books were highly valued because of the expense of their production, so chained libraries were commonplace. These prevented thieves from stealing and reselling them by fastening the books to shelves with metal chains.

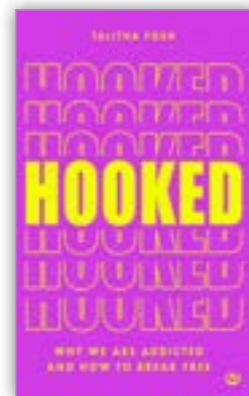
The development of how society regards books and literature is fascinating. Consuming literature, the ability to read, and owning books were seen as a sign of high social class. Compared with today, our ancestors had incredibly limited access to books.

Now, with the accessibility of online shops, bookstore chains, resources such as 'the Gutenberg Project', and book-swaps built into old phone boxes, we are excessively spoilt for choice. Whether you prefer a paperback, hardback, e-book, or shiny limited edition, the choice is yours.

For this quarter, we have recommended five books (and one podcast) that touch on some of the topics discussed throughout the magazine, so that you can further your knowledge on a variety of holistic and wellness themes.

If you have any of your own suggestions, or own creative works – whether that be a book or podcast – please do not hesitate to reach out.

We would love to hear from you.



HOOKED  
TALITHA FOSH

Are your habits holding you back, but you can't seem to break them? You are not alone. Psychotherapist Talitha Fosh sheds light on the true meaning of addiction and the subtle ways it can manifest itself without our knowing. From being a workaholic to struggling with technology addiction, she talks about how we can form positive habits, reinforce mindfulness, and improve our mental health. This accessible guide provides psychotherapeutic tools to help the reader break free from self-destructive cycles.

From £7.99 at [watkinspublishing.com](http://watkinspublishing.com)



PLANT FEASTS  
FRANKIE PAZ

Bring your life into balance with the power of nature. This is a cookbook like no other. Described by Jamie Oliver as a 'heartfelt, vivacious cookbook full of delicious plant-based recipes', Frankie Paz offers easy, plant-based recipes as a gateway to nature, community, and self-discovery.

£9.99 at [watkinspublishing.com](http://watkinspublishing.com)



STARTING A SPORTS MASSAGE BUSINESS  
KATIE EVANS

Are you passionate about sports massage therapy but feel overwhelmed by the prospect of starting your own business? Don't worry; many aspiring solo therapists find themselves in the same boat. Designed specifically for sports massage therapists, Katie Evans' comprehensive guide takes you from clueless to clued up about starting and running a thriving business in the industry. Say goodbye to overwhelm and hello to clarity as the book walks you through every step of the process, saving you time, energy, and frustration along the way.

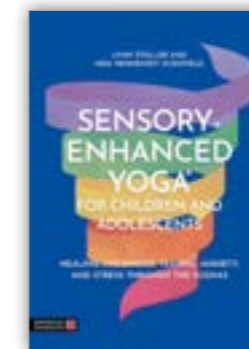
£24.99 at [kesportmassagementoring.co.uk](http://kesportmassagementoring.co.uk)



WILD LIFE  
STEFAN BATORIJ

In an increasingly urbanised world, the need to reconnect with nature is more important than ever. Originating from Japan, *shinrin-yoku* (translated to 'forest bathing') is a therapeutic invitation to immerse yourself in the embrace of the woods and wild places. Practical in its approach, but spiritual and poetic in its nature, Stefan Batorij's evidence-based guide covers the philosophy and the practicalities. It is perfect for practitioners seeking to increase their ecological awareness, explore the mental, emotional, and immunological healing capabilities of *shinrin-yoku*, and learn how to incorporate it into their practice.

£24.99 at [uk.singingdragon.com](http://uk.singingdragon.com)  
(Use discount code FHTSD15 for 15% off your order. Offer available until 11 October 2024)



SENSORY-ENHANCED YOGA FOR CHILDREN AND ADOLESCENTS  
LYNN STOLLER AND MEG HENNESSEY SCHOFIELD

This evidence-based resource, written by Lynn Stoller and Meg Hennessey Schofield, teaches professionals working with children and teens how to apply sensory yoga as a holistic and effective tool in addressing symptoms of trauma, toxic stress, anxiety, depression, and related mental health conditions. It explains the science, the theory, and the practice of sensory-enhanced yoga. The information provided by this book can easily be adopted by a wide range of professionals and applied to various settings, including schools, yoga classes, community centres and group homes.

£29.99 at [uk.singingdragon.com](http://uk.singingdragon.com)  
(Use discount code FHTSD15 for 15% off your order. Offer available until 11 October 2024)



DIFFUSER DIARIES  
IZZY ROSE

Are you wanting to know more about essential oils, but have no idea where to start? *Diffuser Diaries* aims to demystify the world of modern aromatherapy. Izzy Rose, a clinical aromatherapist and member of the FHT, deep dives into essential oils, unlocking their powerful benefits to up-level skincare, self-care, and enhance mood and mindfulness.

With home blends you can easily incorporate into your life, Izzy shares her personal experiences, so you can see into the real diary of an aromatherapist

Find out more:  
[fht.org.uk/diffuser-diaries](http://fht.org.uk/diffuser-diaries)

## COMPETITION

Are restless summer nights keeping you awake? Enter our competition for a chance to win *The Four Ways to Wellbeing*, NEOM founder Nicola Elliott's latest book, along with NEOM's ever-popular Perfect Night's Sleep Pillow Mist, crafted from a blend of 100% natural essential oils designed to soothe and relax, encouraging a peaceful slumber. Sweet dreams await! Prizes retail at a total of £39.99.

TO ENTER, ANSWER THE FOLLOWING QUESTION:

What year was NEOM founded?

- A) 1994
- B) 2002
- C) 2005
- D) 2016

To enter, simply email your name, address, membership number and answer to [editor@fht.org.uk](mailto:editor@fht.org.uk) typing 'IT Summer Competition' in the subject box. Alternatively, send your details and a postcard to the new FHT Address: FHT, Aspire House, 10 Annealing Close, Eastleigh, Hampshire SO50 9PX. The closing date is midnight on **Friday 30 August**.

Standard competition terms and conditions apply (visit [fht.org.uk/competitions](http://fht.org.uk/competitions) before you enter). The FHT will contact the winners individually for their details and size. Unfortunately, we cannot accept any exchanges or refunds for this prize.





## BOOK EXCERPT

# SHE FIGHTS BACK

AN EXCERPT FROM JOANNA ZIOBRONOWICZ'S  
*SHE FIGHTS BACK*

Defence expert and Brazilian Jiu-Jitsu World Champion Joanna Ziobronowicz presents an empowering guide to women's self-defence. The advice and methods proposed by Joanna are incredibly valuable tools, not just for self-defence scenarios, but every-day situations. This excerpt taken from Chapter 2: *Cultivating Confidence*, explores how practising mindfulness can allow you to gain control and remain calm in stressful or even violent situations.

## MINDFULNESS

The first confidence tool that deserves attention, and which is key to successful understanding of the self, is mindfulness. Deeply ingrained in various religious practices from Hinduism to Buddhism, mindfulness is a type of meditation that allows you to focus on and be aware of your sensations and feelings in the present moment, without interpretation or judgement.

Mindfulness has been largely popularised by western schools of yoga as the practice expanded into secular traditions and non-religious methodologies. Various mindfulness-based programmes have also evolved over the years, including Mindfulness-Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) for the treatment of major depressive disorder. For those who practise it regularly, mindfulness offers numerous benefits, many of which can be seen in situations that would otherwise cause increased levels of stress, and pose threats to our safety. By practising mindfulness, we can develop a heightened awareness of the present moment, and foster objectivity towards our thoughts and emotions. This, in turn, can assist us in maintaining a sense of calm composure, ultimately improving our ability to focus and concentrate.

To understand mindfulness, you can begin with yoga, meditation, or specific mindfulness practices. In the following section, I will present a few simple mindfulness exercises that can help you get started. When considering mindfulness practice, please keep the following points in mind:

- Consistency is more important than the duration of the practice itself. Aim for regularity to establish the habit, ideally on a daily basis. Setting a specific time of the day to practise mindfulness can also be a good option if you prefer routine.
- Begin with shorter sessions, lasting between five to ten minutes each, to make it more manageable, and then gradually increase your practice time.

- Experiment with different times and locations to find out what works best for you.

In the following mindfulness meditation examples, the goal is to focus on experiencing sensations and feelings in the present moment, without judgement or interpretation.

## ATTENTIVE OBSERVATION

Observe your environment using all your senses: touch, sight, sound, smell and taste. Next time you have a meal, try to sense the texture, smell and taste of the food you are having. When you go for a stroll, observe what it feels like to walk on the ground, noticing everything around you, from the moss on the ground to the different patterns on the leaves. Allow the act of observation to occur naturally, resisting the temptation to name anything. Try to spend at least one minute each day focusing intently on an object or the surrounding environment. You can repeat this practice as many times as your day allows.

## BODY SCAN MEDITATION

Find a quiet place where you can stay uninterrupted for a few minutes, with your cell phone switched off and as few distractions from the outside world as possible. Ideally, this would be a space where you feel comfortable and at ease. Create a relaxed and peaceful environment using whatever elements you find conducive. For example, you can lie down in a resting position on your back, with your hands and legs extended and palms facing up. Relax your gaze or close your eyes completely. Focus on each part of your body, starting from your forehead, working all the way down to your toes. Pay attention to any sensations or emotions you may be experiencing.

## MINDFULNESS BREATHING MEDITATION

Begin by finding a comfortable seated position, either on a cushion or a yoga mat, with your legs crossed and your

back straight. It's beneficial if your hips are positioned above your knees, as this can help alleviate any tension in the back. To allow this, you can place a pillow underneath you. Alternatively, you can sit on a chair with your feet parallel and grounded on the floor, allowing your hands to rest on your thighs or in your lap. Gently close your eyes, or focus your gaze softly at a point in front of you. Find the natural rhythm of your breathing, taking easy and relaxed inhales and exhales. Connect with the sensation of the breath as it enters and leaves your body. Observe the rise and fall of your chest and belly with each inhale and exhale. You may notice that your mind starts to wander. Simply acknowledge it without judgement, then guide your attention back to your breath. In order to achieve more focus, observe each inhale and exhale. Keep the same count on every inhale and exhale, for example breathing in and out on the count of four, or keeping each inhale and exhale on the count of six. Gently pause on the top and bottom of each breath. Notice any subtle changes in your body that occur during this process. As you practise, cultivate a sense of ease and kindness toward yourself, recognising that thoughts will naturally arise and pass. Approach your experience with curiosity rather than judgement. Continue breathing for few minutes, and when you are ready to conclude this practice, gently open your eyes, allowing yourself a moment of conscious awareness to acknowledge how you feel in your body. **IT**

Purchase your own copy of *She Fights Back* at [watkinspublishing.com](http://watkinspublishing.com)

FHT members can get **30%** off the book if purchased through Watkins with the code **SHEFIGHTS30**





## EDUCATION MATTERS



# ANNUAL TRAINING CONFERENCE

## 2024 ROUND-UP

The 2024 FHT Training Conference was a resounding success. Held virtually via Zoom for three weeks from 13 to 31 May, the event brought together a community of complementary, sport and beauty therapists.

The conference provided attendees with high-quality educational content, continuing professional development (CPD) opportunities, and information on industry trends. It also encouraged networking and knowledge sharing between therapists, speakers and industry experts.

More than 35 expert speakers, many of whom were FHT Accredited Course Providers, shared their knowledge through a diverse range of topics, including: hands-free massage techniques, communication for therapists, the importance of the vagus nerve, and the impact of hormones on muscles. Attendees were also provided with downloadable content and resources, such as

reflective journals, CPD puzzles, business templates, and education opportunities to complement the training sessions.

Pre-recorded seminars were made available to all therapists attending the conference, and during the final week of the conference, recordings of the live webinars were made available for any attendees who had been unable to join at the set time.

We're thrilled to share that attendee feedback for the 2024 FHT Training Conference has been overwhelmingly positive. Participants valued the diverse array of topics, the expertise of our speakers, and the accessibility of the online content. As we look ahead, we're excited to build upon this, continuing to support and inspire our members in future events.

We would like to thank all attendees and speakers for making this event a great success. We look forward to seeing you next year!

### 80%

are extremely likely to attend next year.

### 87%

were very happy with the range of topics and speakers.

### 93%

enjoyed their overall experience.

### 100%

of speakers were satisfied with the event and would like to support the FHT at next year's conference.

## “

### WHAT YOU HAD TO SAY..

'Affordable. Very accessible being online. Interesting topics. Good that it is over three weeks to have more time to participate.'

'Great to have the conference online to dip into and watch in my own time. So much of interest to absorb and learn from.'



# CPD QUESTIONS

HERE TO HELP YOU CONTINUE YOUR PROFESSIONAL DEVELOPMENT

## FHT HOSTED COURSES (P13)

How about signing up to one of our FHT Hosted Courses to expand your knowledge? Courses offer a minimum of one CPD point; they can help you build upon your therapy skillset and gain your annual CPD. Remember, if there is a particular course you're interested in attending, and you would like it to be offered in your area, let us know, and we'll find the most suitable speaker for you.



## CHANGING ATTITUDES (P36)

FHT Vice President Caroline Larissey noted the shift in attitudes over the past 35 years regarding men using beauty treatments and working within the beauty industry. If you have noticed a particular demographic using your services (such as a specific gender identity or age group), think about what strategies you could implement to attract a more diverse clientele.

## EVER-CHANGING LANDSCAPES (P46)

In her article, Elaine Wilkins speaks on the importance of staying trauma-aware when working with clients with ADHD, ASD, small 't' trauma, and other mental health issues. Consider how you can tailor your approach as a practitioner to cater to the individual needs of your clients.

## MARKETING PLANS (P52)

Our Marketing Manager, Ollie Chaplin, spoke on the different ways you can begin to incorporate marketing techniques as a therapist. Try your hand at writing up a marketing plan and designing some accompanying material. You will receive two CPD points for completing this plan, and an additional one CPD point for creating the collateral (including leaflets, posters, brochures, and adverts).

## AN UNEXPECTED DISCOVERY (P54)

During Sheree Phelps' research, she discovered that allowing clients with Parkinson's Disease to choose their own music during sessions helped reduce their PD related tremor. Explain why it could be beneficial to offer all of your clients this choice? Equally, you could explain the reasoning behind what music you use during therapy sessions (if any!), and the effect this has on your clients.



Below, you'll find questions relating to key articles in this issue of *International Therapist*. To gain three CPD points (unless otherwise stated) answer one or more questions, using a minimum of 300 words in total. Feel free to construct your own questions for any of the articles in this issue, if none below suit.

## TOP 5 REASONS FOR BEING AN FHT MEMBER

1. Professional status and recognition
2. Campaigning, promoting and protecting your interests as a professional therapist
3. Tailor-made comprehensive therapist, salon and clinic insurance policies
4. Discounted continued professional learning
5. Free listing and personal profile on the FHT's Therapist Register

**Remember:** if you introduce a friend to the FHT, not only will you help to grow our voice as the leading professional association for therapists, you'll both get £10 off a year's membership

For more information about CPD points, visit our education hub at [fht.org.uk/training/cpd](https://fht.org.uk/training/cpd)

## 2024 ANNUAL MEMBERSHIP FEES:

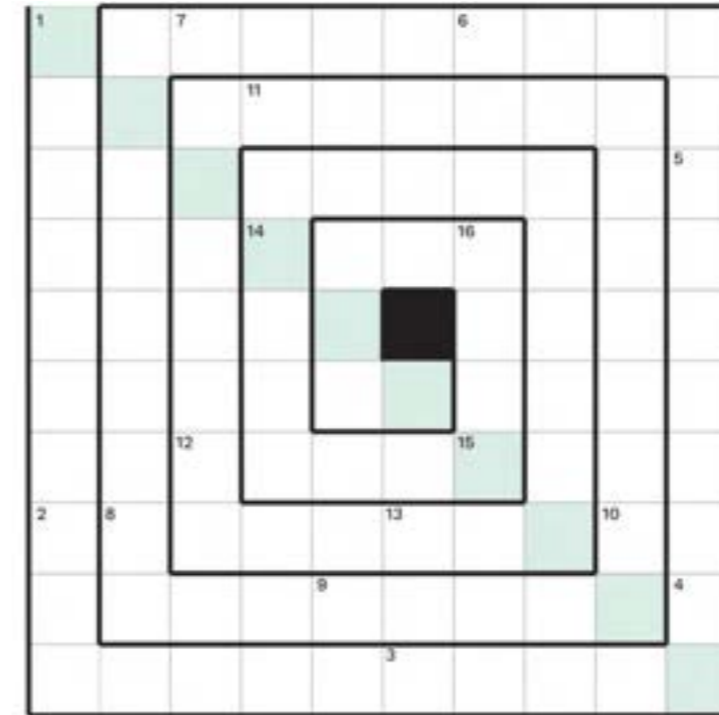
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- STUDENT MEMBER £50.00\*
- FRIEND OF FHT £55.00
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For membership and insurance information or an application pack, visit [fht.org.uk](https://fht.org.uk) or call 023 8062 4350. FHT is authorised and regulated by the Financial Conduct Authority, Ref: No. 502095  
\*includes case study insurance cover. T&Cs apply.

# CPD SPIRAL



TEST YOUR A&P KNOWLEDGE AND WIN A £20 NATIONAL BOOK TOKEN VOUCHER A COPY OF *WILD LIFE: SHINRIN-YOKU AND THE PRACTICE OF HEALING THROUGH NATURE* BY STEFAN BATORIJUS



Write your answers in the spiral from the start, working in an anticlockwise direction, towards the centre of the grid. The shaded diagonal line will spell out a type of hormone. Simply email the word that appears in the diagonal shaded boxes to Mollie at [editor@fht.org.uk](mailto:editor@fht.org.uk) (writing 'IT Summer 24 Spiral' in the subject line) or send your answer on a postcard to the FHT address (see page 3). Please include your name, address and membership number. Entries without a membership number will not be counted. Standard competition terms and conditions apply (visit [fht.org.uk/competitions](https://fht.org.uk/competitions) before you enter or visit the members area). Entries to be received no later than midnight on Friday 30 August 2024.

## SPIRAL NOTES:

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## CLUES

- 1 Named after a Greek hero, the \_\_\_\_\_ tendon is the thickest tendon in the human body (8)
- 2 The \_\_\_\_\_ is an internal or external framework of bone that supports and enables movement of the body (8)
- 3 \_\_\_\_\_ are membrane-bound organelle found in eukaryotic cells (plural form) (6)
- 4 Deriving from the Latin for 'In Glass', \_\_\_ / \_\_\_ \_\_\_ fertilisation refers to fertilisation outside of the woman's body (2,5)
- 5 \_\_\_\_\_ is the swelling of body parts due to fluid retention in the tissues (6)
- 6 The \_\_\_\_\_ are the upper two heart chambers that receive blood from the circulatory system (plural form). (5)
- 7 \_\_\_\_\_ is the movement of a limb away from the midline of the body (9)
- 8 The \_\_\_\_\_ cavity is a large, air filled space above and behind the nose (5)
- 9 The \_\_\_\_\_, also

- known as the voice box, is an organ in the top of the neck. (6)
- 10 The \_\_\_\_\_ is the smallest of the three parts of the sternum, also known as the xiphoid process (12)
  - 11 The \_\_\_\_\_ is a thin, cone-shaped layer of skin that separates the outer and middle ear. (7)
  - 12 The \_\_\_\_\_ is the area where the foot and the leg meet; it consists of three joints (5)
  - 13 The \_\_\_\_\_ / \_\_\_\_\_ is an area of spinal anatomy that is located between the vertebral canal and the spinal cord. (8,5)
  - 14 The \_\_\_\_\_ is a sphere-shaped structure containing the sense receptors for vision (7)
  - 15 \_\_\_\_\_ is the colloquial term for one of the cilia that grows at the edges of the eyelids (4)
  - 16 A \_\_\_\_\_ is the abnormal exit of tissue or an organ, such as the bowel, through the muscle or tissue that normally contains it (6).

## WHERE'S THE SOLUTION TO LAST ISSUE'S SPIRAL?

We do not publish spiral solutions as completing the spirals from the magazine can count towards your CPD points (one CPD point per spiral quiz, a maximum of four CPD points per year). Thank you for all your entries for the Spring 2024 Spiral. Remember, we love to hear your feedback and welcome any comments alongside your entry. Good luck!



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A-Z: A HISTORY OF...

# ACUPUNCTURE

Acupuncture is an ancient Chinese medical technique used to relieve pain and improve general health. It typically involves the insertion of fine needles into specific places of the body to restore the flow of the energy source qi, also known as chi.

The needles used are disposable, very fine (not much thicker than a hair), and may have slight arrow-heads or extremely fine points. Typical insertion is 3–10mm in depth, but some procedures require needles to be inserted deeper.

## THE BACKGROUND

Acupuncture is a key part of Traditional Chinese Medicine (TCM), and it is thought to have originated sometime around c.2500 BCE. The theory of acupuncture was first documented in the *Huangdi Neijing*, an ancient Chinese medical text which is believed to have been compiled over 2,500 years ago.

Evidence suggests acupuncture was brought to Europe by returning missionaries around the 17th century, and by the late 20th century, it was adopted by various other areas of the world. However, it only really gained popularity as 'alternative medicine' in the West from the 1970s.

Traditional acupuncture is based on two theories: 'Qi' and 'Yin and Yang'.

The energy force, qi, flows through our body along 12 channels called meridians. While the force flows freely, we are healthy, but when it is blocked, we become ill. The ancient Chinese philosophy of yin and yang is a dualistic cosmic theory. The yin signifies femininity, water, coldness, darkness, and is represented by the earth. The yang signifies masculinity, fire, heat, light, and is represented by the heavens. Imbalances in yin and yang can lead to imbalances in qi on a physical, emotional, and spiritual level.

The goal of acupuncture is to bring balance to yin and yang within the 12 meridians in the body, therefore allowing the qi to flow freely and promote good health.

In the first of a new series, we offer the facts, not fiction, behind some popular complementary, beauty, and sports treatments available

## FUN FACTS

Legend has it that acupuncture was discovered by physicians attending battlefields. They noticed that Chinese soldiers who had suffered arrow wounds found relief from their previous ailments and chronic illness.

Needles used to be made of bone, silver, or gold, and there are even suggestions that sharp sticks and thorns were used in the Iron Age. Physicians also allegedly experimented with fishbones and fakes of flint – ouch!

In the 14th century, 658 acupuncture points were identified by Chinese doctors. Now, over 1,000 points are recognised by modern acupuncturists!

## WHAT TO EXPECT FROM AN ACUPUNCTURE APPOINTMENT?

Typically, the initial consultation will take 60-90 minutes. A practitioner will ask their client questions about their condition. They may ask how long they have had the condition, whether they experience any pain, or if anything makes it worse. The practitioner will establish facts regarding the client's general health, what medication they take, their lifestyle, diet, medical and family history, sleeping patterns, emotional state, among other factors.

The acupuncturist will then carry out some tests to assess the individual's qi. They will check the pulses on both wrists for 'quality, strength, and rhythm', and assess the tongue's 'colour, size, and coating'. An acupuncturist may press various acupuncture points to assess if any are tender or painful.

Once the client's qi has been assessed, they will be asked to undress and lie on the treatment bed. During a session, an acupuncturist will generally insert up to 20 needles into the body, depending on the severity of the ailment.

There is no rule as to how many sessions a person should attend; each individual should be assessed by their practitioner on a case-by-case basis. However, one-two sessions per week is a good baseline, and improvement is generally noticed after five-six treatments.

## DOES IT HURT?

Each individual is different; some people report feeling sleepy and relaxed during treatment, while others feel energised.

Once a needle has been inserted, it is usually left for around 15-20 minutes. It should not hurt, but some people may feel a dull ache or tingling sensation. Some acupuncturists try to bring on a sensation called 'de qi' where the needle is manipulated, twisted, or twirled for the duration of the treatment. For some, this can be unpleasant or painful. A pricking sensation, slight bleeding, or mild bruising is quite common with acupuncture. Rarer side effects can include fainting, nausea, or an allergic reaction to the needle insertion.

Although acupuncture is one of the most invasive therapies, serious reactions are rare. Acupuncture is a relatively safe treatment when carried out by a knowledgeable, certified, and insured practitioner.

## AN IMPORTANT NOTE

As a practitioner, you should always ensure your client is comfortable and encourage them to communicate with you if they are feeling uncomfortable or nervous. If someone is considering acupuncture, but they are nervous of needles, it may be advisable for them to try acupressure or shiatsu. Both are based upon similar theories but work by putting pressure on these areas with the fingertips, rather than the insertion of needles.

For references, please visit:  
[fht.org.uk/magazine-references](https://fht.org.uk/magazine-references)



# RESEARCH

## POOR QUALITY DIET MAKES OUR BRAINS SAD

Ref: [doi.org/10.1080/1028415X.2024.2355603](https://doi.org/10.1080/1028415X.2024.2355603)

In a recent study published in *Nutritional Neuroscience*, researchers have suggested that those who have a 'poor diet' (one that is high in sugar and saturated fat) are more likely to experience negative mental health compared to those who follow a 'Mediterranean style diet'. Through brain scans, it was determined that those with a poor diet faced changes in their neurotransmitters and grey matter which are associated with rumination – part of the criteria for mental health conditions such as depression and anxiety.

Researchers admit there were a few limitations with this study; they suggest the need for a bigger study sample and considerations of other biomarkers such as glucose and cholesterol. They were not able to determine the direct cause and effect relationships between diet and brain function, and call for further research to examine stronger causation.



## REIKI REDUCES PROCEDURAL AND HEALTH ANXIETY

Ref: [doi.org/10.1186/s12904-024-01439-x](https://doi.org/10.1186/s12904-024-01439-x)

According to a study published in *BMC Palliative Care*, Reiki was shown to be effective in reducing procedural and health anxiety for patients with chronic conditions such as fibromyalgia, depression, and gastrointestinal endoscopy inflammation. Using a data pool of 824 patients, researchers determined that short-term (< three sessions) and moderate-frequency (six to eight sessions) of Reiki therapy can effectively reduce procedural and health anxiety. However, researchers found that Reiki was less efficient in decreasing preoperative and death-related anxiety in preoperative patients and cancer patients. They attribute this to individual pathophysiological states, psychological conditions, and treatment expectations. They suggest further research focusing on cancer and preoperative patients would help further understand its effectiveness in these scenarios.



## WALKING ALLEVIATES SYMPTOMS OF DEPRESSION IN OLDER ADULTS

Ref: <https://doi.org/10.1186/s12877-024-05118-7>

In a systematic review published in *BMC Geriatrics*, walking has been shown to be the most effective exercise in alleviating depression in older adults. Aerobic exercise (AE), Yoga, Qigong, resistance training (RT), and Tai Chi (TC) were also shown to be equally effective. However, beyond the age of 81, exercise was shown to no longer significantly alleviate symptoms of depression. They suggest the effectiveness of walking could be due to its ease of implementation as older individuals found it easier to initiate walking exercises. As walking is commonly conducted outside, it also allowed older adults to enjoy their natural surroundings and benefit from sunlight exposure and fresh air.

They explained the importance of dosage: moderate exercise stimulates dopamine and endorphins, but low exercise levels may not be enough to trigger these responses, and an excessively high dosage can leave to physical fatigue and negative effects.

They stress the importance of walking for older adults, while emphasising its simplicity, cost-effectiveness, and evident ability to alleviate depressive symptoms. However, researchers call for more research over all age groups to understand the scope of its effectiveness. Similarly, they state further research is needed to establish the optimal dosage.

For references, visit [fht.org.uk/magazine-references](https://fht.org.uk/magazine-references) or alternatively, type the individual references into your search bar online

## THE BENEFITS OF UNILATERAL BREATHING

Ref: [doi.org/10.3390/brainsci14040302](https://doi.org/10.3390/brainsci14040302)

Researchers recently published a pilot study in *Brain Sciences* regarding unilateral breathing (UNB) compared to breathing through both nostrils. Over an eight-day training programme for breathing, 20 participants were assigned either a unilateral right nostril (URNB) or left nostril (ULNB) breathing condition.

Analysis showed that both groups reported improved wellbeing perception. However, URNB produced more benefits regarding stress reduction and relaxation while ULNB significantly reduced mind-wandering occurrences over time.

As this is a pilot study, researchers stressed that no solid conclusions can be taken from the results, and further investigation and studies will be required. They also suggested further research will be required using larger data pools and samples. Despite this, they believe the results are promising and suggest this angle of research can be used to improve the wellbeing of the general population, and can be easily incorporated into yoga practices.



## THE BUSINESS HUB

# TRENDS, TIKTOK, AND COMPLEMENTARY THERAPIES



Welcome to FHT's Business Hub! Designed with you in mind, our Business Hub is a focal point of specially curated content, intended to help you build and manage your business successfully.

Clinical Aromatherapist and Podcaster **Izzy Rose** discusses the importance of staying educated and aware with the rise of complementary and beauty trends this summer

WORDS IZZY ROSE

**W**e are in the midst of summer and the holidays are upon us. Trends are on the rise, and it seems as though the 'summer-ready' pressures haven't eased. Not only do we compare ourselves to others around us, but social media platforms such as TikTok have risen in popularity over the last few years, bringing with it an increase in insecurities and self-consciousness. It's no surprise that trends become so popular during the summer when people are feeling low and watching others 'glow up' on social media.

Unfortunately, those searching for advice on how to get a 'summer body' may be pulled into the dangerous trends that are circulating.

## NEGATIVE EXPERIENCES

TikTok is *the* platform for trends, and some trending topics – such as using essential oils – have skyrocketed. For example, using rosemary essential oil for hair growth has become increasingly popular for those seeking long, healthy hair this summer. The trend involves adding the essential oil to carrier oils such as jojoba and applying it to the scalp, sometimes as much as once a day. This trend is science-backed, as rosemary has been shown to grow hair as quick as Minoxidil (Panahi et al, 2015); however, some individuals have had reactions due to incorrectly diluting the essential oil.

These raw experiences are uploaded for the world to see – good or bad. Anecdotal information can be taken as fact, which can then create counterproductive misconceptions around these topics. Arguably, these negative experiences using essential oils could have been avoided if individuals sought professional advice from a licenced aromatherapist. It's important to

encourage clients to take online information with a pinch of salt, as some creators use shocking before-and-after photos for traction, which may not always be accurate.

There is also a cross-pollination of information from the United States where essential oils are commonly ingested. Trends, such as using lemon essential oil in teas for digestion and body aesthetics, are circulating. This is ultimately dangerous and can damage the gut microbiome. The trend involves directly adding lemon essential oil to hot water and honey and drinking it. This is promoted by some larger brands in the US who claim they have therapeutic grade oils which are safe to ingest. This goes against UK regulations, and general aromatherapist advice which recommends against ingesting essential oils.

## EDUCATING CLIENTS

The misinformation can be hard to navigate, so correctly educating our clients is very important, whether that be education around correct dilution ratios, or which brands you trust and recommend. As a clinical aromatherapist myself, I can't help but feel powerless seeing these trends explode with positivity, then negativity. I always advise my clients to check with me, or another licenced aromatherapist, before following popular trends.

Castor oil has also been the subject of a recent popular trend. In the pursuit of a summer body, some people are using castor oil for detoxing and removing excess water in the stomach. The trend involves applying castor oil to a liver pack or directly to the belly button and sleeping with the oil on overnight. However, there have been cases of people making false claims and creating clickbait

when it comes to the results of this trend. Alarmingly, some creators are spreading dangerous information, and recommending the ingestion of castor oil as a laxative. Castor oil is a powerful carrier oil; when used safely and applied topically, it could have benefits for easing constipation and removing waste product from the body. However, using castor oil as a laxative can cause extremely negative side effects such as painful abdominal cramping and diarrhoea.

If you are an aromatherapist and your client wishes to try this trend, you could suggest using hexane free, organic, cold-pressed castor oil from trusted brands and applying it topically in small amounts. As always, it is best to advise that they also refer to the manufacturer's instructions and contact them directly regarding any issues.

## POSITIVE ENVIRONMENT

As practitioners, it is so important to be aware of what trends are circulating so we can investigate the science-backed information. We should strive to create a positive environment for sharing information and give accurate recommendations to clients.

It should be stressed that clients should always seek professional advice from qualified aromatherapists with regards to the usage of essential or carrier oils. The FHT does not endorse, nor recommend the ingestion of essential oils, or the application of essential oils neat to the skin.

Dangerous and inaccurate trends are not unique to aromatherapy. Whether you are a beauty, sports, or complementary therapist, it is extremely important to help clients make decisions which are right for their mental and physical health. **IT**

**Izzy Rose** is a clinical aromatherapist and podcaster of Diffuser Diaries (available on Apple, Spotify, and Google). She is also author of the book series *Simply Essential Oils*. Find out more at [fht.org.uk/diffuser-diaries](https://fht.org.uk/diffuser-diaries) and on her socials at [@dreamdropsoils](https://www.tiktok.com/@dreamdropsoils) (TikTok, Instagram, and YouTube).



## THE BUSINESS HUB

# 7 SECRETS TO SUCCESS

FHT Complementary Therapist of the Year 2022, **Vicky Rawcliffe**, reveals her top tips for building a booked out, profitable, and rewarding holistic therapy business

WORDS VICKY RAWCLIFFE



I was in my mid-40s when I decided to take the plunge and leave corporate life behind. I didn't know it at the time, but that decision was the first step towards me becoming a successful multi award-winning holistic therapist. Over the last six years, I have meticulously crafted a booked-out solo therapy practice, which not only elevates the wellness of my clients, but is also a highly profitable business – even in the trickiest of economic climates.

If you're looking for tried and tested techniques to help grow your own practice, then I am excited to share the steps which have brought me to where I am today.

## SECRET 1: EMBRACE YOUR UNIQUE OFFERING

At the core of every thriving holistic practice lies a distinctive offering. Whether it's your signature therapy technique, your specialised focus on a particular demographic, or your innovative approach to wellness, embracing your uniqueness is paramount.

What is your unique offering? It is likely that your own greatest strengths are hiding in plain sight. Sometimes, your unique offering can feel so natural to you that it takes a second perspective to reveal it; you can always ask family, friends, or trusted clients for their opinion.

Once you've established exactly what your unique offering is, you need to clearly communicate this to your audience through your marketing and business as a whole. Your own authenticity and passion will resonate deeply with clients seeking genuine connections and transformative experiences.

## SECRET 2: CULTIVATE STRONG CLIENT RELATIONSHIPS

In the world of holistic therapy, building strong and meaningful relationships with clients is the absolute cornerstone of your business' success. You must strive to create unique and personalised experiences that address the individual needs of each client. Always listen attentively, prioritise empathy, and demonstrate a genuine interest in the wellbeing of each and every client who walks through your door.

Make notes after each treatment, not just to record outcomes, but to

remember how your client takes their tea or coffee, that they have a birthday coming up, or what their children's names are. You will not only enhance client satisfaction, but also cultivate a fiercely loyal client base that will return time and time again and happily refer others to your practice.

## SECRET 3: HARNESS THE POWER OF ONLINE PRESENCE

A robust online presence is essential for holistic practitioners looking to thrive. Leverage social media platforms to engage with your audience, share valuable content, and spark conversations around your services. Make sure that you are personally showing up on your channels – clients want to connect with you, not your logo. Always remember that clients want to be supported by therapists that they know, like, and trust.

Embrace email marketing to stay connected with clients. Your email list is the only piece of social real estate that you actually own – your Facebook, Instagram, and TikTok channels don't belong to you; they could be closed at any time, and are constantly vulnerable to the algorithm. Always prioritise moving prospective clients from your social

channels over to your website and subsequently onto your email list. From there, you can connect with clients on a personal level by sharing your story, your services, and your authority as a trusted expert.

## SECRET 4: PRIORITISE SELF-CARE AND CONTINUOUS LEARNING

As holistic practitioners, we fully understand the importance of self-care and personal development. However, amidst the demands of running a business, it's so easy to forget about prioritising our own well-being. Don't forget to nurture yourself physically, emotionally, and spiritually to maintain your own precious balance and vitality. Don't be afraid to renegotiate your working hours. A year ago, I decided to close my practice on Saturdays, as I was burning myself out by working such long hours. At the same time, I raised my prices and didn't see a decrease in income – there was actually an increase!

Additionally, never stop learning and expanding your knowledge. Maintaining a willingness to learn keeps your mind young and agile, your business offerings fresh, and your clients engaged. Stay updated on the latest innovations, techniques, and research in holistic therapy through workshops, courses, CPD, and networking with fellow practitioners. By investing in yourself, you not only enhance your skills but also inspire confidence in your clients.

## SECRET 5: ESTABLISH CLEAR BUSINESS SYSTEMS AND PROCESSES

Efficiency and organisation are the pillars of a successful holistic practice. Establish clear systems and processes for scheduling appointments, managing client records, and handling payments so that you can spend more of your time focusing on the parts of your business that you actually enjoy.

My practice really took off as soon as I integrated an online booking system into my website and social channels. By embracing technology to streamline admin tasks, you create a professional interface for your clients. You also free up hours of your time and energy every week to focus on what truly matters – delivering exceptional holistic experiences to your clients.

## SECRET 6: FOSTER COLLABORATIVE PARTNERSHIPS

Collaboration often leads to greater opportunities for growth and expansion. Seek out partnerships with like-minded practitioners, wellness centres, or complementary businesses such as your local yoga studio, organic cafe, or crystal shop. Don't be afraid to take the initiative and reach out to businesses via social media or actually get out onto your high street, knock on doors, and introduce yourself. Explore co-hosting workshops, retreats, or joint promotional campaigns with other business owners to reach new audiences and share resources. Collaboration is a fantastic way to access a ready-made client base, whilst enriching your current one with diverse perspectives and offerings.

Always be ready to help out other therapists in your area who look to you for advice and guidance. Don't let a fear of competition hold you back – there will always be plenty of clients out there to keep all of our diaries busy, so be generous with your knowledge and share it with others. By raising others up, we all succeed.



## SECRET 7: EMBRACE ADAPTABILITY AND RESILIENCE

Be open to change and innovation in response to shifting market dynamics and client needs. View the current economic climate as an opportunity to ensure that everything you offer your clients is absolutely 5-star quality. Make sure that you are actively listening to your clients and having deep conversations with them so that you can anticipate and surpass their needs.

Over the last few years of global turmoil, we have all demonstrated just how resilient we are. Don't ever let go of that capacity to weather the storm. Stay nimble in adjusting your offerings, pricing, or marketing strategies to stay ahead of the curve. If a treatment you launch falls flat, don't ever consider it a failure, it's just a learning opportunity – tweak it, adjust it, relaunch it, shelve it for later, or try something new. You didn't fail, you just learned what didn't work and that's ultimately what leads you on to success.

In conclusion, by incorporating these seven 'secrets' into your holistic practice you will pave the way for a flourishing business that enriches both your life and the lives of others. Remember, success is not a destination but a journey – one that is guided by both the art of healing and the science of business. Enjoy every moment of your journey wholeheartedly, for within its twists and turns lie the seeds of your transformation and triumph. **IT**

**Vicky Rawcliffe** swapped corporate hustle for the serenity of holistic therapies in 2018. She has since forged a thriving practice that's both profitable and deeply rewarding. Along the way, she has attracted a loyal client base with her luxurious and innovative treatments, and won multiple awards, including FHT Complementary Therapist of the Year 2022. In 2024, Vicky launched a unique coaching service, fusing her holistic expertise with her entrepreneurial spirit. It is her mission to be a guiding light for fellow therapists seeking to unlock success within their own businesses. For more information visit [transcendenceholistic.co.uk](https://transcendenceholistic.co.uk)



# COMING together

Why not attend a meeting near you this year? Find the full list of coordinators at [fht.org.uk/local-support-groups](http://fht.org.uk/local-support-groups)

Local groups, supported by the FHT, have been busy. Take a look to see what they've been up to over the past few months...

## 18 HUNGERS WITH COLCHESTER

On 15 March, the Colchester group invited Gill Bauer to teach her very interesting and eye opening course with regard to emotional eating. The group learned about physical, primal, and cellular level hunger, covering topics such as deficiencies and the importance of vitamin D. The group reported that it was a fascinating session: "The time flashed past, and we all wanted more! Gill is amazing."



Caption  
Photograph: Colchester LSG

## GONG MEDITATION WITH BOURNEMOUTH

On 18 March, the Bournemouth group held a very interesting meeting led by Hannah Lammiman. She talked about her decades of experience in a variety of different roles in the holistic industry. Having created a supportive and safe space, Hannah encouraged the group to share any challenges they are currently facing. The session ended with a gong meditation.



Caption  
Photograph: Bournemouth LSG



**PLANNING THE FUTURE WITH EASTBOURNE**  
In April, the Eastbourne group ran a successful relaunch. They enjoyed a pleasant evening with some chocolate cake and banana muffins! They shared ideas and discussed some exciting plans for upcoming meetings and the year ahead. They spoke on future involvement in charity events, local fayres, and trade shows. They also revealed upcoming guest speakers who are to present on topics including kinesiology, reiki, crystals, aromatherapy, reflexology, and much more.

Caption  
Photograph: Eastbourne LSG



Caption  
Credit: Tees Valley LSG

## DEMONSTRATING LYMPHATIC DRAINAGE WITH TEES VALLEY

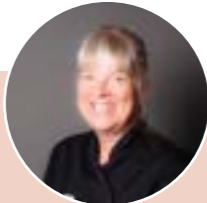
On 14 May, Susan Wallace offered a demonstration on lymphatic drainage to the Tees Valley group. The group offer their thanks to everyone who attended, and to Susan for being a fantastic speaker.

## UNDERSTANDING MENOPAUSE WITH EASTBOURNE


On 8 May the Eastbourne group held their meeting with a great turnout of 14 members. They discussed the stages of menopause and identified more than 35 symptoms. They considered how massage can help menopause by speeding up blood flow, boosting the immune system, encouraging joint movement, while offering improvement to skin and digestion.

They delved into aromatherapy, smelling the wonderful aromas of essential oils, particularly favouring geranium and fennel for their therapeutic properties to aid menopausal symptoms. They then discussed reflexology and listed the key reflexes to support menopausal clients, through moments of stress, depression, and anxiety. Lastly, they created a list of aftercare suggestions which included over 40 tips they could pass on to their clients. Tea and coffee was served with blueberry muffins and coconut cookies. Therapists gained two CPD points and took away notes to support their learning from the evening.

ALI'S AWARD



I am pleased to announce Ali's Award to Stephanie Davis of Bath and Somerset Local Support Group. She took over the group in October 2019 and we know what happened the following year! She kept the group going and has continued to support therapists in the area. Congratulations Steph for all your continued hard work!





**FIRST AID, CPR, AND EMERGENCIES WITH WIGAN**

Wigan's FHT support group meeting in April took place at The Deanery High School. The guest speakers were three members from the Bolton Mountain Rescue Team (MRT), Dave Cook and his colleagues. Dave has been in the team for 14 years and attended hundreds of call-outs. Bolton MRT are a self-funding organisation who rely on donations and work tirelessly with the emergency services to rescue people when they are in trouble. The group were shown how to carry out CPR correctly, as well as giving a child CPR. They discussed what would be expected in different scenarios, for example a heart attack.



Caption  
Credit: Wigan LSG

**Did you know?**  
Attending a support group meeting – in person or online – can gain you two CPD points if the subject relates to professional development. Find out what subjects are covered as CPD at [fht.org.uk/training/cpd](http://fht.org.uk/training/cpd)

**Promote your meetings**  
If you're a LSG Coordinator and would like to promote your meetings, please email our editor [msteel@fht.org.uk](mailto:msteel@fht.org.uk) with information and the subject line '[Name] LSG Meeting'. See more information on what to include at [fht.org.uk/coordinator-resources](http://fht.org.uk/coordinator-resources)

Submissions for the next issue will reflect July, August, and early September meetings, and need to be submitted by 9 September 2024.

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**MACMILLAN SUPPORT WITH WATERLOOVILLE**

On 15 May, Julie from Macmillan Centre spoke to the WaterlooVille Local Support Group about all the amazing work they do at the Macmillan Centre at QA in the newly refurbished facilities. The wonderful facility is run by volunteers and supports cancer patients and their families at what can be a very difficult time. She spoke in depth about what they offer in terms of courses, workshops, literature, the treatments currently on offer, and how therapists can get free training and support to become part of the volunteers' network. If you would like to get involved with this worthy cause and help support those going through their cancer journey, head over to Members' News on page 10 which offers further information on available volunteering opportunities.

Credit: WaterlooVille LSG



**THE AMAZING WORLD OF KINESIOLOGY WITH WATERLOOVILLE**

On the 20 March, the WaterlooVille group welcomed Claire Odd as a guest speaker. As a Functional Kinesiologist, Claire took them on a tour of all things kinesiology, explaining how Functional Kinesiology is all about taking a hormones-first approach, and how she uses it in her clinic with her clients. She explained the many ways it can help in everyday life and demonstrated a few techniques first hand to show how powerful a gentle movement can be. The group were offered the opportunity to practice on each other and watch lots of demonstrations before they discussed their individual reactions. The group said they were looking forward to learning more on the topic. "Claire introduced us to the world of kinesiology in such a fun way... what a fun and interactive evening – we were all buzzing!" they said. If you are a member of the WaterlooVille group and missed out on this session, you are encouraged to get in touch as they have a recording of the night and a copy of the slides of the accompanying presentation.

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# FHT

## ACCREDITED COURSE PROVIDERS



**SC SHORT COURSE** - FHT Accredited short course is a training course that on its own does not follow the National Occupational Standards (NOS) and Core Curriculum for a therapy and one which may not qualify the student to Practitioner Level. Short courses expand on an existing therapy that follows the NOS or FHT standards as best practice, i.e. Pregnancy Massage or CPD courses.

**Q QUALIFICATION COURSE** - FHT Accredited qualification is a training course that follows the National Occupational Standards (NOS) and Core Curriculum - where available - for the therapy and one that qualifies the student to Practitioner Level. This is for learners who are starting from the beginning with no knowledge in the therapy.

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- SC Golden Egg Holistic**  
[goldeneggholistic.com](http://goldeneggholistic.com)
- Q SC International College of Orthopaedic Therapy (INCOT)**  
[incot.ie](http://incot.ie)
- Q Kerry School of Reflexology**  
[kerryreflexology.com](http://kerryreflexology.com)
- Q SC National School for Remedial Therapy (NSRT)**  
[nsrt.ie](http://nsrt.ie)
- SC Obus Academy**  
[obus.ie](http://obus.ie)
- Q Tara School of Reflexology & Therapies**  
[taraschoolofreflexology.ie](http://taraschoolofreflexology.ie)
- Q SC The European College of Reflexology and Massage**  
[ecrm.ie](http://ecrm.ie)

### SCOTLAND

- SC Aurora Holistic Training Academy**  
[aurora-scotland.com](http://aurora-scotland.com)
- Q Hailey Dallas Brows Ltd**  
[haileydallasbrows.com](http://haileydallasbrows.com)
- SC Horizon Geothermal Training Academy**  
[jacquelineochertyhotstonemassage.co.uk](http://jacquelineochertyhotstonemassage.co.uk)
- Q Mind Detox Academy**  
[minddetoxacademy.com](http://minddetoxacademy.com)
- Q School of Holistic Therapy**  
[holistic-school.com](http://holistic-school.com)

- Q SC Shiatsu and Thai Massage Training Scotland**  
[stmts.co.uk](http://stmts.co.uk)
- SC Start with Touch Ltd**  
[startwithtouch.com](http://startwithtouch.com)
- Q SC The Glasgow School of Massage**  
[theglasgowschoolofmassage.com](http://theglasgowschoolofmassage.com)
- Q Therapia School of Reflexology**  
[therapiaschool.co.uk](http://therapiaschool.co.uk)

### NORTHERN IRELAND

- Q SC Airmid Academy**  
[airmidtherapies.com](http://airmidtherapies.com)
- Q Angel Haven**  
[angelhaven.co.uk](http://angelhaven.co.uk)
- Q Beulah Keane (Mind Body in Feet)**  
[mindbodyinfeet.co.uk](http://mindbodyinfeet.co.uk)
- Q SC Body and Sole School of Complementary Therapies**  
[bodyandsoleschool.co.uk](http://bodyandsoleschool.co.uk)
- Q SC Calm Confident Training Academy**  
[calmconfidentkids.co.uk](http://calmconfidentkids.co.uk)
- NEW Q Devata Holistic Centre**  
[devata.co](http://devata.co)
- SC Dorothy Kelly Academy of Reflexology**  
[dorothykellyacademyofreflexology.com](http://dorothykellyacademyofreflexology.com)
- Q Judy Buckley School of Reflexology**  
[judybuckleyreflexology.com](http://judybuckleyreflexology.com)
- Q New Beginnings School of Natural Therapies**  
[angelsanctuary.co.uk](http://angelsanctuary.co.uk)

- Q SC Sheila Nugent School of Reflexology & Holistic Therapies**  
[sheilanutgenschoolofreflexology.co.uk](http://sheilanutgenschoolofreflexology.co.uk)

### NORTH WEST

- SC Acupuncture Training Providers Ltd**  
[jonhobbzacupuncture.com](http://jonhobbzacupuncture.com)
- Q Breathworks**  
[breathworks-mindfulness.co.uk](http://breathworks-mindfulness.co.uk)
- Q SC British Academy of Crystal Healing**  
[britishacademyofcrystalhealing.com](http://britishacademyofcrystalhealing.com)
- SC Dorn Method Academy UK (Jacqui)**  
[dornmethod.org](http://dornmethod.org)
- Q Harmony Holistics Wirral**  
[harmonyholisticswirral.co.uk](http://harmonyholisticswirral.co.uk)
- SC Health Med Training Solutions**  
[acupuncturetrainingproviders.co.uk](http://acupuncturetrainingproviders.co.uk)
- SC Hero Lifestyle**  
[herolifestyle.co.uk](http://herolifestyle.co.uk)
- Q SC KORE Academy Ltd**  
[koretherapy.com](http://koretherapy.com)
- Q Natural Touch Training**  
[naturaltouchtraining.co.uk](http://naturaltouchtraining.co.uk)
- SC NotLost Wellbeing Ltd**  
[notlostwellbeing.com](http://notlostwellbeing.com)
- Q Olettesa Reiki & Holistic Therapies**  
[olettesatherapies.co.uk](http://olettesatherapies.co.uk)
- Q Reiki Tradition**  
[reikitradiation.me.uk](http://reikitradiation.me.uk)
- SC Sigma Woman**  
[sigmawoman.co.uk/cpd-training](http://sigmawoman.co.uk/cpd-training)
- SC Tameside College**  
[tameside.ac.uk](http://tameside.ac.uk)
- SC Urban Body Balance**  
[urbanbalance.co.uk](http://urbanbalance.co.uk)
- NEW SC UK Nail & Beauty Supply & Training Academy**  
[uknailandbeautysupply.co.uk](http://uknailandbeautysupply.co.uk)
- Q SC Vector Training**  
[vtraining.co.uk](http://vtraining.co.uk)
- NEW SC Wilde Harmony Holistic Massage**  
[wildeharmony.com](http://wildeharmony.com)
- SC Xtreme Therapeutics**  
[xfituk.com](http://xfituk.com)
- SC Yu Heal**  
[yuheal.nl](http://yuheal.nl)

### NORTH EAST

- Q SC Breeze Academy**  
[breeze.academy](http://breeze.academy)
- SC Eclipse Training Associates**  
[eclipsetrainingcourses.co.uk/courses](http://eclipsetrainingcourses.co.uk/courses)
- Q The No1 Pain Relief Clinic**  
[theno1painreliefclinic.co.uk](http://theno1painreliefclinic.co.uk)

### YORKSHIRE AND THE HUMBER

- Q Cosmo Kemp School of Thai Yoga Massage**  
[cosmothaiyoga.com](http://cosmothaiyoga.com)
- Q SC Eve's Garden (Alison Valerie Peart)**  
[eves-garden.co.uk](http://eves-garden.co.uk)
- Q SC Pain Care Clinic Ltd**  
[paincareclinic.co.uk](http://paincareclinic.co.uk)
- SC Sacred Moon**  
[sacred-moon.co.uk](http://sacred-moon.co.uk)
- Q The Sound Therapy Company**  
[thesoundtherapycompany.co.uk](http://thesoundtherapycompany.co.uk)
- SC Total Therapies Training**  
[totaltherapies.co.uk](http://totaltherapies.co.uk)

### EAST MIDLANDS

- Q SC Cedars Training Academy Ltd**  
[cedarstrainingacademy.co.uk](http://cedarstrainingacademy.co.uk)
- Q SC Chi Medics™**  
[chi-medics.com](http://chi-medics.com)
- SC Gentle Release Therapy Ltd**  
[gentlereleasetherapy.com](http://gentlereleasetherapy.com)
- SC Holistic Tai Chi Qigong Training Academy UK**  
[hqtau.com](http://hqtau.com)
- Q Penny Price Aromatherapy Ltd**  
[aromatherapy-courses.co.uk](http://aromatherapy-courses.co.uk)
- SC Pressure Point**  
[pressurepoint.me](http://pressurepoint.me)
- Q Shirley Price International College of Aromatherapy**  
[shirleyprice.co.uk](http://shirleyprice.co.uk)
- SC Skcin National Skin Cancer Charity**  
[masced.uk](http://masced.uk)
- Q Tri-Dosha**  
[tri-dosha.co.uk](http://tri-dosha.co.uk)

### WEST MIDLANDS

- Q SC Central School of Massage**  
[centralschoolmassage.com](http://centralschoolmassage.com)
- SC Chakrascension™ Centre**  
[chakrascension.org.uk](http://chakrascension.org.uk)
- Q Joanne Woodward Holistic Health Clinic**  
[joannewoodwardholistichealth.com](http://joannewoodwardholistichealth.com)
- SC Just Be (Butterfly Experience with Jacqui Mexson)**  
[jaqui.mexson@virginmedia.com](mailto:jaqui.mexson@virginmedia.com)
- SC Lymphoedema Training Academy Ltd**  
[lymph.org.uk](http://lymph.org.uk)
- SC Microsystems Therapies and Training**  
[mtat.uk](http://mtat.uk)
- SC OM Massage School**  
[ommessageschool.com](http://ommessageschool.com)
- SC The Ishta Centre**  
[coreposturalalignment.com](http://coreposturalalignment.com)

### WALES

- SC Angela Green Complementary Therapies**  
[angelagreen99@yahoo.co.uk](mailto:angelagreen99@yahoo.co.uk)
- SC Dynamic Massage**  
[dynamicmassage.co.uk](http://dynamicmassage.co.uk) & [handsfreemassage.com](http://handsfreemassage.com)
- Q Glyndwr University**  
[glyndwr.ac.uk](http://glyndwr.ac.uk)
- Q SC HB Training Wales Ltd**  
[hbtraining.org](http://hbtraining.org)
- SC Lucy's Beauty Academy**  
[lucysbeautystudio.org.uk](http://lucysbeautystudio.org.uk)
- Q Physiotherapy and Complementary Therapies Ltd**  
[nwcom.co.uk](http://nwcom.co.uk)
- SC Sally Kay**  
[reflexologylymphdrainage.co.uk](http://reflexologylymphdrainage.co.uk)
- Q SC TEACH Therapy**  
[teachtherapy.co.uk](http://teachtherapy.co.uk)
- SC West Shires School of Complementary Health**  
[therapytrainingwales.co.uk](http://therapytrainingwales.co.uk)

### SOUTH WEST

- SC Booth VRT Ltd**  
[boothvrt.com](http://boothvrt.com)

- SC Cheltenham School of Complementary Therapy & Beauty**  
[thetherapyschool.co.uk](http://thetherapyschool.co.uk)
- Q SC Core Elements**  
[coreelements.uk.com](http://coreelements.uk.com)
- SC Cotswold Academy - Complementary Health & Sport**  
[cotswoldacademy.co.uk](http://cotswoldacademy.co.uk)
- NEW SC Holistic Therapies Training Academy Ltd**  
[holistictherapiestrainingacademy.co.uk](http://holistictherapiestrainingacademy.co.uk)
- SC Light Touch Therapy Training**  
[lighttouch.co.uk](http://lighttouch.co.uk)
- SC Nicolle Mitchell**  
[massagefordementia.co.uk](http://massagefordementia.co.uk)
- SC Physical Solutions UK**  
[physicalsolutions-uk.com](http://physicalsolutions-uk.com)
- SC Seren Natural Fertility**  
[serennaturalfertility.co.uk](http://serennaturalfertility.co.uk)
- SC The Children's Reflexology Programme**  
[kidsreflex.co.uk](http://kidsreflex.co.uk)
- SC Therapy Health and Beauty Clinic**  
[therapyclinic.co](http://therapyclinic.co)
- SC Tranquillity Zone Training**  
[tranquillityzonetraining.co.uk](http://tranquillityzonetraining.co.uk)
- Q University of St Mark & St John**  
[marjon.ac.uk](http://marjon.ac.uk)
- SC Weston Hospicicare**  
[westonhospicicare.org.uk](http://westonhospicicare.org.uk)

### SOUTH EAST

- Q Alison Dalziel Acupuncture & Massage Training**  
[alisondalziel.co.uk/contact](http://alisondalziel.co.uk/contact)
- SC Aromalyne**  
[aromalyne.com](http://aromalyne.com)
- Q SC Brighton Holistics Online**  
[brightonholisticsonline.co.uk](http://brightonholisticsonline.co.uk) / [brightonholistics.co.uk](http://brightonholistics.co.uk)
- Q SC Brighton School of Massage**  
[brightonschoolofmassage.co.uk](http://brightonschoolofmassage.co.uk)
- Q SC Calming Influences Ltd**  
[calminginfluences.com](http://calminginfluences.com)
- Q Centre for Nutrition Education and Lifestyle Management**  
[cnelm.co.uk](http://cnelm.co.uk)
- Q Cherubs Training Academy - Hampshire**  
[cherubsbabyhealth.com](http://cherubsbabyhealth.com)
- SC College of Classical Massage Ltd**  
[collegeofclassicalmassage.com](http://collegeofclassicalmassage.com)
- SC CS Nutrition**  
[clairnutrition.co.uk](http://clairnutrition.co.uk)
- Q East Sussex College Group**  
[escg.ac.uk](http://escg.ac.uk)
- Q Elaine Caswell Therapy Training**  
[elainecaswelltherapy.co.uk](http://elainecaswelltherapy.co.uk)
- Q SC Elemi Training**  
[elemitraining.co.uk](http://elemitraining.co.uk)
- SC From the Seed**  
[fromtheseed.co.uk](http://fromtheseed.co.uk)
- SC Hawaiian Massage UK Training Centre**  
[huna-massage.com](http://huna-massage.com)
- SC Innamincka Training Services**  
[itsperou@depinaperou.plus.com](mailto:itsperou@depinaperou.plus.com)
- SC Jane Sheehan**  
[footreading.com](http://footreading.com)
- NEW SC Lifespan Reflexology**  
[lifespanreflexology.co.uk](http://lifespanreflexology.co.uk)
- Q SC Lucis College**  
[lucisgroup.com](http://lucisgroup.com)
- Q Mary Atkinson Holistic Therapy Courses**



maryatkinson.com

**Q SC** Natasha de Grunwald  
natashadegrunwald.co.uk

**SC** Purple Turtle Academy  
purpleturtlettherapy.com

**SC** Quinn Neuropratic  
brendan-quinn.co.uk

**SC** Reflexmaster  
reflexmaster.co.uk

**SC** R J Buckle Associates  
rjbuckle.com

**SC** Shakra Centre  
shakracentre.com

**SC** Shared Beauty Secrets  
sharedbeautysecrets.com

**Q SC** The Academy of Systematic  
Kinesiology

kinesiology.co.uk

**SC** The Advanced Attraction Company Ltd  
carolynebennett101@gmail.com

**Q SC** The College of Functional Wellness  
functional-wellness.co.uk

**SC** The Holistic and Wellness Course Academy  
sallygarozzo.com

**SC** The Ixchel System  
ixcheltherapies.co.uk

**SC** Time for a Change  
timeforachange.uk.com

**SC** Total Release Experience (TRE UK®)  
treuk.com

**SC** Training4Healthcare  
training4healthcare.co.uk

#### EAST OF ENGLAND

**SC** Academy of Advanced Beauty  
academyofadvancedbeauty.com

**SC** AuroraStar Holistic Therapies & Training  
aurorastar.co.uk

**Q SC** Cameron Reid Training  
www.cameronreid.com

**Q** Culinary Medicine College  
culinarymedicinecollege.com

**SC** Functional Reflex Therapy  
functionalreflextherapy.co.uk

**SC** Helen Mary Perkins  
helenperkins.com

**SC** One Mind Academy  
onemindacademy.com

**SC** On the Spot Training Centre  
sallymorris.co.uk

**SC** SKN-RG Academy  
skn-rg.com

**SC** Zen School of Meditation  
biancadagostino.com

#### LONDON

**Q SC** Ayurveda Pura Academy  
ayurvedapura.com

**SC** Accredited Massage Courses Ltd.  
accreditedmassagecourses.co.uk

**SC** Benjawan School of Thai Massage and Therapy  
benjawan-thaimassage.co.uk

**SC** Body Health Therapies  
bodyhealththerapies.co.uk

#### Q Bodyology

bodyologymassagecourses.co.uk

**SC** CPD Health Courses  
cpdhealthcourses.co.uk

**SC** Craniosacral Therapy Educational Trust  
cranio.co.uk

**SC** Elemental Massage School of Beauty and  
Holistic Therapies

elemental-massage.co.uk

**SC** Eva Nagy Massages  
evanagymassages.co.uk

**NEW Q** Haven Wellness  
havenwellness.co.uk

**Q** HypnoTC: The Hypnotherapy Training Company  
hypnotc.com

**SC** Integrated Manual Medicine (IMM)  
immcpd.co.uk

**SC** International Massage Education  
internationalmassageeducation.co.uk

**Q SC** Jivita Ayurveda Ltd  
jivitaayurveda.com

**Q** Magni Academy  
magniskin.co.uk

**SC** School of Natural Therapies  
schoolofnaturaltherapies.co.uk

**Q** Shen Mantra  
shenmantra.com

**SC** SpaNu Wellness  
spanuwellness.com

**NEW SC** Sports Performance Massage  
sportsperformancemassagecpd.com

**SC** St Mary's University  
smuc.ac.uk/shortcourses

**SC** The Skintellectual Group  
skintellectualgroup.com

**SC** UnitedMind Ltd  
unitedmind.co.uk

**SC** Ziggie Bergman  
zonefacelift.com

**SC** Ziggie Bergman with the London  
School of Reflexology

zonefacelift.com

#### NATIONAL

**SC** Amethyst Trust Specialist Cancer Massage &  
Reflexology Training

amethysttrust.co.uk

**Q SC** Anatomy and Physiology Online  
anatomy-and-physiology-online

-courses.co.uk

**Q SC** Essential Training Solutions Ltd  
essential-training.co.uk

**Q SC** Gateway Workshops  
gatewayworkshops.co.uk

**SC** Hypnosis Courses Ltd  
hypnosis-courses.com

**SC** Jennifer Young  
jenniferyoungtraining.com

**Q SC** London School of Massage  
londonchoolofmassage.co.uk

**Q** The College of Bowen Studies  
collegeofbowenstudies.co.uk/contact-us

**SC** The Chrysalis Effect  
thechrysaliseffect.com

**SC** Vitali-Chi Headquarters  
v-chi.com

**SC** Wavestone Therapies Ltd  
thewavestone.co.uk

**SC** Womb & Fertility Massage  
fertilitymassage.co.uk

**SC** Zen School of Meditation  
biancadagostino.com

#### INTERNATIONAL

**SC** Alchemy of Breath Academy  
alchemyofbreath.com

**Q** American Fitness Professionals  
& Associates (AFPA)

afpafitness.com

**Q** Blossom & Berry Baby Massage & Yoga Training  
blossomandberry.com

**SC** Breath of Gold  
breathofgold.com

**SC** Butterfly Touch Therapies Training Limited  
butterflytouchtherapiestraining.com

**Q** Health Coach Institute, LLC  
healthcoachinstitute.com

**Q** Institute of Transformational Nutrition (ITN)  
transformationaln nutrition.com

**Q SC** Jari Jari Spa  
jarijari.com.my

**SC** Liddle Kidz Foundation  
liddlekidz.org

**SC** MSTR® International  
mcloughlin-scar-release.com

**Q** Natural Bioenergetics Global  
naturalbioenergetics.ca

**Q SC** New Mind Academy (New Mind Sdn. Bhd.)  
brainhealthspecialist.com

**Q SC** New Vision Therapy  
newvisiontherapy.co.uk

**SC** PureAroma Healing Academy  
purearoma.com.tw

**SC** Rapid NeuroFascial Reset  
rapidnfr.com

**Q** Rinalda Therapeutic Kneads  
rinaldatherapeuticneads.com

**SC** Shiny Forest Ltd  
shinyforest.com

**Q SC** The Institute of Aromatherapy  
aromashoppe.com

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