

References and Further Reading for:  
International Therapist  
Summer 2024

## Industry News

Learn more about...

British Beauty Week

*Website:* [britishbeautyweek.co.uk](https://britishbeautyweek.co.uk)

The 2024 Summer Olympics

*Website:* <https://olympics.com/en/paris-2024/the-games/olympic-paralympic-games/olympic-games>

The 2024 Summer Paralympics

*Website:* <https://olympics.com/en/paris-2024/the-games/olympic-paralympic-games/paralympic-games>

King Charles Honours Three Key Members of The College of Medicine

*Article:* <https://collegeofmedicine.org.uk/dr-michael-dixon-fiona-butler-michael-dooley-kings-birthday-honours/>

Games of the XXXIII Olympiad:

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Go With The Flow:

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Schoep, Mark E., 'The impact of menstrual symptoms on everyday life: a survey among 42,879 women', American Journal of Obstetrics & Gynecology, 220:6, available: **10.1016/j.ajog.2019.02.048**

## Is Your Sun Cream SPF Safe?

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**<https://www.which.co.uk/news/article/3-sunscreens-fail-which-tests-but-weve-also-found-some-great-value-options-we-recommend-aStGl7K67DKd>**

## Members' News

To learn more about...

Jewels Therapy

*Mobile:* **07585 809 607**

*Email:* **[jewelstherapies@yahoo.com](mailto:jewelstherapies@yahoo.com)**

*Facebook:* **Jewelstherapies**

Volunteering at Macmillan Centre at Queen Alexander Hospital in Portsmouth

*Mobile:* **02392 283324**

*Email:* **[Julie.Gailer@porthosp.nhs.uk](mailto:Julie.Gailer@porthosp.nhs.uk)**

## 10 Years On

To learn more about...

Gill Park

*Website:* [gillianparkmassage.co.uk](http://gillianparkmassage.co.uk)

Liz Boardman Copywriting

*Website:* [lizboardmancopywriting.co.uk](http://lizboardmancopywriting.co.uk)

## FHT Hosted Courses

To learn more about...

Introduction to Biomechanics for Chronic Pain Relief

*Course Link:* <https://www.fht.org.uk/education/introduction-to-iomechanics-for-chronic-pain-relief>

Coaching Skills for the Holistic Therapist:

*Course Link:* <https://www.fht.org.uk/education/coaching-skills-for-the-holistic-therapist>

Introduction to Intellectual Property:

*Course Link:* <https://www.fht.org.uk/education/introduction-to-intellectual-property>

Detox Massage

*Course Link:* <https://www.fht.org.uk/education/detox-massage>

More FHT Hosted Courses

*Website:* [fht.org.uk/course-listings](https://www.fht.org.uk/course-listings)

## Plant Profile: Atlas Cedarwood

Learn more about...

Sue Adlam

*Website:* <https://www.essenceakeso.co.uk/>

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## Seasonal Nutrition: Fresh Catch

Learn more about...

Coriander Stone (CNELM)

*Website:* **[cnelm.ac.uk](http://cnelm.ac.uk)**

Coriander Stone (Brainstorm Health)

*Website:* **[brainstormhealth.co.uk](http://brainstormhealth.co.uk)**

# Summer Crystals

Learn more about...

Jackie Winters

*Podcast/Website:* **[britishacademyofcrystalhealing.com](http://britishacademyofcrystalhealing.com)**

*Email:* **[jackie.winters@yahoo.co.uk](mailto:jackie.winters@yahoo.co.uk)**

*Phone:* **07834 072273**

## The Benefits of Barefoot Walking

Learn more about...

Michela Rand

*Website:* **randholistics.co.uk**

*Instagram:* **@rand\_holistics**

*Facebook:* **Rand Holistics**

Oschman JL, Chevalier G, Brown R, 'The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases'. *J Inflamm Res.* 2015 Mar 24;8 83-96, available: doi: **10.2147/JIR.S69656.**

## The Intricate Balance of Life

Learn more about...

Cotswold Academy

*Website:* **[cotswoldacademy.co.uk](http://cotswoldacademy.co.uk)**

# Uncovering the Mystery of Sacroiliac Joint Dysfunction

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The Sleep Charity, 'Useful Resources', The Sleep Charity, available:

**<https://thesleepcharity.org.uk/information-support/useful-resources/>**

Be a Man

Learn more about...

Caroline Larissey

Blog Link: <https://www.fht.org.uk/about-us/governing-council>

Blog Link: <https://www.fht.org.uk/about-us/governing-council/caroline-larissey-vice-president>

## Yoga for the Young at Heart:

Learn more about...

Alyson Tyler

*Email:* **[alyson@breathemoverelax.scot](mailto:alyson@breathemoverelax.scot)**

*Website:* **[breathemoverelax.scot](http://breathemoverelax.scot)**

Tulloch, Alice et al., 'Yoga-based exercise improves health-related quality of life and mental well-being in older people: a systematic review of randomised controlled trials', *Age Ageing*, July 2018, available: DOI: **10.1093/ageing/afy044**

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## The Sunshine Vitamin

To learn more about:

The British Skin Foundation

*Website:* [www.britishskinfoundation.org.uk](http://www.britishskinfoundation.org.uk)

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## Past, Present, Future of New Vision Therapy

To learn more about:

Chris Duquemin/New Vision Therapy

*Website:* [www.newvisiontherapy.co.uk](http://www.newvisiontherapy.co.uk)

## Navigating Ever-Changing Landscapes

To learn more about...

The Chrysalis Effect

*Email:* [team@chrysaliseffecthealth.com](mailto:team@chrysaliseffecthealth.com)

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**<https://digital.nhs.uk/data-and-information/publications/statistical/autism-statistics>**

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## Paediatric Massage for Helping Developmental Transitions

To learn more about...

Liddle Kidz Foundation®

*Website:* **[liddlekidz.org](http://liddlekidz.org)**

## Ask an Expert

To learn more about:

Continued Personal Development

*Website:* **[www.fht.org.uk/cpd](http://www.fht.org.uk/cpd)**

Webinar Recordings

*Website:* **[www.fht.org.uk/education/fht-webinar-recordings](http://www.fht.org.uk/education/fht-webinar-recordings)**

Education

*Website:* **[www.fht.org.uk/education](http://www.fht.org.uk/education)**

Local Support Groups

*Website:* **[www.fht.org.uk/local-support-groups](http://www.fht.org.uk/local-support-groups)**

# The Effect of Myofascial Release on Parkinsons Tremor

To learn more about...

Sheree Phelps

*Email:* [sheree@podiumtherapies.co.uk](mailto:sheree@podiumtherapies.co.uk)

*Phone:* **07540 864380**

Podium Therapies: [www.podiumtherapies.co.uk](http://www.podiumtherapies.co.uk)

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Mindful Marketplace

To learn more about...

Sun Bum SPF 30 Lip Balm

*Website:* <https://sunbum-uk.com>

Turmeric & Seaweed Soap

*Website:* [www.reallywildemporium.co.uk](http://www.reallywildemporium.co.uk)

*Discount Code:* **FHTWILD10** for 10% off (This code can only be used once, not in conjunction with any other coupons, and will expire end of 2024)

Dr Organic Manuka Honey Foot & Heel Cream

*Website:* [www.hollandandbarrett.com](http://www.hollandandbarrett.com)

NEOM Perfect Night's Sleep Pillow Mist

*Website:* [www.neomwellbeing.com](http://www.neomwellbeing.com)

Rescue Remedy® Dropper

*Website:* [www.boots.com](http://www.boots.com)

Pocket Smidge

*Website:* [www.smidgeup.com](http://www.smidgeup.com)



## On Our Shelf

To learn more about...

Hooked – Talitha Fosh

*Website:* [www.watkinspublishing.com](http://www.watkinspublishing.com)

Plant Feasts – Frankie Paz

*Website:* [www.watkinspublishing.com](http://www.watkinspublishing.com)

Starting a Sports Massage Business – Katie Evans

*Website:* [www.kesportmassagementoring.co.uk](http://www.kesportmassagementoring.co.uk)

Wild Life - Stefan Batorijs

*Website:* [www.uk.singingdragon.com](http://www.uk.singingdragon.com)

*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

*Website:* [www.uk.singingdragon.com](http://www.uk.singingdragon.com)

*Discount Code:* **FHTSD15** for 15% off your order. (Offer available until 11 October 2024)

Diffuser Diaries – Izzy Rose

*Podcast Link:* [www.fht.org.uk/diffuser-diaries](http://www.fht.org.uk/diffuser-diaries)

She Fights Back –

*Website:* [www.watkinspublishing.com](http://www.watkinspublishing.com)

*Discount Code:* **SHEFIGHTS30** for 30% off when purchased through Watkins

## Reading Room

Zeidan, Adam. "What Was the First Book Ever Written?". Encyclopedia Britannica, 28 December 2022, available: <https://www.britannica.com/story/what-was-the-first-book-ever-written>.

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Hudson, Alison, 'A borrower and a lender be', British Library, 9 October, 2017m available: <https://blogs.bl.uk/digitisedmanuscripts/2017/10/either-a-borrower-or-a-lender-be.html>

## Acupuncture

Barnett, Helen, 'Part II; Acupuncture' in *The Which? Guide to Complementary Therapies*, (London, Penguin Books Ltd, 2002) p.65-p.75

Blitz Editions, 'Acupuncture' in, *A-Z of Alternative Therapy* (London, Blitz Editions. 1992) p.6-p.7

Mantle ,Fiona, Tiran, Denise, 'Traditional systems of medicine; Traditional Chinese Medicine' in *A-Z of Complementary and Alternative Medicine: A Guide for Health Professionals* (Amsterdam, Elsevier, 2009) p.247-p.248

## Research

To learn more about...

### Poor Diet Makes Our Brains Sad

Hepsomali, Piril, Adele Costabile, Marieke Schoemaker, Florencia Imakulata, and Paul Allen. 2024. "Adherence to Unhealthy Diets Is Associated with Altered Frontal Gamma-Aminobutyric Acid and Glutamate Concentrations and Grey Matter Volume: Preliminary Findings." *Nutritional Neuroscience*, May, 1–13.

**doi:10.1080/1028415X.2024.2355603.**

*Further Research:* <https://www.reading.ac.uk/news/2024/Research-News/Poor-quality-diet-makes-our-brains-sad>

### Reiki Reduces Procedural And Health Anxiety

Guo, X., Long, Y., Qin, Z. *et al.* Therapeutic effects of Reiki on interventions for anxiety: a meta-analysis. *BMC Palliat Care* **23**, 147 (2024).

<https://doi.org/10.1186/s12904-024-01439-x>

### Walking Alleviates Symptoms of Depression in Older Adults

Tang, L., Zhang, L., Liu, Y. *et al.* Optimal dose and type of exercise to improve depressive symptoms in older adults: a systematic review and network meta-analysis. *BMC Geriatr* **24**, 505 (2024). <https://doi.org/10.1186/s12877-024-05118-7>

### The Benefits of Unilateral Breathing

Vanutelli, Maria Elide, Chiara Grigis, and Claudio Lucchiari. 2024. "Breathing Right... or Left! The Effects of Unilateral Nostril Breathing on Psychological and Cognitive Wellbeing: A Pilot Study" *Brain Sciences* 14, no. 4: 302.

<https://doi.org/10.3390/brainsci14040302>

## Tiktok, Trends, and Complementary Therapies

To learn more about...

Izzy Rose

*Podcast:* [fht.org.uk/diffuser-diaries](https://fht.org.uk/diffuser-diaries)

*TikTok, Instagram, YouTube:* [@dreamdropsoils](#)

Alookaran, Jeffrey; Tripp, Jayson, 'Castor Oil', updated November 21, 2022, StatPearls Publishing, available from: <https://www.ncbi.nlm.nih.gov/books/NBK551626/>

Panahi, Yunes; Taghizadeh, Mohsen, et al., 'Rosemary oil vs minoxidil 2% for the treatment of androgenetic alopecia: a randomized comparative trial'. Skinmed, available: <https://pubmed.ncbi.nlm.nih.gov/25842469/>

7 Secrets to Success

To learn more about...

Vicky Rawcliffe

*Website:* **[transcendenceholistic.co.uk](http://transcendenceholistic.co.uk)**