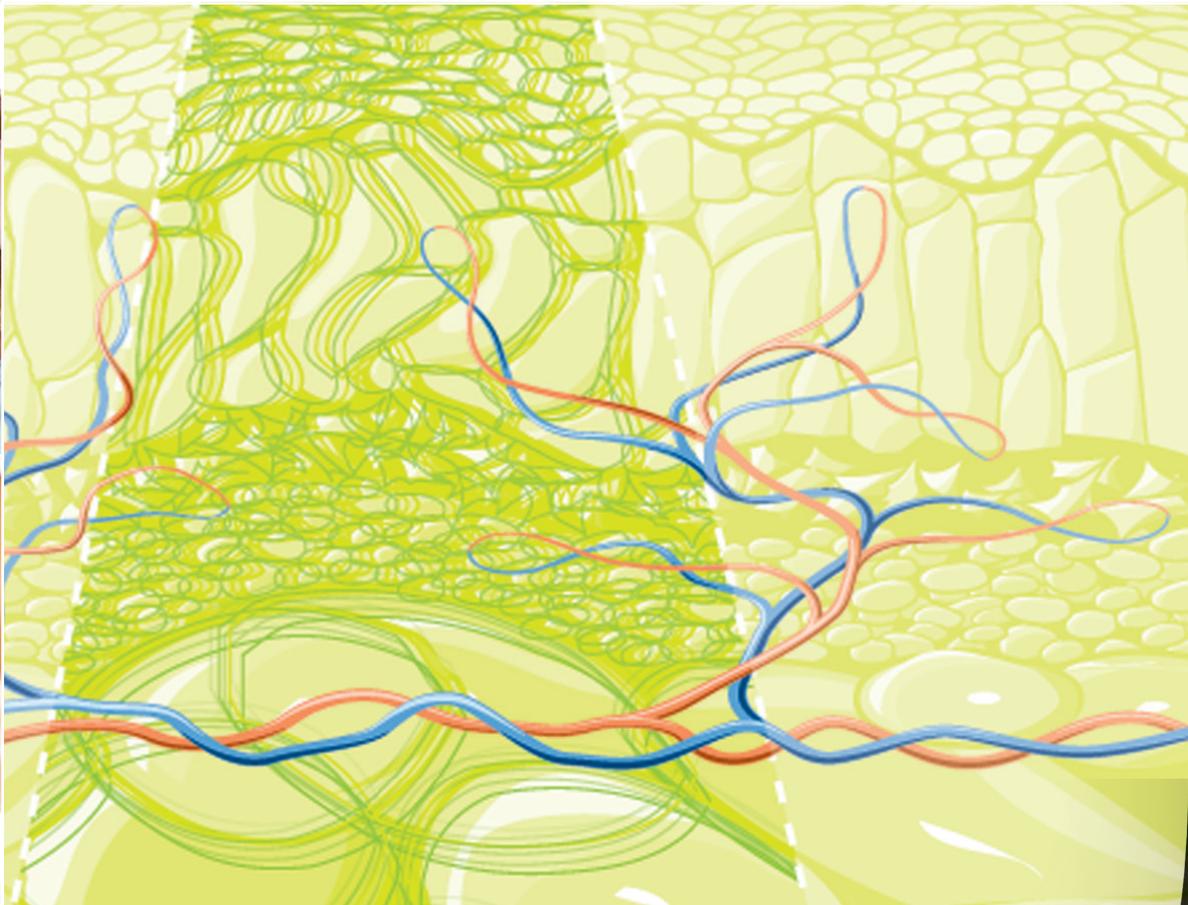




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Issue 28 Autumn 2014

Aromatherapy

- 4 Aromatherapy and its role in relieving stress
- 6 Love your lymph!
- 8 Lemon oil
- 10 As an aromatic woman, what do I need to grow?
- 12 Lavender the oil and the maceration

Making Electrostatic Waves in UK Healthcare... Page 13

Ayurveda & Yoga

- 16 Cholesterol the silent killer, how can Ayurveda help?
- 18 An Ayurvedic autumn

Business Support

- 22 I'm a network marketing professional
- 24 How can you uncover your talents?
- 26 Seven tips for using your networking skills to get new business
- 28 You know how sometimes you need to be in two places at once



Complementary Therapies

- 30 AoR - 30 years of excellence in training
- 32 The Bowen Technique - an emergency
- 33 Bach flower essences for indecision
- 34 camexpo
- 36 Can you HEAR me with all that NOISE?
- 38 Chronic obesity as seen in the hand print

Health & Nutrition

- 40 The nutritional approach to endometriosis
- 42 Healthy carrot cake
- 44 Bio-activated organic silicium
- 46 Get your natural zzz...
- 46 Everyone loves a media report...

Integrated Healthcare

- 48 Craniosacral therapy and whiplash
- 50 A mind-body-social approach to adrenal issues
- 54 Staying healthy on holiday
- 56 Infection, friend or foe?

Letter from the Editor



Scientific evidence points to five steps that we can take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from your life. If you approach them with an open mind and try

them out, you can judge the results yourself.

Connect – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

Be active – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your life.

Keep learning – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word.

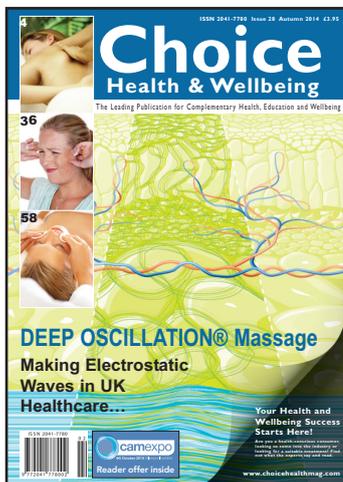
Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. **Take notice** – be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness 'mindfulness', and it can positively change the way you feel about life and how you approach challenges.

Happy reading,
Angela

Angela Mahandru *Editor, Publisher*

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Natural Beauty

- 58 Planning through participation
- 60 Exfoliation, prepare, polish and perfect skin
- 64 Witch hazel
- 65 New natural skincare range for babies and up!

Personal Development

- 66 Why do boundaries matter?
- 68 Emotions and building self-confidence
- 70 Self-improvement with Energetic NLP

Training & Education

- 72 Therapeutic uses of kinesiotaping in cancer care
- 74 Stretching the low back
- 76 Effective treatment of the sacroiliac joint with advanced massage techniques
- 78 Aromatherapy for different skin types and conditions
- 80 What were you expecting?

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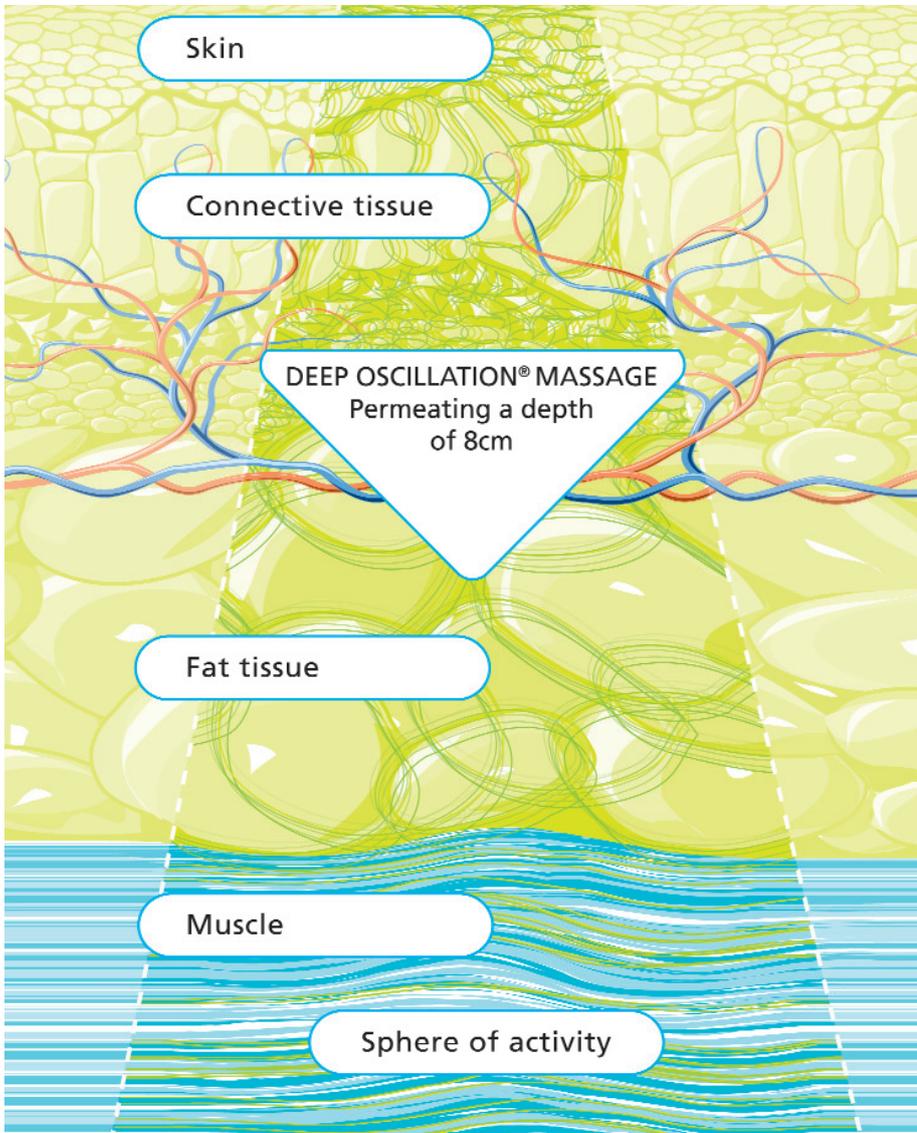
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DEEP OSCILLATION®

Electrostatic Massage from PhysioPod®



Making Electrostatic Waves in UK Healthcare...

A review of the innovative, German electrostatic massage therapy that is fast becoming the “must have” massage tool in Medical Rooms throughout the UK and Ireland.

In 2010, CHW hailed DEEP OSCILLATION® therapy from PhysioPod® as “A Major Breakthrough For Therapists” for 4 reasons:

1. Its non-invasive, gentle application: delivered through vinyl-gloved hands (or through special applicators, which enable self-treatment.) An electrostatic field is created within the tissue layers, permeating an 8cm depth. Clinically

proven biological effects include:- significant pain reduction, anti-inflammatory, anti-fibrotic, reducing swelling and bruising and applicable day from one post surgically and immediately after injury, boosting the natural healing process. Also effective in chronic conditions.

2. It can be used by all therapists: including, Physiotherapists, Chiropractors & Osteopaths, MLD Therapists, Sports and Complementary / Beauty Therapists, Lactation Consultants and Equine therapists.

3. Training is ‘free’ with the unit, taking a minimal two hours with no “new skills” to learn, PhysioPod® feel the skills are already in the hands of the therapist, they just need to learn about the control buttons and contraindications; which are the same as normal massage plus

pregnancy and pacemaker. Wonderfully, the therapy can be used over implanted pins and plates too.

4. A free therapist web listing on the PhysioPod® website made it a perfect purchase for the forward thinking/marketing savvy therapist.

DEEP OSCILLATION® re-featured in CHW2011 in an article entitled: “*Changing The Lives Of Lymphoedema Sufferers*”, as faster results than ever before were now being achieved for: pain relief, volume and oedema reduction, breaking down previously stubborn fibrosis and improving skin conditions, thus reducing the likelihood of Cellulitis developing. At last, Lymphoedema sufferers could take active charge of their condition, via the DEEP OSCILLATION® PERSONAL, improving the quality of their lives.

In 2013 CHW looked at how therapists were evaluating the therapy in it’s various fields of application and how PhysioPod® (now



Trademarked) became NHS approved suppliers and entered into yet more elite sporting teams (they were already in many elite clubs) with an endorsement from Yorkshire County Cricket.

PhysioPod® UK Limited are now delighted to update CHW readers: recapping on the mechanics of the therapy, with six therapist FAQ, successes so far this year and their plans for the rest of 2014, with the addition of several new, positive and uplifting testimonials.

How can DEEP OSCILLATION® be described?

DEEP OSCILLATION® is a patented electromechanical therapeutic procedure using resonant vibration of the tissue with DEEP OSCILLATION® equipment from Physiomed, Germany. A special design makes it possible, using electrostatic attraction and friction, "to produce mechanical vibrations in treated tissues of the body, not only at the skin on the surface but also in deeper tissues" (Brenke and Siems 1996). Schönfelder and Berg (1991) refer to a "penetrating vibration and pumping effect deep into the tissue". The frequency can be varied in the range from 5-250 Hz. The treatment applicator/therapists vinyl gloved hands and the patient are connected to the equipment (voltage source). A vinyl film between the applicator, and/or vinyl gloves and the patient functions as a dielectric. This results in a weakly conducting capacitive layer between the contact surfaces. In action, pulsed electrostatic attractions draw the tissue to the applicator/gloved hand and release it at the rhythm of the chosen frequency. The therapist sets the pressure gradient, speed and direction of the movements. The patient can treat himself if appropriate. The treatment procedure is characterised by minimal external mechanical effects, which allows it to be used in cases of acute pain, fresh injuries and in the treatment of wounds. Numerous pilot studies have demonstrated pain reduction, minimisation of oedema and anti-fibrotic effects. It is commonly used for the treatment of Lymphoedema (Jahr, S., Schoppe, B. and Reißhauer A. (2008) Effect of treatment with low intensity and extremely low frequency electrostatic fields (Deep Oscillation®) on breast tissue and pain in patients with secondary breast lymphoedema. J. Rehabil. Med. 40, 645-650).

DEEP OSCILLATION® is shown by ecographic image recording to permeate an 8cm depth. Source: "Value of DEEP OSCILLATION® therapy in the healing of AB burns" Authors: MSc. Dra. Solangel Hernández Tápanes1, Lic. Addiel Suárez 2, Dra. Tania Bravo Acosta 3, Lic. Rafael Wilson Rojas 2, MSc. Dra. Beatriz Fernández Prieto 4, Dra. Miriela Cabrera Morales 5 (Cuban Journal of Physical Medicine and Rehabilitation RNPS 2244-FOLIO 148 – ISSN 2078-7162 2010).

Six of the Most Frequently Asked Questions:

1. I'm a therapist, how can I get a unit and be trained to use this therapy?

Please call Julie at PhysioPod on 0115 9167 685 or 0788 692 57125 and arrange a suitable time to

go along to train on a one-to-one basis and pick up a unit in Nottingham. Onsite training for more than one therapist can be arranged but this will attract further travel costs.

2. How much does a DEEP OSCILLATION® unit cost?

Take a look at PhysioPod® products and see which one is most suitable for you and then call Julie or email for a price to info@physiopod.co.uk

3. How do I get listed on the PhysioPod® website as a therapist using DEEP OSCILLATION®?

After training has taken place, Mary will email you with a web questionnaire, following completion Mary will create the entry with photos/logos and details of the other treatments you offer and will then send you the <http://link> of the "therapist entry" to check before finally uploading. The web entry can be updated as needed at no extra cost.

4. What is the value of a web entry listing? How many hits does the PhysioPod® website get a week?

Due to increased awareness and the results of the therapy spreading by word of mouth it now attracts 6,300 visits a week. People are actively looking for a therapist who works with DEEP OSCILLATION® therapy.

5. As a therapist, will I get after-sales support?

Yes, support is by email and phone and therapists can keep abreast of latest developments of the therapy in the latest news section of the website, which is updated frequently. High quality A5 Patient FAQ booklets are provided with purchase and therapists can put their details on the back, these can be used as marketing tools. Further booklets can be purchased on request.

6. Is it safe for the therapist and patient?

Yes, completely, there has not been one single case of any adverse side affect since DEEP OSCILLATION® was granted its first patent in 1988, just positive feedback.

Diary of Events – Written by Mary Fickling, Director, PhysioPod® January 2014

The year began with a visit to London's prestigious Harley Street. In the Harley Street area alone, there are now more than 3,000 healthcare professionals, in clinics, medical and paramedical practices. Many clinics are now using the therapy in this area. This time, our visit was to The Harley Street Cancer Centre, where the Complementary Therapy Coordinator, Amelia Thompson awaited our arrival with eager anticipation. Having already experienced the therapy At The Portland Hospital for Women and Children, Amelia was keen to have her training and get going with the therapy. Julie and I spent a very enjoyable couple of hours with Amelia and her colleague Sharon Halliday, a Senior Complementary therapist at the Centre. Eight months on, Amelia has provided the following testimonial:

"The 'buzz' around this piece of equipment

(DEEP OSCILLATION®) in my opinion is all positive and it is living up to my expectations! I find it most helpful in tackling tissue fibrosis that MLD alone sometimes struggles to resolve. My latest success has been treating a lady with long-standing breast fibrosis, following a partial mastectomy. For years her breast has been hard and uncomfortable and after two treatments, combining MLD with DEEP OSCILLATION® therapy, she claims it is 'the best treatment she has received so far!' Also, 'it is of great benefit' and it has given her relief by making her breast 'softer' and 'lighter'. This is just one of a range of conditions I now use DEEP OSCILLATION® therapy for. It is proving to be a great resource to the clinic."

Amelia Thompson, Complementary Therapy Coordinator, MLD and CDT Therapist
THE HARLEY STREET CANCER CENTRE
<http://www.physiopod.co.uk/the-harley-street-cancer-centre.shtml>

PhysioPod® got invited back to NHS Christie in Manchester in January to train staff in the use of The DEEP OSCILLATION® EVIDENT, with software indications for aesthetics, clinics and sports and two DEEP OSCILLATION® Personals which can be programmed from the EVIDENT for patient use. The Physiotherapy Department now let patients take home the small units for two to three weeks at a time to self-manage their Lymphoedema. This is the ideal situation and many hospitals are taking their lead. Many patients go on to purchase their own devices, once they see the difference it makes to maintaining swelling and improving skin condition.

Later in January, we were invited to the South Bucks Lymphoedema Clinic to train Gail Osbourne, the Clinic Manager and her team. Teaching therapists about something they've only heard about briefly, on update/review days, is a very rewarding experience. It is such a great feeling to walk away knowing they have "no more questions!" and are just excited to get on with it. Gail and team have been very happy with the therapy, recently provided this feedback:

"Since we received and started using our units we have had much faster results and very happy patients. They have really felt an improvement in areas that were proving stubborn to treat with traditional MLD alone – fatty necrotic tissue of the breast, numbness under the arm, head and neck lymphoedema and scar tissue on the abdomen after DIEP reconstruction, to name but a few. As well as getting fantastic results, patients find treatment with DEEP OSCILLATION® incredibly relaxing. We also get very positive feedback from male patients who appreciate a good gadget! We would not now be without it and believe it is an essential piece of kit for all lymphoedema therapists."

Gail Osborne M.C.S.P. S.R.P, Lymphoedema Clinic Manager, South Bucks Hospice Lymphoedema Clinic,



<http://www.physiopod.co.uk/south-bucks-hospice-lymphoedema-clinic.shtml>

February 2014

We had the pleasure of training a team of inspirational therapists at The Fountain Centre in Guildford, headed by Charlotte McDowell the Centre Manager. This is an independent charity caring for the physical, emotional, social and spiritual needs of patients and their families (under the care of St Luke's Cancer Centre) and the Surrey, West Sussex and Hampshire network. The therapists here give their time freely to support the Centre and in return are able to use the facilities of the Centre in the evenings. Rosemary, who provides the below testimonial is one of the The Fountain's highly qualified therapists.

"I have been using the HIVAMAT® 200 for DEEP OSCILLATION® therapy both in my private practice "Flourishing Health" and with patients at the "Fountain Centre" - cancer support unit - for about 3 months with fantastic results. Everyone is delighted with the benefits they are realising from the therapy using the HIVAMAT® 200 machine. I have used on people for numerous conditions from Lymphoedema (MLD), muscular aches and pains to post operative treatment to name but a few. I really am delighted with the machine because of the results my clients are getting with the proof of its benefits being measurable; reductions in swelling, reductions in pain and increased mobility for injuries".

Rosemary Gardner

ITEC Dip, IIHHT Dip, MPACT, MITCH, CLT, DLT, PLT, SRT

Flourishing Health, Guildford, Surrey

<http://www.physiopod.co.uk/rosemary-gardner.shtml>

Also in February of this year, Neal Reynolds, Head of Medical at Norwich City Football Club provided good news to sports teams thinking of adding the therapy to their medical rooms:

"We have been using the HIVAMAT® 200 system for 5 months now and have seen some very encouraging results. The main benefit for sports injuries seems to be aiding the reduction of joint swelling and we have seen clear clinical evidence of this on several of our players. I would definitely recommend the HIVAMAT® 200 system to all sports teams, as I believe it has a very important role to play in the reduction of joint oedema as well as being part of the treatment of several musculoskeletal conditions."

March 2014

In March 2014 PhysioPod® and DEEP OSCILLATION® were delighted to appear in the inaugural edition of the Primary Care Nursing Review

<http://www.pressreleasepoint.com/primary-care-nursing-review-pcncr-feature-deep-oscillation-therapy-1st-issue-online-nursing-journal-an-exciting-online-journal-for-primary-care-nurses-healthcare-professionals-and-industry/non-healthcare-related-readers>.

April 2014

PhysioPod® exhibited at their first Physio First Conference at The East Midlands Conference

Centre, where DEEP OSCILLATION® was extremely well received amongst attendees. Physiotherapists tend to ask lots of questions and we were happy to explain the therapy to them and get them to work on each other, it's amazing how many of them arrived as sceptics and then left as either owners or with a pack of information for bedtime reading. We were so well received we decided there and then to rebook for 2015 and to attend the Scottish Physio First Conference later in November 2014.

May 2014

PhysioPod® attended the MLD UK 20 year celebrations. Their bi-annual conference and AGM is always an informative and enjoyable event with keynote speakers, which this year included Dr Karen Herbst who gave an impressive presentation of understanding Lipoedema and its treatment (*Lipoedema is mentioned in more detail later in the article). She is currently involved in establishing an international classification of diseases (ICD) code for Lipoedema as well as working on the standard of care for Lipoedema in the US and internationally.

In mid-May, PhysioPod® visited Belfast City Hospital and trained the Physiotherapists of The Lymphoedema Network Northern Ireland (LNNI), initially placing units in The Belfast Cancer Centre Physiotherapy Department and in Lagan Valley Hospital, Lisburn. More units are hopefully to be placed before the end of the year. Feedback of the two placed units is so far very positive.

June 2014

*PhysioPod® had the great pleasure of attending/exhibiting at the Lipoedema UK Conference and AGM at The Royal College of General Practitioners in Euston Square, London. It was unveiled that 48,000 UK Surgeons were to learn about Lipoedema diagnosis and management via an e-learning module. Lipoedema (painful fat syndrome) is a chronic genetic condition that presents as the abnormal build-up of fat cells in the limbs and buttocks of women and occasionally, in men. Lipoedema is not affected by diet or exercise and has, until now, been misdiagnosed as Lymphoedema or as simple obesity.

A highlight for me personally, was to at last meet the inspirational Catherine Seo of Lipoedema simplified LLC, a Lipo-Lymphoedema sufferer based in the US. Catherine travels worldwide creating awareness of the condition and helping others. A filmmaker and researcher, she has had a huge battle in getting the right healthcare and the advice she rightly deserved in our "fat-bias" culture. We hit it off instantly and Catherine came to our stand to find out more about our therapy and to try it with the gloves on. She was amazed at our quickly it reduced oedema and has organized demos in Boston and New York.

Sharie Fetzer, Chair of Lipoedema UK, also a

Lipoedema sufferer, gave the following review of her experience of the therapy and the feedback from one of the ladies attending the event:

"After spending a total of 4 days on my feet, 2 at the International Lymphoedema Framework Conference and 2 days running Lipoedema UK Conference and AGM, my legs were swollen and painful, so a session with a HIVAMAT 200® from Julie was wonderful. The HIVAMAT 200® really helped alleviate the swelling and pressure and when trying out the machine at home my husband got to benefit from a treatment to his arthritic hands at the same time as treating me whilst massaging with the gloves on. This is the feedback we received from one of our Lipoedema UK conference delegates" "I did have some amazing treatment for pain and muscular problems with the PhysioPod® UK Ltd team, Julie and Mary. They were giving free demonstrations of their machine, which penetrates 8 cms into the body with deep vibrating oscillation. Being a bit sceptical about this I hesitated but then decided to go forward for a session of treatment and found immediate relief from my neck and back pain. I was truly amazed at the results. They were incredible but the good thing is that they have actually had some lasting effect!"

It isn't just Lipoedema UK who are creating awareness in the UK of this condition, great praise should also go to the support forums/private chat rooms who are helping sufferers daily at Lipoedema Ladies and Talk Lipoedema. DEEP OSCILLATION® continues to provide help for ladies with this condition and FAQ from sufferers can be read here <http://www.physiopod.co.uk/lipoedema-faqs-has-been-prepared-for-sufferers-following-requests-from-sufferers-of-the-condition-and-healthcare-professionals.shtml>

Self-management testimonials can be read here: <http://www.physiopod.co.uk/testimonials.shtml>.

In addition to the main advisory institutions for advice on Lipoedema and Lymphoedema, Elaine Macnichol RGN, Lymphoedema CNS email: elainemacnicol@btinternet.com is also happy to help sufferers and has access to a panel of experts

For the rest of the year PhysioPod® will be involved in the following activities.

- 🕒 Dr Vodder Reviews in Belper at the invitation of Prof Hildegard Wittlinger
- 🕒 Lymphatics 2014 for which PhysioPod™ UK Ltd are proud official sponsors
- 🕒 The British Lymphology Society Conference 2014
- 🕒 Lipoedema Ladies Big Meet 2014
- 🕒 Scottish Physio First Conference 2014
- 🕒 Medica 2014, International Medical Trade Exhibition Germany **CHW**

© More details can be found on the PhysioPod® website in events. If you have questions relating to this article please email info@physiopod.co.uk or call 0115 9167 685 or 0788 692 5715