

Goodness! April has been such an interesting (and wonderfully warm) month. There is so much to be sharing with you. Firstly let me tell you about this course I am on – one of the reasons I missed April's letter altogether – sorry to those who have been looking for something new! It is a Psychophonetics Counselling training. Last year we got used to the concepts, vocabulary and methodology and used it for our own development. This year we are training to use it with clients. There are 2 phases to the session. The first half is a deep empathic conversation in which the client has the opportunity to explore a presenting issue and get deeper into what the problem is, and fully express the effect these things may have on them. It is a profound conversation in which the client gets to feel really understood. This is an amazing experience, as we so rarely have this chance to feel understood at that level. Out of this exchange the client reaches a higher part of herself, her spirit, and is inspired with a clear and newly expressed idea of how that particular situation could be like; she expresses this as a Wish. This has a very positive effect on the being of the person as a whole and can be clearly shown in gestures of how one felt at the start and how one feels now. This then leads onto an action phase in which gesture, visualization, drama and sounds all work together to bring a resolution; a new meaning of the situation to the client which comes from the client himself rather than the practitioner. →

Psychophonetics Counselling has been developed by Yehuda Tagar and is the result of many years of studying drama, the teachings of Rudolph Steiner, psychology and psychotherapy and over 20 years of practical application in Australia, South Africa and, for the last 4 years, in England. He has founded the Persephone College based in Stroud. "It is a unique method of enhancing self-awareness and of renewing the whole human being – body, life energy, soul and spirit, based on Steiner's Psychosophy. It encourages the individual human spirit to take charge and to uplift inner and outer life. It leaves you in charge of your own transformation" (the college's leaflet) It is described as "Personal Transformation through the Heart Intelligence of Empathy." Check out [www.psychophonetics.co.uk](http://www.psychophonetics.co.uk) for more information. **"All life's challenges are opportunities for spiritual development through Pschophonetics".**

At this stage of our training we are practicing the Conversation stage, together with planning how the client may work towards realizing the different elements of the Wish, empowering them to take a sense of "Actually I CAN do something about this"! Towards this end, I am inviting you to consider the possibility of experiencing this particular method of exploration with me. Maybe you have an issue in your day to day life which is uncomfortable or difficult to resolve. Maybe you just feel curious to experience more about the connection between body soul and spirit. Please contact me and we can arrange 3 x 1hour sessions which will be **free**, though a small contribution towards the reservation of a consulting room and heating may be requested. I know you will be fascinated by the process and will feel more energized and positive about your life as result.

Contact me now on **01594 836071** or email [wendyguilfoyle@hotmail.com](mailto:wendyguilfoyle@hotmail.com).

It could be the beginning of a whole new relationship with yourself and with your loved ones and colleagues. Who knows what possibilities may arise out of being truly heard and seeing life from a new perspective. Contact me now to arrange your first session.

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Many people take having a family for granted, but for some it does not “just happen”. There can be many years of tests, anxiety and invasive treatment before a couple is blessed with a healthy baby. Infertility may affect 10 – 15% couples in UK. The reproductive problems may affect the woman or the man or both. About 50% of cases of male infertility are linked to sperm quality, which has been declining over the last 50 years. Lack of exercise, smoking, alcohol consumption, exposure to toxins in their environment or at work and/or problems arising from prescription drugs all contribute to this problem. A lot of research has been done into what vitamin and mineral supplements t are helpful for women to take, (including folic acid and fish oil etc), but in view of the above statistics research has been going on into how men may improve the strength and vitality of the sperm – thereby improving the chances of a successful pregnancy. A company, Pharma Nord, has developed a product called “B-Daddy”. It is a “combination nutritional supplement” containing Selenium and CoQ10. Selenium helps to protect DNA against damage. CoQ10 fuels the energy production in all cells in the body, including sperm cells. The European Food Safety Agency recognises this energising quality of CoQ10. Following a survey of published papers on this subject, Pharma Nord are able to say that B-Daddy will help to improve the health, quality and motility of sperm cells. It should be taken during the months prior to conception. They cannot say it will guarantee conception. That may come under a higher authority than a supplement company! More information/ordering available on 0800 591756

<http://www.pharmanord.co.uk>

They also produce a day face cream containing no parabens - “Q10 Revitalizing Cream”. I’m trialing it at the moment. I will let you know how I get on. It feels very nice on the skin.

(I don’t have shares in Pharma Nord! 😊)



A new supplement on the market is called Krill Oil. It is derived from a shrimp-like crustacean – a most abundant food source in the oceans. They feed on algae from which they make 2 powerful anti-oxidant pigments – Astaxanthin and Canthaxanthin. They are what make flamingoes pink. However, they don’t turn us pink, but give many health benefits – those of DHA and EPA along with powerful anti-oxidant, anti-inflammatory action. This oil may help to reduce the swelling and inflammation associated with arthritis. A trial with 120 people showed a reduction of 32% “bad” cholesterol while good cholesterol – HDL – increased by 44%. Blood glucose levels were reduced by 6%. Krill has also been shown to reduce symptoms of PMS such as breast tenderness and emotional upsets. 500mg – 3gm daily is the remedial dose; 500mg for a maintenance dose. I have not checked high street sources but krill oil is available from Cytoplan 01684 310099

Nutritionist, Angela Dowden, has drawn up a list of 10 basic nutritional things to remember in a neat format of 5 things NOT to do and 5 things to DO.

#### Things to DO:-

1. Take a vitamin and mineral supplement daily. Our food does not have the same levels of vitamins and minerals as it did. Taking a supplement fills in any depletion which may develop over time. Optimum levels strengthen the body's natural defenses – skin and mucous membranes, immune cells and antibody production.
2. Avoid too much salt – especially refined “table salt”. Keep to 6 gm a day. Sea salt is easier for the body – it is less concentrated and has other minerals besides Sodium chloride. Check salt content of various foods; more than 1.5g per 100g is a lot; less than 0.35 is a little.
3. Eat lots of fruit and veg. A portion is the amount you can hold in your hand. As well as supplying antioxidants, vitamins and minerals, they help to keep your body alkaline, which is thought to help protect against chronic disease conditions associated with “old age” – arthritis, diabetes, etc
4. Choose whole grains rather than refined. They have higher levels of vitamins, minerals and fibre and release sugar into the blood stream more steadily - e.g. 1 slice wholemeal toast, or 3 tbsp boiled brown rice or whole wheat pasta or a small bowl of “old fashioned/original” porridge oats – rather than instant-type porridge.
5. Fats of the omega-3 type have important anti-clotting and anti-inflammatory properties. Eat 1-2 portions oily fish a week such as mackerel (in season now), salmon and sardines (fresh or tinned) or take a fish oil supplement daily. It is better absorbed if eaten with yogurt or with a meal already containing some fat – a boiled egg (? - In the yolk!)

#### Things NOT to do:-

1. Miss breakfast. After 8 hours or more without food, breakfast is important to get brain and body moving. The ideal breakfast includes a carbohydrate, fruit and a source of protein; for example a poached egg on wholemeal toast with a glass of fruit juice or porridge with raisins, nuts and seeds stirred in accompanied by milky coffee.
2. Eat excess saturated fat, which is found in fatty meats, cheese, pastry, butter, cakes, biscuits, palm oil and cream. 20gm a day is the recommended amount. Don't avoid fat altogether; low-fat/no-fat foods may have added sugar to make them taste nice. Stress is more of a factor in heart disease than cholesterol but too much cholesterol in the body is not good for arterial health.
3. Smoking or drinking to excess on a regular basis is bad news for your lungs and your liver – 2 major life-generating organs. You die very quickly if either ceases to function well. One can be hooked up to an artificial lung but the functions of the liver are too rapid and various to replicate mechanically.
4. Portion control is important – not too much or too little. Eat when you are a hungry, but don't get “ravenous”, then you eat loads before you brain can register “full”.
5. Grab unhealthy snacks that are high in sugar and refined flours. After the spike of energy you sink very quickly. It challenges the pancreas and adrenals and kidneys and may lead to diabetes in later life. Choose nuts, seeds, fruit, carrot sticks, hummus, oat cakes...