

CLINIC

THERAPY FOCUS

Manual Lymph Drainage

Manual Lymph Drainage (MLD) was created by Dr Emil Vodder in the early 1930's to bring relief from chronic conditions such as sinus congestion and catarrh. Since then MLD has been used for a wide range of conditions. It is particularly well known on the European continent, where it is one of the main treatments for the management of lymphoedema.

MLD is an advanced therapy which uses a range of specialised and gentle rhythmic pumping techniques to move the skin in the direction of the lymph flow. This stimulates the lymphatic vessels which carry substances vital to the defence of the body and removes waste products.

The Benefits

MLD is both preventative and remedial, and can enhance your well being. Furthermore, MLD:

- is deeply relaxing
- promotes the healing of fractures, torn ligaments, sprains and lessens pain.
- can improve many chronic conditions: sinusitis, rheumatoid arthritis, acne and other skin conditions.
- may strengthen the immune system.
- relieves fluid congestion: swollen ankles, tired puffy eyes and swollen legs due to pregnancy.
- assists in conditions arising from venous insufficiency.
- promotes healing of wounds and burns and improves the appearance of old scars.
- minimises or reduces stretch marks.

The Training

There are many different types of training for lymphatic drainage. Dr Vodder's MLD training is a post-graduate qualification, with 80 hours of training for level one (which can treat all the conditions listed above) and another 80 hours to qualify to

level three (required to treat and bandage lymphoedema).

What To Expect

MLD therapists are trained to apply precise, rhythmical movements to different areas of the body. The treatment is designed around the anatomy and physiology of the lymphatics; the treatment will always start with the neck area; areas remote to the problem may be included; sometimes the problem area itself may not be touched.

Reactions to MLD vary, you may have more energy, or you may feel tired. If it is your first visit be prepared to relax afterwards, that way you will gain the most from the therapy

Anna Hill practices MLD at **Woodland Herbs** clinic on Wednesday, Friday and Saturday. Morning, afternoon and evening appointments are available.

Price 1¼ hour £40

New Therapists & Therapies

David Waddell, Barney Greene, Annie Gardner, Penny Dean and Sinéad Malloy have all joined us.

David practices Clinical Hypnotherapy.

Barney practises Massage, Reflexology, Aromatherapy, Indian Head Massage and Thai Yoga Massage.

Annie practises Massage and Aromatherapy.

Penny is a Reiki practitioner.

Sinéad is a Physiotherapist, replacing Angela who left to travel around India.

NEW THERAPY SPECIAL OFFER

**25% OFF MLD with Anna Hill
until 31st January 2005**

Bring this voucher to claim the discount



Herbal Dispensary and Complementary Medicine Centre

MARIGOLD – CALENDULA OFFICINALIS

With its bright orange colour the marigold looks like the sun and is a reminder of the summer throughout the year. It was believed to lift the spirits¹, and its petals remain bright orange after being dried and add a splash of cheerful orange to *pot pourri* or herbal teas throughout the year.



There are several different species of plant which are commonly called marigold, the most useful medically is *Calendula officinalis*¹. The bright yellow/orange flowers or petals of the plant are used, and most commonly made into herbal tea, tincture or ointment.

Besides medicine marigold has had many uses; as an orange food colouring (for instance to make cheddar cheese orange), as a poor man's saffron to flavour food and as a garland flower during May².

Uses For Marigold

Marigold is ideal for wounds and skin conditions; it is soothing, anti-inflammatory, anti-fungal, anti-bacterial, anti-septic and reduces bleeding³. An infusion of the flowers may be used to bathe a wound, or a marigold cream can be used to soothe skin rashes, acne and conditions such as eczema or psoriasis. While being extremely effective it is also mild enough to be used

on sensitive skin, or even on young babies. It is a classic treatment for nappy rash.

Internally marigold is soothing to the digestive system, and therefore may be used for irritated stomachs or irritable bowel¹. It also stimulates the lymphatic system, helpful when the lymph glands are swollen³, or even as part of an internal cleansing regime¹.

Make a Marigold Ointment

Marigold ointment is a very useful product to have in the house, and extremely simple to make.

To make 100gm you will need: marigold flowers or petals, 90ml of vegetable oil (such as sunflower or sweet almond oil) and 10gm beeswax. Infuse the marigold in the vegetable oil by placing the flowers in a jar, covering with the oil and *gently* heating in a water bath for 20 minutes. In the summer the marigold petals and oil may be placed on a window sill, to heat gently in the sunlight for a few weeks.

Strain the flowers out of the oil, place the beeswax into the oil and reheat *gently* to melt the beeswax. Pour the ointment into a jar and cool. Once it has cooled a little you may want to add a few drops of lavender essential oil.

Use the ointment to soothe grazes, sun burn or itchy skin, and to moisturise dry skin. It makes an excellent lip balm.

Bibliography

- 1 CHEVALLIER A, 2001. *Encyclopaedia of Medicinal Plants*.
- 2 GRIEVE M, 1931. *A Modern Herbal*.
- 3 BARTRAM T, 1998. *Bartram's Encyclopaedia of Herbal Medicine*.

Disclaimer: The information in this leaflet is to assist in the use of herbs. It is not intended to replace the advice of a professional.

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NEWS & VIEWS

YOU ARE WHAT YOU EAT:

DIET & EYECARE

Your diet can be very beneficial to your health. Recent research has shown that it is particularly important for eye health.

Eyesight is the most commonly lost of the five senses. Some of the main causes of sight loss are: **Age related macular degeneration** (AMD); **Cataract**; **Diabetic retinopathy**.

Two of the important factors in loss of eyesight are the attack by oxidants on the eye and loss of pigments in the eye. Both of these problems can be aided by increasing in your diet the amount of certain phyto-nutrients (nutrients found in plants) that have been shown to be important in the function of the eye. Three important phyto-nutrients are **anthocyanin**, **zeaxanthin** and **lutein**.

Phyto-Nutrient	Description
Anthocyanin	A red/blue pigment for the retina, it also improves the circulation, particularly in the eye.
Zeaxanthin	A yellow pigment, important for the macular portion of the retina and antioxidant.
Lutein	A yellow pigment, important for the macular portion of the retina and antioxidant.

Areas to change in your diet

The simplest, most effective and least expensive way to obtain these phyto-nutrients is through diet. Research has shown that anti-oxidants are most effective when taken as part of food. A daily diet should contain 5 portions of fruit or vegetables, however the choice of fruit and vegetables is also important. Lutein and zeaxanthin are found mainly in dark green leaf vegetables (e.g. spinach), and anthocyanins are found in red/blue vegetables and fruit (e.g. blueberry, blackberry).

The table below shows some of the important foods as sources of lutein and zeaxanthin.

Vegetable (100g = approx ½ cup serving)	Lutein/ Zeaxanthin
Raw carrot	260mg
Kale	21,900 mg
Brussel sprouts	1,300 mg
Raw spinach	10,200 mg
Corn	780 mg
Broccoli	1,900 mg
Green peas	1,700 mg
Leaf lettuce	1,800 mg
Collard greens	16,300 mg

Other foods believed to be good for eye health include: bilberry, kiwi, pumpkin, yellow squash, red grapes, cucumber, butternut squash, green bell pepper, celery, cantaloupe, sweet potatoes, dried apricots, orange peppers and courgettes. The simplest rule to follow is to eat the freshest and most colourful fruits and vegetables you can find - red, dark green, orange, yellow or blue.

As well as acting as pigments in the eye, these 3 phyto-nutrients act as antioxidants, and anthocyanin improves the microcirculation.

Oxidation is a degenerative process that occurs throughout the body, it has been shown to be involved in both cataract formation and AMD. Antioxidants stop this oxidative process, and therefore may help stop the progression of cataract formation, AMD and other degenerative eye conditions. Although anthocyanin, zeaxanthin and lutein are important antioxidants in the eye it is also important to include other sources of anti-oxidants (e.g. vitamin E from vegetable oils, wholegrain cereals and leafy green vegetables), otherwise the anti-oxidants that should be helping with eyesight will be used to mop-up the free radicals in other areas of the body.

It is important to note that the presence of some fat (or oils) in the diet acts to aid the

NEWS & VIEWS

absorption of lutein. In addition the eye has been shown to accumulate and retain lutein and zeaxanthin from food or dietary supplement sources.

Other things are known to be bad for eyesight including saturated fatty acids (such as those found in red meats), cholesterol and smoking.

Contraindications & Precautions.

Spinach and broccoli contain vitamin K. Do not eat excessive amounts if you are on blood thinning drugs (e.g. warfarin, aspirin).

NEAL'S YARD REMEDIES

The shop has always stocked Neal's Yard Remedies essential oils. However it now also stocks their skin care products.

Neal's Yard Remedies award winning natural skincare products are some of the finest available and regularly receive awards from a wide range of places. Amongst their most famous products are Frankincense Nourishing Cream, White Tea Eye Gel and Palmarosa Facial Wash. The range is ideal for those with sensitive skin or as presents.

CHRISTMAS

We have expanded our range of gifts in the shop this year and continue to offer a free wrapping service for gifts bought from the shop. Remember, gift vouchers for a relaxing treatment can be an ideal gift solution for those awkward people to buy for. For the last few days before Christmas we will also have mulled drinks in the shop to warm up last minute shoppers.

During December use the voucher below to receive an aromatherapy roller-ball **free** when you spend over £20 in the shop (excluding therapies).

Receive a **FREE**
Aromatherapy Roller-Ball
when you spend £20 in
Woodland Herbs Shop

Terms & Conditions: Not valid with any other offer.
Offer ends 31st December and available while stocks last. Value of purchases excludes therapies.

COURSES

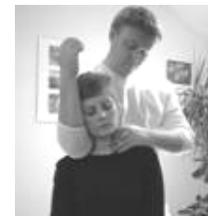
Shiatsu

Throughout August John Williamson and Ian Boyd ran a course on seated shiatsu massage for practitioners. Despite being the first time it has been run at Woodland Herbs, it proved to be very popular and was fully booked.

A range of therapists (shiatsu, massage and acupuncture therapists) learnt how to perform shiatsu on clients who are seated, in order to incorporate this into their own treatments.

Ian and John are running more courses in the New Year. Contact Woodland Herbs for more information.

Both Ian and John regularly perform seated shiatsu at the clinic. Because it is performed on the back, shoulders and neck; ideal after a long session sitting at a desk, but also good for headaches and stress.



20 minutes is only £8.

Herbal Workshops

Ian Boyd is running another series of workshops on herbal medicine after the New Year. In it Ian covers how to use herbs for a variety of conditions, and how to make a wide range of different herbal remedies.

Children's Herbal Workshops

Maureen Russell has run a couple of herbal workshops for children from the clinic. As well as being a medical herbalist and aromatherapist, Maureen is a qualified teacher and enjoys sharing her knowledge about the use of herbs.

Children up to the age of 12 can learn about a particular herb; its history, uses and how to make herbal remedies from it.

If you would like to be contacted when the next workshops are being run, please contact us.