

FocusOn Health & Wellbeing Magazine

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Bloating during perimenopause

Whatever you want to call it farting, flatulence or gas bloating is the accumulation of gas in the small intestine. This digestive disorder is particularly common during perimenopause. As well as nutrition and lifestyle advice there are a range of things such as hormone replacement therapy that can address menopause-associated bloating.

See article by Alison Bladh

Diet & Inflammation

Dr Marion Gluck, founder of The Marion Gluck Clinic explains how to reduce inflammation through diet, how to reintroduce food groups and the best things to eat to help lose weight.

A certain level of inflammation in the body is needed to heal in response to any injuries, however, it should resolve promptly.

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NUTRITION

Eating for Health & Wellbeing

By Lizzie Emery & Holly Plackett

Many years ago, my husband and I visited a homeopath, and being aware that diet and health are closely related, we asked him if he could give us some tips on healthy eating. All he said was, 'Eat little enough.'

We went away puzzled, but realised that he was saying, eat as little as you can, but enough to stay healthy. Just as a car needs the correct type and amount of fuel for it to operate properly so does the human body. We should not allow ourselves the excuse that we love our food to dictate how much or what we eat. That way lies potential obesity and an open doorway to all kinds of illness, including heart conditions, diabetes, and cancer.

Educating ourselves

At different ages and in different circumstances we need to
Continued on p2



HEALTH

Bloating during perimenopause and menopause



by Alison Bladh

What causes bloating?

You may experience bloating during perimenopause and menopause. Many women start to experience digestive issues during the perimenopause which can be very distressing. This can come as an unpleasant surprise when you haven't changed anything in your lifestyle or diet (Hicks and McLester et al 2017).

Why does this happen? It may be the result of fluctuating hormones during this period of your life which can affect your digestive function and promotes water retention leading to uncomfortable belly bloat. Furthermore, a decline in estrogen may increase levels of a stress hormone called cortisol which slows down digestion so that the

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THERAPIES

Music Matters

by Emma-Jane Beaumont

Self Care in Sound

My name is Emma-Jane, I am a Confidence Coach and professional musician with an intense interest in all things Neuro. It only seems natural to immerse myself in Sound Therapy. Not everyone can access singing bowls and panpipes which are incredible tools amongst many for relaxation. However, as music is such a large part of our culture, I thought I would do my part in inspiring 'conscious listening', assist in maximising the affects, improving our mood and neurology.

Everything around us is created by vibrations and frequencies. Individual vibrational patterns create how we perceive and see the world. Vibration is the basis of existence, even our DNA emits a musical pattern. In this article we will look at music as a psychological influencer and how it can be used as an irreplaceable tool in our self-care. We need to also be aware that even our moments of silence are never silent.

Sound of Silence

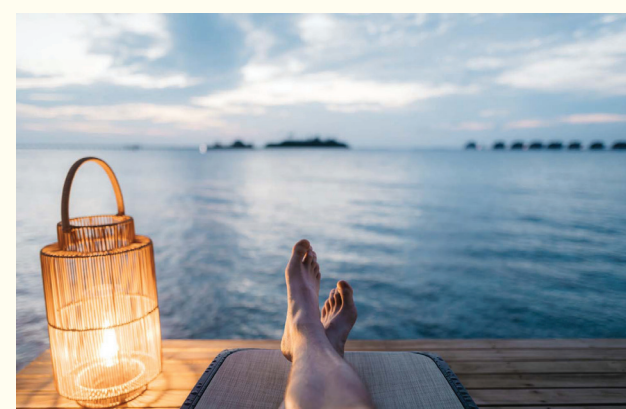
Let's firstly discuss the importance of reducing noise pollution. The



next time peace and quiet is required then maybe turning off your phone, not leaving any electrical equipment on standby and shutting the doors will give your neural network some space and well earned, effective relaxation. Noise pollution and certain frequencies can be the cause of psychological issues, behavioural changes, anxiety and much more. So, once in a while, give yourself the sound of silence for relaxation and rejuvenation. Give it a try!

Continued p 4

WELLBEING



Get the benefits of relaxing in just 15 minutes a day

by Rebecca Furber

There are many impacts that stress can have on your mind, body, and soul. Yet too many people are trapped thinking that stress is a normal part of their lives. It's always in the background and is not something that is often dealt with until it gets too bad to ignore because they believe they need it to carry on as normal. However, stress could be having a greater impact on your life than you realise.

Stress triggers your body into fight or flight, which causes your body to focus on survival, not living in the moment and

prevents normal functioning. This can lead to many symptoms, including increased illness, digestion problems, and for myself, it causes psoriasis. When you start noticing something wrong, you don't often think it's because of stress and we often get told to cover up symptoms with medication. This helps some people improve the quality of their life, however for many, it doesn't make the problem go away. For me, and so many other people, all it does is disguise the problem.

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Eating for Health & Wellbeing Continued

vary our amounts and types of food, and for this we need to educate ourselves.

About nine years ago, I was diagnosed with terminal pancreatic cancer. I quickly learnt that in illness, a broadly healthy diet may still need tweaking. You will always need to do your own research, and perhaps enlist the help of a professional. For months I had very little appetite and looked like the inmate of a concentration camp. The NHS answer to my weight problem was to throw healthy eating out of the window. The diet sheet which I was given was laughable – eat as much fat and sugar as you can possibly cram into you: fry as much of your food as possible (e.g. corned beef sandwiches), stir powdered milk, grated cheese, sugar, jam or cream into as many food and drink items as you can, according to whether they are sweet or savoury, indulge yourself in popcorn, cake and biscuits with butter or jam spread on top, and so on. I felt sick just to read it and knew immediately that I wouldn't be following that advice.

Instead, I set about finding out what I could about the diet I needed. I consulted a private dietician as well as reading books and browsing the internet for advice. The answers that I found to my questions were vital to my recovery and can be applied to many illnesses. In fact, I discovered several rules which should be followed by everyone, including those in good health, to help them remain so.

Top tips for a healthy diet

Avoid Sugar Spikes

Sugar spikes, such as those advocated by the National Health in cases of weight loss, overtax the body and lead to inflammation of the gut and hence to a damaged immune system. It's like over-working any part of the body, for example as in repetitive wrist strain. Over-use causes inflammation which is an immune response and while a healthy immune system can deal with specific challenges, chronic inflammation generated by routine overuse weakens the system.

Over-eating or eating foods with a high-glycaemic (blood sugar) load causes chronic gut inflammation. Even too much fruit can be harmful because of the sucrose contained in it. You can find a list on the internet of the proportions of sucrose in various fruits. Diabetes.co.uk has this short article as an example.

Xylitol is an acceptable substitute for sugar (except for fermenting yeast) because you get the sweetening without the high-glycaemic inflammatory effect. It is also recommended by dentists as it doesn't attack tooth enamel. I have eliminated refined sugar and foods and drinks containing it from my diet.

Too much of any one particular food is not good for you

A diet should be balanced and varied. Where vegetables and fruit are concerned the advice often given is to eat a rainbow diet.

Food should be organic, wherever possible, to minimise ingestion of carcinogenic and otherwise harmful fertilisers, pesticides and other chemicals. Eat plenty of vegetables – as well as vitamins and other nutrients, they contain fibre, essential for a healthy gut.

Avoid Hydrogenated and 'trans' (partially hydrogenated) fats

These fats are man-made variants on some naturally occurring fats, for example margarine and many processed vegetable oils. The molecular variation makes them difficult to digest or excrete, triggering inflammation and contributing significantly to an increased risk of cardiovascular disease and possibly also cancer. These fats are used in many processed foods. Cold obtained olive oil or butter are the best fats for cooking.

Limit dairy foods

Milk is a food designed for baby animals, and after weaning should be used as little as possible, but substitutes can be found. Obvious alternatives are soya, almond and other plant-based milks, but you can also have non-concentrated fruit juice without added sugar on cereals, or even plain water! I use diluted pomegranate juice. Learn more about why dairy should be limited.

Instead of black tea with milk, try green or herbal teas. These contain anti-oxidants which reduce potential for gut inflammation.

Sources of Anti-oxidants

Small amounts of anti-oxidant-bearing red wine, dark chocolate (with a minimum of 75% cocoa) and certain other items such as venison are good. Otherwise avoid red meat and chicken (inflammatory potential similar to hydrogenated fats).

Omega-3 oil is good for you

Omega-3 and omega-6 essential fatty acids, which the body cannot synthesise, can be found in fish, as well as seaweed, algae, nuts and seeds. When consuming fish, be careful to get non-farmed or wild varieties of fish which should not be full of hormones, mercury or other things harmful for the body, and will not have been kept in sea pens which can often result in sea lice infestations. Read the label of where your fish was caught/farmed and check it out on google earth. Do research into which ocean areas are heavily polluted. You will become used to reading product labels as a matter of course!

Seaweed and algae are an incredible source of omega-3 (Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA)) if you are looking to eat a Plant Based diet. Fish cannot derive their own omega-3. The reason fish are high in omega-3 is because they eat algae which are the only known plant source of DHA which can be converted to EPA. Seaweed contains preformed EPA making it an incredible source for omega-3 on a Plant Based Diet.

Nuts and seeds can also be a source of the omega-3 Alpha Linolenic acid (ALA) – the body can convert ALA to EPA and DHA but not

very efficiently.

Eggs

Eggs are good protein, and the 'only four a week' injunction is long since out of fashion.

However we have found a mix of outcomes from research into the benefits of egg in the human diet. We would recommend you always check who has funded the research. It is well known that the outcome of a study can be biased, reflecting the tendency of a scientific study to support the interests of the study's financial sponsor. We've listed some papers for you in the recommended reading at the bottom of the article.

Fresh in preference to tinned

Most important of all tinned foods to avoid are tomatoes. The resin linings of tin cans contain bisphenol-A, a synthetic oestrogen that has been linked to ailments ranging from cancer (particularly of the prostate) to reproductive problems, heart disease, diabetes, and obesity. It is the acidity in tomatoes which causes BPA to leach into your food. Choose tomatoes or passata which come in a glass jar.

Eat Nuts

Nuts are a great source of protein but avoid peanuts even if you aren't allergic to them. In fact, they aren't nuts at all, but are what the Americans call groundnuts as they don't grow on trees but in the ground, as the name suggests, so they are technically legumes. They contain



saturated fats and are liable to contamination by aflatoxins which are known to be carcinogenic.

Healthy cholesterol

A healthy cholesterol level is vital to health. Foods which enhance this are those rich in unsaturated fats such as vegetable oils, nuts and seeds, oily fish, oats and barley, soya foods, and fruit and vegetables. The fibre in some food hinders cholesterol from being absorbed from the intestines into the blood stream. Pulses such as beans, peas and lentils are particularly high in this kind of fibre. Avocados contain no cholesterol, while eggs consistently raise HDL ('good' cholesterol).

The British Heart Foundation produce a booklet about how to reduce your blood cholesterol – Reducing your blood cholesterol.

Cut down on salt and sugar

We have found that after only a little training, the palate adjusts itself and comes to appreciate more delicate flavours, so that you can gradually cut down on amounts of sugar and salt.

Avoid highly processed food

Try to avoid all highly processed foods, as these contain harmful preservatives and chemicals. That includes packaged cakes, pies and pizzas, sausages, ham, and bacon.

We highly recommend reading *The Plant Based Diet Revolution* by Dr Alan Desmond in which he details how cutting out processed food can alleviate IBS and Crohn's Disease symptoms. Podcast - Thorough Examination with Drs Chris and Xand also exposes how unhealthy Ultra processed food is.

Take appropriate supplements

Supplements should be used carefully as they are not a substitute for the right balance of food. They do have their uses though, especially in times of illness, or seasonally, such as vitamin D in winter. The NHS recommends all adults take Vitamin D tablets over the winter. Vitamin B12 supplements are important for vegans and most of the population are probably deficient in it due to the fact we derive it from ingesting bacteria and of course all our veggies and fruit are cleaned to within an inch of their lives before they get to the supermarket shelves.

Tailor your diet to suit you

The points on the previous pages are very basic rules which could be followed by everyone to their advantage. However, if you do get ill, you will need to find out what is particularly required in your case.

If in addition your gut is not right, you must not ignore it. You may for example have a gluten or other allergy/intolerance which is contributing to your illness. It can be difficult to find a doctor who can carry out an allergy test and the process can often take a long time. Doctors simply look for allergies that show up in blood tests, but complementary therapists with training in Bioresonance can quickly and easily check not only for allergies but also for sensitivities and intolerances which don't show in blood tests, but do cause many uncomfortable symptoms. Find a therapist trained in Bioresonance on the Focus On Health & Wellbeing Directory

Healthy Diet and Happiness

A healthy diet should not make you miserable – if it is truly healthy, and the diet that your body requires, it will make you feel good, which in turn will make you determined to stick to it. You can have fun inventing healthy ways of producing old favourites – use oatcakes with 85% dark chocolate (organic) to replace chocolate biscuits; have egg or tuna mixed with yogurt, hummus, basil and seasoning in place of mayonnaise; cakes and biscuits made with ground almonds and either olive oil or no fat; use lemon juice in place of vinegar in salad dressings. Or have a handful of nuts and sunflower seeds for snacks.

Healthy Lifestyle choice

A good diet is a large step in the direction of a healthy immune system but should be further helped by a choice of lifestyle which includes regular exercise, a careful avoidance of harmful substances in

cleaning and cosmetic products, caution to reduce the amount of e-smog in your body, and nurturing your spirit with creative activities, good social relationships and relaxation or meditation. If you make this a holistic project with health and happiness as your aim, you can only increase the feelings of well-being and joy in your life!

Written by Lizzie Emery & Holly Plackett

Lizzie is the author of *Shout it from the Rooftops*. A terminal cancer healing which can be found in YPD Books & Amazon.



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Bloating during perimenopause and menopause continued

body can't break down food particles effectively. This can lead to a build-up of gas and bloating.

As well as nutrition and lifestyle advice there are a range of things such as hormone replacement therapy that can address menopause-associated bloating. Some of these solutions are designed to treat the hormonal causes of bloating and are therefore pharmacological, requiring consultation with a doctor to determine the best choices for you and a prescription for the treatment.

You're likely to experience less bloating after menopause when your ovaries stop making estrogen and progesterone, and your body maintains a lower level of hormones.

What is bloating?

Whatever you want to call it farting, flatulence or gas bloating is the accumulation of gas in the small intestine. This digestive disorder is particularly common during perimenopause.

Bloating distends the abdomen, sometimes to the point that you look eight months pregnant. Generally, gas builds up throughout the day and causes major discomfort.

Bloating occurs in your abdomen (stomach). It happens when your gastrointestinal (GI) tract is filled with air or gas. The GI tract runs from the mouth to the anus (bottom). It includes your entire digestive system. The normal flow of gas is disrupted in some way and gets trapped causing discomfort and distention of your tummy.

Bloating is one of the most frequently experienced problems by women entering perimenopause and menopause. It is so prevalent that it is often referred to as menopausal bloat. Bloating caused by gas can lead to discomfort and can be awkward and embarrassing. Bloating will lead to tightness around your abdominal area, making your belt or clothes feel uncomfortable which can last for hours or days and can result in episodes of flatulence and belching.

While bloating occurs to everyone at some point in their lives, bloating during menopause can be linked to the ongoing hormonal changes women experience during menopause, as changing estrogen and progesterone levels influence the body's digestive processes and can lead to bloating. Because both estrogen and progesterone fluctuate during perimenopause, water retention levels will also fluctuate which can lead to an increase in bloating.

Bloating and gas can be one of the most uncomfortable and embarrassing symptoms of menopause and aging. Luckily with a few lifestyle changes, you can get control of it and lessen the symptoms in many cases. However, if your bloating or gas becomes severe or recurs frequently, you should talk with your doctor to rule out other possible medical concerns.

10 Top Habits to Beat the Belly Bloat

1. Reduce Sugar, salt and avoid processed foods

Eat simple and eat whole foods. Steer clear of processed foods that are loaded with sugar, salt, artificial colours, preservatives, and sweeteners. Our body stores this as fat around the belly area! Which we certainly don't want. Another prime culprit of bloat is eating or drinking too much salt so be mindful of your salt intake. Furthermore, sorbitol and fructose are sugars commonly found in processed foods. Our bodies have trouble digesting these sugars, which can then cause gastrointestinal distress like bloating. Getting natural sugars from fruits and vegetables is the way nature intended us to eat. Try increasing your vegetable intake so half your plate is made up of veggies (Lacy and Gabbard et al 2011).

2. Understand if you have any food intolerances? And be mindful of your triggers.

If you have a food intolerance it means you can experience adverse reactions to certain foods. Food allergies and intolerances are common causes of bloating. Common offenders include lactose, fructose, wheat, gluten, and eggs. If you suspect you may have an intolerance, it's important you get a proper diagnosis from a health practitioner as cutting out food groups from your diet without help from a professional could mean you miss out on important nutrients your body needs.

Certain foods may trigger your bloating, and this can vary from person to person. A good idea is to keep a food diary for a week and note down how you feel after eating. Doing this will help you understand which foods trigger your bloating. (Hunt and Quigley et al 2014).

3. Eat slowly, chew properly, and avoid drinking from a straw because the enzymes in your digestive system do not have enough time to break down the food properly. Plus, quick eating can cause air swallowing that results in bloat. You're actually supposed to chew your food about 30 times per bite, so that it's mostly broken down before you even swallow. Most of us only chew an average of 5-10 times per bite. Avoid using straws when you drink as this can cause you to suck in more air.

4. Eat fibre rich foods to reduce constipation

The fibre in plant foods is essential for having regular bowel movements and preventing constipation, which may cause bloating. If you increase your fibre intake do it gradually and remember to increase your water intake to help keep things moving in the gut area.



It's about finding the right amount of fibre that works for you and your gut.

5. Reduce stress and sleep more

A lack of sleep which can be common especially during perimenopause and menopause affects us in so many ways. When we do not get enough sleep, our bodies release a stress hormone called cortisol, which disturbs our digestive system causing things like bloating and constipation. A lack of sleep also causes us to crave carbohydrates, which lead us to overeat and feel bloated. Lack of sleep can also lead to weight gain; we tend to overeat as we look for extra energy to get us through the day.

6. Use natural diuretics to help reduce water retention

Water retention is often a major player in belly bloating. Hormonal changes may cause extra belly bloating. Adding natural diuretics into your diet will help flush your system and reduce water retention. Be mindful of your salt intake as a lot of salt in your diet can cause water retention.

7. Look after your gut bacteria with probiotics

Your gastrointestinal tract contains over 500 bacterial species that work together to facilitate digestion and promote overall well-being, and if the balance of these bacteria is disrupted typically from things like medication use, stress, and poor diet you may notice it in the form of tummy trouble and bloating.

Probiotic foods and probiotic supplements can help improve the bacterial environment in the gut, which can help reduce symptoms of gas and bloating. e.g. Live culture yoghurt, Kefir, Sauerkraut, Tempeh, Kimchi, Miso, Kombucha

8. Think of your posture when eating

Having good posture, including sitting up straight while eating, results in a much smaller amount of gas being retained when compared to being hunched over or lying flat. Try focusing on your posture during mealtimes to prevent bloating.

9. Get Moving

Exercise may help reduce bloating by moving some of that built-up gas through your digestive tract. Less gas equals less bloating. Exercises that help strengthen the abdominal muscles are also super beneficial, and walking is also a great bloat buster.

10. Reduce alcohol intake

Drinking alcohol can affect our digestive processes and irritate our tummies which can lead to bloating.

Top 8 Bloat Busting foods

1. A nice cup of tea

Ginger, turmeric or peppermint tea are excellent home remedies that can reduce gas and settle your digestive system.

2. Fennel

Fennel seeds are small powerhouses, with the ability to improve hair and skin health, enhance sleep quality, decrease menstrual symptoms, and yes, help reduce bloating. You can sprinkle them over salads, drink them in fennel tea, or add them as a spice to your cooking.

3. Avocados

Avocados are an excellent source of bloat-reducing nutrients. Avocados are very nutritious packed with folate and vitamins C and K. They are also rich in potassium, an essential mineral involved in regulating fluid balance and sodium levels to prevent water retention.

4. Cucumbers

Cucumbers are comprised of about 95% water, making them great for relieving bloating because eating foods with a high-water content can help ensure you stay hydrated and meet your daily fluid needs. This may prevent water retention and alleviate bloating caused by dehydration.

4. Fermented foods

Fermented foods are rich in probiotic bacteria so by consuming fermented foods you are adding beneficial bacteria and enzymes to your overall intestinal flora, increasing the health of your gut bacteria

and digestive system and enhancing the immune system.

Some belly flattening fermented foods are: Miso, Sauerkraut, Kimchi, Kombucha (no sugar), Tempeh, Live yoghurt.

5. Whole grains

Most whole grains digest more slowly over time and keep your blood sugar stable which can help prevent overeating which leads to bloating. Think about rye, quinoa, brown rice, barley and spelt.

6. Oats

Oats are rich in fibre and fibre supports your gut bacteria, they are also amazing for your digestion. Try to choose natural oats with no added sugars or flavours. Steel-cut oats are one of my favourites as they are the least processed form of oats and are slightly higher in fibre.

7. Oily fish

Apart from being a great source of protein, oily fish is loaded with omega-3 essential fatty acids. Healthy fats like fish oils are good for many things such as appetite control and they may help in the control of your cravings which in turn will reduce bloating. Aim for 2 servings of fatty fish per week.

8. Water

Although it might sound counterintuitive to drink more water when retaining water, drinking water can actually help reduce bloat. Drinking plenty of water helps to naturally flush our systems of excess water and sodium that we might retain.

I know we all understand we should drink 2 litres of water daily, but do we really do that? Being dehydrated can make it more difficult for your body to process food efficiently which can lead to bloating.

To give your water a little taste try making water infusions by putting fruits and herbs in your water glass or bottle.

Top 5 foods to avoid that can cause belly bloat

1. Junk foods

The combination of fat, sugar, and lots of sodium (salt) can make junk food tastier to some people. But diets high in sodium can lead to water retention, which is why you may feel puffy, bloated, or swollen after eating these foods. These fatty foods also take longer to digest which allows gas to build up, causing bloating (NHS 2022).

2. Carbonated drinks

The fizz in carbonated drinks (even diet ones) can cause gas to get trapped in your belly which can cause wind, belching and bloating. These drinks can also be very high in sugar.

3. Artificial sweeteners

They contain chemical compounds called sucralose, aspartame, and cyclamate that the digestive tract cannot break down easily, which can lead to bloating. Sweeteners, which can be up to 300 times sweeter than natural sugar, are known to increase appetite and result in overeating.

4. Gassy foods

Some vegetables and other foods produce more gas than others such as brussel sprouts, cabbage and certain beans. This doesn't mean you have to ditch them completely but think about limiting the amount you eat at one time. Be mindful of how these foods make you feel.

5. Salt

A study has found that reducing salt intake can be helpful in preventing bloating. Salt causes your body to retain water, predominantly around your abdomen. Not all bloating is a result of gas.

Sometimes it is water retention, which salt exacerbates. In some ways, water retention is even harder to alleviate than gas, so it is important to avoid high-salt food. Surprisingly, salt is hidden in many processed foods such as sauces, salad dressing and other condiments. Be sure to always read the labels on foods before you buy them (Lacy and Gabbard et al 2011 ; NHS 2022).

Benefits of relaxing in just 15 minutes a day continued...

Stress also reduces your levels of peace and happiness. So instead of letting stress control you this year, change your life by taking time to relax and start noticing all the benefits.

Benefits of relaxing

The impacts stress has on your mind and body means that relaxation could help reverse some of the effects it has had over the years and help you see a new way of living.

One TED talk by Kelly McGonigal showed just the power of how our view of stress has a real impact over our lives. The study found that those who viewed stress negatively also reacted negatively physically and had reduced normal functioning of the arteries. However, when they viewed stress positively, those changes in the body never happened. Instead, their body performed normally even with the same amount of work and stress.

Change how you perceive the world around you, and it can stop your body from being affected. One way to change how you view the world is with hypnosis. It can change your looping thoughts, triggers and limiting beliefs. To start you on the path of changing how you view stress, I am giving away a free hypnosis audio to help you relax your mind and body and begin to change your views.

How does it work?

This audio is 15 minutes long! That's all you need to lie down and focus on yourself and give yourself what you deserve, a relaxed mind and body. Hypnosis audios are a great way to use visualisation with more power and help you change your automatic thoughts and behaviours. It is a great steppingstone, and after 21 days, all the words will turn into a healthy habit you have created for yourself each day.

What others have found with this simple audio

One person, let's call them Jane (not their real name), was suffering from very bad IBS, causing temporary bed-bound pain in the stomach. This client had an entire RTT session on a different area of their life. Still, before this session, they found that this relaxation audio reduced these symptoms after listening and dramatically reduced their pain.

Another person who has listened to the audio every now and again has found a shift in their day to day. They have felt much calmer generally, with the things that would have caused overwhelm or reactivity. Things don't seem to have the same effect anymore. They feel much more able to handle what comes their way responsively and calmly. Not only are they seeing these changes, but with more frequent use, they hope to see even more when they can make it into a daily habit!

These are just two different experiences from listening to this free hypnosis audio. Imagine what relaxing can do to your life?

Get it now

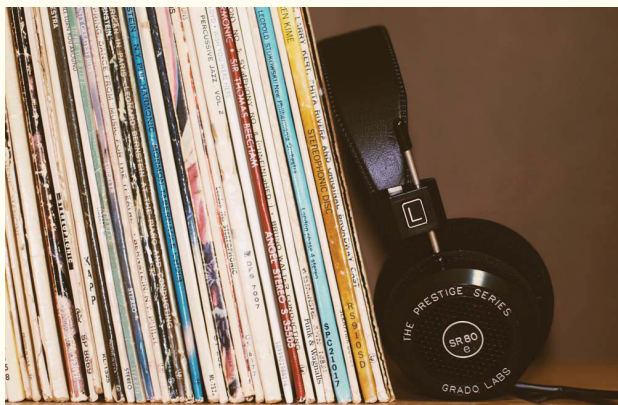
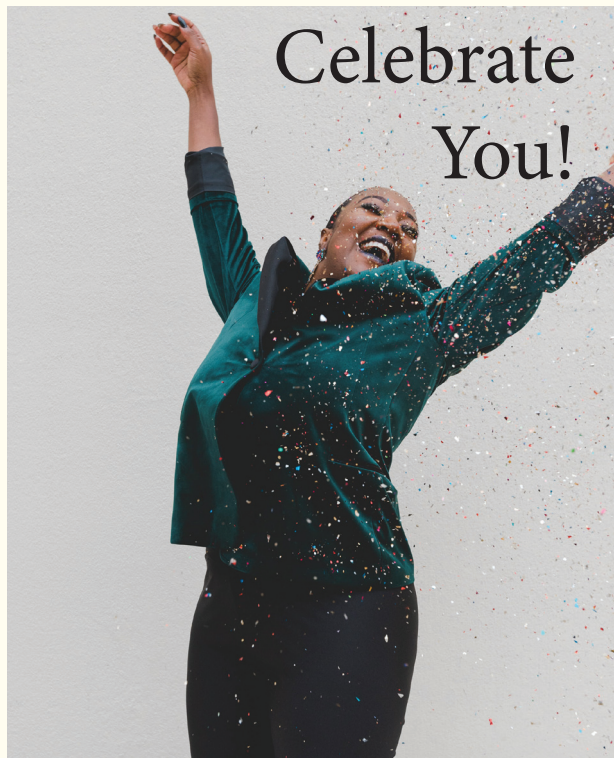
Get yourself the relax hypnosis audio for yourself right now. Go to my website www.rebeccafurber.com and sign up for my newsletter to receive an email with a download link. Listen to it as soon as you receive your very own audio and set a reminder on your phone for when you will listen to it over the next 21 days.

How to get more from the audio

Tip 1: If you find yourself falling asleep, don't worry, this is still okay because your subconscious mind is listening. However, you will notice a bigger impact when both your subconscious and conscious minds listen. Try propping yourself up but still have your back supported. You should be less likely to fall asleep, but if you still find yourself doing this, add an additional time of the day when you can listen to the audio in an awake state, such as eating your breakfast.

Tip 2: Listen to the audio in the morning to help prepare your mind for the day ahead. It also gives you the space to listen again in the evening if you have had a stressful day.

Tip 3: Listen after the 21 days as and when. Continuing to listen to the audio after can help reinforce all the good things you have learnt if you feel like you are going backwards to your old habits. If it is not a habit you consciously do, you will lose it. So keep listening to the audio until it feels automatic because we are all different and perfectly unique.



Sonic Branding and the name of the song is called Tune Out Pain. The waves Intercede the neurotransmitters that alert us for pain. It's incredible to watch the footage. More examples of music used for medical purposes, is the use of rhythm that aids in walking. I have seen a lot of videos that show patients with Parkinson's Disease who walk better when listening to a piece of their favourite music (as long as it has an active rhythm.) Patients' strides become more confident and increase in pace. Not only does it raise Dopamine which is the 'feel-good' chemical in the brain, but Dopamine is the chemical most lost in Parkinson's Disease. Music is also used for communication, cognitive improvement, memory and social aspects through medical and mental health programmes.

Music is one of the most incredible mood changers. Not only does music increase Dopamine but also Serotonin too, the good kind of mood swing (see what I did there?). So, fill your brain and soul with music that does you good, that motivates you, puts a smile on your face and if you feel you need to release emotion then have a good cry to some. Music is boundless there are different types of music that aid in sleep, study, motivation in fitness (Shhhhhh you never heard me say that!), elevates emotions, gives us the 'chills', works as an aphrodisiac, empathises, educates, shows us community and a togetherness. It is also used in meditation.

Find your relaxation and give your brain a rest with Classical, Acoustic, Gregorian Chants, Ambient the list is endless. Meditation is one of the most powerful tools to relieve stress, restore balance and generally centre you again, being at one with you! Dr Joe Dispenza a Neuroscientist has spent his career proving the benefits of meditation and they are astounding. This includes changes in DNA with regular practise. Binaural Beats and Theta Music are my favourite types in which I feel safe and connected in my deep, mind-mending state as it connects with the brain waves and changes their patterns into calmness. Theta is also fantastic for "getting in the zone" especially for sport professionals. I am personally working more with brain waves as I incorporate hypnotherapy and composition in my ever-growing brain-neediness in the hope of creating positive change.

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Music Matters continued...

Mood Swings

Music is in our lives from the very beginning, whilst even in the womb. Musical tones can be heard in the last few months and these sounds are remembered for up to a year after birth. We grew up with Nursery Rhymes, songs that educate us, favourite tunes from our family and now music is on most of TV programmes, films, and adverts. The music we listen to is important as it influences our subconscious. All the background music you hear is written for a purpose. Film music has the power to enhance your emotional responses so whether it is fear, romance, suspense, motivation, action these pieces of tonal art are partly responsible for satisfactory viewing. This includes Subliminal Messaging (interesting on so many levels but we'll chat about that another time.)

Create your musical landscape to promote your intensions. We are living sound resonators; every sound produces an effect on the atoms and they respond. This means that when we feed our soul with music our whole body responds. The brain responds too, through different forms of sound waves. Sound Therapists use different elements and instruments to decide how best to help you. That surprisingly does include the five elements earth, air, fire, water, and ether, these are also used in Tibetan medicine. Sound magnetic fields, essential oils, Hylotropic Breathing and sound geometry are all used to create a personal treatment plan. Get involved.

I have enjoyed using Neuro Linguistic Programming methods in my songs, we all have different learning styles using this auditory method, words can sink in through the subconscious. Nurofen have used music in a different way. They have teamed up with psychologists, neuroscientists, musicians and composers to create a piece of music that aids in pain management. The scientific name of this process is

Diet & Inflammation Continued...

If it doesn't, the body stays in a state of chronic inflammation potentially leading to several health complications.

It is important to remember that everything we eat, will affect our minds and bodies, and a key player in how we feel, is the community of microbes who live in our gastrointestinal tract. This population of microbes is known as the gut microbiota. Collectively they help to digest food, synthesise vitamins, fight infections, and, as discovered more recently regulate brain health. Good microbes, derived from plant foods and fish can actively help reduce inflammation.

The gut microbiota can affect levels of chemicals (or neurotransmitters – molecules that facilitate neuron communication in the brain). Certain types of microbes in the gut can directly stimulate the production and release of serotonin in the cells lining the colon. In fact, these serotonin-producing cells account for more than 90% of serotonin production in humans which shows just how important these are on brain function and how we are feeling. If your gut isn't functioning correctly, due to inflammation it may be that these cells aren't able to produce the right levels of serotonin which will then affect how you feel physically and your mood.

Which food groups cause inflammation?

Excluding allergies, coeliac disease or lactose intolerance, our bodies should be able to maintain a healthy relationship with food. Issues can arise though when there is an excessive and repetitive intake of certain foods leading to food-related inflammation. Under these circumstances, the body produces substances called cytokines, which if elevated in the blood and gut for a prolonged period of time cause a chronic state of inflammation. Food-related inflammation and the reactivity towards food can be clustered in food groups, usually linked to the excessive intake of those. Wheat and gluten, yeast, milk and its derivatives, as well as nickel, constitute some of the "Great Food Clusters". Prolonged inflammation can make it difficult to shift any extra weight and can make hormonal conditions such as endometriosis and PCOS worse.

We now know that food-related inflammation can have an impact on many conditions including type 2 diabetes, colitis, autoimmune diseases or even migraines. It is also known to significantly impact on weight gain and obesity, with people suffering from food-related inflammation at higher risk of developing insulin resistance and fat accumulation as a defence mechanism.

Reintroducing foods

The good news is that the human body has a great ability to adapt, and therefore it is possible to re-establish tolerance to foods by following a gradual and controlled intake of the foods shown to cause reactivity. This is done in a process similar to weaning in babies, or a rotation diet, where within a few months one will be able to eat most foods again



A personalised relationship with food is the best way to keep inflammation at bay, ultimately allowing for a good body metabolism, balanced insulin sensitivity and a healthy weight.

Lifestyle changes

We know that good lifestyle strategies will improve the immune system, support the liver and balance hormones but these changes can also go a long way in reducing inflammation. In addition to exercising regularly and getting plenty of sleep, a large portion of these lifestyle changes are linked to diet. To ensure that we are giving our bodies a fighting chance at treating inflammation, we should be consuming a diet that ticks the following boxes:

Improves immune function – foods containing phytonutrients such as leafy green vegetables; berries; and seeds such as flaxseed.
Supports general detoxification – fibrous foods such as beans; wholegrains for B vitamins; leafy green vegetables; other nutrient-rich vegetables such as artichokes, beetroot and carrots; healthy, clean proteins such as those found in salmon (this also contains omega 3, which contributes to the improvement of immune function).
Supports estrogen detoxification – sulfuraphane-containing vegetables and cruciferous vegetables such as broccoli, sprouts, cabbage, kale, cauliflower.

Foods To Avoid:

Alcohol
Caffeine
Processed carbohydrates (in tandem with refined sugars, processed carbohydrates drive weight gain and inflammation in the body. The heavier we become, the more insulin-resistant we become, the more glucose levels go up in the bloodstream, and this drives inflammation)
Dairy
Fried foods (these have omega 6 fats in them; our bodies need more omega 3 than omega 6, as too much omega 6 will compete with omega 3, causing inflammation)
Processed foods containing preservatives