



The Mana Tree
Natural Health Clinic & Shop

Mana News

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Integrated Healthcare: we offer the full package at the Mana Tree

As most mainstream healthcare professionals now recognise, often the most effective way to treatment is to utilise a range of approaches that are tailored to the individual. This holistic approach, of course, is nothing new in complementary medicine, but it is often difficult to find therapists that work closely together. Here at the Mana Tree, we have highly qualified, professionals, who are able to collaborate in order to provide the best possible care for our clients. As far as we know, we are among only a few clinics in the country to be able to offer such a wide-ranging service. For instance, recently our Hypnotherapist, James, and our Master Herbalist and Bowen Technician, David, have joined forces to offer some innovative and exciting health programmes

Lose Weight the Natural Way!

David and James are now offering a range of techniques which can help to reduce overeating, improve food choices and break down deep seated fat reserves.

Their methods provide a pragmatic and healthy alternative to weightloss regimes, which avoids the yo-yo effect many experience with dieting, and can be tailored to meet the specific needs of each individual. David says, "There are many reasons why people struggle to maintain their ideal weight. Many diet regimes produce good results in the short term but are difficult to maintain, so the weight goes back on. We firmly believe that in order to achieve and maintain your ideal figure, you need to address all of the issues in a healthy way which allows you to continue to enjoy a wide range of foods".

David's remedies are created from herbs and natural substances using an ancient and all but forgotten art. "These are not stimulants or appetite suppressors as are commonly used; these special remedies increase metabolic activity and break down deep seated fatty deposits, particularly those stubborn areas around the thighs, stomach and buttocks. This is a much safer and effective way of achieving weightloss".

Hypnotherapy helps you to drastically change your attitude towards food and eating, helping you to lose weight steadily and maintain a healthy weight once you're there.

James combines several weight loss methods, including the cutting edge Hypnotic Gastric Band technique that helps your mind believe your stomach to be smaller, and a method to help you tackle the emotional attachments towards food and retune you to your body's natural hunger signals. "Your body sometimes can't tell the difference between a real or imagined experience, which is why when we watch scary films our heart beats faster and our adrenaline spikes. We use this same principle in hypnosis, taking your mind through the imagined process of having an operation to fit a gastric band. Although you don't wake up feeling like you've been in hospital, the

FREE TALK: LOSE WEIGHT NATURALLY

with David Blackwell & James Thompson
Monday, 10 January 2011 at 6.30pm

mind believes the stomach to be smaller, and therefore can hold less food".

We believe that this innovative approach offers a real alternative for those seeking that ideal figure or simply wishing to lose a few pounds. Whether your problem is over-eating, poor food choices or a slow metabolism, we are confident we can put you on the right track.

Calling all Sports Enthusiasts:

Improve your physical and mental performance ...

Our "Dynamic Duo" have also developed a unique programme to help sports men and women with injuries, breathing, stamina, posture and mental attitude. Although the programme was developed to help golfers, many of the techniques will be equally helpful in any sport. Here's how:

Bowen Technique

- Increases mobility and improves co-ordination, helping you raise your game to a new level.
- Releases restrictions and tensions within muscle and soft tissue, increasing flexibility and mobility
- Improves body dynamics and coordination, generating more power, accuracy and fluidity in movement
- Helps in the prevention of micro-traumas and repetitive injuries.
- Speeds recovery from injuries and helps remove restrictions accrued from old traumas.
- Improves stamina.

Studies show that competitors having regular Bowen treatments consistently perform better and enjoy an accelerated rate of recovery from injury. Renowned California-based sports therapist Craig Mattimoe said that, after many years of treating and preventing athletic injuries, he could "confidently report that no other broad-based modality comes close to Bowen. Nothing else compares. Bowen literally outshines all of the current accepted sports medicine techniques, both traditional and alternative."

Hypnotherapy

- Improves mental rehearsal through visualization.
- Anchors memories of sporting excellence and makes them work for you now!
- Unleashes hidden potential
- Overcomes mental blocks to success.
- Reinforces self belief and motivation.

If you can remember playing your best, what's to stop you doing that again? Are your clubs different? Is the course different? No, the only difference is in your mind. With hypnotherapy we can recall those periods of sporting excellence and bring the feelings back to your current game, helping you to perform at your best.

"The sessions gave me the confidence to step into the ring with maximum focus and minimal nerves. I truly believe that hypnotherapy with James Thompson played a big part in securing my first win - I will definitely be a returning customer!"

Adam Storch, The Battle II, Super-Middleweight Champion

**Special Xmas Offer: Golf Enhancement Package
Gift Vouchers Available Now**

The Xtra-Stressed Factor!

It seems that everyone you speak to these days has had a hard few years, not least financially. And this pressure and worry takes its toll on our health. Stress is the body's physiological response to pressure, especially to events that seem threatening, challenging or involve change. It is part of our ancient "fight or flight" mechanism, which evolved over millions of years to help us deal with emergencies - in the case of early man, this would be literally a matter of life or death. It is still vital to our survival but few of our modern stresses call for such a heightened response. In particular, prolonged stress means our bodies are too long in a state of physiological arousal causing excessive levels of the stress hormones, adrenaline and cortisol to hang around in our systems for too long. It is this unspent energy that causes the damage putting strain on all our body systems. Stress now accounts for more time taken off work than the common cold - and it is equally infectious!

The relaxation and healing powers of massage have been well documented over the past 5,000 years. The therapeutic value of applying oils and rubbing parts of the body to lessen pain and prevent illness was recognised amongst many ancient civilisations. Massage affects the whole body through rhythmically applied pressure, stroking and pulling. These movements increase blood circulation and cause blood vessels to dilate. Stimulation of nerves and blood also affects the internal organs. The lymph is a milky white liquid that carries waste substances and toxins away from the tissues via the lymphatic system. The circulation of lymph is mainly dependent on muscle contractions, so massage helps speed the lymph's progress through the system. Inactivity can cause an unhealthy build-up of toxins but, equally, strenuous activity produces waste products in muscle tissue so will also benefit from massage. In both cases massage helps to balance our bodies and increases our oxygen capacity by 10-15%.

It is a proven fact that massage stimulates the production of the hormone, Serotonin, which is known to produce feelings of relaxation and calm.

Furthermore, having a massage or any kind of pampering also comes under the "time out for yourself" category, allowing us to achieve greater perspective and deal with stress more effectively.

Courses & Workshops

Professional Diploma in Holistic Aromatherapy (Level 4)
18-month accredited, professional training course commencing 19 March 2011. Further details available on our website or we can send you a leaflet.

Theta DNA Healing (Introduction) with Jenny Johnstone

14, 15 & 16 January 2011, 10am to 5pm each day

Theta DNA Healing is a new and inspirational system of mind re-programming that you can integrate into your therapy practice with amazing results (or just use it for yourself!!!). It works by eliminating the beliefs we hold that keep attracting the same unwanted things into our lives...and keep us in patterns of frustration, poverty, fear, lack, loneliness, illness (or whatever our particular "thing" is) and installing new, resourceful and positive beliefs to attract a different experience of life.

Theta Healing Course content includes:

- The power of the unconscious in manifesting and healing
- The 4 brainwave states: Alpha, Beta, Theta, Delta

- How to look inside the human body to heal injuries and illness
- Group healing
- Learn to change reality by changing deeply held beliefs
- How to identify and instantly change limiting beliefs on the Core, Genetic, History and Soul levels
- How to use this system to enhance emotional, mental, physical and spiritual well being
- Learn to co-create within the quantum nature of reality in order to effect rapid positive change

Reiki Attunement Courses

Reiki Level 1 Certificated Course

Takes place on 4 consecutive Monday evenings, 7.00 pm to 9.00 pm.

The next course commences on: Monday, 7 February 2011

Reiki Level 2 Certificated One Day Course

Sunday, 9 January 2011

Creativity Rocks! Craft Workshop Series

Did you know that doing something creative can help you deal with a wide range of health problems? For example, focusing on a creative project helps you combat stress and depression by bringing you into the "now" and concentrating on something positive. What's more it improves confidence and self-esteem by instilling feelings of achievement and progress. Plus, you have something beautiful and unique to show for your efforts.

With this in mind, we are offering a series of craft workshops to inspire your creative soul ...

Beads and Beyond

With Chris Tuton, Soulcharm

Part 1: Handmade Beads - making beads using wet felting and rolled paper techniques. Lots of hands-on experience and opportunities to be creative!

Monday, 6 December 2010, 7pm to 9pm.

Part 2: Making Upcycled and Re-worked Beaded Jewellery

Using beads from broken vintage and retro jewellery to make bracelets, necklaces and brooches. Materials will be supplied but bring any pieces of your own broken jewellery or beads that you have lying around. And, if you attended the previous workshop, felt and paper beads can be used too.

Monday, 13 December 2010, 7pm to 9pm.

Knitting for Relaxation: a beginner's guide

With Kath Stephenson

An introductory workshop aimed at rekindling the ancient art of knitting. Designed for absolute beginners and those wishing to revive their skills and rediscover the creative benefits. Kath will introduce you to the meditative aspects of knitting and its stress-relieving qualities, as well as looking at its recycling potential and the making of gifts. With lots of examples of knitting and patient tuition to get you started.

All materials supplied apart from knitting needles - bring your own or you can purchase them on the day.

Saturday, 29 January 2011, 2pm to 5pm. (Follow-on workshops will be arranged if we get enough people interested).

All craft workshops only £15 (inc VAT) each!
(includes all materials, unless otherwise stated)