

# DANCING IN THE RAIN

## HOLISTIC HEALTH AND WELL-BEING



---

*Welcome to our new look 'Holistic Health and Well-being' newsletter; I hope you enjoy it and find it interesting and informative.*

*Each month, I plan to include a couple of regular features, including what we have seen on our Nordic walks and a recipe of the month. The recipe of the month is an opportunity for you to share your favourite tried and tested recipe with others in the Dancing in the Rain family. If yours is chosen, you will be rewarded with a voucher for £10 off a holistic treatment with Dancing in the Rain. There will also be a focus on a different holistic therapy each month.*

*If you have any ideas for what you would like to see in the newsletter, [please do let me know.](#)*

*Jan x*

---

### Nordic Fitness Class

#### Timetable

##### **Mondays**

9.15 – 10.30am

5.45 – 7pm

##### **Wednesdays**

9.15 – 10.30am

5.45 – 7pm

##### **Fridays**

8 – 9.15am

### Nordic Well-being Class

##### **Wednesdays**

11.15 – 12.15am

*\*Timetable subject to change*

---

### **Latest News from Dancing in the Rain**

Over the last month, we have seen such varied weather for our Nordic Walking. We've walked in some heavy rain, scorching temperatures and some high winds, oh well, they do say variety is the spice of life, let's see what the next month brings us.....

Over the last 14 months, I have been doing lots of studying and completing my case studies for a new therapy which will be available very soon. I took the course just over a year ago, but it's taken me a year to complete the exam and all the case studies. This month, I completed my last video case study and am just waiting for it to be marked before I can tell you more. It's a fabulous therapy and I think it's been worth the extra work. Look out for more info about this in next month's newsletter.

I've had a few different books on the go recently; "Internal Therapy Systems" by Richard Swartz, and "The Pain Free Mindset", to name just two. Both books have been brilliant for me, but the "Pain Free Mindset" in particular has been fascinating. If you experience chronic pain at all, I highly recommend listening to [Dr Rupy Aujla's interview with the author Dr Deepak Ravindran.](#)

## Helen P's page of photos

Anyone who has Nordic walked with Helen P will know that if she disappears, she is likely taking a photograph of a plant, tree, flower, or shrub. She then researches interesting facts about it and shares them in the Facebook group. I thought it might be nice to share some in our newsletter, for those that don't have Facebook.



Lesser or Black Knapweed is a huge favourite of all kinds of butterflies, including common blues, marbled whites, and meadow browns. Eligible young women would play a love-divination game by pulling out the rays and putting the plucked knapweed flower in their blouse. When as-yet unopened florets began to bloom it would tell her the man of her dreams was near. Common names are Bachelor's buttons, Blue bottle and Iron knobs, and are explained by the hard, knobby heads. There's a rather lovely big swathe of it at Thurstaston.

Wild mignonette (*Reseda lutea*). In the Language of Flowers mignonette means 'Your qualities surpass your charms'. The leaves are eaten by the caterpillars of various butterflies, including the Cabbage White, Bath White and Orange Tip – so its qualities are superlative. It is absolutely smothered with little bees every time we pass it.

The name 'mignonette' comes from the French 'mignon', meaning 'dainty', the leaves and flowers have been used to make a yellow dye called 'weld', although its bigger cousin is used more widely.



## Spotlight on Reflexology

Reflexology is a wonderful relaxing treatment and one of my favourites. As well as relaxation and an increased feeling of well-being, reflexology may be useful for helping to relieve symptoms relating to a variety of conditions including stress-related issues, lymphoedema, menopause symptoms, ME, arthritis, muscular tension and sinus problems. Many people report having a very relaxed night's sleep after a reflexology treatment. Over the years, I have continued studying and added additional reflexology protocols to what I can offer.

**Reflexology Lymph Drainage (RLD)** is an award-winning reflexology technique which focuses on stimulating the lymphatic reflexes in the feet. The aim is to cause an effect on the lymphatic system in the body. This can help people with secondary lymphoedema and boost the immune system. The affected limb/s can be measured before and after the treatment to show how much the volume of lymph has reduced.

**Adapted reflextherapy** was developed by Physiotherapist Gunnel Berry, to treat people with chronic and spinal pain, including those experiencing effects of whiplash injury. Adapted reflextherapy has proved measurably effective in increasing spinal mobility, reducing pain, and decreasing anxiety and irritability.

**Nerve Reflexology** - Dr Carol Samuel has a Phd in reflexology and pain management. A few months ago, I was fortunate enough to be able to attend Carol's nerve reflexology training and have found it to be very beneficial for those with chronic pain. Nerve reflexology can be incorporated into classic reflexology or can be a stand-alone treatment.

If you experience chronic pain, please ask me about the Dancing in the Rain pain management course which includes reflexology and other therapies to help reduce the pain experienced.



Reflexology is offered at the Reflexology Room in Hoylake on a Tuesday, Thursday and every other Friday and Saturday.

If it is tricky to get to Hoylake, or you would prefer a treatment in the comfort of your own home, there are a limited number of mobile appointments available each week.

These appointments are not available on the booking system, please get in touch with me directly to arrange a mutually convenient time – [jan@dancingintherain.co.uk](mailto:jan@dancingintherain.co.uk) 07717 393806

### Reflexology Week 2022

To celebrate reflexology week (20<sup>th</sup> – 25<sup>th</sup> September), I'm offering newsletter readers **20% off a reflexology treatment**. Use the code **reflexweek20** on the booking system before 25<sup>th</sup> September to claim your discount.

## Recipe of the Month

**Marmite Teriyaki Tofu with Stir Fried Ginger Greens**, inspired by Gousto Recipe Boxes.

### Ingredients:

1 clove of garlic (chopped), 1 red chilli – optional (sliced), 5 tbsp of cornflour, 50g agave syrup, 30ml mirin, 15g root ginger, 280g of tofu (firm not silken), 30ml soy sauce, 16g marmite, 150g spring greens (sliced), 15ml tamari soy sauce, 160g blanched edamame beans, 25g roasted peanuts (crushed).

### Method:

Drain the tofu and cut in to six slices, lengthways, pat each one dry with kitchen paper and coat in 4 tbsp of the cornflour.

Place edamame beans in bowl of boiled water.

Add extra virgin olive oil to a large pan and heat. When hot add the tofu, cook for 3-4 mins on each side.

While tofu is cooking, mix the marmite, soy sauce, agave syrup, mirin, and the remaining cornflour in a small bowl.

Peel the ginger and chop into thin matchsticks.

Heat a separate pan with 1tbsp of extra virgin olive oil and add the sliced spring greens, cook for 2 mins until starting to wilt.

Drain the edamame beans and add to the greens with the chopped garlic and ginger. Cook for 2-3 mins then add the tamari and give it a good mix. These are your ginger spring greens.

Once the tofu has cooked, turn down the heat and once the pan has cooled slightly, add in the marmite mix, cook for 1-2 mins. Once the sauce is thick and glossy. Toss in the crushed peanuts and serve with the ginger greens, sprinkle over the sliced chillies.



If you have a recipe you would like to share in the newsletter, please email it to Jan with your own photo of the dish.

[jan@dancingintherain.co.uk](mailto:jan@dancingintherain.co.uk)

If you got the recipe from another source, please credit where it has come from.

Jan will choose a recipe each month and if your recipe is chosen, you will receive a £10 voucher to use towards a treatment of your choice in the Reflexology Room (or at home).

**Do you know anyone who would be interested in receiving the 'Holistic Health and Well-being' newsletter? Please feel free to forward to it to friends and family or ask them to contact me on 07717 393 805 [jan@dancingintherain.co.uk](mailto:jan@dancingintherain.co.uk) and I can add them to the distribution list.**