

DANCING IN THE RAIN

HOLISTIC HEALTH AND WELL-BEING



October 2022

Welcome to October's edition of the 'Holistic Health and Well-being' newsletter; I hope you enjoy it and find it interesting and informative.

In this month's newsletter there is news about our Christmas plans, information about one of the therapies on offer at Dancing in the Rain. There is a recipe from the fabulous Julia, and some important news about an upcoming change.

Remember 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.

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

11.15am – 12.15pm

**Timetable subject to change*

Latest News from Dancing in the Rain (including Nordic Christmas plans)

Books that I've been reading/listening to this month include The Mindbody Prescription by John Sarno M.D. An interesting read about how the unconscious mind can sometimes create physical symptoms as a distraction to the conscious mind to stop it becoming aware of repressed negative emotions. It took a bit of getting my head around but does make sense of some of the things I already believe about pain management. This doesn't mean the pain is imagined, it's absolutely real, it just might not always be caused by the physical structure we think it is caused by. If you are experiencing chronic pain that has been checked by the medical professionals, it's worth a read.

It may be a couple of months until Christmas but I'm very aware that many of you have busy social calendars. So I wanted to let you know dates as early as possible. Once again, Flissy has very kindly agreed to let us host our Nordic Walking Christmas get together at Flissy's Café. We have agreed on Thursday 1st December at 6.30pm. We will have our usual menu as it seems to work well for her and us.

Our Christmas Eve Nordic walk is back 😊 This year's social walk will start at 9.30am (usual place), it will be a social walk so no exercise

stops. We will aim to be back about 10.45am for coffee/tea and mince pies at Flissys (on me). This walk is free for regular Nordic Walkers as a thank you and Merry Christmas from me, but places are still limited so please book in the usual way on the booking system (just don't use your booking code). If you fancy wearing a Christmas hat for the walk, there will be a prize for the best one. Photo from 2019's Christmas Eve walk below.



I will be taking time off over Christmas but not too much. I will finish with the Christmas Eve walk and will return to both Nordic Walking and therapies on the bank holiday Monday, 2nd January. The booking system for therapies is open so if you would like some relaxation time or a pre-Christmas facial, now is the time to secure your [booking](#).

I'm On The Move.....

As many of you know, during the pandemic, close contact services were closed for a long time and even when we did open, there were many restrictions. We didn't know how quickly people would return and whether we would be shut down again, if case numbers went up. For those of us who had business premises, it was quite a worrying time. So, when Jeanette offered me an opportunity to share a space with her in Hoylake, it made total sense and it meant that we were both able to ride the storm and stay in business.

Almost one year on and we can't believe how quickly things have got back to normal in the health and well-being world. Our lovely clients have returned, along with new ones who also see the benefit of taking care of their body, mind, and spirit. We now need to think about what we do next to ensure our businesses continue to thrive and we can provide our clients with more choice in terms of our availability.

After a lot of careful thought, I have decided to take on a room in Irby village, it's closer to home for me and means I can offer later appointments in the week and have appointments available most Fridays. I don't have any photos to share yet as I've only just signed the contract. I will still be in Hoylake until Saturday 26th November and will start in my new room from Thursday 1st December.

More information will be available in the November newsletter so watch this space 😊

Spotlight on Emotional Freedom Technique

Emotional Freedom Technique (or tapping as it's often known as) is a stress management tool that can be used for relaxation in a day to day setting or with a practitioner to work on some of the issues that sit behind negative responses we may be experiencing.

I was first introduced to the concept of 'tapping' by a GP on another course I was on. To be honest, I thought it sounded a bit weird and I was rather sceptical but as she described some of the successes she'd had, I became curious and started looking into it a bit more. The following year, I started my training in Emotional Freedom Techniques (EFT) and have never looked back. I have found EFT to be such a useful tool to deal with everyday issues that bother me. I have also used it to clear some of those deeper emotional issues from my past, that used to come back to bite me, when I had too much time to think.

It is believed that every emotional upset you experience is stored in your subconscious mind. When similar things happen again, this can trigger some of the emotional responses you had in the past, often giving you a stronger emotional response than you might have expected. These emotional responses can leave us feeling confused and we start looking for reasons why we feel so bad. We often put two and two together and come up with 22 instead of 4.

Trying to understand the emotion, or talking about it, doesn't necessarily clear it; this is where EFT or tapping can come in. By tapping on the specific points while thinking about the event, we can reduce the emotional charge attached to it.

Scientific studies have demonstrated that EFT has real and significant effects. It has been shown to decrease levels of stress hormones in the body, change the functioning of the emotional processing centres of the brain and also affect physical function right down to the cellular and DNA levels.

It is simple and easy to learn, which means that you can continue using the technique as a self-help tool after a session for relaxation and to help overcome day to day frustrations.

Clients have reported that EFT has helped them overcome negative emotions, including anxiety, sadness, fear, guilt and anger, helping them to move forward with their lives.

Sessions with Dancing in the Rain are very much client led and, if preferred can be done 'content free', so you don't have to share details of past events if you don't want to. It's not about diagnosing or judging, it's about helping you reduce negative emotions, so that you can make objective decisions moving forward.

EFT sessions are available [online or face to face](#).

For more information about EFT research, please visit Dr Peta Stapleton's [website](#).

Recipe of the Month

This month's recipe was shared by Julia Firth who Nordic Walks with us a couple of times a week. It's a family recipe passed down from her Italian maternal grandmother. Photo below is Julia's Mum making Gnocchi a few weeks ago.

Gnocchi For 4 people

Ingredients for gnocchi

2½ k. potatoes in their skins

500g self-raising flour (plus extra to sprinkle on board)

4 eggs

Sauce

120 g butter and ½ Knorr chicken stock cube

100 – 150 g parmesan

(An alternative sauce is tomato - either from a jar or made with tinned tomatoes, tomato puree, garlic, basil, stock cube)

Boil the potatoes in their skins until soft. Drain well and leave to cool, then mash with a potato ricer onto a floured surface. Break the eggs into the middle of the potatoes and add some flour, to bind it all together. Add flour until it is just bound together, (don't put too much flour in or they will be heavy) handling the dough gently, and as little as possible. Roll a long strip about three quarters of an inch thick, and cut into gnocchi, one inch long. Roll each one on a floured fork so that it curls like a shell, and put on a floured tray to dry, or freeze. If frozen, they take a minute or two longer to cook, but the method is the same – plenty of boiling salted water, and as soon as they come to the top they are cooked. Drain very gently with a slotted spoon into the serving bowl in which the hot sauce is waiting. As they cook so quickly, it is best to have whatever sauce you are using ready and hot before putting the gnocchi on to cook. If going for butter and cheese as the sauce, the butter should be melted in large bowl first, when the drained gnocchi come out, add to the melted butter coating gently and then add the cheese to coat. Serve with more parmesan sprinkled over. Always have grated parmesan on the table so people can add more to taste

Once they are made, they must be either frozen or cooked fairly quickly or else they start to go grey and soggy after a few hours.



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
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.

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 and I can add them to the distribution list.