

DANCING IN THE RAIN

HOLISTIC HEALTH AND WELL-BEING



September 2022

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*



Welcome to September'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 I can finally tell you about Havening, the new therapy I'm offering. There is a recipe from the lovely Carole, some more lovely photos from Helen P, as well as a round up from the last month.

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

Latest News from Dancing in the Rain

Books that I've been reading/listening to since the last newsletter are 'Accessing the Healing Power of the Vagus Nerve' by Stanley Rosenberg, and 'The Egoscue Method of Health Through Motion' by Pete Egoscue.

Accessing the Healing Power of the Vagus Nerve was fascinating, it gives insight to why the Vagus Nerve is so important for our health and well-being and a simple exercise that we can do to activate it every day (the vagus nerve is also activated in a reflexology treatment).

The Egoscue Method of Health Through Movement is a recap on some of the things I learned during my Exercise and Health Science degree but also gives a different perspective in some cases. What books have you been reading? I'm always looking for recommendations.

On 4th September, Suze and I headed off to Tatton Park for Fearnle Cotton's Happy Place Festival (photo on left). We thoroughly enjoyed the calm and relaxing vibe of the festival, heard some fab speakers and loved the yoga session we attended. We hope to go again next year.

We've enjoyed some glorious weather over the last few months, but autumn is now definitely with us. If you are joining us for the Nordic Classes, please remember to layer up, although we start off a bit on the cool side, we warm up quite quickly and may need to lose a layer on route.

Helen P's page of photos

Another month and another collection of Helen's wonderful photos.



Rosehips – seedheads of the Dog or Wild Rose. These just looked gorgeous, glowing in the September sun. One story is that the Dog Rose (*Rosa canina*) was so named because it was believed it cured the bite of rabid dogs. Another story is that it is a derogatory term, implying it is inferior to the garden rose. My mother told me about children putting 'itchy bombs' (dried rose hips) down each other's jumpers – the hips are lined with little hairs and it made a home-made itching powder. There was a scheme during World War II to pay children (mainly) to collect hips so they could be made into a syrup which was rich in Vitamin C - the going rate was 4 pennies per pound.

Elderberries – for wine and jam. Historically used for pain relief and as a diuretic and a laxative!



Black Bryony, or Devil's Cherries – the only British member of the Yam family, but actually highly poisonous. Not so many berries this year, but they will stay on the plant right into Winter.

Sloes, or Blackthorn. The smallest and sharpest of the Plum family. The Blackthorn was historically planted as a cattle-proof barrier because of its long thorns – do not pick Sloes in a T-Shirt! I remember these bushes covered in frothy white blossom in early Spring.



Spotlight on Havening

Havening Techniques® is a fabulous therapy developed by Dr Ronald Ruden MD PhD and his brother Steven J. Ruden, D.D.S., ICF/ACC.

It is based on research from the field of neuroscience which has informed an understanding of how we can use touch as a therapeutic tool, which we call Havening Touch®.

When an event or experience is perceived as traumatic or stressful by a person, the brain can go into 'protect mode' (fight or flight). We believe that everything about the event, down to the smallest details such as distant sounds and smells, are encoded in the brain as a way of protecting us from similar experiences in the future – whether or not something similar is ever likely to happen again. In the future, things that remind the receptors in the brain of that event can trigger uncomfortable feelings which can then affect us in our everyday life, often without us realising what the trigger was.

We understand that by using Havening Touch, we can create the necessary conditions in the brain to de-link the receptors that would normally continue to trigger the distressing emotions and physical responses from the difficult memory.

Havening Techniques can be very effective at easing symptoms arising from difficult memories including phobias, anxiety, grief, panic attacks, stress, guilt, jealousy, shame, pain and much more.

There is no need for the client to disclose the content of the trauma or 're-tell the story', the process can be completely content free, if that is what is more comfortable for the client.

Face to face sessions are available at The Reflexology Room in Hoylake, or online via Zoom, and can be booked through the Dancing in the Rain booking system (see booking button below). There are a variety of time segments available (in multiples of 15 mins, from 45 mins to 2 hours) so you can choose what feels right for you.

With any complementary therapy, it is important to find the practitioner that is right for you. With this in mind, before booking a session, you can schedule a free 20-minute chat to find out more about how Havening can help you and check that you feel comfortable to proceed.

For more information about Havening, please click [here](#)

To book a free 20 min introductory chat, please click [here](#)

Jan Shaw is a certified practitioner of Havening Techniques. Havening Techniques is a registered trademark of Ronald Ruden, 15 East 91st Street, New York. www.havening.org

Recipe of the Month

This month's recipe was shared by Carole Turner, it's from the book 'The Doctor's Kitchen, Eat to Beat Illness' by Dr Rupy Aujla. Carole has adapted it to include kidney beans which increases the iron content, vit B6, magnesium and dietary fibre. Could be a nice winter warmer, tasty, and nutritious.

Greek Style Giant Beans

Ingredients

2 tbsp olive oil, half red onion, thinly sliced
 150g chard, spinach or spring greens, finely chopped
 400g tin butter beans, drained and rinsed or swap for a mix of butter beans and kidney beans
 400g tin chopped tomatoes,
 1 tbsp runny honey
 1 small red chilli, deseeded and finely chopped,
 1 tsp ground cinnamon
 1 tsp dried oregano,
 10g fresh flat leaf parsley
 salt and pepper to season

Method

Preheat the oven to 200° C / 180° C fan / gas 6

Heat the oil in a large ovenproof frying pan over medium heat. Add the onions with a pinch of salt and plenty of pepper and cook for two to three minutes until softened.

Toss in the greens and cook for another 3 to 4 mins then add the beans, tomatoes, honey, spices and oregano and stir to combine.

Bring to a simmer then transfer to the oven and bake for 20 mins, until the edges brown and the flavours intensify. If you don't have an oven proof frying pan just transfer the mixture to a baking dish. Remove from the oven scatter over parsley and serve.



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 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 and I can add them to the distribution list.