Welcome to our Second edition!

We’ve been super busy at our Education and Wellness Centre recently. Amongst planning our 1st birthday party and holding more workshops and therapy sessions, we’ve also been putting together something brand new and exciting for November, so watch this space!

The Education and Wellness Centre is open Monday to Friday offering information and advice. We also hold a good selection of reference books for you to browse through—just pop in, we’re always happy to see new faces.

WIN a Tropic Ocean Fizz Foot Soak:
See Page 5 for details and how to enter!

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Very educational, left inspired to spread the knowledge and gain some more.

- Anon

Comment from recent Nutrition for Life Workshop

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TAC 1st Birthday Celebrations

Come and join our 1st birthday celebrations on Sunday 15th October 2017.

Starting at 10am till 4 pm.

Talks, Therapy sessions & much more...

Unit S1 Troon way business centre, Humberstone Lane, Leicester, LE4 9HA.

All welcome.

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Reiki
Aromatherapy
Access Bars
Swedish Massage
Reflexology
Life Alignment
Crystal Healing
Nutritional Counselling
EFT
Inner Dance
WHAT IS REIKI?

BY NATALYA KOTADIA

Reiki as defined by the Oxford English dictionary is: "A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient’s body and restore physical and emotional well-being".

The Japanese word ‘Reiki’ means universal life force energy. Reiki is a Japanese technique of healing, developed by Mikao Usui in the early 20th Century. Reiki is a natural form of healing energy that works on every level not just the physical level. It is a non-invasive complementary therapy that’s developed in the U.K since the late 1990s. The Eastern medicine has been going for thousands of years with energies that are recognised as flowing through all living things.

Reiki supports orthodox medicine or can be used alone but is not a replacement for traditional medication or treatments.

It is not based on any belief, faith or suggestion. Scientific research using quantum physics is starting to help us to understand how reiki may work to benefit the individual. It has been suggested that in years to come it may be known as energy medicine based on scientifically measurable energy emitted from the healer’s hands.

Reiki is given fully clothed in a quiet environment that the person feels safe in. Can be given to adults, children, babies and animals. Reiki practitioners must not diagnose any health problem but should refer the person to see their G.P.

Benefits of Reiki

Increases energy levels

Creates deep relaxation & helps the body release stress and tension

Clears the mind and improves focus & Aids the body for better sleep

Reduces blood pressure

Helps relieve pain

Assists the body in cleansing itself from toxins

How often do I have a Reiki session?

Having one single session of Reiki can make a difference. I would recommend having regular treatments as it will be more effective, depending on your needs as an individual.
There’s been a lot of debate brewing on this subject in the Wellness Centre recently, so we thought we’d take the opportunity to roast our expert Steve, who’s answered a few questions and expelled some myths.

“Are coffee enemas the same as colonics?” No. Colonics mainly serve to relieve constipation and cleanse the bowel. Coffee enemas are used to enhance the liver’s detoxification capacity.

“What are the benefits?” The main purpose of coffee enemas by cancer patients is to aid the liver in eliminating toxins from the body. But, as part of a metabolic therapy, they can also help eliminate parasites and candida, increase energy levels, improve mental clarity and mood.

“How does it work, and why can’t I just drink the coffee instead?” The liver works as a storage and elimination system for harmful toxins in our body. But while we’re adopting a major detox routine, it may struggle to get rid of the toxins fast enough, so we run the risk of them being reabsorbed by the body. Enemas basically help the liver to speed up this process. When the caffeine enters the rectum, it travels via the hemorrhoidal vein and portal system to the liver. This stimulates certain enzymes and opens up the bile ducts, thus flushing out toxins. These effects are null if the coffee is taken orally.

“Does it flush out the good bacteria, too?” The intestines replenish the friendly gut flora on a daily basis. Provided the diet contains adequate vitamins, minerals, protein, etc a microbial imbalance isn’t normally an issue. So coffee enemas should always be used alongside a healthy rainbow diet or juicing regime. However, electrolyte balance can be negatively affected if the number of daily enemas and juices is incorrectly balanced.

“How many should I do daily?” Generally, it’s fine to have 1 daily coffee enema (provided a healthy diet plan is being followed). If you have more than 1, you should ensure that you have at least 3 juices and/or electrolyte replacements for each additional enema.

“Does it hurt, and how long does it take?” When used correctly, there should be no pain or discomfort. The whole process usually takes about an hour, depending on the levels of toxicity/state of the bowels. But this usually reduces after frequent use, and when you’re more used to the process.

“If it’s so effective, why hasn’t my doctor already recommended it?” Unsurprisingly, it’s a taboo subject, and not widely ‘recognised’ by the NHS. But the use of coffee enemas dates back to as early as ancient Egyptian times, and are advocated by the Gerson Institute as an essential tool on the path to healing. A little research reveals hundreds of testimonies on the benefits of regular coffee enemas. But of course, like any new diet, exercise or health regime, always check with your healthcare practitioner first, to make sure it’s suitable for you.
Upcoming Workshops & Events

Education & Wellness Centre

Relaxation for Health
Thursday 14 Sept 10am-2:30pm
A lovely relaxing session which will provide you with the tools and ideas to enable you to completely relax, providing your body with a sound foundation to build upon and heal.

Healthy Meals Made Easy
Tuesday 19 Sept 10am-12pm
See examples of healthy ingredients and how to use them. Enjoy a lunch prepared at the workshop and go home with the recipes for all dishes prepared. Ideal for anyone interested in learning about a healthy diet.

Introduction to Juicing
Monday 2 Oct 10:30am-12:30pm
Giving you the confidence to juice an abundance of fresh fruits and vegetables and give your health a kick-start. This is a practical workshop so everyone will get involved in the process of juicing. Includes tasting session of the juices made at the workshop.

Introduction to Kefir Workshop
Monday 9 Oct 10am-12pm
Learn about the benefits of kefir water, have a taste and leave ready to make your own.

Detox Techniques
Monday 16 Oct 10am-12pm
This workshop covers some of the traditional and natural cleansing and healing techniques such as: enemas, castor oil and clay packing, skin brushing, liver flush, hot/cold showers, sitz baths etc.

Fermented Foods Workshop
Tuesday 24 Oct 10am-12pm
Learn about the ancient practice of fermenting foods and the array of health benefits this can bring. Fill a jar with veg and take it home, ready to ferment and eat.

Weekly Therapy Sessions
(Please call to book)

Tuesday: Life Alignment, Aromatherapy, Reiki, Swedish Massage, Reflexology, Seichem
Wednesday: Hand/Arm Massage, Reflexology, Facials, Crystal Therapy, Aromaflex
Thursday: Hand/Arm Massage, Reflexology, Facials, Reiki, Access Bars, Nutritional Counselling, Crystal Therapy, Aromaflex
Friday: EFT

Yoga Sessions
Dru Yoga with Emma every Wednesday 10am-11am

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**Raw Food Supper Club is a ‘Raw-ing’ Success**

We’re so pleased to share that our first Seasonal Supper Club in June went down a delicious treat. With a special one-off ‘raw food’ theme, acclaimed vegan chef Dena Smiles stepped up to the challenge and amazed us with a raw-some two-course meal at the Wellness Centre.

The event was a sell-out, and not only were we able to enjoy a beautiful evening filled with good vibes among great people, we also had the chance to showcase how delicious a raw, plant-based meal can be.

For the main we were presented with fettucine alfredo - a generous base of spiralled courgette, rainbow red peppers and heritage tomatoes, with marinated mushrooms and a cream sauce. Paired with a side of mustard, chi-caletti lettuce, dragons tongue leaf and kale salad, it was nothing short of delicacy.

But it wasn’t over yet, and jaws dropped when the strawberry ramanoff dessert arrived. This was a delectable sundae made with fresh, locally sourced strawberries layered with cashew, macadamia and vanilla cream and topped with an indulgent date toffee. Garnished with fresh mint and rose petals, we certainly felt blessed (and a little spoiled!).

If your taste-buds are enticed and you’d like to join us for the next one, save the date in your diary: Sunday 17 September at 7pm. The cost is £20 per person and all proceeds go back to the charity.

We’ve already had a sneak-peek at the menu, and we’re definitely in for something special. With a (cooked) ‘Equinox Celebration of Seasonal Veg’ theme, come along and warm your soul as the cooler weather begins to grace us. You can reserve your spot by getting in touch - just email info@togetheragainstcancer.org.uk or give us a call on 0116 246 0195. But hurry - places are limited to just 20!
COMPETITION TIME!

Hello, my name is Natalya. I run a mobile beauty and holistic business called Ladybird Therapies, I also work for such an amazing charity Together Against Cancer and have recently joined Tropic. Susan Ma, the founder of Tropic has a love for developing natural beauty recipes. This stems from her upbringing and life in Cairns, Tropical North Queensland in Australia, where she was surrounded by the amazing plants and botanical actives which inspire many of Tropic’s formulations today.

After she appeared on BBC’s The Apprentice in 2011, Susan was given the opportunity to present her passion and vision for natural and cruelty free skincare to Lord Alan Sugar. He was impressed by the products, he spotted a unique business opportunity and invested to become a 50/50 partner.

After a year of planning, Lord Sugar and Susan started their Social Selling Business Platform. Their mission is to empower people all over the country and provide them with the means to start their very own beauty business with Tropic, earning their dream salary on their own terms.

To enter the competition for a chance to win an Ocean Fizz Foot Soak, please tell us the first product Susan Ma’s developed?

A) Body smooth  B) Feel fresh  C) Super Hand Therapy

Email your answer A, B, C to:

info@togetheragainstcancer.org.uk

The closing date is 30 September 2017. The winner will be drawn on 2 October & announced via email.

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You Can Heal Your Life—Louise L Hay

Serves as an insight into the power that the mind has over our physical health, and the manifestation of disease. As a survivor of childhood abuse and cancer, Louise shares daily affirmations and advises how to release limiting thought patterns and beliefs, in order to heal from the inside-out.

Louise Hay urged people to find a positive spin on even the worst situations in life. Her work epitomises our beliefs perfectly. She sadly passed away on 30 August.

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Mel’s Meals

Tamari Roasted Seeds—a healthy snack

1 cup sunflower seeds
1 cup pumpkin seeds
1 tbsp. olive oil
2 tbsp. tamari

Pinch of chili powder (optional)

Instructions

Toss together and roast for approximately 15 minutes, until tamari and oil have evaporated.

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Contact Us

Give us a call, or drop us an email for more information about our services and products

(0116 ) 246 0195
info@togetheragainstcancer.org.uk

Visit us on the web at
www.togetheragainstcancer.org.uk