

natural healing



'Reflexology has put a stop to my horrible menopause symptoms'



Tina Hoy, 48, is married with a son, aged 12, and lives in Berkshire.

I started having menopause symptoms four years ago. I had

dreadful headaches and hot flushes, but my big symptom was insomnia; I couldn't get to sleep and, when I did, it was only for an hour or two. I often had a knot of anxiety in my stomach. When I started researching online, I realised it was all linked to the menopause.

My GP offered HRT or antidepressants for the hot flushes, neither of which I was keen on. When I looked into alternative solutions I saw a testimonial from someone who had been helped hugely by reflexology and thought it was worth a try. I looked online and found Jo Adcock, who had all the qualifications.

At our initial consultation we talked through my main concerns, which were lack of sleep, headaches and the feeling of dread I was waking up with.

Then Jo started massaging my feet, pressing on the corresponding points for my adrenaline glands, ovaries, neck and head. I was lying down with a blanket over me in a warm room with soft music and incense burning, and it was lovely and calming. Although it can be painful at times, it's a nice pain and quite relaxing. Sleep was the first thing that

changed – that night I had the best night's sleep I've ever had. The headache went more or less immediately too. And the anxiety started to get better after my second session. I went weekly for five weeks, then fortnightly, and now I'm going every three weeks. I still have flushes but they're not nearly as severe.

Reflexology is the best thing I've ever done; I cannot tell you how different I feel. I feel like a cloud has been lifted.

All my symptoms have been cured and it's been worth every penny. If someone out there is suffering as I was, I'd really recommend you give reflexology a try.

JO ADCOCK SAYS...

"Reflexologists believe that different areas on your feet and hands correspond to other parts of your body, and massaging them stimulates healing. Reflexology can help the body to restore its balance naturally. Usually, after a treatment, tension may be reduced and you might feel more relaxed. You might also sleep better and find your mood and sense of wellbeing improving, although reflexology should not be used as an alternative to seeking medical advice." Contact Jo at joadcockreflexology.co.uk
➤ **FIND A PRACTITIONER** The Association of Reflexologists (aor.org.uk) has a list of therapists. Expect to pay anything from £35-£75.

"After just one session I had the best night's sleep ever"

'Mindfulness cured my depression'



Teaching assistant Sue Saunders, 59, is married with three grown-up children and lives in Hove. A couple of years ago, I had one

of those times when everything happened at once: my mother died, then my daughter left home and my sons went off to university. We also had financial worries because my husband's business was struggling.

Even though I was busy with work and seeing friends, nothing stopped the feeling of emptiness and I began to have dark thoughts. I saw my doctor and, as I wasn't keen on taking medication, he suggested mindfulness.

A friend recommended Nick Diggins, so I signed up for an eight-week course. There were eight of us and our first task, which was a bit weird, was to shut our eyes as someone put an object – a raisin – into our hands. We had to feel it, then put it into our mouths. We also did a three-minute meditation, which involved pushing any thoughts away and focusing on breathing. Nick got us to create a "pleasant events" calendar, writing down one good thing a day, such as meeting a friend for coffee.

After the fourth week I started feeling more positive and my dark thoughts disappeared. I now appreciate the power of stopping, taking notice and being in the moment. I'm not just happier now – I'm actually happy. The big difference is I've realised that you can't have everything, so I make the most of what I've got.

NICK DIGGINS SAYS...

"Most of us have a tendency to 'overthink', and people with depression often get caught in cycles of negative thinking. Mindfulness can intervene by bringing attention to ordinary simple sensations that help pull us out of overthinking and recognise the beauty in ordinary experiences."

Try one of Nick's meditations at mindfulnessforwellbeing.co.uk

➤ **FIND A PRACTITIONER** Visit bemindful.co.uk. Expect to pay around £300 for an eight-week session. w&h