

# Sulis Holistic Centre Newsletter

## Autumn & Winter 2011

Therapies in Sulis: Acupuncture, Aromatherapy Massage, Crystal Therapy, Diet & Nutrition, Deep Tissue Massage, Facial Treatments, Facial Acupuncture, Holistic Massage, Hypnotherapy & Psychotherapy, Indian Head Massage, Naturopathy, Pregnancy Reflexology, Pregnancy Massage, Reiki, Reflexology, Swedish Massage, Thai Massage, Windsphere Massage

Phone (042) 9673931

(087) 6290833 or (087) 9800626

### KEVIN CALLAN ON ACUPUNCTURE & NATUROPATHY

Kevin Callan B.Sc. Dip Ac. N.D. Member A.F.P.A. & I.N.A.

Acupuncture is an ancient healing art that originates in China. It has been in use for over 2000 years and as such has a long history of effectiveness in the treatment and management of a wide range of health problems. Many people are familiar with the use of acupuncture for the treatment of back pain and injuries. This is only one of the areas that it has shown effectiveness. The World Health Organisation has carried out a review of all the conditions that acupuncture has been found to effectively treat. These are too numerous to list here but range from sciatica, to pregnancy related nausea and breech presentation of the fetus, hypertension to irritable bowel disease. For a full list of the conditions reviewed by the WHO refer to my website [www.callanacupuncture.ie](http://www.callanacupuncture.ie) receiving an acupuncture treatment is painless and relaxing. The cost of treatment is covered by all main health insurance companies.

Naturopathy is the general practice of natural medicine. The naturopath's main aim is to get to the root cause of any particular health issue you might have so that you are not only treating the symptom but also the cause. After a consultation the client should have a clear idea of what change they can make to help them manage and improve their condition. This may also involve dietary changes, taking herbs or supplements. The client should always leave a naturopathic consultation feeling empowered get the most from their health. There are a broad range of conditions that respond very well to naturopathic treatment and protocols.

To find out if acupuncture or naturopathy might be of benefit to you please don't hesitate to contact Kevin on 0863744227 or by email [hello@callanacupuncture.ie](mailto:hello@callanacupuncture.ie). You can see a full list of services and prices on [www.callanacupuncture.ie](http://www.callanacupuncture.ie). Why not follow Kevin on facebook by liking Callan Acupuncture where you will get regular free health tips and interesting research articles.

### SULIS WELCOMES ELIZABETH GILES – CLINICAL HYPNOTHERAPY & PSYCHOTHERAPY PRACTITIONER

I want to thank the team at Sulis for welcoming me to their Centre from September onwards.... Consider now, for a moment, a future where you are in control, confident, calm and relaxed! Now ask yourself, how much time you have wasted feeling stressed and out of control? I specialize in giving you back time and control in your life, by using therapy techniques that achieve a fast and effective resolution to your problem, ensuring that the future you deserve and desire, becomes your reality. I treat anxiety/stress, weight issues etc. and most therapy is conducted in hypnosis which is rather ordinary, non-magical and the opposite of the Performing Hypnotist, who uses hypnosis for entertainment purposes. Like the Magician, his show is just a marvelous illusion. So call me now to see how I may help!

For Info or to make an appointment contact Elizabeth Giles (086 1984179)

### MATERNITY REFLEXOLOGY

*The Irish Reflexologists' Institute in its leaflet entitled Reflexology in Pregnancy and Labour, details the benefits of Reflexology for mothers-to-be.*

- *A reduction in morning sickness, all day sickness and vomiting which persists past the three month stage of the pregnancy. Reflexology is recommended by the National Maternity Hospital, Holles Street, Dublin for this problem.*
- *It helps to relieve indigestion, lower back pain, hemorrhoids and constipation.*
- *It prepares the body for labour by balancing all the body systems, especially the endocrine system which governs the labour process.*
- *The length of labour can be very much reduced by having regular Reflexology treatments in the weeks prior to the expected delivery date.*
- *Reflexology can be used during labour to help boost energy levels, and it aids deep muscle relaxation between contractions. It helps with pain control by stimulating the production of natural endorphins. Partners can be taught the areas of the foot to treat during labour*
- *Using Reflexology can reduce the need for epidurals.*
- *After the birth, Reflexology babies are very calm, suckle better and are less prone to colic*
- *Using Reflexology after labour can help expel a retained placenta.*
- *It can promote rapid healing of episiotomies.*
- *It will encourage breast milk production.*
- *And can help relieve urinary retention.*

**For Pregnancy Reflexology please contact**

**Emma Hoey on 087 6290833**

**Rachael Butler on 087 9800626**

**Ciara Kirk on 087 7645111**

# Sulis Holistic Centre

Convent Hill. Carrickmacross. Co. Monaghan

Workshops in Sulis September to December 2011  
Check out our website [www.sulisholistic.com](http://www.sulisholistic.com)



Title of Workshop	Dates & Times	Contact Person
<b>Mixed Ability Yoga</b>	Every Thursday evening from 8pm to 9.15pm (Cost €80 for 8 wks or €13 drop in)	Derbhla on 086 8672568
<b>Pregnancy Yoga</b>	6 week courses run regularly	Derbhla on 086 8672568
<b>Reflexology for Parents &amp; Toddlers (age 1 to 3)</b>	Thursday 29 <sup>th</sup> September 6.30pm to 8.30pm (Cost €25 per parent and child)	Emma on 087 6290833
<b>Reflexology for Parents &amp; Babies (age newborn to 1 year)</b>	Friday 30 <sup>th</sup> September 11am to 1pm (Cost €25 per parent and child)	Emma on 087 6290833
<b>Reflexology for Parents &amp; Children (age 4 to 12)</b>	Friday 30 <sup>th</sup> September 3.30pm to 5.30pm (Cost €25 per parent and child)	Emma on 087 6290833
<b>Crystal &amp; Chakra Healing Workshop</b>	Tuesday 4 <sup>th</sup> October from 7.30 to 9.00pm every Tuesday for 5 weeks (Cost €80)	Rachael on 087 9800626
<b>Reiki 1 Scheim</b>	Saturday 8 <sup>th</sup> & Sunday 9 <sup>th</sup> October (Cost €150) Saturday 12 <sup>th</sup> & Sunday 13 <sup>th</sup> November (Cost €150)	Rachael on 087 9800626
<b>Hand Reflexology for Women</b>	Friday 21 <sup>st</sup> October 10am to 12noon (Cost €25 per person)	Emma on 087 6290833
<b>Ascension Meditation</b>	Friday 11 <sup>th</sup> November 10.30am to 12noon (€10 donation)	Rachael on 087 9800626
<b>Connect with Your Power Animal</b>	Saturday 15 <sup>th</sup> October 10am to 4.30pm (Cost €60)	Marina on 087 2715588
<b>Enneagram with Catherine Brennan</b>	Friday 30 <sup>th</sup> September 7.30pm to 9.30pm & Saturday 1 <sup>st</sup> October 10am to 5pm (Cost €40 per person)	Rose on 087 9264364
<b>Yoga Workshops</b>	Saturday 24 <sup>th</sup> September 10am to 12pm Saturday 5 <sup>th</sup> November 10am – 12pm Saturday 26 <sup>th</sup> November 10am – 12pm	Derbhla on 086 8672568
<b>Art Classes</b>	Every Tuesday morning from 10.30am to 12.30am (€120 for 8 weeks)	Kate on 087 2863915
<b>Stress Management (Mini Lecture)</b>	Monday 26 <sup>th</sup> September from 8pm to 9.30pm (Cost €20)	Kevin on 086 3744227
<b>Digestive Health – (Natural Solutions to Bloating and Digestive Disturbance) Mini Lecture</b>	Monday 17 <sup>th</sup> October from 8pm to 9.30pm (Cost €20)	Kevin on 086 3744227
<b>Natural solutions to cravings and weight maintenance (Mini Lecture)</b>	Monday 7 <sup>th</sup> November from 8pm to 9.30pm (Cost €20)	Kevin on 086 3744227
<b>Natural Beauty (Learn how to improve complexion, deal with problem skin, refine lines, and feel great- includes mini Acupuncture facelift demonstration) Mini Lecture</b>	Monday 28 <sup>th</sup> November from 8pm to 9.30pm (Cost €20)	Kevin on 086 3744227
<b>Meditation Class</b>	Wednesday mornings from 10am to 11am Starting Wed 21 <sup>st</sup> September for 5weeks (Cost €60)	Rachael on 087 9800626
<b>Beat the Recession Blues</b>	Monday 10 <sup>th</sup> October from 10am to 1pm (Cost €30)	Marina on 087 2715588
<b>Everyday Homeopathy in the Home</b>	Saturday 22 <sup>nd</sup> & Sunday 23 <sup>rd</sup> October (10am to 5pm both days) Cost €75	Marina on 087 2715588