

THE ATTRACTION OF MAGNETIC HEALING

A growing number of people have approached me with questions, statements and stories regarding magnets and healing. Companies are now marketing the miracle magnets in bracelets, insoles, belts, necklaces, and bed sheets to help cure and alleviate peoples aches, sores, and chronic discomforts. What is the truth and where is the evidence?

Magnetic rings were used by the ancient Greeks with a belief that it could pull out disease from the body of a sufferer. The first formal investigation was in 1784, with Benjamin Franklin who examined the available evidence and reached conclusions that haven't really changed today.

Magnetic therapy has evolved and changed over the years; but the results have not. Modern companies propose that the magnetic field produced by the magnet can positively influence cell function, can stimulate proper cell growth, can increase blood flow and have a positive affect on osteoarthritis. It all sounds really great.

Unfortunately, the magnetic field produced by these magnets is not powerful enough to penetrate the skin layer that it sits upon. Therefore no interaction with deep tissue could occur. Secondly, the iron that exists in our blood does not in any way respond to a magnetic field, and finally the changing bone matrix and mechanical stressors that lead to osteoarthritis have nothing to do with and are not affected by a magnet field.

A lot of people are happy to wear the magnets, and it's hard to argue with results if people feel they are benefiting; but to date there is little evidence to suggest that magnets are an attractive choice. Perhaps the opinions will always be polarised.

Ref: Jim McGee, Nick Grantham

AIRTHREY SPA BOWLING CLUB

A qualified coach in lawn bowling is now available to teach the bowling basics free of charge.

As the club stress, bowling is not just for the retired - it is a sport enjoyed by a wide age group. There are friendly and league bowling fixtures from April to September, plus the chance to have a refreshment at the club bar.

Anyone interested should contact secretary Iain Watt on 01786 870990.

Craniosacral Therapy

The very name of this therapy can be misleading. Firstly, its rather harsh sounding title belies the gentle and subtle nature of this hands-on therapy and secondly, treatments are much more than just working on the head and sacrum.

Deep within the brain we produce a fluid which circulates round the brain and goes around the spinal cord to the sacrum, the large flat bone at the bottom of the spine. The fluid is contained within a membrane system which covers and separates parts of the brain into different segments and which house the various cranial nerves. Ideally the fluid moves in a regular cycle, called the Craniosacral Rhythm. This is different from the pulse or breathing rate as the average rate in a healthy adult can be 10 to 12 a minute, faster in children and slower in older or sick people. Because the flow of fluid is around the spinal cord, this has an affect on every part of the body - organs, nerves, muscles, fascia to fingertips and toes. Any twists, contractions, restrictions, traumas or stresses in the body can affect the rhythm making it uneven or sluggish.

Using very gentle pressure on all parts of the body aids these lesions or twists to unwind thus helping the body to come into better balance and promote healing

from within. As cranial membranes loosen, the production of cerebrospinal fluid is enhanced thus affecting every part of the body.

Many people find the treatment so relaxing that they fall asleep or into a very deep state of blissful consciousness. Other times stresses may be released through emotional unwinding. Traumas and memories locked into the tissues of the body can be released gently as bodily resistance melts away.

Craniosacral Therapy can help a vast range of conditions, from enhancing the immune system and helping ME sufferers, to infertility, autism, depression, back pain, migraines, sciatica, blood pressure problems, stress or any physical pain. The possibilities are endless. It is particularly useful for pregnant women and babies where issues around childbirth can be eased. Colic, for example, can be rectified very easily as are cranial problems resulting from caesarean section or difficult births.

Treatments last an hour for adults or half an hour for babies and young children. For more information phone Kathleen Morison on 01786 833717.

BREAKFREE IN STIRLING

Walkers were out in force on Wednesday 2 May for the second Walk About Stirling outing which was combined with the launch of the new Walks For All pack.

This year the walk was held in Callander and organiser Trisha Cumming, Walk About Stirling Co-ordinator with Active Stirling said, "There was a total of 92 walkers turned up on the day and took part in one of the five walks on offer. We enjoyed beautiful weather which made the day even more enjoyable for all of those who attended."

The new 'Walks For All' pack launched at the event by the Countryside Team with help from Active Stirling. Brian Devlin (Director of Environment, Stirling Council), Andrew Bain (Chief of Active Stirling) and Bob Campbell (Chief Executive of Breakfree) all spoke at the launch.

Funding for the project was provided by Stirling Council Countryside Service, Walk About Stirling/Active Stirling, Paths to Health, Scottish Natural Heritage, Forth Valley NHS, Forestry Commission and Healthy Hearts. The 'Walks For All' pack consists of an A5 folder containing 16 route cards.

The walks are relatively short and are located in the Stirling Council area but outwith the Loch Lomond and the Trossachs National Park. All routes were walked and checked by Council staff.

The pack is based on the "Breakfree" design that has been used in England but it is a first for both Stirling and Scotland. It aims to open up the countryside to as many people as possible by providing the essential info in an easy to understand format which allows the walker to decide if the walk is for them. Each route card consists of an easy to use map showing things you will find on route such as gates, benches, gradients and public transport opportunities. There is also text providing important information.

For more information about health walks in the Stirling area contact Trisha Cumming on 01786 432323 or 07717 544773 or email cummingp@activestirling.org.uk

For more information about the Walks for All pack contact either Trisha Cumming or Penny Stoddard on 01786 442971 or e-mail countryside@stirling.gov.uk

A Century Ago in Bridge of Allan

Strange Bridge of Allan Mystery (June 15)

Miss Mary Elizabeth McBride Ponton, aged 31 years, and who had resided for some months in a Bridge of Allan hotel, disappeared on Wednesday [Jun 12] under mysterious circumstances.

She had as her companion and attendant a lady doctor named Miss Ellen Gordon. Dr Gordon and her patient, it appeared, occupied different bedrooms.

In the morning John Armstrong, Allanside Bakery, found a lady's waterproof cloak and white underskirt bound together, and

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lying on a stone wall at the side of the river Allan.

There was an envelope attached to the clothing addressed to Dr Gordon at the hotel, and on the articles being taken there they were identified as the clothing of Miss Ponton, who was found to be missing.

A search was instituted, but without result. From the contents of the letter and other circumstances it is feared that Miss Ponton has been drowned in the river, which is in flood.

Dr Gordon knows nothing further about Miss Ponton or her people than that she (the doctor) was engaged by a firm of solicitors to look after her.



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