



Thoughts from Friends in our Community



Top Tip

Fitness in your working week



The stress and pressure in the lives of busy parents can be alleviated (even if temporarily) by exercise. Many busy parents often concentrate on the fitness and health of their children before themselves, which is a natural tendency.

If you already have regular exercise in your life then this is excellent. For those who don't all is not lost as there is always a place to start. First you must proactively look at snippets of time in your day where you can exercise. This is the hardest part! Then figure out what your likes and dislikes are in exercise. Ask yourself the question, "What do I like to do

for exercise?" the point is that it can be any form of exercise.

Then plan 3 times per week where you can dedicate at least 30 minutes for a fitness activity. Your family will benefit from a fitter happier parent!

Until next time, stay fit and healthy

Alison Neri—Manager of Topform Fitness

PS – Do not forget to continue to drink plenty of water regularly through out the day. As temperatures cool down it is easy to forget.

Birgitta Westling : Brandon Bays' therapy "The Journey" in Geneva

In 1992 Brandon Bays was diagnosed with a uterine tumor the size of a basketball. By going through a powerful experience where she relived and resolved a negative memory, her body started its own healing. Six and a half weeks later she was pronounced "textbook perfect".

In the book "*Molecules of Emotion*", Dr Candace Pert describes her Nobel Prize nominated research: if **traumas** and **negative emotions** are suppressed, they can affect our bodies at a physical level, becoming **stored as cellular memories** (Dr. Deepak Chopra refers to them as "phantom memories"). These can **cause dis-ease**, years after the original events.

The Journey is a gentle yet profound guided process, calling up the memories of **all the senses**; it gradually reveals the core of a problem, releasing the body's physical and emotional **self-healing** power. It is able to **catalyze profound** results, even after **other approaches** have failed.

JOURNEYS FOR KIDS (5+)

The Journey is a playful way through which children become happier and more responsive by helping to free the child's boundless potential and developing creativity, self-confidence and self-esteem. It is a visualization process using story-telling. "Before and After" drawings express the child's emotional evolution.

Before starting the child's treatment, a parent must commit to one session alone.

Allergies, asthma, eczema, pain, phobias, anger, discipline problems, emotional issues, grief, hyperactivity, traumas, ... all react favorably to this treatment. Birgitta Westling is a **Health Care Practitioner**, born and raised in Sweden. Because of her love and deep interest in children she became a **Registered Nurse**, specializing in **Pediatrics**. She then gained valuable expertise working with the Human Awareness Institute of San Francisco, where she assisted in seminars focusing on **relationships**. Birgitta has had a lifelong interest in helping others healing themselves emotionally. She is a **Massage Therapist (Swedish & Lymphatic Drainage)** since 1987 and is also experienced in nutrition and heavy metal detoxification. For twenty years she has dedicated herself to learning and practicing in the fields of health and alternative medicine. As of 2004, Birgitta studied **The Journey** and personally embraced this powerful therapeutic treatment. She now is an **Accredited Journey Practitioner** and integrates into her therapy a **whole range of healing methods**, such as **The Work, N.L.P., Gestalt, Psycho-Drama, and Role-Play**.

Birgitta Westling: Reg. Nurse & Health Care Practitioner - Compl. Insurances

Licenced Massage & Accredited "Journey" Therapist

Phone Journeys (Skype) English, Français, Svenska, Português, Español, Deutsch

www.birgitta-journey.com

info@birgitta-journey.com

[022 700.58.55](tel:0227005855)