



Camphill Wellbeing Trust Health Matters

WHICH TYPE ARE YOU? 2

Learn how the AnthroHealth approach supports patients

BENEFICIAL BIRCH 3

Discover the benefits of Spring-time birch trees

SUPPORTING CWT 4

Donate or volunteer at the Blue Door Charity shop!

ABANDONED ART 4

Meet our new artist for Art in the Waiting Room

Interested in fundraising?

Email us to find out more:
admin@cwt.scot

Support us online:

<http://uk.virginmoneygiving.com/charities/CamphillWellbeingTrust>



Young mum's motivation to fundraise

SAM'S SUPERB SUPPORT FOR CWT

Inspirational mistletoe patient, Samantha Young, shows motivation and determination in her support for Camphill Wellbeing Trust.

Sam was originally diagnosed in August 2017 with metastatic stage 4 breast cancer only four weeks after the birth of her second child.

Following more recent news that the cancer had spread to her brain, Sam's dad [pictured above left with Sam] encouraged her to find out more about the services offered at CWT.

Now receiving mistletoe therapy alongside her chemotherapy, Sam spoke to us about her reasons for fundraising to support CWT:

"CWT is a lovely place with an incredibly positive and calming atmosphere. Dr Geider is so driven and caring, it felt like home. Dr Geider and Barbara [CWT's nurse] gave me hope where it was fading. I also want to show my two children, Aria and Luca [pictured above centre], that it is good to help people who need it."

Sam has a track record fundraising for charity through completing various challenges, including climbing Mount Kilimanjaro. Currently not able to undertake such an event, launching a Virgin MoneyGiving page was a completely new approach for Sam who initially "hoped at best to

get a couple of hundred pounds." However, with fantastic support from friends [Vicky, pictured above right] and family who shared Sam's page through social media, she reached **over £7000 in less than 48 hours!**

"Just unbelievable!" Sam exclaims. *"People genuinely want to help. I am lucky to have great friends who donated larger sums of £500 each and another friend's brother donated his company's service for a raffle which raised £850!"*

Going forward, Sam's plans for her CWT fundraising include marathon-running friends, skydiving family members, car boot sales and coffee mornings... she even plans to hold an art auction featuring paintings by her dad and friends.

Speaking to Sam, the benefits in her motivation to support CWT shine through. Her determination is reflected in her refreshingly positive approach to life: **"Camphill has given me hope and direction again. Mistletoe therapy really appealed to my sense of wanting a quality of life for my time left."**

I hope to gain the courage to go out and live the life I have left. Something we should all be doing!"

An insight into the AnthroHealth approach

Which type are you?

Camphill Wellbeing Trust offer an extended and integrative approach to health and wellbeing known as AnthroHealth. Our doctors work with patients to create individualised therapeutic programmes to help address illness, build resilience and maintain wellbeing. But what does this mean?

A whole person approach

Before seeing one of our doctors, you will be asked to fill out a detailed information form covering not only your current state of health but also significant milestones in your life. This gives the doctor a rounded picture of you as an individual, taking into account physical, mental, emotional and lifestyle factors, both past and present, that may be influencing your health. Using this information within the consultation, you and our doctor will agree together how to stimulate and support your own self-healing capacities. This may involve a prescription of **AnthroMedicines***, a specific **therapy** and targeted **lifestyle changes**.

* *pharmaceutically manufactured natural based medicines*

Seeing you as an individual

Key to the above AnthroHealth approach is the idea that there are 4 distinct parts of us which interact to influence our health:

- Our Physical Body
- Our Energy Level
- Our Psychological Make-up: cognitive functions, emotions, behaviours
- Our Individuality i.e. personality

In addition, these 4 parts of us are affected by our environment [physical and social] and respond to stress factors in our life. The outcome can either promote health or illness.

The 3-type model

The way in which the environment and stress factors impact on our health is to some extent determined by our inherited disposition - our '**constitutional type**'. At its simplest level we can pick out 3 types: nerve, rhythmic and metabolic. Each type has its own strengths and weaknesses. Each type displays a preferred way of coping with stress. Some key traits of each type are shown opposite: **Which type are you?**

How does the 3-type model help in illness?

The 3-type model is used in two main ways. Firstly, to help our doctor choose **type specific** anthromedicines, therapies and lifestyle changes. Secondly, to help patients understand themselves. By recognising their type with its characteristic ways of reacting to stress, patients can learn the best way for their type to counter this and restore balance within themselves.

For example, we all need some form of exercise in order to keep healthy. However, the type and amount of exercise that is

health-giving for a nerve type differs from that required for a rhythmic or a metabolic type. Nerve types can best support their health by non-competitive exercise such as yoga or walking in nature where they can 'switch off' and relax. They should take care not to over exercise. Metabolic types on the other hand require to expend some effort in exercising, to sweat a bit to gain benefit - gentle walking will generally not bring the desired rebalancing effect.

✓ **Nervous:** exercise to calm the mind and senses:
e.g. yoga, walk in nature


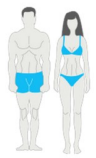

✓ **Rhythmic:** exercise to reinforce rhythm:
e.g. swimming, rowing or dancing

✓ **Metabolic:** exercise to increase awareness of the body:
e.g. power walking, guided gym work out

How can you help yourself?

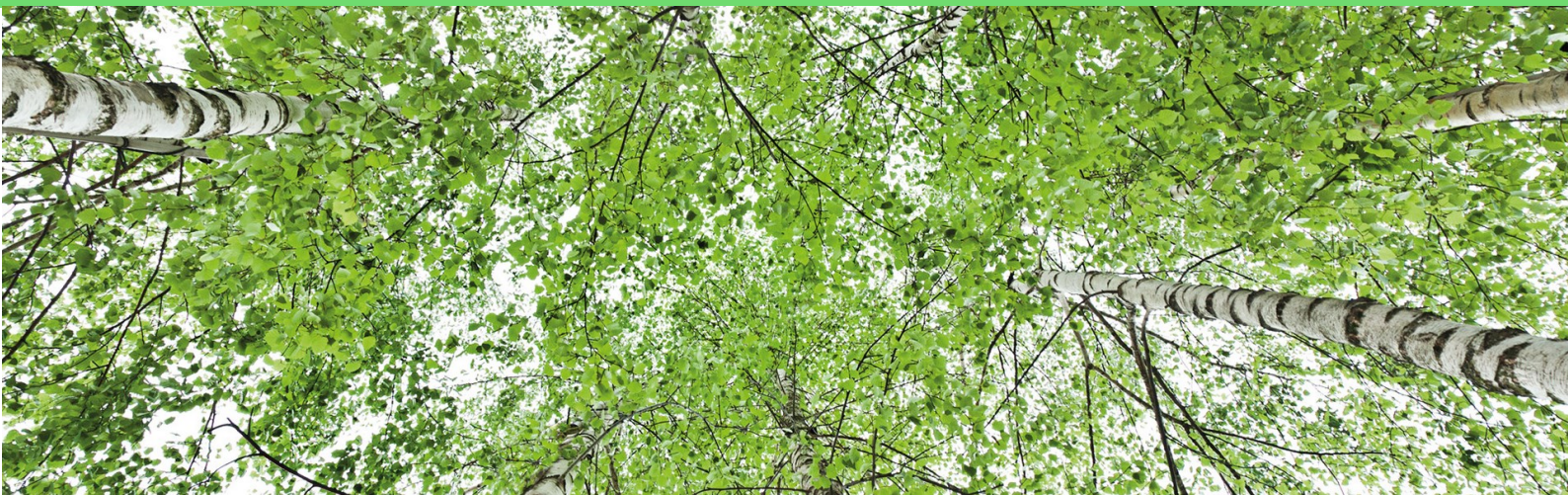
By becoming aware of your type, you can learn how to take more control of your health and well-being.

Over the next four issues of *Health Matters*, we will focus on four **key lifestyle areas: sleep, exercise, nutrition and stress management**. We will outline simple steps for each type that will encourage balance, promote health and build resilience.

Nerve type	Rhythmic type	Metabolic type
✓ Tend to thinness, loses weight easily	✓ 'Average' build, stable weight	✓ Well-padded, gains weight easily
✓ Sensitive/alert to environment	✓ Adapts readily to the environment	✓ Not easily disturbed by environment
✓ Responds to own thoughts and/or sensory impressions	✓ Organises self and others easily, takes control	✓ Tends to stick to own set steady pace
✓ Tends to overthink	✓ Thinking and acting balanced	✓ Can daydream easily
✓ Eats distinct food categories, may be picky eater.	✓ Views food as 'fuel', eats most food	✓ Really enjoys food, may over indulge
✓ Hand/feet tend to be cold	✓ Hand/feet normal temperature	✓ Hand/feet tend to be over warm
✓ Light sleeper, may dream a lot	✓ Good sleeper	✓ Very sound sleeper
		

Interested in learning more?

CWT plan to hold a series of evening talks during 2019 to expand on ways to support your own wellbeing. Email admin@cwt.scot to register your interest.



Revitalising Birch: full of ingredients to give us energy this Spring

Just as birdsong heralds the spring, the young leaves of the birch show the freshness, vitality and light of new growth, making this slender tree with its white grained bark a real symbol of spring.

Between May and June, the birch pushes out strong growth, full of ingredients that also give new impetus and energy to our own systems.

A healing history of birch:

Associated with the beautiful feathered Norse goddess Freya, the birch was ordained a sacred tree and enjoyed a virtuous reputation in the popular belief of German and Slavonic people. Bringing a birch tree to the village, as a symbol of the awakening spring, is a custom that has survived to this day – the birch maypole can be found in many village or town squares in Germany in the spring.

Birch sap was also known as a beauty and strengthening remedy in Europe and was used against fever and stomach ailments, while a decoction of birch leaves was used to treat skin diseases and wounds. Its detoxifying and diuretic effect has traditionally been used in the Spring to balance the body after winter. The flavonoids in birch, when taken internally, assist this process by stimulating metabolic activity and transporting excess water from tissues. This diuretic effect was traditionally known as a 'spring cure'.

Discover your spring remedy in Weleda's birch products. Try their Birch Juice drink or test out their invigorating body treatments to smooth and refine skin.

Not familiar with Weleda products? You can **pick up a free sample** from the waiting room in Camphill Medical Practice, Aberdeen, while stocks last!

WELEDA

Birch Juice

A certified organic drink with birch leaf extract, Weleda Birch Juice is harvested from spring-growing new birch leaves that are full of dynamic essences being carried from the roots to the leaves.

This revitalising, natural seasonal drink with its **fresh and tart-taste** is ideal as part of a spring regime - and it is suitable for vegans.



Take *Weleda's Birch Juice* two to three times a day.

You can mix a tablespoon with cold or warm water, or add to milk, yoghurt, quark or muesli.

Birch Body Scrub

A stimulating scrub to invigorate skin, try *Weleda's Birch Body Scrub* to perk up tired skin, **stimulate circulation** and **freshen skin tone.**

Tired skin reawakens with Weleda's **unique wax pearls** – the tiny granules are made from natural waxes, especially gentle on the skin and are non-polluting. The invigorating and fresh scent, zingy with grapefruit, citrus and cypress, awakens the senses as the scrub improves skin's appearance and supports skin renewal. Dermatologically approved and skin-kind, the scrub is suitable for vegetarians.



Birch Cellulite Oil

A natural treatment for cellulite skin, *Weleda's Birch Cellulite Oil* is an invigorating massage oil for 'orange-peel' legs, thighs and buttocks. Made from the extracts of organic young birch leaves, rosemary and butcher's broom, the plants are used to stimulate the skin's metabolism. These are blended with active carrier oils, including vitamin rich wheatgerm and jojoba – used to hold moisture where it is meant to be - as well as invigorating grapefruit and cypress oils for fragrance.

Suitable for vegans, the oil is used twice a day for four weeks before daily maintenance applications.



You can find Weleda products in local pharmacies, at the Newton Dee Store or online: www.weleda.co.uk

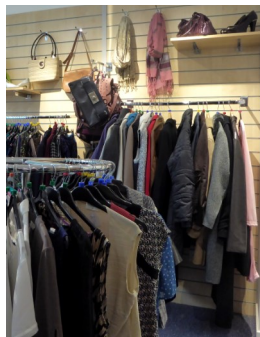
Spring clean for the Blue Door

Spring is in the air and its time for a revitalising spring clean! Why not support a local charity by donating your pre-loved items to the Blue Door.

Situated on North Deeside road, the charity shop is always looking for **good quality** donations to increase its range of stock.

The shop accepts:

- ✓ textiles (clothes, bags, belts, shoes)
- ✓ bric-a-brac
- ✓ toys
- ✓ linen
- ✓ books
- ✓ jewellery
- ✓ DVDs, CDs & computer games



Unfortunately, they are **unable to accept** electrical items, video tapes, child car seats or bike helmets. Please **do not** donate items unfit for purpose i.e. missing parts, broken.



Call for volunteers

The shop relies on its wonderful group of volunteers who help create a welcoming atmosphere for its customers. With volunteers from secondary school age upwards giving their time and learning new skills, volunteering at our shop is proving to be a popular and rewarding activity!

Contact Pamela McBain, Charity Shop Manager, to find out more.

Support us by donating or volunteering today.

Open Tues - Sat: 10am to 4pm

The Blue Door Charity Shop, 57-59 N Deeside Road, Bieldside, Aberdeen, AB15 9DB Tel: 01224 861830



Promoting local artists

Art in the Waiting Room Exhibition

The spacious waiting room of Camphill Medical Practice forms a light and airy art gallery space where we are able to promote the work of local artists.

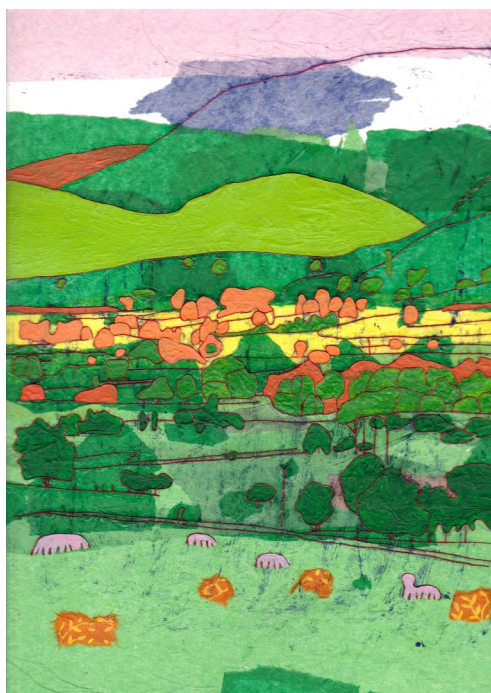
Our next exhibition shares the work of local artist, **Katarina Chomova**, a 2012 graduate of Gray's School of Art. Katarina's paintings sit between reality and dream-like imagery:

"I am interested in spaces around me, places I visited and also the idea of abandonment and how it affects space."

Open Night
28th Mar 2019
6.30 - 8pm

Meet the artist at our open night and enjoy **complimentary refreshments** as you browse the new exhibition.

Exhibition runs from 28 Mar - 21 May 2019
Camphill Medical Practice: Mon - Fri, 9am - 6pm



www.facebook.com/artinthewaitingroom



25% commission from all sales go directly to CWT to support its various projects.



Health Matters

SIGN UP TO RECEIVE OUR NEWSLETTER

If you would like to receive future copies of our newsletter, please send your name and email address to:

admin@cwtt.scot

By doing so, you consent to your details being added to our database and you will receive further news from CWT by email. All information provided will be protected and will not be passed to a third party.

Camphill Wellbeing Trust is a registered charity.

Our aims are:

- to promote innovative approaches to health, education and social care
- to offer equality of access to our services
- to provide education and training
- to promote related research
- to raise funds in support of these aims

Camphill Wellbeing Trust
St Devenick's
Murtle Estate
Bieldside
Aberdeen
AB15 9EP

Telephone: 01224 862008
01224 869844

admin@cwtt.scot
www.camphillwellbeing.org.uk

Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd.
Registered number SC120539
Scottish Charity number SC016291