

CAMPHILL WELLBEING TRUST

# Health Matters

Come along to our next  
'Art in the Waiting Room'  
Open Night and support CWT



Email us to find out more:  
admin@camphillwellbeing.org.uk

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Dr. David J. Schwab is a professor of psychology and neuroscience at the University of California, San Diego. He is also a senior research advisor at the Center for Cognitive Neuroscience. Dr. Schwab's research focuses on the neural basis of memory and learning, with a particular emphasis on the role of the hippocampus. He has published numerous papers in the field and is a frequent speaker at conferences. Dr. Schwab is also a member of the National Academy of Sciences.

You can also find out more about LSVT® LOUD  
on their website: [www.lsvtglobal.com](http://www.lsvtglobal.com)

Health Matters aims to support its readers by sharing helpful AnthroHealth advice and information.

## Recent research supports our AnthroHealth approach AnthroHealth first, antibiotics second!

The overuse of antibiotics is currently a hot topic with stories of overprescribing and resistant bugs frequently hitting the headlines.

Current research indicates that over reliance on antibiotics has created a spectrum of resistant microbes, the so-called superbugs. Unless effective steps are taken to cut back on prescribing, doctors will be left without effective weapons to tackle serious infections. Despite repeated NHS initiatives to curb overuse, around 50% of antibiotics are still inappropriately prescribed, with patient pressure and expectations playing a significant role.

*"Antibiotics have served us well in treating infections for over 60 years, but as a society, we have come too dependent on them and they are now seen as a 'catch-all' for every illness and infection."*

Dr Maureen Baker, Royal College of GPs  
Chair, BBC News, 18 Feb 2015

The AnthroHealth approach provided at Camphill Wellbeing Trust has always encouraged a sparing use of antibiotics. As an extension of conventional medicine, Anthrohealth uses additional therapeutic tools to help patients deal with illness, build resilience and support ongoing health. Natural anthromedicines derived from minerals, plants and animals, are prescribed in preference to antibiotics where possible and along with other supportive measures such as steam inhalations, compresses and external applications, many acute illnesses can be successfully managed.

The effectiveness of the AnthroHealth approach in reducing GP

antibiotic prescribing has been confirmed in a number of international studies. The most recent compared GPs' treatment of children with acute respiratory tract infections (sore throat, laryngitis, bronchitis, common cold) or ear infections. Doctors offering the AnthroHealth approach showed very low use of antibiotics and analgesics (e.g. paracetamol). Antibiotics were prescribed for only 5% of children compared to 26% in conventional practices. The safety of the AnthroHealth approach was also confirmed and children receiving anthromedicines

recovered more quickly than those who did not.

This study confirms our own experience here at CWT. Our AnthroHealth clinical and therapeutic staff work with patients to find the most appropriate and effective way to overcome illness and build future health. With regards to acute illness and antibiotic prescribing, we adopt a 'watchful waiting' policy while supporting patients with our AnthroHealth medicines and other applications. To find out more about the AnthroHealth approach we offer, contact us on: [admin@camphillwellbeing.org.uk](mailto:admin@camphillwellbeing.org.uk)

The research paper referred to can be accessed using the details below.



***Antibiotic Use in Children with Acute Respiratory or Ear Infections: Prospective Observational Comparison of Anthroposophic and Conventional Treatment under Routine Primary Care Conditions.*** Hamre, J., Glockmann, A. et al In: Evidence-Based Complementary and Alternative Medicine, Vol. 2014. Published: 18th Nov 2014. Available from: [http://www.damid.de/images/forschung/ereignisse/112014\\_Hamre\\_IIPCOS\\_Antibiotic\\_Use\\_in\\_Children\\_eCAM.pdf](http://www.damid.de/images/forschung/ereignisse/112014_Hamre_IIPCOS_Antibiotic_Use_in_Children_eCAM.pdf)

### Introducing our staff New assistant for CWT

We extend a warm welcome to the newest member of our Camphill Wellbeing Trust team, Nazma Ali.



Nazma grew up in Shetland and worked for the RBS before she moved to Aberdeen in 2010 and trained as a Remedial and Sports Massage Therapist. Joining CWT in December, Nazma provides a variety of admin support for the CWT Manager as well as the running our self-catering accommodation units.

Already feeling part of the team, she comments:

*"There is a certain harmony and unity in the Camphill environment; everyone working towards a common goal."*

### CWT wins research publication award

#### Stop Press! Stop Press! Stop Press!

We are delighted to announce that our latest research publication '**The case for mistletoe in treatment of laryngeal cancer**', published in the March 2014 Journal of Laryngology and Otology has just been **awarded Best Paper Prize** by the journal in the Clinical Record & Short Communication category.

As co-author of the paper, CWT's Dr Stefan Geider will attend the award ceremony in London on 30th April and give a short presentation.

You can access the paper through the research section of our website: [www.mistletoetherapy.org.uk](http://www.mistletoetherapy.org.uk). In our next issue we will report further on this paper and our other research activities.

Always read the Patient Information Leaflet for directions on how to use the product safely.



This section highlights a number of AnthroHealth remedies which can provide symptomatic relief for seasonal ailments.

Discover an AnthroHealth remedy to help you during Spring

## ASK THE DOCTOR

**As nature comes to life, we know that Spring is on its way. While warmer weather is a joyful change from the winter, for many this heralds the unwelcome start of the hay fever season.**

This common condition, affects 1 in 5 people at some point in their life (www.nhs.uk). It is an allergic reaction to pollen which causes swelling, irritation and inflammation. The symptoms include itchy, blocked or running nose, sneezing, red, itchy, watery eyes, itchy throat, headaches and disturbed sleep.

Weleda, manufacturer of natural healthcare products, offers remedies which can help prevent hay fever attacks and provide symptomatic relief.

To help prevent your hay fever this season, act now. Take *Weleda Mixed pollen 30c* one month before the normal start of your hay fever symptoms.



For symptomatic relief, try *Weleda Hayfever Relief Oral Spray*. With *Allium cepa* (onion) and *Euphrasia*, this helps ease blocked, itchy nose and red, watery eyes.

For more severe hay fever, CWT AnthroHealth services offer hay fever clinics. Please contact us for more information on 01224 862008 or email [admin@camphillwellbeing.org.uk](mailto:admin@camphillwellbeing.org.uk)

## Bumps & bruises

## Prepare for the outdoors

## Hay fever relief

***I have two young children who love to be outside but often return with a minor injury from their outdoor play. Is there anything that can help?***

As the weather warms up, there is nothing better than getting outside for some fresh air! As a result, the more adventurous ones will inevitably return home with a minor injury sooner or later.

**To help with bumps and bruises**, try *Weleda's Arnica Bumps & Bruises Spray*. Arnica is a traditional herbal ingredient used to help relieve muscular pain, stiffness, sprains and minor sports injuries.



For those with broken skin injuries such as cuts and grazes, use *Weleda's Calendula Cuts & Grazes Spray*. This product provides relief for minor wounds, cuts and grazes using an active ingredient known as Calendula herb.



To discover other products that could help put Spring in your step, speak to your local pharmacy or visit the **Camphill Newton Dee Store:** <http://newtondee.co.uk/store.html>

***My skin is really dry after the bitter winter winds. What can you suggest?***

Dry skin can be difficult to revitalise, especially after the effects of a hard winter. Using *Weleda's Dry Skin & Eczema Relief Spray* can help to provide symptomatic relief of dry skin.

Its active ingredient, graphites, is often prescribed to treat eczema, and also works to help relieve rough, dry and irritated skin.



The above advice does not substitute medical help. Please see your GP if you are concerned about your symptoms.



# The Blue Door Charity Shop

## Volunteer with us!

Help support a local cause!

Meet new people!

Gain shop experience!

### Raising funds for Camphill Wellbeing Trust Can you lend a hand at the Blue Door?

The Blue Door Charity Shop is a main fundraiser for CWT. It helps the charity continue to offer patients equality of access to its AnthroHealth services.

This wouldn't be possible without our hardworking and dedicated team of volunteers. Involved in a range of tasks, volunteers will sort donations, price and arrange stock as well as sell to customers.

#### Please support us by becoming a volunteer.

If you can spare some of your time and would be interested in helping in the shop, please contact Pamela, The Blue Door Charity Shop Manager, on 01224 861830.

**Open Tues - Sat, 10am to 4pm**

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



We are currently looking for **volunteers**. **Can you help us?**

### Aboyne Summer Charity Ball

#### Dance the night away for CWT

The Aboyne Summer Charity Ball (ASCB) is holding its 4th annual dinner dance in May and is supporting CWT as one of its chosen charities.

The ASCB was first created by a group of friends, who wanted to hold a local event and give the community an excuse to dress up and come together in aid of charity.



Since 2012, the annual dance has supported six charities each holding some relevance to the local community. Relying on the generosity of local businesses, the group have raised between £3000 and £5000 each year.

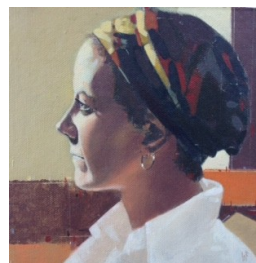
This year, the ball is on **Sat 30 May** in the **Victory Hall, Aboyne** at **6.45pm**. Tickets are £35.00 each and include a welcome drink, 2 course meal with coffee and fudge. Both a local cover band and a ceilidh band provide the night's entertainment. **To reserve your ticket now, contact Charlotte on: aboyneball@live.co.uk**

### Promoting local artists

#### Art in the Waiting Room

The light, open waiting room of Camphill Medical Practice forms an enticing art gallery space where we are delighted to have the opportunity to promote the work of local artists.

Our Spring exhibition shares the work of husband and wife, Winifred Fergus & Jim Livingston. With a mix of Winifred's figurative and still life paintings and Jim's landscapes capturing the sketchiness he achieves when painting on location, there is bound to be something for everyone in this exciting combination of styles.



**Open Night**  
**10<sup>th</sup> April '15**  
**6.30 - 8pm**

[www.facebook.com/artinthewaitingroom](http://www.facebook.com/artinthewaitingroom)



20% commission from all sales go directly to CWT to support our various projects, including **Mistletoe Therapy UK**.

**Camphill Wellbeing Trust** is a registered charity.

Our aims are:

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

#### Camphill Wellbeing Trust

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Registered number SC120539  
Scottish Charity number SC016291



CAMPBILL WELLBEING TRUST

## 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@camphillwellbeing.org.uk](mailto:admin@camphillwellbeing.org.uk)**

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 third party.