



# Camphill Wellbeing Trust Health Matters

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Meet our next Art in the Waiting Room artist

## Interested in fundraising?

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

## Support us online:

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



Exciting challenges completed to raise money for charity

## SUPER SUPPORT FOR CWT SERVICES



**This Autumn, Camphill Wellbeing Trust was the charity of choice for two fundraisers tackling exciting physical challenges.**

The family of CWT's Mistletoe Therapy patient, Wendy Mitchell, took part in the **Great North Run** this September. Running to raise money for Mistletoe Therapy UK, grandsons Lucas (6) and Ollie (4) [pictured above] completed a course along the quayside specially for children.

*"The boys loved the atmosphere, determined to complete the course as fast as they could! It was a joy to see them clutching their medals at the end of the run."* said Wendy and husband Alan.

Their daughter, Rosie, took part in the main Sunday event as one of 57000+ participants completing the course in 2 hours 21 minutes - *"A great time for her first ever half marathon!"* exclaimed her Dad! The family celebrated the runners' achievements with a picnic on the beach - the perfect ending to a memorable day.

Rosie, Lucas and Ollie raised a **super £1532.50** in support of Wendy's therapy at CWT.



Closer to home, Joana Medlock, twin sister Rita and friend Abby completed the **Banchory Beast Race** this September to help raise money in support of their friend's mistletoe therapy at CWT. Under the fundraising name, *The Montrose Flingers* - celebrating their childhood memories of home and Highland Dancing - the girls signed up to this muddy event with its mix of running and challenging obstacles.

*"The slide into the loch was very memorable... the cold water took your breath away! As was being shoulder deep in a muddy bog,"* commented Joana. *"The course was challenging but great fun with lots of team work to help us all along!"* *The Montrose Flingers* raised a **fantastic £925** in support of mistletoe therapy offered at CWT. *"We used social media to promote our online fundraising page and were over-whelmed with people's generosity,"* said Joana.

Dr Geider, CWT Clinical Lead, comments:

*"Fundraisers play a crucial role in raising money to support the services provided by CWT. Thank you for all your hard work and fantastic efforts!"*

**Can you support CWT? Contact us for a fundraising pack today!**

An insight into the 3-type AnthroHealth approach

## A FOCUS ON NUTRITION

Camphill Wellbeing Trust offer an extended and integrative approach to health and wellbeing known as **AnthroHealth**.

Our previous issues of *Health Matters* [available on the CWT website], introduced the AnthroHealth 3-type system and how this applies to exercise and sleep. In this issue we look at nutrition as the **third of four key areas** through which you can make changes to encourage balance, promote health and build resilience.

### The importance of good nutrition

We need a wide range of nutrients to keep us strong and healthy. Eating a diet with a healthy balance of carbohydrates, proteins and fats from freshly prepared foods will help ensure our bodies receive the vitamins and minerals we need to support our health and wellbeing. Adequate water intake is also important. Without a balanced diet, nutrient deficiencies can weaken parts of our immune system and increase the risk of heart disease. (NHS, 2019)

Eating well can help promote:

- ✓ **healthy weight**
- ✓ **strong bones and teeth**
- ✓ **healthy hearts**
- ✓ **reduced risk of type 2 diabetes**
- ✓ **prevention of diet-related illness** including some cancers

### Nutrition and the 3-types

The 3-types - nerve, rhythmic and metabolic (see table in Issue 23) - all have different nutritional needs. Understanding your type can help you make lifestyle changes to improve your nutrition.

**To find out your nutrition type**, take our short questionnaire:

1. Do you:
  - a) tend to be a picky eater with many foods you don't like?
  - b) view food as primarily fuel?
  - c) really enjoy your food, preferably in generous portions?
2. Do you :
  - a) prefer to eat smaller portions more often?
  - b) prefer to eat only when you are hungry?
  - c) always find room for a little snack, even if you've just eaten?
3. Do you find:
  - a) it hard to eat breakfast, ideally eating later in the morning?
  - b) you are flexible in eating habits and can eat well or very little?
  - c) you always like to eat, and rarely miss meal?

Count the letters of your answers.

If you selected mostly:

- a)'s - read about nutrition for **nerve types**,
- b)'s - read about nutrition for **rhythmic types** or
- c)'s - read about nutrition for **metabolic types**.

### Nutrition for Nerve types

Nerve types have a tendency to be picky eaters and may have food sensitivities, restricting the range of foods they eat. They tend to feel full quickly and when stressed, lose weight. Nerve types should aim to:

- ensure a varied range of foods to achieve a balanced diet
- eat regular meals with nutritious snacks between
- eat more cooked rather than raw foods e.g. try lightly steamed vegetables rather than salads
- include warm food at least twice a day
- ensure sufficient intake of protein and fats e.g. oily fish, at least once a week.
- have a bedtime drink of warm milk and honey

### Nutrition for Rhythmic types

Rhythmic types tend to eat opportunistically viewing food only as fuel. In order to counteract the tendency towards either chaotic or rigid eating under stress, rhythmic types should aim to:

- eat regular meals with at least one cooked meal per day at a table
- avoid multi-tasking while eating
- ensure a balance of both raw and cooked foods
- plan ahead to avoid opportunistic eating

### Nutrition for Metabolic types

Metabolic types have a tendency to eat too much and need to develop an awareness of when they've eaten enough. Metabolic types should aim to:

- eat within a 12 hour window. i.e. if breakfast at 7am, no food or drinks other than water after 7pm
- eat smaller meals with no snacks between
- eat food that challenges their tastes and digestion e.g. less sweet and more bitter foods
- eat more raw food, increasing the intake of vegetarian meals and reducing the quantity of meat
- eat more slowly - try eating one meal a day with your opposite hand. This encourages an awareness of your intake.
- avoid empty calories e.g. in sugary drinks, alcohol

These are just a few starter suggestions. For all types, the aim is to be more aware of what your body really needs nutritionally.

As with all lifestyle decisions, the trick is finding **nutritional changes that suit your type** and are **sustainable**. By understanding your type, you can **support your health and wellbeing through your nutritional choices**.

To support your digestion, try the Weleda remedies on page 3 .

## DIETARY SUPPORT

### Digestion Calming drops

This herbal remedy can be used for the symptomatic relief of **nausea, stomach ache** and **upset stomach**. Use it to help calm your stomach after too much to eat or drink, during travel or when nausea and indigestion threaten to spoil your day. For adults and children over 12.

### Digestive Oral Relief spray

Weleda's Digestive Oromucosal spray provides **relief from indigestion** and **bloating** particularly when you have eaten too much. Keep this handy little bottle in your pocket for after-dinner discomfort. For adults only.



### Birch Juice

This revitalising organic drink is made with spring-grown birch leaves.

Use Weleda's Birch Juice to support a decision to lose weight or detox your diet. Fresh and tart-tasting, it's ideal as part of any new year resolutions to change your diet.

#### How to use:

Take 2-3 times a day. Mix a tablespoonful with cold or warm water, or add to milk, yoghurt, quark or muesli.

Suitable for vegans.



### Prunus [Blackthorn] Elixir

If you have been struggling to get back on your feet after a winter illness, use Weleda's Prunus Elixir as a pick me up to help build your strength and re-gain your appetite.

This organic fruit juice drink is made with wild-grown blackthorn berries. First to blossom in spring, with berries ripening and growing sweeter in the frost, all the energy from the year's growth is bottled in this power-packed tasty drink! With a twist of lemon juice, this tasty elixir will bring you natural energy.

**How to use:** Dilute a tablespoonful in cold or warm water, milk or yoghurt and enjoy 2-3 times a day.

Suitable for vegetarians.

NOT suitable for diabetics.



You can find Weleda products in local pharmacies, at the Newton Dee Store or online: [www.weleda.co.uk](http://www.weleda.co.uk)

**NB:** If you have nutritional problems, make sure to speak to your doctor to identify any underlying reasons.

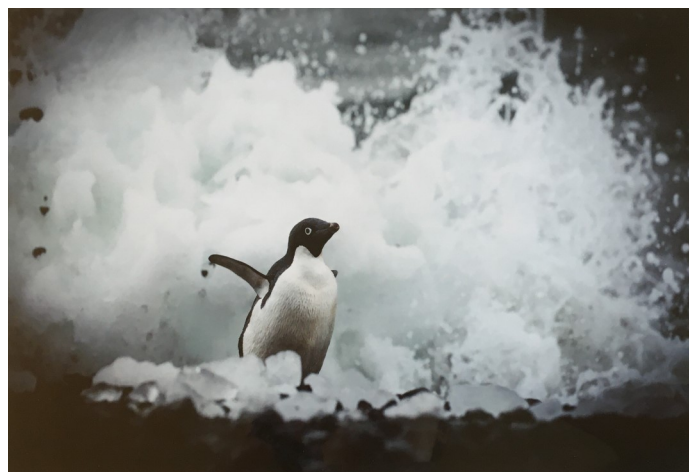
## PENGUINS TO POUNDS

Iain Glennie, a photographer based in Aberdeen, kindly donated a beautiful framed photograph for CWT to use to raise funds for its various projects.

Iain, who exhibited as part of CWT's 2018 Art in the Waiting Room programme, travels to wild locations across the world to capture stunning shots of animals in their natural habitat, such as the Adelie penguin in the Arctic pictured below.

Complete with bespoke framing to compliment the colours of the photograph, Iain's framing and photography is always finished to the highest standard. CWT displayed Iain's work as part of the Christmas Group Exhibition as well as sharing the purchase opportunity with fellow supporters. We are delighted to say the penguin will now be heading off to his new home in Edinburgh following the purchase of the photograph for £60.00. This will go towards supporting the services offered by CWT.

CWT would like to thank Iain for his kind donation and support of Camphill Wellbeing Trust since his involvement in the Art in the Waiting Room project. You can find out more about his photography and bespoke picture and framing services by visiting: [www.iainglenniefaming.com/](http://www.iainglenniefaming.com/)





## Visit the Blue Door Charity Shop

Find a different way to support CWT by donating your pre-loved items to our Blue Door Charity Shop.

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

Donations are welcome between 10am and 4pm, Tuesday to Saturday. The shop accepts:

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



Unfortunately, the shop is **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.



### We need you!

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

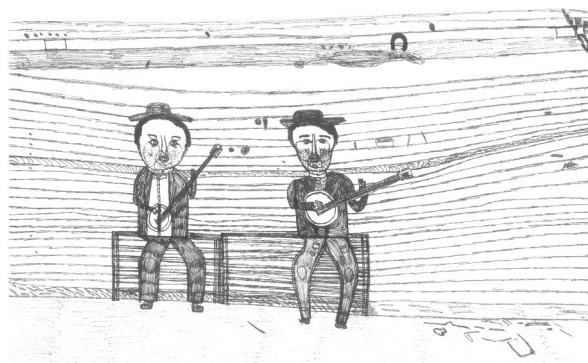
## Art in the Waiting Room Group Exhibition

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, **Robin Wise**. Recognised as being on the Autism Spectrum, Robin is a self-taught artist living in Newton Dee [*an intentional neighbouring Camphill Community that supports adults with learning difficulties and other special needs*] where he is thankful to have the space and support to develop his skills and individual style. Robin views the world from a unique perspective which you can see reflected in his artwork.

*"The lines and angles I choose to draw are the parts that stand out and interest me. I feel the choice of two-tone black and white drawings enhance the two-dimensional quality using the width and depth of lines instead of shading."*

Find out more: [www.newtondee.co.uk](http://www.newtondee.co.uk)



**Open Night**  
**23rd Jan 2020**  
**6.30 - 8pm**

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

Exhibition runs from 24 Jan - 18 Mar 2020  
Camphill Medical Practice  
Mon - Fri, 9am - 6pm

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

www.facebook.com/artinthewaitingroom



**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

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



# Health Matters

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**[admin@cwt.scot](mailto:admin@cwt.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.