

## A new era of scientific and spiritual integration

Welcome to the spring issue of our Journal. Back in December, I wrote about the importance of building transdisciplinary bridges between conventional and complementary medicine. I believe it is imperative that all of us involved in CAM strive to stay abreast of the developments that are occurring in the science of healthcare and integrated health. It is only through being proactive, open-minded and critically reflective of our own fields of interest and how they interrelate with other disciplines that we can grow a credible, scientifically-robust reputation for CAM.

And, just as we welcome your help in notifying us of the latest developments in conventional and CAM-related research, we at the ICM will continue to keep you informed of opportunities to raise awareness and increase our understanding of both conventional and complementary medicine.

To that end, we are delighted to publish an update from Melissa Addey on our planning for 'The Village Well' - a project that will provide a setting for the true practice and development of transdisciplinary health care. The Village Well is the first major joint project to develop out of the merger between the ICM and the Nature Cure Clinic. This merger has now been unanimously agreed to by NCC members. More details on that will follow over the next few months.

Also in this issue, we feature an examination of the relationship between the science of sound and healing from David Monks - a mathematician, healer and psychotherapist; and the second part of Jan Pleshette's well researched piece on the relationship between diet, nutrition and good health.

I believe we are in a new era where an ever increasing understanding and integration of 'spiritual' and 'scientific' insight will set the tone for the future of well-being and health care. Both you and the ICM have a significant part to play in its development.

With every good wish to all our readers for the Spring season.

**Martin Egan PhD**  
Trustee and Special Advisor to ICM



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### Something to say?

If you have a news story, up-coming event, point-of-view, or would just like to be in touch - do contact us on: **020 7237 5165** and ask for Lena, Frances, Clive or Adrian.



From left: Lord Ward-Atherton at the House of Lords reception; HRH Prince of Wales visits Christie Hospital

## Christie Hospital CAM unit Royal Visit

HRH the Prince of Wales and the Duchess of Cornwall recently visited the Complementary Therapies unit at the Christie Hospital NHS Trust. The royal couple saw various therapies for cancer sufferers.

The Christie Hospital Complementary Therapies service was started in 2000 with only two therapists. It now has more than 33 therapists, administering a range of natural treatments to patients undergoing chemotherapy and radiotherapy for various types of cancer. There are several therapies available including aromatherapy, reflexology, acupuncture, massage and counselling

The achievements of the Complementary Therapies Unit at Christie Hospital NHS -Trust Manchester were also recently celebrated at a special reception in the House of Lords. The event, held in the Cholmondely rooms, was hosted by The Baroness Barker of Anagach in Highland - Liberal Spokesperson on health matters in the House of Lords, and co-hosted by ICM advisor Lord Ward-Atherton of Witley & Hurcott Worcestershire, assisted by ICM/BRCP Practitioner Ken Bird.

## ICM Policy Development

- The ICM is pleased to introduce a CPD Policy that will enable its members to clearly identify the purpose of CPD and how to use it within their work. From January 2008, we will require all members renewing with the BRCP, to provide evidence of 20 hours of CPD by completion of the policy documents. The Registrar and Director will sample this evidence to ensure that our quality assurance process is both robust and meaningful. As most members are aware the regulatory process for all CAM disciplines is working towards its end point. Most regulatory bodies will also require evidence of CPD, and we have produced a form for members (see insert) in a way that will be acceptable to these bodies and ensure that the public are treated safely by individuals with current knowledge of their profession.
- We have included the Disciplinary and Complaints procedure as part of our Code of Ethics and Practice. Please ensure that you are familiar with this new procedure as it is there to protect both the Member and the Public. For easy access the weblink is: [www.i-c-m.org.uk/forms/BRCP\\_Disciplinary\\_Procedure.pdf](http://www.i-c-m.org.uk/forms/BRCP_Disciplinary_Procedure.pdf)

## Report on meeting on the reform of s12(1) of the Medicines Act 1968

Aromatherapists and homeopaths expressed concern they will be restricted in their use of herbal-based products, at a recent meeting on the reform of s12(1) of the Medicines Act 1968.

According to information on the government's Medicines and Healthcare Products Regulation Agency (MHRA) website, section 12(1) permits unlicensed remedies to be made up and supplied by a practitioner to meet the needs of an individual patient following a one to one consultation.

At the meeting Richard Woodfield, group manager of the MHRA presented reasons for amending s12(1). These included problems with products (eg use of inappropriate or contaminated plants); problems with diagnosis and prescribing; and problems with supply of low-grade ingredients from the international trade. The MHRA objective is to reform the regulations so that consumers can be sure herbal medicines prescribed are authorised/registered to assured standards or that they are supplied by professionally accountable practitioners.

Aromatherapists and homeopaths at the meeting expressed concern that they will be excluded from s12(1) as they are only voluntarily regulated, and the amended s12(1) will require all healthcare professionals prescribing medicine to be statutorily regulated. In addition, they are worried that they may not be able to make therapeutic claims for their products. For example, while the MHRA is not suggesting aromatherapists will no longer be able to practice, it does suggest that if a practitioner creates a customised 'blend' of oils for a client, they will not be able to claim a therapeutic outcome for those oils.

If you would like to contact the MHRA to express your views on this matter, please email [caroline.brennan@mhra.gsi.gov.uk](mailto:caroline.brennan@mhra.gsi.gov.uk)

Further information can be obtained from: [www.mhra.gov.uk/home](http://www.mhra.gov.uk/home)

For the full report on the meeting please go to: [www.i-c-m.org.uk](http://www.i-c-m.org.uk)

In a separate development, psychologists, counsellors and psychotherapists will have to attain fixed standards of proficiency, according to a White Paper published in February. Under the government plans, these therapists would be regulated by the Health Professions Council.

Sir John Howe our Advisor in Nutrition passed away on February 10th in Southampton Hospital. Sir John was known fondly to many of the team for nearly 15 years. His support and interest will be sadly missed.

# In defence of supplements

## – the second of a two-part special report

by Jan Pleshette

*Jan Pleshette has written on health and complementary medicine for many years and is a practicing reflexologist. Her books include **Health On Your Plate (Hamlyn 1983, 1987)** and **Cures That Work (Century Arrow 1986)**. Jan has also contributed to a number of magazines, including **Living, Here's Health, and Aromatherapy and Natural Health.***

### Nutrients and drugs: interactions

**STATINS** lower levels of co-enzyme Q10, (essential for heart health) thus increasing the risk of heart problems.<sup>1</sup>

**DIABETIC DRUGS** metformin and pheniformin can impair the absorption of vitamin B12. Metformin, by lowering both folic acid and B12, can encourage a dangerous rise in homocysteine (kept in check by these nutrients) and this in turn can damage the heart.<sup>2</sup> Acetohexamide and glyburide (and less so phenformin and tolazamide) can interfere with the function of co-enzyme Q10.

**BETA BLOCKERS** can inhibit the function of co-enzyme Q10 and can also lower HDL (good cholesterol). Chromium may stop this from happening.

**LOOP DIURETICS** some of these can wash essential minerals magnesium and potassium out of the body. Furosemide can lower levels of vitamin B1.

**TRICYCLIC ANTI-DEPRESSANTS** can interfere with the function of co-enzyme Q10.

Many modern drugs deplete levels of nutrients in the body. In some cases (see box) they actually raise the risk of the very conditions they are designed to treat. It's clear, even from the very limited list given in our box that, when treating a patient on drugs, you would be wise to check a reputable source to establish what, if any, nutritional imbalances can be caused if additional supplements are taken. That way risks can be safely minimised.

### Special times/special needs

Our bodies change throughout our lives and respond to the varying challenges we face. Researchers have found that accompanying nutritional imbalances and deficiencies can occur, and can readily be corrected, as you will see from the following examples which are taken from copious research studies.

If a patient is taking any drug, practitioners should consult their suppliers and preferably the patient's doctor before recommending a supplement regime. This particularly applies to older people, convalescents and pregnant women.

### AGEING

Older people often fail to absorb and make use of the nutrients they take in. No-one can eliminate the ageing process, but there's no need to give it a helping hand. The body's production of co-enzyme Q10, which helps to create energy, protect the heart and minimise

the effects of ageing, declines with age; a supplement will be valuable.

Other nutrients at risk are: vitamins C, E and the B vitamins, folic acid and B12, minerals including iron, calcium and magnesium.<sup>3</sup>

### ALCOHOL

Heavy drinking causes nutritional havoc, including deficiencies of vitamins A, C and D with B complex, many minerals including zinc, and essential fatty acids.<sup>3</sup> Help patients to cut down by ensuring good levels of these nutrients.

**THE CONTRACEPTIVE PILL** can reduce bio-availability of folic acid; it may greatly increase need for B6 and reduce levels of zinc.<sup>3</sup>

### CONVALESCENCE

About two-thirds of hospital patients in the UK are probably malnourished.<sup>4</sup>

If a patient has been seriously ill, whether at home or in hospital, his recovering body will need superior nutrition in order to get completely well again (for example, vitamin C is used in greater amounts during any stress, including illness).

A good all-round supplement, targeted towards boosting overall health and nourishing the immune system, is essential at this time.

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## EXERCISE

Strenuous exercise causes oxidative damage from free radicals which the body cannot mop up sufficiently quickly, and this encourages premature ageing and illness. This can be avoided with an anti-oxidant supplement<sup>5</sup>. In addition, high sweat levels encourage mineral loss. The amino acid carnitine protects the heart and helps to dissolve fat and create energy, producing greater efficiency at maximum exercise intensity.<sup>3</sup>

## PREGNANCY

The effects of most nutrients have been studied, including iron and essential fatty acids. Studies show that supplements taken by pregnant women result in fewer cases of premature deliveries, low birth weight and heart defects.<sup>6</sup>

**Folic acid:** deficiency can cause multiple birth defects and supplementation is recommended by the Government's Chief Medical Officer.

**Zinc:** deficiency can cause miscarriage and other problems.<sup>3</sup>

Many research studies point out that every nutrient is needed in greater amounts for a healthy baby. Specifically-formulated supplements (for example, non-irritant iron is available) should be part of the pre-conceptual preparation for motherhood, continuing throughout pregnancy and beyond, until breast-feeding ceases.

## SMOKING

Vitamins C and E combine to protect smokers from the destruction of lung-protective E, caused by tobacco.<sup>7</sup> Vitamin C protects against the widespread free-radical damage caused by tobacco, but there is a loss of 25mg of C with every cigarette, resulting in a deficiency.<sup>8</sup> Would-be quitters should take vitamins C, E and a strong B complex.<sup>9</sup>

## VEGETARIANS AND VEGANS

These ways of eating may promote better health, but your patient needs to be aware of possible deficiencies, especially with a vegan diet. Vegetarians can have low levels of copper, zinc and selenium, with possible deficiencies of protein and vitamin B12.

Vegans may also lack calcium, riboflavin (B2), vitamin D and iodine, and have a greater risk of protein and B12 deficiencies. Both may lack iron.<sup>3</sup>

## Nutrition - the medicine of the future?

*"It is important to recognise the role that dietary supplements can play in reducing our burden of diseases and the costs to manage it."* (Jeff Blumberg, PhD, Prof. Friedman School of Nutrition Science: Human Nutrition Research Center on Aging, Tufts University, USA)

When I first came into this field over 30 years ago, only people wearing sandals and strange expressions frequented the very few health food stores that existed and supplements were almost unknown.

Now, the supplement industry is booming. Holland and Barrett's turnover from its almost 500 stores grew from £65 million in 2005 to £80 million for 2006. No magazine or newspaper is complete without its section on nutrition and complementary medicine, and supplements are available in every chemist and supermarket. Informed doctors and complementary practitioners routinely include nutritional medicine in their treatments as, of course, do nutritionists. "Clinical nutrition", as yet barely recognised by medical schools, is a fast-growing discipline based upon solid scientific evidence, and research studies continue to proliferate.

There are literally thousands of examples, accessible in books and on the internet (see end INFORMATION). Here are just three (please note that these individual instances do not constitute a complete nutritional programme for any of these conditions).

**HEART DISEASE:** 400mcg daily of folic acid would cut heart attacks by 10 per cent.<sup>10</sup>

**RHEUMATOID ARTHRITIS:** a 1998 research review confirmed the benefits of fish oil.<sup>11</sup>

**DIABETES:** a review of over 40 studies confirmed the mineral chromium's value against diabetes.<sup>12</sup>

Unfortunately, most of the orthodox medical profession is not schooled in nutrition and is, in fact, encouraged to dismiss it as a lot of nonsense. In *Healthy Ageing* Dr Andrew Weil laments; "The scientific facts are there; they just don't make it into medical school curriculums, leaving doctors functionally illiterate in this most important field of knowledge..." Dr Weil points out that even dieticians' expertise is severely limited to macronutrients - fats, carbohydrates, proteins - leaving out micronutrients - vitamins, minerals, essential fatty acids, etc. - just those substances which are the subject of so much research.

## Are supplements dangerous?

But are supplements dangerous? This is the message currently being put across based, it must be said, on extremely shaky and selective data. To counter this, we need to look at what supplements actually contain; the constituents of food. A nutritional supplement is designed to supply what the body needs to overcome illness and maintain good health.

Your patient can only damage himself if he ingests supplements in quantities far larger than the recommended doses and contrary to expert advice. Then, they will probably make him ill. So would gallons of coffee. So, for that matter, would excess water.

There is no doubt whatsoever that nutritional therapy should be an accepted, understood and invariably practised part of modern integrated medicine.

Our chemicalised soils produce mineral-deficient crops and our foods are further denatured by heavy processing. This, and other distortions, tend to rob us of the natural, balanced range of nutrients found in the foods we have eaten ever since we roamed over the land with spear in hand and a skin around our body.

The American Medical Association - doubtless aware of the shortcomings in our food - has stated that all patients, even healthy ones, should routinely back up their diets with supplements.<sup>13</sup>

Further, by the time that illness develops and worsens, contributing nutritional deficiencies may be long-term and severe and a diet, however excellent, not enough to put them right. This is where informed and targeted supplementation can turn the tide against ill-health.

**Here are a few observations which practitioners may find helpful:**

There is NO substitute, absolutely none, for a nutritious diet. The total combined effects of all the nutrients in a natural food are still incompletely understood. Tell your patient that it's useless getting by on crisps and cola and then popping vitamin pills and expecting to feel well. He won't. And, of course, supplements are easy; your patient only has to take them, he doesn't have to make the lifestyle changes that you are probably going to recommend. That's the hard part... If you need technical guidance and expertise from your supplement suppliers, don't hesitate to ask for it. If they can't supply it, change your suppliers. Drug-supplement interactions in particular can be a minefield. (For instance, Warfarin or any other blood-thinning drug should not be combined with large doses of the fatty acid Omega 3.)

Some GPs now are interested in nutritional therapy and are willing to support your recommendations if they are backed by research. This will make your task easier and your patient happier. If your patient is unhappy about taking supplements without his GP's express permission then it may be better not to ask him to do it.

**Further information:**

If you want to support the campaign to save supplements, contact The Alliance for Natural Health,



tel: 01306 646 600, [www.anhcampaign.org](http://www.anhcampaign.org),  
or [www.anhfund.org](http://www.anhfund.org). or Consumers for Health Choice:  
tel: 0207 463 0690, [www.healthchoice.org.uk](http://www.healthchoice.org.uk)

For more information on organic and conventional agriculture, contact The Soil Association, tel: 0117 314 5000/5001; [info@soilassociation.org](mailto:info@soilassociation.org) ; address: Bristol House, 40-56 Victoria Street, Bristol, BS1 6BY

For reams of research studies on nutritional medicine, consult the following websites: [www.pubmed.com](http://www.pubmed.com),  
[www.nutritionj.com](http://www.nutritionj.com)

The Nutritional Therapy Council  
[www.nutritionaltherapy.org.uk](http://www.nutritionaltherapy.org.uk)  
address: PO Box 6114, Bournemouth, BH1 9BL,  
which is compiling a register of qualified practitioners.

The British Association for Nutritional Therapy,  
tel: 0870 606 1284, [www.bant.org.uk](http://www.bant.org.uk)  
address: 27 Old Gloucester Street, London WC1 3XX.

Reputable supplement manufacturers giving technical advice include:

BIOCARE LIMITED tel: 0121 433 3727,  
[www.biocare.co.uk](http://www.biocare.co.uk), Lakeside, 180 Lifford Lane,  
Kings Norton, Birmingham, B30 3NU

LAMBERTS Healthcare Limited; tel: 01892 554313  
[www.lambertshealthcare.co.uk](http://www.lambertshealthcare.co.uk)  
address: Lamberts Road, Tunbridge Wells, Kent TN2 3EH

SOLGAR Vitamin and Herb Company:  
tel: 01442 890355, [www.solgar.com](http://www.solgar.com)  
address: Aldbury, Tring, Hertfordshire, HP23

**Essential reading:**

*A-Z Guide to Drug-Herb-Vitamin Interactions* ed. Alan R Gaby M D and Healthnotes Medical Team; pub. Three Rivers Press New York, available from the Nutricentre Bookshop, 0207 323 2382 [www.nutricentre.com](http://www.nutricentre.com);  
7 Park Crescent, London W1B 1PF; price £17.95 plus £1.50 p&p

*Food is Better Medicine than Drugs* by Patrick Holford and Jerome Burne, pub. Piatkus price £16.99.

For laboratory tests to establish nutritional status:

BIOLAB tel: 020 7636 5959, [www.biolab.co.uk](http://www.biolab.co.uk),  
9 Weymouth Street London W1W 6DB

Individual Wellbeing Diagnostic Laboratories,  
tel: 020 8336 7753, [www.iwdl.net](http://www.iwdl.net), Parkgate House,  
356 West Barnes Lane, New Malden, Surrey KT3 6NB

## References:

1. Watts GF et al *Plasma coenzyme Q10 (ubiquinone) concentrations in patients treated with simvastatin* Jnl of Clinical Pathology 1993;46; 1055-1057; and Bliznakov EG and Williams DJ *Biochemical and clinical consequences of inhibiting coenzyme Q10 biosynthesis by lipid-lowering HMG CoA reductase inhibitors (statins); a critical overview*; Advances in Therapy, 1998, 15; 218-228, etc.
2. Natural Approaches to Diabetes by Dr Sarah Brewer, pub. Piatkus
3. *The Nutritional Health Bible* by Linda Lazarides pub, Thorsons
4. *How to be a Healthy Patient* by Stephen Fulder PhD pub. by Headway: Hodder and Stoughton
5. Eric H Witt et al, University of California, symposium on nutrition and exercise (approx. 1997).
6. Ameri. Jnl. of Epidemiology/Biocare Update, Aug/Sept.1999
7. Complementary and Alternative Medicine, March 2006
8. *The Dictionary of Vitamins* by Leonard Mervyn PhD; pub. Thorsons
9. *Overcoming Addictions* by Janet Pleshette pub. Thorsons
10. New Eng. J. Med. 324, 1145-1155.
11. Complementary and Alternative Medicine, Nov. 2005
12. Role of Chromium in Human Health and in Diabetes, Diabetes Care, 2004, 27(1), 2741-51.
13. JAMA, 2002, 287, 3127 9

Not strictly the most nutritious of dishes, but a delightful spring-time treat....

# Chocolate Espresso and Roasted Pecan Torte

Vegan

**This cake is extremely rich and luxurious, but completely dairy-free. It is ideal for any celebration. The addition of espresso gives the flavour an exciting twist.**

200g/7oz creamed coconut  
1.3l/2¼ pints boiling water  
30ml/2tbsp of the boiling water  
800g/1lb 12oz SR flour  
100g/4oz cocoa powder  
10ml/2tsp baking powder  
100g/4oz roasted pecans  
300g/12oz light muscovado sugar  
420ml/14fl oz vegetable oil  
20ml/2tbsp espresso

### Fudge Icing:

100g/4oz vegan margarine  
10ml/2tsp espresso  
100g/4oz cocoa powder  
90ml/6tbsp water  
550g/18oz icing sugar  
few drops vanilla essence

Preheat the oven to 189C/350F/Gas4

1. Grease and line a 27.5cm/11 inch cake tin.
2. Place the creamed coconut in a large bowl and cover with the water, stir until dissolved.
3. Mix together the flour, cocoa powder, baking powder, pecan nuts and sugar.
4. Add the espresso mixture and the oil and stir thoroughly, then add the cooled, dissolved coconut and incorporate well.
5. Pour the mixture into the cake tin and place in the oven for approximately 1½ hours, or until the cake feels springy to the touch.
6. Leave to cool slightly before turning out onto a cooling rack.
7. When the cake is cool, drizzle with the brandy.
8. To make the fudge icing, place all the ingredients into a food processor and blend until smooth.
9. Spread the icing evenly over the cake and use a fork to decorate.



# Sound healing as sound therapy: an opportunity for dialogue

by David Monks

*David Monks trained with National Federation of Spiritual Healers and Sound Healers Association (USA) and has an MA in Psychotherapy and Healing from SOPH (Middlesex University 2005). He has been a teacher for many years and practices in Bedford and the South East.*

Sound is all around us. We make sound as part of our everyday lives in the many conversations we have in a day, and we listen to the sounds made by others in these conversations and in other ways. Many of us also listen to sounds as music and, if we are fortunate enough, make our own music either with the voice or through some instrument.

Make and listen: make sound and listen to sound. The powerful juxtaposition of these actions is fundamental to any understanding and application of sound as a healing modality. Much has been written about the techniques behind this process and the effectiveness of particular sounds and frequencies. This work is continually developing as understanding and awareness increase. My interest and expertise is rooted in knowledge of this work, but also extends to the effect of the voice in the dialogue within psychotherapy and its relationship to our awareness of consciousness and unconsciousness in healing.

Making sound has a consequence; making sound in order to provide healing involves a desired consequence of personal transformation and change. I will demonstrate later how this is connected to frequency and other qualities of sound, but before that I will briefly explain the meaning of some of these terms and show how they are important to our understanding.

Sound travels through the air in waves and is measured primarily through its frequency in hertz, given by the distance from the peak of a wave to the corresponding point in another. The 'decibel' describes the intensity of these sounds and 'pitch' the degree of highness or lowness linked to vibration. The faster the sound vibrates the higher the pitch. Audible sounds in music can range from one to one million decibels and a healthy human being can hear frequencies from 16 to 25000 hertz.

All of this is of vital importance if we are to understand the science of the receptivity of those who will receive healing as sound. Mary Kittelson, a Jungian psychotherapist practising in the USA, points to some very interesting variations existing between different cultures and their associated languages. The importance of frequency cannot be underestimated, she writes: "Speakers of different languages have sensitivities to different frequencies. For example it is apparently difficult for a French ear (1000-2000) hertz to hear British English (2000 – 12000) hertz, while

North American English may present fewer problems with its lower base frequency band (peaking at 1500 hertz). The Slavs, who have a reputation for learning languages easily, have a broad frequency band of sensitivity ranging from 50 to 80000 hertz." <sup>1</sup>

If language is characterised by a measurable range of frequencies as stated by Kittelson, then speakers of that language become attuned to those frequencies as makers and listeners in the world of those particular sounds. Is it therefore possible to identify sounds and frequencies that will cut across these boundaries and identify a distinct language of sounds for making and listening for healing and therapy? The work of Alfred Tomatis offers many insights in support of this. He provides us with a vital insight in that he sees the panorama of sound that we make or hear as being determined by the relationship between what we hear and what we say. Moreover the sounds expressed by us as individuals are totally determined by the sounds detected by our ears. In other words the voice is a reflection of the state of the ear's ability to hear. Could this not only be the voice of tone and frequency but also the voice of therapy and conversation?

Tomatis goes on to identify the difference between the qualities in our expression of sound, highlighting the identification of two very basic, but distinct types of sound that we all make and hear. These appear at first to be discrete, but are seen more usefully as opposite ends of a spectrum.

He tells us very clearly: "There are sounds which for some time now I have termed 'discharge' sounds (those which tire and fatigue the listener) and 'charge' sounds (those which give tone and health)." <sup>2</sup> Accepting the cultural differences brought to our attention by Kittelson and accepting the universal nature of healing it is important to identify those sounds that bring about this transformation. Don Campbell in his renowned work highlighting the 'Mozart Effect' began to identify the measurable influence of Mozart's music. Or, to be precise, specific pieces of his music which feature those frequencies that are necessary for healing. A study in California featuring Mozart's Sonata for Two Pianos in D Major K448 showed it to have a beneficial effect upon the spatial reasoning of some of its students particularly in a concentrated period of 15 minutes after hearing.



Instruments of sound healing including a crystal tuning fork (tuned to D) and practitioner bowl (tuned to F)

Future research may prove similar effects with other classical composers such as Beethoven and Bach, or even in some forms of modern and popular music. All of these would be examples of what Tomatis called 'charge' sounds as they maintain and enhance health as a form of positive energy. This article is not the place to confirm this or continue the search; instead my aim is to identify and recognise the impact of frequencies for effective healing. It will be the generation of these frequencies and their role in the dialogue of the healing relationship through tone and voice, which will prove the focus of interest.

Before examining the generation of healing frequencies it is important to understand the different frequencies that operate in the brain and how these correspond to different levels of consciousness. Normal consciousness is characterised by Beta waves with a frequency range of 14-25 hertz which are predominant when our attention is on the external world. Alpha waves, with a frequency range of 8 – 13 hertz are predominant when there has been a lowering in attention or consciousness characterised by light meditation or daydreaming. Theta waves with a frequency range of 4 – 7 hertz are found when we are asleep or unconscious and Delta waves when we are in the deepest levels of meditation and sleep.

In applying sound healing and activating the positive attributes of the voice, the frequencies and tones used in both making and listening to sound are crucial. The frequencies outlined above are linked to specific brain waves and levels of consciousness which approach the unconscious. Healing and/or a change of consciousness are achieved by the generation of specific frequencies which will bring about some change in consciousness or affect some other energy shift in the body. The frequencies used are based around the production of a root note usually one from the C Major Scale i.e. C, D, E etc. By using the notes of the C scale to produce harmonics, an infinite series of sounds are generated. And these achieve a more powerful healing effect than music itself. This is done using the vowel sounds from the English language which can be sounded on a continuum using the following phonetic constructs. In sequence these are "UH", "OOO", "OH", "AH" "EYE", "AYE" and "EEE". If these are sounded separately it can be seen very easily how they link to specific vowels; sounded as a unity they create a sweep of the widest range of harmonics.

The chakras can be resonated with the direct sounding of the notes I have indicated. An experienced practitioner can sound one note on the scale and generate all of the others as harmonics. Other scales can be used to energise and work with the chakras but C Major is the easiest and probably the most useful and accessible. The important point is that a person does not need to be musical to be effective with these sounds.

Each of the notes on the C Major scale, combined with the vowels as phonetic constructs, has a specific resonance with the chakra system and with the endocrine system in the body. The generation of harmonics using the notes below will have healing effect in the specified area, but it can be argued that the use of any note in the body space will have a healing effect. Much has been written about the chakras<sup>3</sup> and their importance to healing and the energies of the body, but the following information (which can be found on my website) is particularly important.

- 1) **Root Chakra:** Note: C. Colour: Red. Linked to the Adrenal glands.
- 2) **Sacral Chakra:** Note: D. Colour: Orange. Linked to the Gonads.
- 3) **Solar Plexus Chakra:** Note: E. Colour: Yellow. Linked to the Pancreas.
- 4) **Heart Chakra:** Note: F. Colour: Green. Linked to the Thymus.
- 5) **Throat Chakra:** Note: G. Colour: Blue. Linked to the Thyroid Gland.
- 6) **Third Eye Chakra:** Note: A. Colour: Indigo. Linked to the Pituitary Gland.
- 7) **Crown Chakra:** Note: B. Colour: Violet. Linked to the Pineal Gland.

In my practice I use these sounds to create various levels of simultaneous dialogue: the first and most obvious is one between the healer therapist and the client. Probably equal to this is the one that is the vehicle for healing i.e. that between the conscious and the unconscious and in particular the transformation from one to the other. Up to now I have focussed totally on the role of the voice, but I also use other sources of sound in my healing. I am lucky to have a practitioner bowl and tuning fork made from pure quartz crystal and imported from the USA. The former is tuned to F and is sounded with and around the recipient. The latter, tuned to D is sounded like a conventional tuning fork, and then placed gently on various chakra and meridian points on the body so that the sound is 'heard' through the vibrations within the bones. The practitioner bowl can be used with the voice after it has been sounded to amplify and enrich the harmonics I have mentioned.

I began this article by stressing the importance of making and listening to sounds and their relevance to healing and therapy. In the therapeutic settings I have described, this sound is experienced both as tone-generated harmonics and the spoken word. At different times, it is as if one is a metaphor for the other, and this of course is a dialogue in itself. Goldman, in his

book which I quoted from earlier, connects frequency and healing in the following way: frequency + intent = healing. Healers and therapists are obviously in the business of 'intending' the well-being of their clients. This relationship though brings the potential for healing to another level and sums up the energy behind what I am trying to do in my practice.

Like many healers and therapists I bring together a unique synthesis of knowledge and experience as I have tried to demonstrate. I am very much at the beginning of my journey. Further research into the

I will now briefly outline two cases where I have used sound in my therapeutic practice. In my psychotherapy session transformation and healing arises out of the verbal dialogue between me and my client and the relationship that develops. In the sound scenario the generation of sounds including harmonics from one or more tones forms a very unique dialogue where the frequencies interact to form a new reality. Jonathan Goldman explains for us how this happens in terms of frequency and harmonics. "They (combination tones) are composed of the difference and summation between the two tones that sound. If for example one tone is vibrating at 300 hertz and another tone is vibrating at 400 hertz, of the two combination tones that are created, one is vibrating at 100hertz (difference) and the other at 700 hertz the (summation) of the tones". He goes on to add the following about the generation of harmonics: "When two people are creating vocal harmonics together other tones begin to emerge. These are not tones that have been specifically created by either of the two people. These are tones that appear out of thin air!"<sup>4</sup>

Two cases are shared below: the first is someone who initially came to me for psychotherapy and the second for general healing. (Names have been changed.)

#### Case Example 1: Dermot

At the beginning of our sessions Dermot found it difficult to express himself verbally and welcomed the opportunity to experience pure sound with me. I began by inviting him to put a sound into the room which reflected how he was feeling. This took a little while, but he soon became able to do this. I then sounded with him, creating the combination of tone and harmonics suggested by Goldman. I was then able to introduce fundamental tones as the basis for healing harmonics and pursue our dialogue. Very helpful here to Dermot was the parallel process between the Jungian psychotherapy he was receiving and the sound healing I was providing using the same principles and structures.

#### Case Example 2: Brenda

Brenda arrived with a wide range of problems which were beginning to sustain her progressing arthritis. She warmed very much to the use of the crystal tuning fork directly on her bones in combination with the practitioner bowl used both as a fundamental tone for us both to sound from and a her personal sound bath! Verbal dialogue was never a problem for Brenda but having a sound input complemented her therapy very effectively.

psychoacoustic dynamics of what I have described will bring greater understanding as a foundation for the effectiveness of sound as a healing modality. I look forward to being part of this and to working with others in this task.

Contact details for David Monks can be found at: [www.therapyhealing.co.uk](http://www.therapyhealing.co.uk)

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# The Village Well - a Centre for Life, Education and Healing

By Melissa Addey



***Melissa Addey is Project Manager for The Village Well. She grew up on an organic farm in Italy, then moved to London in 1995 to study Communications at University. After five years as a Project Manager for Sainsbury's Head Office she then moved to Roehampton University's Enterprise Office, supporting students interested in running their own businesses. Melissa has an MA in Creative Talents and Solutions and a Postgraduate Certificate in Teaching and Learning in Higher Education.***

In the past two issues of the Journal, you will have read about the proposed Flagship Centre in central London. This is a collaborative venture between two charities: the ICM and the Nature Cure Clinic. In this issue I would like to tell you a little bit more about the project - about its name and visual identity, its mission, vision and values, and about the people working to make it happen. There's also a description of what the Centre will actually look like and contain, and a brief summary of how we are going to get there. Finally, there's an invitation to have your say in how it develops!

## Why The Village Well?

As you can see the Flagship Centre now has its own name and visual identity: The Village Well.

In the old days, the village well would have been a focal point for a community: a meeting place, a source of information (and gossip!) and nourishment, the centre of the village. Open to all and essential for everyone. Nowadays villages are not so tightly knit, everyone has running water and a village well seems an old fashioned concept. Big cities never even had a village well in the first place.

But perhaps what we need is a *modern* village well. Not a real, bricks-and-mortar, wishing-well kind of well, but a place which performs the same functions. A meeting place, a source of information and nourishment on many different levels, the focus for a community of like-minded people. A centre for life, education and healing for all. This is how The Village Well got its name. Its logo (see picture) was designed for us by Core Design, a not-for-profit design agency whose profits go to a charity for mental health. They were given the description above about what a village well might signify and the result was the logo you see. We hope that it communicates our intentions.

## What is its purpose?

This is The Village Well's *mission statement*: "To transform the health of Londoners by running a successful, welcoming, accessible and comprehensive centre of excellence for complementary health care and education in central London, run as a social enterprise".

Our *vision* is that we should become the first port of call for anyone interested in complementary health. We will offer not only a wide range of therapies and information about qualified and insured practitioners, but also an innovative educational programme for both the public and professionals; access to research findings and materials; conference and training facilities and a central meeting-eating-shopping-information hub. Our central London base allows for excellent access to our services.

As a social enterprise, we will reinvest our profits in activities and services which we feel will improve access to complementary health for all and will provide a sustainable and positive model for the future of complementary medicine, including working with the conventional medicine community towards an eventual model of integrative health. Profits after reinvestment go to the charity.

We are dedicated to a holistic approach to health and we contribute to this by: supporting individuals to take ownership of their own health; disseminating available information as widely as possible; developing and raising awareness of skilled professionals; seeking links for mutual benefit with other organisations and taking responsibility for our own impact on the planet's health.

Finally, the *values* which will guide our actions and activities are:

- *Our staff*: We are highly professional and really friendly.
- *Our services*: We are the first point of call for anyone

interested in complementary health. We also believe that a smile with your morning latte can be just as therapeutic as a therapy session.

- *Our Centre:* Beautiful, comfortable, professionally equipped & run and eco-friendly. The Village Well will be situated in central London and be open 8am to 8pm Mon-Fri and 10am to 6pm Sat-Sun. This location and these hours will allow us to meet the needs of a wide range of people.

### Who is developing it?

I am the Project Manager and I am assisted by Lena Gobine who is undertaking a lot of research and development for the project. We work closely with Beverly Martin, Chair to Trustees, and all work is approved by the Trustee Group.

### What will it look like?

The Centre will consist of five “Zones”, as follows:

- *Meeting, Eating, Information and Retail Zone:* (entrance level) A healthy café with extra space for reception/seating, a bookshop and organic food/supplement shop, also potentially a travel agent for alternative travel and retreats, all leading off this central space. Information desk for visitors. The retailers (café, bookshop, food shop, travel agent) would all be external organisations renting space from The Village Well. This zone would offer a warm welcome to users who wanted a comfortable and interesting meeting place, retail opportunities, good food and information.
- *Training and Research Zone:* Conference facilities and training rooms. These would be available for booking by practitioners and other organisations in the field. Plus library and research space, available to students, practitioners and the public, subject to a simple booking process. This zone would offer professional and friendly facilities for those who wish to hold large or small meetings/talks/workshops/training courses etc.
- *Therapy Zone:* 15 treatment rooms plus reception/booking space. Therapies could be booked by the general public and the rooms would be leased by practitioners on an annual licence fee basis, providing them with a professional place in which to work in central London. As part of our commitment to social enterprise, a number of therapies would be available at reduced fees, thus enabling wider access to the benefits of complementary medicine. This zone would offer a professional service to users wanting to experience therapies or offer therapies.
- *Office Zone:* Offices to house staff, plus kitchen/social space and meeting rooms. Activities would include maintaining and developing the British Register of Complementary Practitioners (BRCP), answering queries and requests for information from the media, the public and practitioners, as well as any other organisations. This zone would offer a professional, comfortable and friendly place for staff to work.

- *Staff Facilities Zone:* (possibly basement level) This Zone will offer on-site retailers sufficient stocking space for their products and space for laundry facilities (for towels, etc) so that laundry can be done in-house.
- Outside space will include a garden and a small parking space to enable good access to the Centre (including disabled access). The Centre intends to operate in an environmentally-aware way, and this intention will be visible in the conversion of the building itself, for instance, through built-in water and energy saving devices; as well as in the day-to-day running of the Centre where we plan, for example, to use recycled materials where possible. Through this commitment the Centre also intends to support its local community and play its part in contributing to a more sustainable business culture.

### How independently will the two charities behind The Village Well work?

First of all, the Institute for Complementary Medicine and the Nature Cure Clinic are working towards merging after their success in collaborative working. This will create one charity. The Village Well will be a separate entity and will be run as a social enterprise, with its profits going to the charity, to be used for charitable purposes either within or outside of The Village Well. The definition of a social enterprise is:

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“A business with primarily social objectives whose surpluses are principally reinvested for that purpose in the business or in the community, rather than being driven by the need to maximise profit for shareholders and owners”. This sort of social enterprise is becoming a popular business model, allowing charities and other organisations to build a financially sustainable future for their socially focused work.

**What stages are involved?**

Right now we are completing the planning phase. This has included writing a full business plan, developing a list of potential supporters to approach for funding and the material to inspire them, and working towards a merger of the two charities.

The next stage is to raise approximately £10m. It’s a lot of money but we need it to be able to buy the building and convert it into our vision of what The Village Well can be.

Once the funds are raised, we will identify and secure a building in central London.

Following this we will convert it to meet our specifications so that we can carry out all the exciting plans we have for it.....

.....and at last we will be able to open! As you can tell, each phase will take some time as there’s a lot to do.

But the important thing is to keep moving forward and it is a really exciting project.

**Do you have an idea for The Village Well?**

If so, please get in touch! Both Lena and I would be happy to hear from you if you have a good idea. Whether it’s a suggestion for the garden or for one of the retailers, a programme of courses or a good eco-paint for the walls, just let us know! We have a special box in our office where we keep all ideas sent to us until the time comes to work on that aspect of The Village Well. We’d love to hear your thoughts, ideas and feedback on what you’ve read about the project in this issue.

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**ICM to launch new website**

Plans are underway to reconstruct the ICM’s website. The new-look site will be more comprehensive and interactive than previously, with improved navigation and easier access to information. Work on the site should be finished within the next few months. More details will be available in our Summer issue.

**Diary of Events**

**Health, Harmony & Healing in Mind, Body and Spirit Event**

**When:** 1st April 2007 10am – 5pm  
**Where:** Wilmslow Leisure Centre, Rectory Field, Wilmslow High Street, Cheshire  
**When:** 9th –10th June 2007  
**Where:** St George’s Hall, Liverpool City Centre, (opposite Lime Street Rail Stn & Empire Theatre), Liverpool  
**What:** Various talks, workshops and demonstrations on the Mind, Body and Spirit lifestyle  
**For more information:** 01625 522275 [www.northstarmbsevents.co.uk](http://www.northstarmbsevents.co.uk)

**Holistic Heaven Mind Body and Soul Exhibition**

**When:** 7th – 9th April 2007  
**Where:** Gawsworth Hall, Gawsworth, Macclesfield, Cheshire  
**When:** 12th-13th May 2007  
**Where:** Prested Hall, Colchester, Essex

**When:** 26th – 28th May 2007  
**Where:** Sutton Park, North Yorkshire  
**What:** A series of holistic therapy exhibitions in venues across the UK.  
**For more information:** [www.holisticheavenevents.co.uk](http://www.holisticheavenevents.co.uk)

**Earth, Health and Mystic Fayre**

**When:** 28-30th April 2007  
**Where:** St Johns Hall, Penzance, Cornwall  
**What:** An opportunity to experience tarot, crafts, complementary health and demonstrations.  
**For more information:** [www.mysticfayre.co.uk](http://www.mysticfayre.co.uk)

**The Natural Living Show**

**When:** 12th & 13th May 2007  
**Where:** Port Vale Football Club, Vale Park, Hamil Road, Burslem, Stoke-on-Trent, Staffs  
**When:** May 26th –27th 2007  
**Where:** The Winding Wheel, Hollywell Street, Chesterfield, S41 7SA

**What:** Mind Body Spirit Natural Health and Healing Fairs with Organic Foods and Crafts & Gifts from around the world  
**For more information:** [www.thenaturallivingshow.co.uk](http://www.thenaturallivingshow.co.uk)

**National Vegetarian Week**

**When:** 21st to 27th May 2007  
**Where:** All over the UK  
**What:** Promoting understanding and respect for Vegetarian lifestyles.  
**For more information:** [www.vegsoc.org](http://www.vegsoc.org)

**31st Anniversary of Mind, Body and Spirit Festival**

**When:** 24th – 29th May 2007  
**Where:** Royal Horticultural Halls, Greycoat Street, Victoria, London SW1  
**What:** A place to sample mystic, natural and holistic products, talks, workshops and demonstrations.  
**For more information:** [www.mindbodyspirit.co.uk](http://www.mindbodyspirit.co.uk)

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