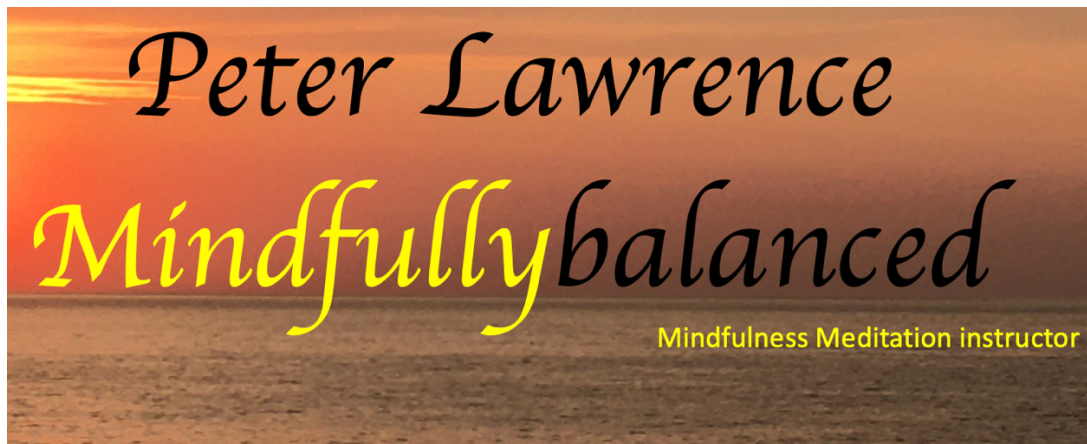


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Mindfullybalanced.co.uk

Date: 12th September 2021

Contents of this newsletter:

Section 1: **Update weekly sessions:**

Monday 13th September – Sunday 19th September

And advance notice.

The MBSR course

Holiday period

Section 2: **Just one thing with Dr Michael Mosley – Sunbathing and Vitamin D.**

And a short extract from Heal Thyself by Saki Santorelli

Monday 13th September – 9am **and 7.30pm**
(please note change of time for the Monday evening.

Wednesday 15th September - 9am

Thursday 16th September – 6.30pm

Friday 17th September – 9am and 11.30am

Weekend times:

Saturday 18th September there will be no lesson.

Sunday 19th September – I will run a session at 11am, to replace the Saturday session. Using the Sunday code. If you would like this code please contact me.



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I did think the regular Sunday sessions would start on the 12th, but I have to put the sessions back to October. More info will follow.

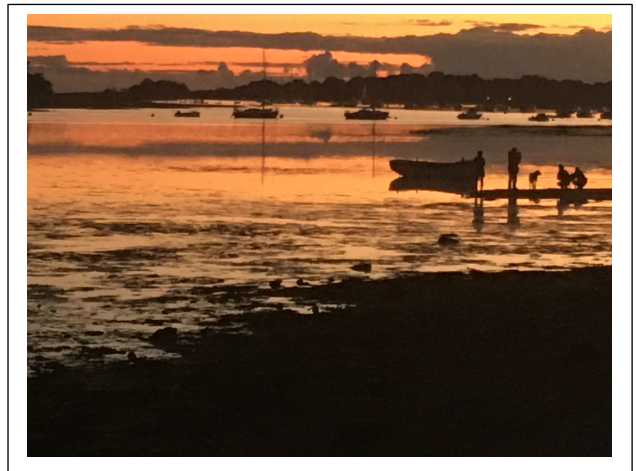
Advance notice:

The 8 week Mindfully Based Stressed Reduction (MBSR) course will start on Monday 13th September at 7.30pm.

I start the 8 week Mindfulness Based stressed Reduction (MBSR) course on the Monday 7.30pm session, with the first session being an introduction. This course will follow the curriculum meditations of the course with added material being my own authenticity to mindfulness.

If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'.

I will be in Spain for a wedding all things going to plan, and travel restrictions are okay, in the first week of October.



**And there will be no sessions from:
Friday 1st October until Sunday 10th October.**

I will run the Saturday 9th October session on the Sunday 10th October at 11am.

Section 2:

Dr Michael Mosley presents a 15 minute programme on Radio4 each week 'Just one thing', where he talks and asks experts in their field on one topic each week.

Below are notes from his last programme 'Sunbathing' the benefits and being careful.

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Michael Mosely - Just one thing - Sunbathing

Conflicting advice: a few things that may help in ways you may not expect:

A few minutes :

Sun boosts the immune system

It Lifts mood, lower blood pressure, and keeps the immune system in good shape

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Sunbathing

10 minutes on legs and arms. If light skinned.

Sunlight on your skin can improve psoriasis, eczema as well as feeling good.

It can Improve health and increase vitamin D levels which improves, mood, energy levels, immune system and muscles

Skin needs sunlight to help with the production of Vitamin D

Only 1 in 2 of us get enough and in the UK, the sun is only strong enough in the winter months. Particular harder if you are darker skin. Also fear of skin cancer has given sunbathing a bad name.

What are the benefits and risks.

Sunbath Between 12 - 2 pm. **But Skin Must not burn.** Time depends on skin colour. Lighter skin 10 mins, darker up to 45 mins.

Must be careful.

Sun Increases the production of serotonin, which Helps you feel calm and focus. During winter months may have Seasonal Effectiveness disorder ~(SAD).

SAD is a dip in serotonin levels.

Winter months long walks, outside may help.



Research from Edinburgh university exposing arm for 20 minutes a day can produce nitric oxide in the skin. Causes blood vessels to expand. Blood pressure down.

Skin is a vitamin D factory. Transform sunlight into Vitamin D.

Vitamin D is vital for bone health and makes you stronger. Athletes found taking vitamin D helped make them stronger. Vitamin D stimulates muscle growth

Lack of Vitamin D. Can lead to heart disease, diabetes, dementia, multiple sclerosis.

Won't get Vitamin D from food alone, unless you drink loads of cod liver oil and eat plenty of oily fish like mackerel.

Vitamin D is so essential. It explains the change of skin colour as humans travelled away from the sun, with dark skin, into a less sunny environment, and the skin needing to absorb more sun to produce Vitamin D. the skin became lighter. Darker

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skin has more melanin which is a natural sun-screen. Humans away from sun initially got their vitamin D from eating lots of oily fish and seals.

Professor Webb - help from some forms of cancer, autoimmune disease. Vitamin D can help against Covid 19. Respiratory track disease.

It is so important to avoid deficiency.

Sunlight impacts on the **Dehydrocholesterol (7-DHC)** of the skin, which photochemically converts sunlight into pre vitamin D. It then takes several hours for the skin to change this into pure Vitamin D.. The body's temperature makes that 2nd change.



Darker skin has problems absorbing Vitamin D from the sun, in less sunshine environments.

Must expose more skin not just the face to the sun. The more skin exposed the better.

Clouds reduces the sunlight. We do get UV (ultra Violet) light through grey clouds but reduces through dark clouds. If raining heavy not much.

Risk skin cancer - do not burn the skin!!! Going out midday is the best time. Most Vitamin D. In the UK. If abroad in stronger sunlight be aware the times will reduce. Must know your skin. Some drugs and creams make your skin more sensitive to sunburn, so awareness of your skin is essential.

Little and often exposure is advisable.

In October onwards, may need to expose more skin for longer times!! As this will not be advisable walking around in underwear in the winter, vitamin supplements is advisable: 10mcg/ug, or 400 iu (international units) will be enough.

When spring comes again, enjoy the sunshine! Yay!!

“Heal thyself – Lessons on Mindfulness in medicine. By Saki Santorelli

I've been reading a few lines from the book “Heal thyself” and I thought I would put these lines in this newsletter as they are so powerful and may help.

The 3 lines are taken from Rumi's poem, ‘My childhood friend’

Don't turn your head.

Keep looking at the bandaged place.

That's where the Light enters you.

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‘Somewhere deep within I suspect that you already know the truth of these three lines. Yet, despite this knowing, we are continually turning away from ourselves, from the fullness of our own experience. If we do not look at our own wounds, our own unwanted, rejected places – acknowledging, honouring and reclaiming them within our accommodating presence – how’ (*can we heal*)

I think these lines are so powerful, as Saki Santorelli states, we are experts at turning away from the hurt or the causes of the hurt, in distracting ourselves into activities, for example being a keep fit fanatic, loosing ourselves in work -workaholic, running away from the hurt and making excuses to ourselves. ‘I’m just too busy’, ‘oh that will hurt if I explore the damage and it’s better if I ignore it’. Rather than ‘looking at the bandaged place’ and finding ways to heal.

As Dr Gabor Mate says ‘when we experience trauma or difficult situations in our lives we find ways to survive, however, as we grow older or as we keep using these survival techniques they became a hinderance or constriction in our lives, so we don’t live our lives to our potential.

Mindfulness can help. Mindfulness is not a way of turning away from your hurt, and saying ‘oh if I meditate I will distract from the hurt’. Mindfulness is about facing the hurt, being with it, and then seeing how you can heal.

And remember always be kind to yourself, we are so good in beating ourselves up, and not facing our truth with kindness.

This last extract is a bit heavy this week! Life comes with experiences, and the way to live more healthily and peacefully, is to find ways to heal your wounds, and that can only be good!

Yay!!!

Take care everyone.

With kindness

Pete

