

ADVERTISING FEATURE

your body's health



The perfect way to relax: the Radox range of herbal baths



Irish Dawn: Irish herbal teas...the perfect pick-me-up

Continued from B12

Sleep on the problem
Insomnia is often a symptom of stress, so paradoxically at a time when you most need to recharge your batteries to deal with a difficult situation, you may toss and turn all the more. There are many ways to help yourself to a good night's sleep.

Kalmis are herbal tablets which combine valerian, hops and gentian. These plants have been used for centuries to calm the mind and body, to calm nerves and help us drift into sleep. Kalmis are not habit forming and have no heavy morning-after side effects. Two at bedtime is the recommended dose. Kalmis bedfellow is Nature's TM. It is also based on a traditional herbal remedy with sleep-inducing properties. Both are available in tablet form, they are manufactured by Lanes, which has been in the natural health business for 60 years, and distributed in Ireland by Kelkin Natur Products.

Think peaceful
Transcendental Meditation is one of the treasures of the Orient which has come to be valued highly and used extensively in the west. Its origins lie in the Vedic tradition of knowledge in India and it was introduced to the west by Maharishi Mahesh Yogi in 1958. Today it is practised by a million people world-wide including 40,000 in Ireland. TM is a simple technique which dissolves anxiety. It is

not a religion and its use is compatible with all beliefs and life-styles. The method is deceptively simple. To practise TM you allot 20 minutes to yourself. You sit in a comfortable chair in a quiet place. You close your eyes and gradually your mind becomes tranquil, calm and at rest. While you remain alert, your body and your mind get the benefit of a deep therapeutic rest. "People who use TM have a huge variety of experiences" explains spokeswoman Rosemary Conniffe, "the effect depends on the condition of your nervous system."

"In describing TM we sometimes use the analogy of the kettle. When a kettle is boiling there is water bubbling, a lot of activity. When the heat is turned down the activity in the kettle gradually ceases, the water becomes still. TM is like turning down the heat in the mind allowing it to become calm and still."

There are eight TM centres in Ireland - two in Dublin, one in Cork, Galway, Newbridge, Co. Kildare, Derry, Belfast and a part-time centre in Limerick.

Act gently

SPECIAL OFFER
Relaxation Week at Temple F.O.C.
Send name, address, on a postcard to:
Sunday Tribune, 15 Lr. Baginb. St., Dublin 2.
Saving in more than 20 words when you feel you deserve to win this Relaxation Week.

The word yoga means union, union primarily with oneself. Yoga, another eastern promise, is a most efficient way of working towards good health and stress reduction. This is achieved through postures, exercises and breathing techniques. By concentrating on the physical movement, people are brought to a relaxed state of body and mind. The regular practise of yoga frees up energy channels which may have been blocked by stress, and the lifeforce is free to flow through the body again. Also, all yoga exercises massage the internal organs as well, such as the heart, liver, lungs and digestive system. "You could call yoga a much earlier form of aerobics without the jumping and puffing" says Margaret Forde

of the Tony Quinn Yoga organisation, "yoga gently brings the body to its oxygen carrying capacity."
Tony Quinn began teaching yoga in Ireland in 1971. His organisation is now part of the Irish Healthculture Association which he trains yoga teachers. There are forty Tony Quinn centres round the country over 10 week courses in beginners and intermediate yoga. A course costs €45. For more information contact Tony Quinn Health Centre, 66 Eccles Street, Tel 01-8303717. **Smooth away your cares**

The word shiatsu is Japanese for finger pressure, and shiatsu massage is a holistic method of healing through relaxation, stretching and massage. Shiatsu Today: A

Complete Neck and Shoulder Massage" is a 55 minute video which teaches people how to give a neck and shoulder massage. You don't need to be a therapist or health professional to look and learn. The instructions are clear and precise and geared to a beginner's pace. Twenty techniques are shown and nine pressure points, where maximum benefit is gained, are demonstrated.

Part 1 explains the principles of giving and receiving shiatsu, part 2 explains the individual techniques in detail, and part 3 demonstrates the techniques in one flowing sequence. The video is written and presented by Andy Harrop, a registered shiatsu practitioner and lecturer who works in Guy's Hospital.

London. It is available by mail order from Signpost Productions, 15 Crebor Street, London SE22 0HF. Price (UK) £4.99, and £2.75 p + p. (For further details tel 0044-81-299-6353).

Stress reduction strategies — corporate
An Irish Heart Foundation survey among 170 Irish firms revealed that about 1 in 5 senior managers had attended a stress management programme, but only 6% of employees were able to avail of such an opportunity. Last autumn the Foundation launched a comprehensive health promotion programme for the Irish workplace. It identifies reducing stress at work, as well as eating healthily, not smoking, and exercising, as four key areas for behaviour change. This practical action plan is aimed at improving the life-style habits of employees, and thereby reduce the risk of developing heart disease, the country's number one killer.

For more information on the 'Happy Heart at Work' programme, contact the Irish Heart Foundation at 4 Clyde Road, Dublin 4, tel 01-6685001.

The word 'Radox' is synonymous with relaxation and people around the world have been de-stressing themselves with a long, luxurious Radox bath for many years. Now, there is a new look to Radox Herbal Bath with seven different formulations, all offering therapeutic relaxation combined with a subtle, sensual fragrance.

If you are feeling particularly stressed or tense, the new Soothing Radox Herbal Bath will calm and relax you. Literally choked up? Try Vapour Bath which has Eucalyptus for a decongestant. On the go but want to relax first? A Revitalising bath will both refresh and relax. Do you really enjoy lounging in the bath but worry about your skin losing moisture - Moisturising Radox Herbal Bath with natural moisturiser or Foaming Oil will keep your skin silky smooth and soft.

SUCCESS WITHOUT STRESS

How do so many successful people cope with the tensions and pressures of their life? Their secret is Transcendental Meditation. Each morning and evening they spend 15 to 20 minutes so that they can relax and rediscover the vitality to face and solve problems.

While their mind remains alert, they are deeply refreshed both physically and mentally. Stress gives way to the clarity, creativity, and concentration to make more of their time.

The beauty of TM is that it has been so thoroughly investigated. Its life enhancing effects have been verified by over 500 studies, many of which have been published in leading medical and scientific journals.

Your local TM Centre next Introductory Presentation: **TO OBTAIN AN INTRODUCTORY PRESENTATION OR OBTAIN MORE INFORMATION, PHONE:**

DUBLIN SOUTHSIDE	01-4900782
DUBLIN NORTHSIDE	01-6689773
NEWBRIDGE/MAAS	045-79678
WATERFORD	051-79669
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KILKEA LODGE FARM
County Kildare
Godfrey & Marion Greene,
Kilkea Lodge Farm, Castledermot, Co. Kildare.
Tel: (0563) 45112

Kilkea Lodge has belonged to the Greene family since 1740. Set in 260 acres of prime tillage and rolling parklands, this tranquil setting offers guests the opportunity to relax in the comfort of log fires and traditional Irish hospitality. Resident Beautician available for all Beauty Treatments. Massage and Aromatherapy also. We cater for all your relaxation requirements to ensure you feel like a new person. Totally de-stressed by the time you leave.

Advance Booking Essential!

• 2 double rooms, 1 twin ensuite.	• Open year round except Christmas.
• 1 single, 1 family suite (sleeps 6).	• Dinner: 7.30pm. Dinner reservations 24 hours notice required.
• B & B: £23-£25.	• Children welcome.
• Dinner: £15-£20.	• French spoken.
• Single supplement: £5.00.	

CARNELLY HOUSE
County Clare
Dermot & Rosemarie Gleeson,
Carnelly House, Carnelly, Co. Clare.
Tel: (065) 28442. Fax: (065) 29222

Carnelly House is a Queen Anne style Georgian house (1730-40) set on 100 acres of farm and woodlands inhabited by foxes, badgers, hares, pheasants, hawks and cranes. Designed by the famous architect Francis Bladen, log fires add to its old world ambience. The drawing room with its Corinthian pillars and Francis Crayling is renowned for its beauty.

It is an ideal base from which to visit the famous Burren, Cliffs of Moher, Allihewey Caves and Bunsbury Castle. Excellent Golf Courses at Lahinch (38 km), Shannon (15 km), Ennis (5 km), and Dromoland Castle (4 km). Horse-riding, Foosballing, Shooting, Fishing, Lake/River, both coarse and game, all can be arranged locally.

Advance Booking Essential

• 5 bedrooms, 4 deluxe ensuite, private telephones.	• Credit cards: Visa, Access and Eurocard.
• Unavailable for children.	• B & B: £37.50-£73.00 per person sharing.
• Open: 11 months.	• Single supplement payable.
• Dinner: 8pm, book by noon.	• Dinner: £24, wine extra.
• Wine Licence.	• French spoken.

GURTHALOUGH HOUSE
County Tipperary
Michael & Bernice Williams,
Gurthalough House, Ballinacorney, Tipperary
Tel: (067) 22808. Fax: (067) 22154.

Gurthalough House is an early 19th century house set in a hundred and fifty acres of private forest. It overlooks the River Shannon on its course through Lough Darg and in the distance you can see the mountains of Clonsilla and Galway. Michael Williams enjoys cooking for his guests while his wife and children try to ensure that their guests have a happy and relaxing holiday.

There are boats free for guests use, swimming in the lake, croquet on the lawn, two hard tennis courts and matted and signed woodland walks. Activities in the area include pony trekking, sailing, rough shooting, hunting, golfing and antique collecting. Lough Darg is renowned for its large fish.

Advance Booking Essential!

• 8 bedrooms with bath.	• French spoken.
• Open: mid-March to 31st January.	• Credit cards: Visa and Amex.
• Closed (Christmas).	• B & B: £34-£40.
• Wine Licence.	• Dinner: £22 — book by 12 noon.
• Children by arrangement.	
• Dogs by arrangement.	

IF WORK SOMETIMES FEELS LIKE THIS — WE CAN HELP!

A two day Time Management programme with Ireland's leading specialist can help you take control of both your work and private life.

Act now: For a brochure containing details please contact **Jacinta Hannigan** on Dublin (01) 076 1955 including Sundays.

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Careers in Holistic Medicine

THE IRISH ASSOCIATION OF HOLISTIC MEDICINE
in conjunction with **THE IRISH HEALTH CULTURE ASSOCIATION**

offers the following one year courses:

- (A) Diploma in Holistic Dietetics.
- (B) Diploma in Yoga.
- (C) Diploma in Massage.
- (D) Diploma in Qi Gong Exercises.
- (E) Diploma in Psychotherapy.
- (F) Diploma in Clinical Nutrition.
- (G) Diploma in Clinical Massage and Aromatherapy.

For details contact: **MICA diploma holders also qualify for membership of the Irish Health Culture Association** which is Ireland's largest association of practitioners in the holistic field.

Courses (A, B, C, D) can also be combined with the following Irish Association of Holistic Medicine one year courses:

- (E) Diploma in Psychotherapy.
- (F) Diploma in Clinical Nutrition.
- (G) Diploma in Clinical Massage and Aromatherapy.

To qualify for Advanced Diplomas from the Irish Association of Holistic Medicine, Diploma in Holistic Preventive Medicine (Combinations of A, B, C, or D with A, E), Diploma in Holistic Nutrition (Combination of A, E, F), MICA Diploma holders also qualify for membership of the Irish Association of Holistic Medicine.

All courses are part-time and may be taken on a one night per week basis or by 10 weekend sessions. Home study is an integral part of each course. Please note that in an advanced diploma at least one MICA diploma course must be completed.

FEES: (A) Massage: £2000. (B) Yoga: £1750. (C) All other courses £950. To secure a place on the course a deposit of £400 (A) Massage, £350 (Yoga), or £300 (all others) is required.

ENROLMENT: Please send for illustrated prospectus from: 16 Eccles Street, Dublin 7. Tel: 850-447/850-4211. Final acceptance of enrolments is subject to interview.

COURSE DIRECTORS: Marian Forde BA, ND, DRC, Margaret Forde BA, Dip. App. Psych, H.Dip. Ed. and Tony Quinn D. Clin. Hypnotherapist on whose philosophy and methods the courses are based.