



September 2025

Omega Therapies

Newsletter

www.omegatherapies.com

Wiccan Classes

Every other Wednesday and Saturday we hold wiccan classes for anyone interested in learning the craft.

Our classes are led Joe here in the clinic in the Goddess Temple.

All of the ingredients or supplies you need will be provided for you by us.

Give us a call if you have any questions or wish to try a class!

NADA Acupuncture

NADA Acupuncture is an acupuncture protocol that uses 5 specific points on the outer ear. These points help to reduce stress, aid in recovery from trauma or addiction as well as promote relaxation. These 5 points are Sympathetic, Shenmen, Kidney, Liver and the Lung.

nada^{co}
5 points NADA protocol

1 Sympathetic
Function: Stress reactions, fight or flight response, preparation for action.
Use: Relieving the autonomic nervous system, affecting the heart to increase output, digestive system, relieving tension and creating a state of calmness, relaxation, breathing, pain control and eye dilation.

2 Shenmen (apex of ear)
Function: Relieving the Qi of the liver.
Use: Calm the spirit and control the mind.
Use: Insomnia, depression, panic attacks, elevated blood pressure, hyperactivity, attention deficit disorder, high blood pressure, preparing for events.

3 Kidney
Water element
Function: Root of Yin and Yang, Governs the essence and the growth of hair.
Use: Strengthen the lower back, spine, bone marrow, strengthen the heart, spleen and stomach, improve hearing, vision, sexual vitality, fertility and virility.

4 Liver
Wood element
Function: Regulating the harmonious flow of Qi and Blood.
Use: Metabolic function of the liver, strengthening the body, spine, liver, spleen and stomach, relieving tension, stress, mood, digestion, respiratory and circulatory, effective in respiratory, liver, high blood pressure, joint and muscle aches.
Associated with: Liver judgement, no food tolerance, free flow, acceptance, kindness, harmony.

5 Lung
Metal element
Function: Controls the Qi, governs the water passages, disperses and descends the Qi, regulates respiration and associated with the skin.
Use: Relieving disorders, skin problems, sweating, regulates the body temperature, controls the respiratory system, asthma, cough, phlegm, colds and the flu, asthma and bronchitis, hay fever and sinusitis.
Associated with: Inspiration, creation, motivation and letting go.
Indications: Asthma, cough, lack of inspiration, grief, sadness, weeping.

Anatomical Regions of the Ear

October Sale!

On Saturday the 11th of October we will be having a sale on in our wonderful shop. We will have 20% off on all of our products in the shop.

Pop in and have a look at our handmade soaps, wicca products and creams as well as all of our crystals and incense and so much more!

REDDITCH ALTERNATIVE MARKET

A mix of stalls selling Alternative and Holistic products. Crystals, Herbal Teas, Cloaks, Wiccan and Witches

Products Tarot Card Readers, Healing Products, Candles, Jewelry and much more

Saturday October 18th At The Redditch Market 9am to 3pm

**If you are interested in having a stall to sell your alternative products
please contact us on 07891549333**



Supporting Small Businesses

Here in Redditch
we have many
small businesses
including us here
at Omega
Therapies.

Supporting a
small business
can could be
sharing a post, or
telling a friend or
going yourself!

Supporting a
small business
can also help
support the
community.

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Autumn Remedies

Here in the centre we have a few different Autumn Remedies for you as we head into the colder months!

We have creams for cols & flus or sore joints, we have herbal teas to warm you up in these cold days like our Four Kingdoms Blend and Eternal Elixir Blend.

We also have aromatherapy oils to bring those Autumn feels! Smells like ginger, black pepper, eucalyptus, geranium and turmeric.

Helpful crystals to carry with you would be tigers eye, stone onyx and larvikite. And why not try a treatment for yourself? Our aromatherapy massage and reiki are ideal as we come into the autumn months.

www.omegatherapies.co.uk
01527 585023

