



## Marino Therapy Centre Summer Newsletter

June 2009

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Hi guys!

Welcome to the latest edition of The Marino Therapy Centre Newsletter. Summer brings long days, long weekends, long holidays away and hopefully lots of sun...enough to put a smile on most people's face ☺!... However for those of us who are tackling our condition, a change in routine can be challenging. Remember that this is ok, you are only human. Change is always difficult, and the new season will take some adjusting to. Don't panic if you feel a little uncomfortable, just give yourself time. Be aware of your reactions, and ask for help when needed. Summer has a lot to offer in terms of catalysing your recovery, so choose to make the most of the few months.

### TUESDAY GROUP LEARNING

If you've missed group some Tuesday and feel you may have missed out, Worry not!! You'll find updates and learning's that came out of group from a variety of people that attended up on the notice board in the centre. Please journal anything that you found useful, helpful or inspirational from group and send it on to Marie, remember that nothing is too small, insignificant, too short or long - your sharing will strike different cords in different people, and may be a significant benefit to them.

### Organ of the Month -

**Our friend The Liver,  
A Chemical factory within us!**



### **DID YOU KNOW??**

The liver is the largest organ in the body as well as being the largest gland.

It accounts for 4% of our body weight and carries out a larger number of functions than any other organ in the body. When you think about your liver, consider the fact that you carry a vital chemical factory within you, whereby the machines need constant fuelling and maintenance work to keep them processing efficiently.

Your liver (your factory) carries out up to **500 different functions**. A selection of these are....

Secreting a digestive fluid called bile - to break down products of lipids and old red blood cells. It stores glycogen, iron and some vitamins. **It is a vital organ in the process of metabolism.** Your liver is kind enough to remove toxins and waste from your blood and convert them to less harmful substances saving you the hassle and torture of a so-called "detox" diet---Just look after it, be friends with it, research it and appreciate it! When married with a healthy diet, carrot juice and milk thistle can help speed up the detox abilities.

Think this is all blah-blah theory???Contemplate this...

- 1-The Chinese call the liver The General /The manager of the body and
- The word liver derives from Anglo-Saxon words linked to the verb "to live".

### THE NEW IMPROVED WEBSITE

You may have noticed that there have been many changes made to the website recently, and it is being more regularly added to and updated to keep up with the rapidly changing times we are in. Weekly tips and an online version of the newsletter are a couple of the new additions. The centre has found that the last number of months has proven difficult for people trying to keep a lid on condition, so why not try this week's tip. Hopefully it will inspire and encourage you to fuel your recovery, your attitude and your body!



### SEEKING GOOD NEWS

Have you any good news, inspiration, fun ideas or helpful tips towards recovery? A Good News anthology is currently being put together to leave in the centres waiting area for people trying to escape the bad news driven media. Get in touch with your creative side- poems, stories, jokes, quotes will all go to perk up someone's day! Contact Marie for more details



No one can live without a Healthy Liver!!



## PRAGUE- A CRASH COURSE IN LIVING

Mid April, 17 wonderful people set off for what would prove to be a fantastic, busy, fun and interesting few days in the beautiful environment of Prague.

I learned a lot about myself over the few days, and became aware of what I have now recognised as some of the misconceived notions I have had about myself and my personality while I was over there. Slowly but surely I'm beginning to believe that I do fill a space in the vast arena of life.

Everyone on the trip was enthusiastic, fun and making brilliant efforts. Inspiration was in bucket-loads. I hope someday to serve as an inspiration for someone, as more and more I'm beginning to believe in myself, how far I have come in my recovery and realise with confidence that I will be fully free, indeed I'm well on my way.

Being with other people struggling with Eating Distress allowed me to put some of the intolerance I have had with myself aside. Not one of us have set out to lose a number of years of our life, no one has been only selfish or disobedient and contrary to the constant mantra that rings too often in my head, I like nobody else is just "ripping the piss"! The condition is complex, recovery is complex and every individual in this world is complex. Letting go and adopting some simplicity is the only antidote

I am so delighted that I experienced Prague, that I was actually there, present and absorbing. I was there in body and mind, after so many years of living only in my own head. While at home, in therapy I have been fortunate enough to have been bombarded with helpful theories and advice, as well as tips and sharing about recovery, I am finally at the stage where I am confident and comfortable with my recovery and now need to be bombarded with life issues and life experiences. Prague certainly facilitated to turbo charge this aspect of my recovery; Culture surrounded me, beautiful architecture surrounded me, interesting history surrounded me, and 17 brilliant people surrounded me.

Prague has increased my ability to become fascinated by all aspects of life, and by all types of people. We are all individual, we are all different, we are all unique, we are all fantastic.

I thank each and every one of you who helped to make my trip an incredibly enjoyable and fun experience, for what is more important in life than these? You are all an inspiration. I'm so excited for us all as we make our journey towards full freedom. Prague was brill, but for us the best is yet to come!!!

Hazel

"We had great fun and did a lot in a short time with a flexible and loose plan. I found it challenging because I often use routine to feel safe, but it can be an isolating way to live and after a while it gets very boring. Life and freedom is right in front of us, we just need to open up to it"

Roisin P

"What a wonderful experience in Prague with a wonderful group of people. It was great to see the condition getting pushed out of people's lives and personalities, interests, abilities, sense of fun etc becoming more and more uncovered. "

Paula

"I was privileged to spend time with 16 lovely ladies in Prague. From spending time I was amazed to learn of so many talents and abilities."

Ian

"The importance in meeting people in various stages in recovery - people at an earlier stage made me aware of my own progress and people who in my eyes were further on than me served to further compound my own determination to be free one day - The Old "If they can do it so can I kind of thing!"

J



**HAPPY SUMMER EVERYONE!**  
**MAKE THE MOST OF ANY LITTLE BIT OF SUNSHINE THAT COMES INTO YOUR DAY!**

