

Express Business

This is the official business page of The Beeston Express, where we feature local businesses, large and small, with news to share. Our aim is to keep Beeston Express readers living in the wider community up-to-date with what's going on in the business world, either as items of general interest or if it may directly affect them (such as changes to tax laws, for instance). However, we request that, if we are running advertising editorial, advertising in The Beeston Express supports it.

ADVERTISING FEATURE

An A – Z of acupuncture: D is for Diet

THIS is a subject discussed frequently. It is a growth industry. Weight Watchers, Cambridge, Rosemary Conley etc. Chinese medicine sees diet as the basis for a healthy body and a creative, positive mind. The emphasis is not on fitting people into the same body shape.

There are five elements in Chinese medicine: fire, earth, metal, water and wood. Each elemental type has a different body shape. To try to make a rounded earth type look like a wiry wood type will make them ill.

Foods fit into categories depending on how they affect the body.

What the Chinese call heating foods warm us, so are of benefit to anyone suffering from *inner cold*. They will harm anyone with *inner toxic heat*. Conditions like migraine or high blood pressure

can be made worse by hot spicy food. As well as the obvious ginger and chilli, other heating foods are beef, lamb and food that have been deep fat fried. Heat depletes fluid, leading to thickening of the blood, restlessness and loss of peace of mind.

Cold foods attack yang, our vigorous active energy. This can lead to emotional lethargy, tiredness, contraction and obstruction physically. Circulation is one of the first casualties.

Damp is the weight watchers' enemy, causing things to bloat. Think of rice in a jar – when it becomes damp, it expands. Milk and dairy produce are damp-forming foods. As well as causing our bodies to swell, they make infectious bugs welcome, and this can result in a runny nose, congestion of the chest, or loose motions. Emotionally, *damp*

clouds the mind, weakening concentration and numbing us out.

Blood nourishing foods do just that – nourish the blood, the material foundation of the mind. Any loss of blood over a long period can lead to nervous behaviour and thinking. Meat, fish and dark leafy greens can help to rebuild the loss.

Cramps, muscle wasting and joint problems can result from blood deficiency.

Acupuncture can be used to clear heat, warm cold, resolve damp and nourish blood, as well as yin, yang, and qi. The right diet ensures long term improvements.

For more information, read Daverick Leggett on Chinese Food Energetics.

Good luck.

Dave Yeomans
Beeston Natural Therapy Centre

Life Alchemy

by Fiona of Inspirations Therapy

A proverb to ponder...

There was an old Chinese lady who each morning would walk to the well to fetch water. Every day she would pick up two buckets; the one in her left hand was sturdy and reliable, but the bucket in her right hand was rather shabby looking and had a few small holes.

Every time she would fill up these buckets the holey bucket would leak water, so that there was only a little left by the time she reached home. This caused the leaky bucket much distress. One day the leaky bucket said to the lady: "You know, maybe it's time that you replace me, I serve no purpose – every time you fill me up, I leak and I feel that I've failed."

The lady looked at the leaky bucket and said: "But it is a rather long walk between my home and the well and the path is rather steep. It certainly does get hot this time of day and the sun's rays make the walk challenging. But you must

understand, if it wasn't for you leaking, my dear friend, then I would not have all these beautiful flowers to look at on my way back." The leaky bucket looked and saw that on his side of the path there were beautiful flowers in bloom, of all colours and with beautiful scents.

The women went on to say: "Because the bucket in my left hand holds all the water to himself there are no flowers on his side of the path." The leaky bucket then looked and saw that there was nothing on the other side of the path but brown grass scorched by the sun's heat, very different to his own colourful creation. The leaky bucket then knew that even with his holes, he had a purpose and could create something special.

The moral of this story is that we all have flaws, but we can still achieve. In the next issue, a real life example of this from world-changing history...

ADVERTISING FEATURE

CAST Hairdressing moves into bigger premises

AFTER months of dealing with planners, builders, contractors and suppliers, the staff and partners at Cast Hairdressing were delighted to move into their new purpose-designed salon in mid-April.

They celebrated the momentous occasion with a huge launch party at the salon on Beeston High Road, which comes with plenty of room to spread wings. Friends, clients and contractors were all invited to share in all the excitement of the long-awaited move from the smaller salon on Derby Street.

The new light and airy salon is spacious enough to incorporate a number of contemporary design features, some practical and others purely decorative but adding more than the sum of their parts to the ambience of the new premises. One completely new feature, however, falls between the two stools of practicality and interior design –

the team have designed in a 'chill out' area with sofas, low tables and mood lighting, where clients having colour treatments can sit and relax.

The three partners of Cast Hairdressing – Andrew, Cathy and Suzanne – were completely overwhelmed by the buzzing atmosphere at the launch party.

Suzanne said: "I'm loving tonight. It's been a long journey and I feel quite emotional now that I can see the final result – and see how people have reacted."

Cathy continued: "Whilst all three of us would like to say a big 'thank you' to the builders for finishing everything on time, it's Andrew who has dealt with all the hassle of having the builders in – he's the one who should be thanked for keeping it all together."

Client Sue Blackley of Attenborough has been having her hair done at Cast for 20 years. She was pleased that the Cast team had

finally achieved their dream.

"I always enjoyed the relaxed atmosphere at Derby Street," she said, "I have my hair done at the same time every week and the organisation has always been impeccable. There is a good team spirit between the partners and the staff always appear happy. This new salon is a real tribute to their skill."

Sue's friend Brigid O'Reilly, also from Attenborough, added: "Although I only have my hair cut when it needs it, I would also never contemplate going anywhere else. I wish them every success for the future."

Cast Hairdressing can be found at 114 – 116 High Road, Beeston. Tel: (0115) 925 8944.

ADVERTISING FEATURE

Problem trees and preservation orders

CASES involving damage to a property caused by trees located on a neighbour's land, especially those dealing with subsidence or heave due to roots, are fairly common.

One complication that arises is where the tree is subject to a preservation order, as Richard Whiteley, from Ellis-Fermor & Negus solicitors, illustrates below.

In a recent case, a neighbour's tree was causing continuing damage to a house. The tree was subject to a preservation order (TPO) and the homeowners applied to the council for permission to fell it on the basis that it was creating a nuisance, and taking it down was necessary to prevent this continuing. However, the planning application was refused.

The local authority considered that the nuisance could be prevented by other methods, such as creating a root barrier or underpinning the affected house.

The court, however, rejected the council's argument, saying that the existence of alternative solutions to the problem was not relevant. The council then appealed to the Court of Appeal, who overturned the decision of the lower court. In its view, the purpose of legislation that covers tree preservation orders is

to preserve trees. Therefore, the existence of alternative means of abating the nuisance which would allow the preservation of the tree had to be considered.

The legislation could not be considered to apply only to what might need to be done to the tree to solve the problem, and it was reasonable to consider alternative action that did not involve felling the tree.

It would appear, therefore, that in circumstances such as this, a whole range of possible solutions will have to be considered before the court will support a decision to fell a tree subject to a TPO.

Richard commented: "It just shows the importance of carrying out a local search before you purchase a property, or you could unwittingly be buying something with just this problem."

For more information, contact Richard Whiteley at Ellis Fermor & Negus on 01773 744 744 or email r.whiteley@ellis-fermor.co.uk.

If you already have problems with nuisance caused by your neighbours or their plants, contact Darren Kelly on 01773 744 744 or email d.kelly@ellis-fermor.co.uk.