

## A Brief summary of the Talk given by Alicia Quaini to the Natural healing Group on 2<sup>nd</sup> October.

Alicia had previously told us how her motor bike accident had damaged her brain and body so that led her to search for ways to restore her physical and mental facilities.

In this talk, she went into more detail about her method. She demonstrated how poor posture gradually deteriorates and leads to consequences for the brain due to nerve damage and lack of blood flow. It also affects mood.

She also demonstrated how easy it is to do exercises incorrectly, thereby affecting posture and the possibility of injuries.

Without adequate knowledge food may be spoiled perhaps by cooking certain foods at temperatures that cause oils to become toxic.

Maggie Jones volunteered for another demonstration. Alicia showed how a simple eye exercise could almost instantly improve the flexibility of the body. This was very impressive.

Cerebral fluid is necessary to clean out toxins from the brain and enable good brain function. Poor flow of this fluid leads to Alzheimers. She showed us an exercise to enable good flow and improve brain function.

Alicia will be running classes in the area but not for the U3A.

Wendy Lowe has organised a class of fellow U3A members on Monday mornings and Friday afternoons. So ask her to join the group or for more details of the arrangements.

wendyglow@hotmail.co.uk.

For more details about the content of the classes look at [www.aliciaquaini.com](http://www.aliciaquaini.com) or whatsapp message Alicia on +44 722499075.