



Health

Heavy Metals

Another cleansing recipe! This one is for heavy metals, Mercury in particular. Acknowledged as a public health threat, mercury is linked to Multiple Sclerosis, Alzheimer's, nervous system disorders and brain development.

There are several sources of exposure: amalgam fillings, broken light bulbs or thermometers and perhaps most alarming, Fish! Swordfish and Tuna being the worst.

Here is the recipe of Dr Yoshiaki Omura for mercury removal:

- 1 clove of garlic ½ cup of almonds, cashews or other nuts
- 1 cup packed fresh coriander leaves
- 2 tablespoons of lemon juice
- 6 tablespoons olive oil

Put the coriander and olive oil in a blender and process until the coriander is chopped. Then add the rest of the ingredients.

Have a couple of teaspoons a day for 2-3 weeks.

Sheila Partridge

Dip Nutritional Medicine

www.sheilapartridge.com

Who's Who?

Mary Langley



I feel very proud and tremendously excited to have been appointed Headteacher for Wixams Tree Primary School.

I am passionate about working in partnership with the children, staff, governors and the parent community to build and develop Wixams Tree

Primary as an exciting, happy and successful school.

I am married with two grown up children – I believe that learning is lifelong. After returning to education when my children had finished their early primary education I completed a BEd (Hons) degree in Primary Education from De Montfort University and subsequently a post graduate qualification from Roehampton University. I then completed my National Professional Qualification for Headship (NPQH). In my spare time I enjoy cooking, particularly Italian food, walking, cycling and reading and I also love to travel.

For me, the needs of the children are always paramount in the life and decision making within a school. I strongly believe in providing the children with exciting, creative and meaningful learning experiences, which build their enthusiasm for learning and help them to grow and develop positively in a variety of ways. I think it is crucial to involve the children and their families as partners in their education.

I am really looking forward to working with the whole community and building a whole school community which thrives on mutual respect and values positive relationships.

faith, hope and love.
But the greatest of these is love.

1 Corinthians 13:13

Events Diary: Sundays, 11:00 am: Celebration a mix of praise, worship & teaching

Fridays, 10:30 am - 12 pm: Little Stars a playgroup for babies & preschoolers with parents & carers



Thursday 23rd Feb & 16th March 3:30 - 5:30 pm: Messy Church a way of being Church for families, involving fun, Bible Stories & a family meal together

For more info...

www.wixamschurch.org.uk

e-mail: hello@wixamschurch.org.uk

Tel: 01234 348091

Facebook: [facebook.com/WixamsChurch](https://www.facebook.com/WixamsChurch)

Twitter: @WixamsChurch

For God so loved the world that He gave His only Son so that everyone who believes in Him may not die but have eternal life. Jesus Christ who inspired the Gospel but Trinity Mission Serve John 3:16

Family Love Bible Heaven Welcome Prayer Worship Life

Councillor GRAEME COOMBES



Reporting to Wixams - February 2017

Healthcare Provision at Wixams

There has been much talk of healthcare provision at Wixams. It is yet another bit of infrastructure initially planned for, but not materialised. The original Wixams Planning agreement designated land be made available by Gallagher for healthcare. However, whilst Gallagher were to provide the land, only healthcare providers could give permission to establish a surgery and neither the former PCT (Primary Care Trust) nor their replacement, the BCCG (Bedford Clinical Commissioning Group) were really engaged.

I want to reassure residents that pressure is being brought to bear on those who can and should deliver healthcare for Wixams. Back in 2012 I met the former PCT and Wiltstead Parish Council to discuss healthcare provision for both Wixams and Wiltstead. I have also previously raised the issue over a number of years with: the Mayor; the Council's Cabinet Member for Health; our MP, Nadine Dorries; Alistair Burt MP, when he was Minister for Health; senior NHS representatives at Bedford's Health & Wellbeing Board; Bedford Council Planning Department; and Gallagher.

Bedford Planning Department recently advised they are in detailed discussion with Gallagher about healthcare provision for Wixams town centre. BCCG also now recognise the requirement to provide a healthcare solution as Wixams grows and expands and they are actively planning for it.

The current construction of new elderly care homes only adds to the need for local GP provision. Be assured I will keep up the pressure on BCCG, Gallagher and Bedford Council for concrete solutions and I am confident we will in due course get local healthcare provision for Wixams.

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