

GOLDSTER★

# REDUCING INFLAMMATION



# REDUCING INFLAMMATION: SCIENCE AND PRACTICAL TECHNIQUES COURSE

- 01 Reducing Inflammation
- 02 The Course
- 03 Your Journey
- 04 Our Method
- 05 Your Notes

# THE COURSE

In this course you will learn the Emotional Freedom Technique (EFT) and practical inflammation management strategies with Psychologist, Kath Temple.

This course will be supported by Pilates Coach, Jude Hirschheimer, who will take you through a 6 week Pilates program targeting inflammation reduction. And Jess Parkinson, a Breathwork Specialist, who will guide you through powerful breathing techniques to unlock your body's innate healing response.

---

## SCIENCE AND PRACTICAL TECHNIQUES

Gain valuable tools to address emotional contributors to inflammation, enhancing overall wellbeing through expert guidance.



## A PSYCHOLOGIST, PILATES COACH AND BREATHWORK SPECIALIST

This transformative experience aims to enhance both physical and mental wellbeing, enabling participants to discover a rejuvenating effect.



*"When we do it together, we feel better together"*

# YOUR COACH



## Kathryn Temple

Kath Temple, the visionary behind the Happiness Hub on Goldster, shares this powerful insight: "You've been blessed with just one extraordinary and precious life – embrace it as your very best self."

Kath exudes warmth and inspiration, touching the lives of countless individuals grappling with anxiety, depression and various mental health hurdles. As a Master Coach and solution-focused Psychotherapist, she brings a wealth of expertise to the table. Beyond that, Kath holds notable distinctions as an NLP and EFT Master Trainer, and her collaborations with figures like Paul McKenna and Dr. Gabor Mate are a testament to her expertise. Her qualifications are so extensive that listing them all here would be a challenge!

The moment has come to embrace your distinctive journey and live your life to its utmost potential, in alignment with her encouragement.

# SPECIAL GUESTS



**Jude Hirschheimer**

**Pilates**

Jude is a dedicated and passionate Pilates and movement teacher with 15 years' experience teaching mat work classes.

She has studied with various Pilates governing bodies as well as branching out to explore in-depth anatomy, breath-work, neurokinetic and functional movement.

Jude stands by her motto, "Move, everyday."



**Jess Parkinson**

**Breathwork**

Jess is a well-rounded wellbeing expert, proficient in various physical and mental disciplines.

Jess is an intrinsic biomechanics coach™, personal trainer and a registered Oxygen Advantage instructor, so she is well equipped for guiding individuals in optimising overall wellness through functional breathwork coaching.

## Week 1 - The BodyMind (there is no mind-body disconnect)

Emotional Freedom Technique (EFT) targets pain gateways, suggesting a method to modulate physical discomfort through the mind. EFT's piezo-electric impact on the body and brain indicates a subtle electrical influence, operating at cellular and neurological levels.

We will review how these insights highlight the intricate connections between the mind, inflammation, pain perception, and bioelectrical processes in shaping human health.

**Wednesday 29th Nov**  
 Reducing Inflammation  
 11.00am - 12.00pm  
 Kath Temple

## Week 2 - Breathwork focus (the gut-brain connection)

Discover the profound link between gut health and brain health, in addition to The Tapping Solution.

We will also cover:

- EFT and Epigenetics (EFT has been shown to change 72 genes in an hour).
- EFT for gut and brain issues.

In the Pilates session, Jude will help members understand inflammation, and how exercise/movement in a Pilates setting can help.

**Wednesday 6th Dec**  
 Reducing Inflammation  
 11.00am - 12.00pm  
 Kath Temple

**Wednesday 6th Dec**  
 Pilates  
 12.00pm - 1.00pm  
 Jude Hirschheimer

**Monday 11th Dec**  
 Breathwork  
 2:00pm - 3:00pm  
 Jess Parkinson

## Week 3 - Bright Minds (how to destroy the inflammation that destroys your brain and organs)

"Bright Minds" encapsulates the exploration of 11 major risk factors that can compromise cognitive health. Employing EFT emerges as a strategic approach to shift these risk factors.

By leveraging EFT, there is a potential to proactively create and maintain "Bright Minds," emphasising the significance of mental wellbeing and the transformative impact of this holistic methodology.

**Wednesday 13th Dec**  
 Reducing Inflammation  
 11.00am - 12.00pm  
 Kath Temple

**Wednesday 13th Dec**  
 Pilates  
 12.00pm - 1.00pm  
 Jude Hirschheimer

### Week 4 - Reversing reversals

Understanding psychological reversal and its transformation is key. EFT is introduced as a method to reverse such psychological barriers, paving the way for healing.

By applying EFT, the inner healer is reactivated, recognising that the body inherently knows how to heal when provided with the appropriate conditions. This holistic approach underscores the body-mind connection in fostering wellbeing.

#### Wednesday 20th Dec

##### Reducing Inflammation

11.00am - 12.00pm

Kath Temple

#### Wednesday 20th Dec

##### Pilates

12.00pm - 1.00pm

Jude Hirschheimer

### Week 5 - Advanced energy psychology techniques

Shifting from illness-centric approaches, the emphasis turns to advancing health through the concept of reversing reversals.

Central to this mindset is the question of focus: Is it directed at combating illness or actively creating health?

Recognising the role of Ki, where energy aligns with focus, EFT is introduced as a tool for promoting overall health and wellness.

#### Wednesday 27th Dec

##### Reducing Inflammation

11.00am - 12.00pm

Kath Temple

#### Wednesday 27th Dec

##### Pilates

12.00pm - 1.00pm

Jude Hirschheimer

### Week 6 - Review, reflect and feed forward the learnings (integration and action plan)

Reflection on personal insights is crucial: What have been your key learnings?

We'll explore how these insights will shape future strategies and behaviours. This process culminates in action planning, specifying the concrete changes and their implementation timelines, ensuring a practical and impactful integration of newfound knowledge.

#### Wednesday 13th Dec

##### Reducing Inflammation

11.00am - 12.00pm

Kath Temple

#### Wednesday 13th Dec

##### Pilates

12.00pm - 1.00pm

Jude Hirschheimer

# YOUR JOURNEY

1

## WEEKLY COURSE

### FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

## THE DAY OF THE CLASS

### CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 10 MINS BEFORE

Our class waiting rooms open 10 mins prior to the start time, just to give you enough time to get prepared and settled

4

## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

## LOOK FORWARD TO YOUR NEXT

### TRY OTHER

Goldster offers a wide variety of all day, every day, so there is always something new for you to try. Try our drop-in or take a look at our other courses that run throughout the week.



# OUR METHOD

---

## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



---

## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.



*"The path is made by walking on it"*

# THE COURSE

---

## GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform:

- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach.
- Participate in the forums and group as often as possible to extract as much information as possible.
- Your feedback to the coach on how you are doing will enable them to adjust the course specifically to your needs.



---

## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

*"Learning is a journey of self discovery"*

# OUR METHOD

---

## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life. We want to give you many options to communicate and be as social as possible through this journey:

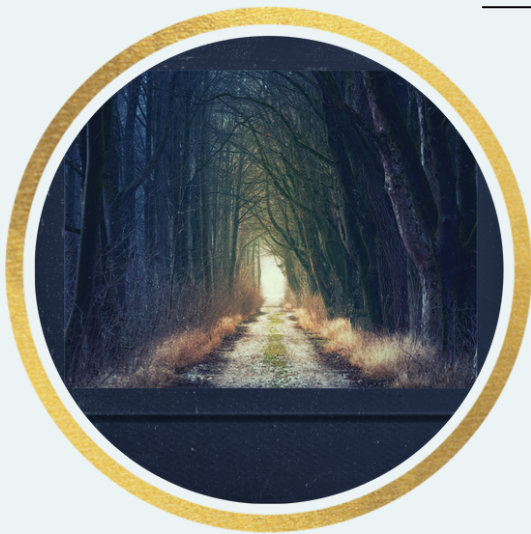
- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated.
- You will meet your instructors and other members at the start, enabling you to build a rapport and new friendships.



---

## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes.
- Don't worry about missing the coaching; you can catch up on the recording.



*"The path is made by walking on it"*

# YOUR NOTES

WEEK 1

# YOUR NOTES

WEEK 2

# YOUR NOTES

WEEK 3

# YOUR NOTES

WEEK 4

# YOUR NOTES

WEEK 5



# YOUR NOTES

WEEK 6



GOLDSTER★

Goldster.co.uk  
email us at [team@goldster.co.uk](mailto:team@goldster.co.uk)

[www.goldster.co.uk](http://www.goldster.co.uk)

[programmes@goldster.co.uk](mailto:programmes@goldster.co.uk)