

Wellbeing

The state of feeling healthy & happy

Your health and lifestyle magazine

TRAVEL

5 Best Spa Breaks

Getting
your children
outside

HEALTH

- * Menopause
- * Snoring
- * Breathing

FITNESS

Hot v Cold
Therapy

nutrition
SNACKING

EDITOR'S WORD

www.wellbeingmagazine.com

Having spent last weekend at **Natural** & Organic it was fantastic to see so many new businesses and products springing up. Over the next few months we will be sharing some of these **reviews** online and through Facebook so do remember to follow us on **Facebook** and Twitter. As the warmer weather approaches I have noticed more people starting their health and **fitness** regimes so if like me you need to make sure your energy levels aren't flagging at the end of day you may want to read Kate's article this month on **snacking** (p.10)

Enjoy & be inspired.

Rachel Branson

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Does that sound like something you
would like to experience?

If you answered 'Yes' then you may benefit
from the following modalities I offer:
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Bowen Therapy - Acupuncture



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LOCAL WELCOME



Oh I do like to be beside the seaside! And in the countryside too. Beautiful Sussex - a great place to enjoy the outdoors, walk in lush countryside, or over the South Downs perhaps, with the wind in our hair whilst being uplifted by the sight of the sea. We are blessed to have these glorious landscapes close by. Let the sunny weather provide the inspiration for you to get outside and enjoy our lovely county. Boost your vitamin D levels while you're at it!

This May/June issue, as always, helps focus our minds towards things we can do to help enhance our wellbeing. There are some interesting articles relating to stress; how it can affect us physically and emotionally, and what we can do to help alleviate it - through

receiving a therapeutic touch or even learning to breathe properly! We've features on nutrition - how to snack healthily, and how superfoods can provide nutritional support. If you need a bit of a boost to help you get started with a healthier lifestyle, then you might find the information about spa breaks of interest, or perhaps the article about how to recognise true commitment - are you committed to making the changes you've been promising yourself?

Whatever you need to learn to boost your health and wellbeing, chances are that we've got some pointers for you in this magazine! With best wishes for a healthy, happy May and June.... until next time

Lesley

Church Lane Tea Room

- Seaford



Fancy a breath of fresh sea air, an invigorating walk, and a well deserved treat of healthy food, a friendly welcome and great service? Then look no further than the delightful seaside town of Seaford, East Sussex. If you're unfamiliar with the place, it's well worth a visit - it's relatively easy to park if coming by car, also served well by bus and its local rail station. You can walk along the promenade for a good stretch and, if you want a longer walk, up onto the headland where you'll experience breathtaking views out to sea.

All that fresh air makes for a healthy appetite, so take a wander into the small town and where better to start or finish your time in Seaford than at the Church Lane Tea Room? Here you'll experience a friendly, welcoming ambience and great service. If you've been walking with your beloved four legged friend, then you'll be pleased to know that well behaved dogs are welcome too! The charming decor and setting is pleasant, light and bright; and with local artists being offered some small exhibition

space, the walls are graced with various artwork which is also available for purchase.

The food is quite scrumptious! All the bread, cakes, and the special dishes are prepared daily on the premises by Enrico, and whether you fancy savoury or sweet (or a bit of both) your tastes will be catered for. There are gluten free, vegetarian and vegan choices available too. Wherever possible ingredients are locally sourced, for example from Folkington Juices and Dymock Farm.

Church Lane Tea Room, which earns a Food Hygiene Rating 5, is relatively small though well attended, so more often than not is busy throughout the day. This all lends to the enjoyable atmosphere, though sometimes limiting table availability. Currently the Tea Room is open 5 days a week - Monday, Thursday, Friday, Saturday 9.30am - 4.30pm, and Sunday 10am - 3pm, so it's a perfect choice for breakfast, brunch, lunch and afternoon tea! It's always worth checking the opening times if you're thinking of a visit, as they may vary according to season.

**Church Lane Tea Room, 18 Church Lane,
Seaford, BN25 1HG - 07475 071310
[facebook.com/Churchlanetearoom](https://www.facebook.com/Churchlanetearoom)**



Brighton Naturally Welcome to Raw Health



In the Brighton Open market, a new kind of health bar has opened - a bar dedicated to creating awareness of health and superfoods.

The Brighton Naturally 'Raw Health bar' is dedicated to promoting quality, nutritious and affordable health to customers of all ages. With organic juices, superfood smoothies, raw chocolate and nutritious snacks on the menu, the Raw Health Bar creates awareness of the enormous benefits of healthy eating in a relaxing environment. Using organic and locally sourced ingredients wherever possible, Brighton Naturally incorporates their vision of sustainability and reduced environmental impact. Their glass bottle re-use scheme is one such example whereby customers receive a 50p discount on a juice or smoothie when the bottle is returned for a refill.

Today with the mass production of food, the natural ingredients are often lost or replaced by processed foods. It's more important than ever that we focus on food and its benefits, and looking at ingredients, labels and avoiding refined ingredients helps, so does choosing to shop locally. At the Raw Health Bar, the fruit and vegetables come from Sussex farms. We believe that supporting local farms, and knowing where our food comes from can play an important role in reducing environmental impact and maintaining good health.

Brighton Naturally aims to address three key areas when it comes to choosing a healthier lifestyle:

Awareness - to provide cutting edge information on natural and organic foods

Availability - to provide a wide selection of exciting products

Affordability - to promote the importance of organic and superfood nutrition at an affordable cost

Finally, at the Raw Health Bar we hope to inspire health and to remember the wise words of Hippocrates: "Let food be thy medicine and medicine be thy food".

Brighton Naturally will be hosting a number of raw chocolate workshops, raw food demos and talks throughout May, June and July 2015. Please see our website for more details and regular updates.

We look forward to assisting your journey into health and wellbeing. See you at the Raw Health Bar!

words: Constandia Christofi
rawhealthbar.co.uk

Raw Health Bar, Brighton Naturally, Unit 39,
The Open Market, Marshalls Row, BN1 4JU





At Intuitive Horse

we work with many people, helping them grow in their personal development through connecting with horses from the ground. We have a herd of thirteen horses, and people come and work either with the whole herd or with one horse at a time. Working with horses can offer many benefits that can be carried over into every day life. Horses teach us to become aware of our subtle feelings and behaviours.

We offer retreats, 1-1 sessions and 1 day workshops. You don't need to have a 'problem' to attend, and anyone is welcome. A lot of our work is done with teenagers, helping them learn how to manage their feelings and grow in confidence.

Case study

One of the teenagers we work with has a troubled background. The young girl is very angry, has no trust in people and often rejects others before they reject her. At times this behaviour has translated into her rejecting the horse also. The interesting thing is that he (the horse) has stood solid next to her throughout, reflecting her true inner feeling state back to her.

If we're told we're not liked and to go away, most of us would take the hint and move on! Not this horse - Arthur is his name. Obviously he doesn't understand her language, only what this teenage girl is feeling on the inside. She doesn't really mean what she's expressing on the outside; her language and manner are a defence; really she wants to be with him, so he stays - he stays with her because he senses her vulnerability - he hears her loud and clear!

Throughout the sessions, with no prompting or training, the young girl has at times walked around the arena with Arthur following her like a puppy dog (without any tack on him), even over poles which are sometimes laid out on the ground. It's a pleasure to witness that this young girl is starting to grow in confidence and is becoming calmer in herself, both in her sessions and everyday life.

We are running a one-day workshop for teenagers in May, and run others throughout the year. For more information please visit intuitivehorse.com or ring Emma on 07825 036301



What kind of snacker are you?

Words Kate Arnold

The old mantra of three square meals a day and don't snack in between is now a distant memory. Our hectic 21st century lives means we are ever more eating on the run, in the car, on the school run, dashing from one appointment to another, stuck in traffic and governed by our phones and deadlines. Snacking has evolved to be part of these new lifestyles and is often blamed as one of the reasons for weight increase. However depending on what foods you are snacking on, eating little and often is paramount in the battle of balanced blood sugar. Good healthy snacks can keep energy levels going all day, whereas going too long without food can leave us ratty, irritable, and low in energy and mood. Research has revealed different types of snackers and what triggers bad eating habits. Below I've outlined some of the best healthy snacks around. This is not about coffee and bourbons for elevenses or tea and cake at teatime, this is about healthy snacks that steer away from sugar and caffeine and give you slow release energy. A really important time is between 3pm and 7pm, the time when people come from home from school or work and raid the fridge. Preventive measures can be put into place so this doesn't happen, just a bag of nuts in your bag can make all the difference!

New research has recently looked at three types of snackers in women. (However this does not mean that men don't snack!) The findings identify various catalysts and behaviour patterns.

The Situational Snacker: these are stressed out snackers who pick throughout the day, even if they are not hungry, due to environmental or emotional pressures. Often their busy schedule can cause them to skip meals

The Situational Snacker is busy and doesn't have the time to prepare and eat a full meal during the day. To fill up, snacks are grabbed throughout the day whilst munching on the children's packed lunch leftovers for breakfast, and snacking in the car for lunch after doing the food shop, or scoffing half a sandwich before the company meeting. The triggers here are emotional pressure, stress and little down time.

The Forgetful Snacker: mindless munchers who subconsciously snack opening something and eating far more than they intended. More often than not these snackers have no concept of what or how much they are eating.



*Kate's ideas
for snacking*



This type of snacker will graze on the foods closest to hand, without even realising what they are doing! So prevention here is key, as anything around the house or near to hand can and will be eaten! Munching through crisps whilst watching the TV and starting on that packet of biscuits in the cupboard. Do you find yourself opening a packet of biscuits only meaning to eat one, but suddenly the packet is empty? If you were asked to remember everything you'd nibbled on throughout the day, would you remember every mouthful?

The Super Snacker: recognises energy lows and plans ahead often carrying snacks with them. This type only nibble sensibly as and when their body tells them to.

This snacker is well aware of their snacking habits and despite a busy day, or the odd sweet craving, they will do what they can to stay strong and find the foods they need to get through the day - no matter what that day might bring. Busy day of meetings and no time for lunch? - she will ensure she's got a steady supply of her favourite nutritional snacks pre-packed and close to hand to see her through. Afternoon energy crashes? - there will be a nutritious pick-me up ready to go. Craving an evening treat after a long day? - the Super Snacker will reach for a snack from a well-stocked snack cupboard.

Preparation is key to stop mindless snacking. Stocking high protein, more savoury snacks, and avoiding the carbohydrate and sugar snack choices high in glucose syrup can help stop your continual snacking.

Also a protein based breakfast helps stop hunger pangs mid morning. Try it and see!

Even the smallest handbag has room for a piece of fruit. One of my favourite snacks is nuts, so far removed from the unhealthy fattening snack as you could get, packed full of protein, good oils, and minerals they can keep you going for many hours. However even nuts everyday can get boring after a while, and the average snacker will only take a piece of fruit to work, again slightly boring, we need to think out of the box a bit.

I'd invest in a travel container/bento box/ tupperware box and try the following. Do remember a snack is a snack not a meal, so keep it small and light ie a handful of nuts is about 8-10 not the whole bag!

These snack ideas on the next page are either found in the supermarkets, are home made, or you can buy nuts and add flavours yourselves.

Try where possible to avoid refined sugar.

Nuts **Mashed avocado on a cracker** Mashed tinned salmon, dill and cottage cheese on a cracker **Roasted Soya nuts** Dark chocolate **Oatcakes with nut butter** Hummus plain, low fat, spiced, chilli, avocado, lemon on a cracker **Guacamole** Sliced peppers, carrots, celery **Mini babybels** Low GI fruit eg Mango, berries, apples **Mini Scotch eggs** Olives **Black pepper cashews** Edame beans **Spiced chickpeas** Pretzels **Japanese rice crackers** Chilli pumpkin seeds, sunflower seeds **Popping corn** Plain crisps/vegetable crisps **Smoked mackerel, trout, tuna, salmon pate on a cracker** vegetable pates **Rice cakes** Oatcakes **Crackers** Plain live yoghurt with low GI fruit



Which of these common conditions are dragging you down?

low energy . tired all the time . headaches . ibs . candida . digestive disorders
 thrush . cystitis . pmt . menopausal symptoms . food allergies . intolerances
 arthritis . high blood pressure . high cholesterol . heart disease . stress
 anxiety . depression . fibromyalgia . asthma . eczema . diabetes . weight loss/gain

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HERBS FOR GROWING INDOORS/WINDOWSILL



BASIL

BAY TREE

CHIVES

CORIANDER

FENNEL

LEMONGRASS



PARSLEY

ROSEMARY

SPEARMINT

SAGE

THYME

HERBS FOR GROWING OUTDOORS



BASIL

BAY TREE

CHERVIL

CHIVES

CORIANDER

ROSEMARY

FENNEL

LEMONGRASS

LOVAGE

SAGE

OREGANO

PARSLEY

DILL

SPEARMINT

THYME

superfoods

Dr Sally Norton. UK Health Expert and Founder of Vavista.com & Vavista-Awards.com shares her latest thoughts on superfoods

We're always hearing about the latest "superfoods" that we're told could have a powerful effect on our health and wellbeing. And while the superfood term might be thrown around a little too freely sometimes, we've found some fruits and seeds that really are a power-house of nutritional value and worth adding to your shopping basket today!



Tart Cherries

What are the benefits?

Tart cherries (or sour cherries) have been found to contain high levels of antioxidants – the benefits of which include anti-inflammation, boosted sleep, and improved sports recovery. Reports have suggested that an increased intake of tart cherries could help to reduce certain post-workout side-effects, such as muscle aches, inflammation and weakness.



Avocado

What are the benefits?

More than just the main ingredient in guacamole, avocados seem to be having a real moment in the spotlight, and it's not surprising! They're a great source of healthy, mono-saturated fats – which have been known to help lower bad cholesterol, and as a result, reduce our risk of heart attack and stroke. In fact, a recent study has suggested that combining a moderate-fat diet with one

avocado a day could actually lower your levels bad cholesterol by more than a low-fat, or moderate-fat diet without avocados.

Cranberries

What are the benefits?

As many of you will know, cranberries have been used for years as an aid against urinary tract infections, but studies have suggested these berries could also have a wide range of other benefits – from improving our heart health, helping to prevent certain cancers, to boosting our oral health and helping to reduce infections. What helps to make them just so good for us are the polyphenols that are present in those little red berries. Polyphenols have been reported to possess antioxidant, anti-inflammatory and antimicrobial properties, to name just a few! Just be careful where you get your cranberry intake from, as cranberry juice and juice drinks are often full of sugar!



Blueberries

What are the benefits?

With their high levels of antioxidants, vitamins and minerals, blueberries have been linked to all kinds of health benefits, including heart health, cancer prevention, enhanced brain function and improved eyesight. And if that's not enough, some studies have suggested that the antioxidants in blueberries could help to delay the ageing process – a much cheaper alternative to all those anti-ageing creams!



Pumpkin Seeds

What are the benefits?

We all know how nutritious pumpkins are, but there's even more to be said for the pumpkin seed. It provides great levels of protein, fibre, manganese, magnesium, and phosphorous, and is a rich source of zinc (important for immunity, cell growth and division, as well as sleep, mood, and eye and skin health!). It's not surprising it's been dubbed a superseed! A handful of these little seeds make a great, nutrient-packed snack, or add to your porridge for a tasty, nutrient boost.

Chia Seeds

What are the benefits?

Seed du jour, the chia seed has seen a steep rise in popularity over the past couple of years, unsurprisingly, given its high levels of nutrients and low calorie intake. Loaded with antioxidants, soluble fibre and minerals, chia seeds are also a source of omega-3 (though not as easily used by our bodies as that obtained from fish), and contain more calcium, ounce for ounce, than milk.





“Wearing the strip will help women relieve a great number of symptoms of menopause including:

depression, loss of libido, vaginal dryness, mood swings, joint pain, anxiety, memory loss and irritability - to name just a few.”

Says Sheila Wenborne.

The small magnetic strip, which discretely attaches to your garment, has two powerful neodymium magnets inside. Magnets are one of nature’s natural forces and the ancient Chinese and the Egyptians have used their wellbeing powers since the dawn of time.

Ideally the strip should be worn near a pulse point to stimulate the blood cells, passing oxygen and nutrients around the body more efficiently. This in turn releases a natural anti-inflammatory called Cortisol, which is the body’s own way of responding to stress. Cortisol prevents the release of substances in the body that cause inflammation resulting in the alleviation of the symptoms of various common ailments; many of which are associated with the menopause.

“The menopause hit me like a bolt from the blue. Until that point I never felt old. The only advice my GP gave me was to ‘buy bigger knickers and get a book on menopause’. I struggled badly and felt old and washed up,” remembers Sheila.

Despite begging another GP to give her anything that would make her feel normal again all that was offered was HRT. The growing number of medical reports that flagged up the increase risk of breast cancer from HRT convinced Sheila that she had to find another solution that didn’t mean taking the powerful drug for an indefinite period. In Sheila’s words “It would be like playing Russian roulette with my life’.

It was only after witnessing first hand the amazing therapeutic results that a magnetic collar had on her severely arthritic dog that Sheila began to consider magnets as a safe natural alternative. Within 30 days of using the magnetic strip Sheila began to feel like her old self. Her confidence, energy and zest for life returned.

Today, Sheila looks back at the memory of those early days of the menopause like a bad dream, her life has been transformed by the little magnetic strip and her message to other women is - “I am not a Doctor but I have experienced enough myself to know that magnetic therapy really does work – be patient, it doesn’t happen overnight, but after a few months you will feel the benefits and you will get your pre-menopause self back”.



Priced at only £29, the stylish and lightweight ‘miracle’ strip is now available online via www.aura3.co.uk.

THE ONLY CONSTANT IN LIFE IS CHANGE!



Everything constantly changes. If we look at nature we see some of the most obvious constant changes - the seasons, the weather. Our relationships, our jobs, and our bodies change too. We usually cope with small daily changes quite well - the ebbs and flows of daily life.

However there are the more dramatic changes that can arise and may be quite unexpected, such as a job loss, relationship demise, illness, or death of someone close to us, for example.

It can prove stressful to manage the ebbs and flows of life, particularly if there are additional pressures such as loss of income, or if our closest relationships are going through tumultuous times. With constant change we are forever called upon to anticipate and plan - saving for a 'rainy' day springs to mind. The ongoing stresses of dealing with change can often keep us functioning at a constant low, maybe with some peaks, or may even prove intense and long lasting. Sometimes we may not even realise we are as stressed as we actually are!

The body is a master at giving us signals about how stressed we are - that is if we are willing to listen to it! Some obvious indicators are tension in the neck and possibly headaches from the tension, backache, joint aches and pains, sleep disturbance and associated tiredness, perhaps

even loss of joy in life. Findings in recent years have shown that the actual make up of our cells is altered by our mind, our thoughts, and our beliefs. So, imagine the effect that the loss of joy and other negative thoughts can create in our body!

Why am I, as a physiotherapist, writing about change and the stress it can create? You may already be aware that physiotherapists assist healing by alleviating aches and pains in the body. Adding to my physiotherapeutic background, I have a particular interest in different 'breathing' techniques. I can coach people in these techniques, thereby enabling them to reduce their stress levels - one of the many positive benefits conscious breathing techniques can bring.

If you'd like to learn more about how certain breathing techniques can help reduce stress in body and mind, to be coached in the breathing techniques, or for an informal chat about all the modalities I offer to help you find what's right for you please feel free to contact me.

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All Mammals Have The Same Number of Breaths in a Lifetime!



It seems every mammal is allotted the same number of breaths in their lifetime, roughly 600,000,000. Some whales and certain elephants manage on as few as four breaths per minute and can live to 150 years whereas the busy fast moving pygmy shrew who breathes around 500 breaths per minute lives just over a year. The table below shows the data for other mammals including us humans:

MAMMAL	BREATHS PER MINUTE	LIFESPAN (YEARS)	health, more energy, sounder sleep, fewer symptoms and a calmer life if you breathe better.
Whales	3 - 5	200 - 130	With humans, one of the major factors that cause chronic hidden hyperventilation is stress. Stress triggers the primitive fight/flight response repeatedly, eventually causing the CO2 receptors to accept a lower level of CO2 and thereby establishing a over-breathing pattern. Your doctor usually never checks your breathing as part of a routine examination (unless you arrive complaining of a respiratory condition) despite the fact that breathing is perhaps the most important activity in our lives! Well, we can live for three weeks without food, three days without water, and less than three minutes without air!
Elephant*	5 - 12	130 - 65	
Man	6 - 16	110 - 45	
Horse	12 - 15	55 - 45	
Sheep	16 - 34	40 - 20	
Cat	20 - 40	30 - 15	
Dog	20 - 30	20 - 15	
Cow	25 - 50	25 - 15	
Pig	30 - 60	20 - 10	
Hamster	35 - 135	10 - 5	
Mouse	90 - 250	7 - 2	
Shrew	300 - 800	2 - 1	

*Elephants breathe 4 - 6 breaths/min lying down and 8 - 12 when standing; they have a different lung structure.

“The perfect man breathes as if he is not breathing” Lao Tzu (4th century BC). Lao Tzu is claimed to have lived to a 160 years old. Perhaps he only breathed about five breaths per minute.

“The more you breathe the closer you are to death. The less you breathe the longer you will live.”
Konstantin Buteyko 1923-2003.

We don't promise great longevity when you train with the Buteyko Method, though you will have better

Over seventy-five percent of us in the West over-breathe or hyperventilate and breathe badly, using upper chest and mouth breathing instead of using the amazing breathing tube - our nose! You can check your own breathing on our website thebreathconnection.com or you can learn more about 'The Breath Connection' with a book just recently published by the same title - from lulu.com/spotlight/lingard - and become aware of just how much you can do to help yourself to better health.

Michael Lingard BSc. DO BBEC
Total Health Matters - totalhealthmatters.co.uk



Acknowledging our wounds can help our relationship

While most parents do the best they can, they cannot be perfect. Most of us probably have some emotional issues, or sensitivities, from childhood and these can be triggered in our intimate relationships.

While that may sound negative, and can cause lots of problems in relationships, it is also potentially positive because when we can acknowledge our own wounds - and become more aware of our partner's - a healing can take place in the relationship.

Unfortunately, many adults are unaware of, or have buried, their emotional wounding. So, when these sensitivities are activated in their relationship they blame their partner for it.

The wounding may not have been extreme. It could have been a parent who was not able to meet your needs because of a busy job or other commitments. Or perhaps having a sibling who seemed to get more attention or approval from one or both parents. Some children will have grown up with a parent who was quick to anger or was controlling in other ways. In some cases the child may have got the message that they were valued more for their achievements - their academic grades or sports performance - than just for themselves.

As adults we take these earlier wounds into our relationships with partners, where they often get activated in a painful way.

One of the opportunities in couple therapy is for both partners to recognise and acknowledge, often for the first time, the wounds that they may be carrying from childhood.

Therapist John Welwood, in his book 'Perfect Love, Imperfect Relationships', says that when we find ourselves shutting down in our relationship it is often because our partner's emotional wounds have triggered our own wounding. So, our partner may be angry about something but because we associate that anger with rejection, we shut down when they are angry. Instead of shutting down, when our partner triggers our wounds, we can try and stay open to what we are feeling and to what is going on for our partner.

My experience in working with couples is that when they are both able to talk about and feel the feelings of that earlier wound, something can shift in their relationship. Each is able to soften slightly, and to offer their partner (and themselves) more understanding and compassion.

Please feel free to contact me if you'd like to know more about couples counselling.

Patrick McCurry - 07891 295649
Eastbourne:
patrickmccurrycounselling.co.uk
London:
chrysaliscounselling.com

Are your headaches normal?

Over ten percent of people regularly suffer with headaches. They are the most common reason people seek medical advice. There are many types of headache; the most severe being migraine, which can cause a wide range of associated symptoms. Migraine itself is more than just a headache, it can be an intense, relentless pounding and throbbing pain.

Migraine is the most common 'neurological condition' affecting people of all ages, races and cultures. There are a wide variety of headache/migraine triggers including stress, foods (like chocolate, caffeine, cheese, nuts, wine and more) lack of sleep, medication or even hormonal changes. Another increasingly common trigger is stress, causing tension in the neck and contributing to headaches. For most people it's a combination of factors which, when they all occur together, trigger a headache/migraine.

Neck problems can contribute or directly cause headaches; by causing stress and tension around the skull; by affecting nerve reflexes that signal pain from the head; or simply by pain referral into the head from tight neck muscles and joints.



Research has found that certain painkillers can be addictive and end up causing more headaches than they cure, and our local chiropractors from Lushington Chiropractic say:

“Beware of relying on painkillers. Regular use of some painkillers can actually cause more headaches. If you have an ache or pain it's best to actually do something about it, rather than just trying to ignore it.

Headache sufferers should avoid sleeping on their front because it causes your neck and spine to twist. It's worth cutting out trigger foods (like chocolate, crisps, red wine, caffeine, ready-prepared meals and fast food) one at a time to find out which ones you're sensitive to. Try to make sure you are drinking enough water as well.”

Lushington Chiropractic provide award winning care in Eastbourne town centre
01323 722499 - chirocare.co.uk

Darren from Langney says:

“My life has turned around! I would highly recommend to anyone considering chiropractic treatment.”



Blue Palace Thalassotherapy

5 BEST SPA BREAKS *for Summer Fitness*

As the heat rises and the winter layers of clothes lessen, every year summer prompts us to ditch the couch and lace up our trainers in pursuit of our best beach body. Instead of hurrying to your nearest Spinning class, why not book a holiday that will boost your health and fitness whilst offering relaxation

too. Health and Fitness Travel, the leading experts in wellness holidays worldwide, highlight 5 of the best spa breaks for summer fitness.

Combining body busting workouts with revitalising spa treatments, tone up in luxurious destinations from Greece to Spain. Once the sole retreat of pampering

and relaxation, spa retreats are increasingly offering more fitness activities and workouts; from circuit training to Pilates Reformer, as an active complement to slimming spa treatments. Embark on a summer spa break that will return you home in better shape than when you left.

GREECE

Blue Palace Thalassotherapy

On an island of untamed beauty, indulge in a spa holiday this summer that draws from the best of its natural surroundings. Release your skin's natural glow through thalassotherapy and marine inspired spa treatments, utilising the therapeutic properties and natural minerals found in sea water, mud and seaweed. Renowned for its effects on stress relief, weight loss, anti-cellulite, muscle and joint healing, this specialised spa retreat covers a range of well-being needs. Achieve a healthy body boost during your stay with a variety of group fitness classes, including, body workout, aqua aerobics and yoga.

7 nights at Blue Palace from £1,775pp or £2,370 for single occupancy. Price includes breakfast, a wellness programme, return flights and transfers.

MADEIRA

Galo Ayurveda Relaxation

Rediscover full body well-being this summer with an Ayurveda spa holiday off the southern coast of Madeira. With the advice of Ayurvedic Doctors and lifestyle consultants, tailor your daily spa treatments to suit your needs; whether working to encourage weight loss, cure insomnia or sooth back pain. Combine detoxifying spa treatments with healthy cooking classes and daily Ayurvedic meals to cleanse and revitalise your body. Enhance your wellness journey with daily yoga and meditation sessions, together with a variety of fitness classes, from BodyPump to Zumba and spinning to Pilates.

7 nights at Galo from £1,105pp or £1,240 for single occupancy. Price includes full board, a wellness programme, return flights and transfers.



5 nights at Longevity from £1,980pp or £2,250 for single occupancy. Price includes half board, a wellness programme, return flights and transfers.

PORTUGAL

Longevity Wellness Booster

Whether you need a complete lifestyle makeover, or just crave a wellness getaway, escape to Portugal's stunning Algarve coastline this summer and discover your best self at Portugal's leading thalassotherapy and medical spa. With medical consultations and biophysical evaluations, the wellness experts at Longevity will analyse your current body condition, and get you quickly started on your personalised relaxation and wellness transformation. Between marine inspired spa treatments, shape up with a personal training session and enjoy a range of complimentary fitness and wellness activities including slim circuit, Pilates, healthy living workshops and much more.

FRANCE

Terre Blanche Spa Slimming

Situated between the Eastern Provence and the French Riviera, you'll be amazed at how much your body can transform in such a small amount of time at this multi award-winning spa retreat. Designed to increase your slimming potential, specialist therapeutic spa treatments range from anti-cellulite body wraps to detoxifying body scrubs. A dream destination for a summer weight-loss holiday, feel the benefit of personalised Aquabike coaching and a choice of complimentary group classes, from circuit training to bum and tums. Enjoy daily healthy juices to achieve healthy slimming that will have your health and weight back on track.

7 nights at Terre Blanche from £2,870pp or £3,770 for single occupancy. Price includes breakfast, a wellness programme, return flights and transfers.

SPAIN

Shanti Som Healing Retreat

Embrace a healthier lifestyle this summer with Shanti Som's Healing Retreat in Southern Spain. Aimed at those on the edge of burnout and who need to revitalise tired bodies and minds; a garden of waterfalls, streams and fountains and a spectacular mountainous backdrop, provides the serenity you need to de-stress and reenergise your life. Give yourself the gift of holistic health with restorative Ayurveda spa treatments, re-connect with nature during daily stress releasing nature walks and rejuvenate your mind, body and soul with daily yoga and meditation.

6 nights at Shanti Som from £2,680pp or £3,110 for single occupancy. Price includes full board, a wellness programme, return flights and transfers.

For advice, guidance and booking visit www.healthandfitnesstravel.com or call 0203 397 8891



Terre Blanche Spa Slimming



Shanti Som Healing Retreat



Shanti Som Healing Retreat



Cotton Wool

- as pure as it looks?

Why the products you use on yourself and your baby may not be as good as they could be.

When you think of cotton, you tend to think of white, clean, fluffy and pure. It may then surprise you to learn that the humble cotton plant uses more pesticides per plant than almost any other plant in the world. In fact twenty-two percent of all insecticides and twenty percent of all pesticides in the world are used in cotton growing! This causes problems to the local environment to where the cotton is grown, killing off good bugs and plants as well as the bad causing an ecological imbalance.

Moreover the pesticides and insecticides are extremely dangerous to people. In fact, around 25,000 deaths a year are supposedly caused as a result of working with these chemicals! A lot of the pesticides used are (or contain) ingredients that were originally developed in WWII as nerve gases. Many of these chemicals stay in the cotton fibre until you use it, and so you could literally be wiping these harmful chemicals on yourself or your family.

You want your baby to have the best start in life, and you want them to be healthy and happy, so why use products that contain

harmful chemicals that can be absorbed by your baby's skin?

Chemicals such as SLS's which are used in almost every shampoo and bubble bath are also used to degrease engines. They can cause eye irritation, dermatitis and eczema. In fact they are so well known to cause irritation to skin that they are used in clinical studies to purposely irritate & inflame the skin so that the calming effects of other products can be tested! Parabens are artificial preservatives, and can be absorbed by the body where they can mimic oestrogen. Mineral oils block the pores of the skin keeping toxins trapped inside.

These are just a few of the chemicals that make up the products most of us use daily on our skin, as well as the more delicate skin of our children. Sixty percent of what we put on our skin is absorbed. So doesn't it make sense to use the most gentle and natural products available?

Why not investigate our 100% organic cotton wool and Award winning Organic baby range, and the good it can do your loved ones and the environment?

www.ecomarketstall.wikaniko.com

The Human Touch,

ever evolving.



continues to provide 'Affordable therapies for All' at their weekly clinic on Wednesdays from 1.30 to 4.30pm; keeping costs down while providing excellent service from eight experienced practitioners, who work from a shared space in The Shoreham Centre. The current therapies provided are Iridology, Homeopathy, Zero balancing, Metamorphic technique, Craniosacral therapy, Reiki, Anima healing (for your pets), manicures & pedicures, deep facial cleansing, facial massage, holistic massage, Swedish massage, Indian head massage and Deep Tissue massage. The practitioners can also give information sessions about their particular field of expertise.

The The Human Touch practitioners are receiving great feedback about their services. Clients report that they enjoy being able to have short sessions, making therapy affordable, yet having the choice to buy a longer session if desired. Among the many health benefits described are reports of reduction in pain, aches, soreness and stiffness; a sense of deep relaxation and peace; and feelings of overall wellbeing. The Shoreham Centre is proving a popular location too.

The Human Touch are looking forward to a day

of outdoor practice at the Beach Dreams Festival Shoreham, where they will be offering short taster sessions of some of their therapies and providing information about the project. They will also be providing Bliss Out Meditation, and hope to see many of you there on June 20th. The team are available for various events, parties, corporate events, and charity fund raisers. They'll be hosting a Thunderclap campaign, and a Crowd Funding campaign in June. The aim is to raise their profile and raise funds for the hire of their space for the year ahead.

Currently the Shoreham centre is experiencing a building refurbishment programme. This will affect the clinic opening times up until the end of July, so please always phone ahead and speak to Mary - the Project Leader - on 07796 518667, or visit their Facebook page at facebook.com/thehumantouch1 which is updated every Monday with the most current information about the project.

For enquiries, appointments, to buy a gift voucher, to book The Human Touch team for your party/event, to ask about or donate to our Crowd funding campaign please feel free to text, call, or email, or message Mary on the Facebook page.

Useful details

(T) 07796 518667 (E) thehumantouchshoreham@gmail.com (W) thehumantouchshoreham.com
(F) facebook.com/thehumantouch1

The Shoreham Centre, BN43 5WU (shorehamcentre.co.uk)

Fees are charged for the amount of time spent with your chosen practitioner.

Full price £7.50 (15 minutes), £15 (30 minutes), £22.50 (45 minutes), £30 (one hour).

Concession price £5 (15 minutes), £10 (30 minutes), £15 (45 minutes), £20 (one hour)

Beach Dreams Festival: beachdreamsfestival.co.uk

SORTING FACT FROM FICTION: THE BENEFITS OF HEAT THERAPY AND COLD ANALGESIA IN MUSCULAR INJURY

Treating pain or injury with heat or ice is a well-known approach, particularly among those who play a lot of sport. However, there still remains confusion on when to use heat therapy and when to use cold analgesia. We've been speaking with John Miles, leading physiotherapist and ambassador for Deep Heat and Deep Freeze, to sort fact from fiction about the appropriate use of hot and cold therapy.

What is heat therapy and when should it be used?
"Heat therapy promotes analgesia by generating sensory signals that block the feeling of pain in an injury. The application of heat can also improve blood flow, which oxygenates muscles and helps to accelerate the healing process. Reducing pain is useful not only in and of itself but it also helps the person become mobile as soon as possible. Heat therapy can be used for a range of musculoskeletal conditions including lower back pain or knee pain. Confusion often exists in the use of heat therapy such that it may be used inappropriately, in which case it may not work

effectively. For example, heat should not be used in the initial stage of a musculoskeletal injury. Heat therapy in the form of patches, gels, creams and sprays can be used in cases of injury after the swelling and inflammation has subsided."

What is cold therapy and when should it be used?
"Cold analgesia should be used differently than heat therapy. It is vital that each is used appropriately. Cold therapy is beneficial in the early stages following injury, such as a sprained ankle. Products such as gels, patches and sprays are useful for applying cold therapy as part of the health professional recommended



PRICE technique (Protect, Rest, Ice, Compression, Elevation). Although ice could be used in this situation, it is often not available at the time of an injury whereas a cold therapy product can be conveniently carried in a sports bag or handbag. When an injury is swollen and inflamed, rest is the best policy until the swelling has reduced. At that point heat therapy can be applied and as the inflammation and pain reduces, a return to full mobility and physical

exercise can be achieved – more rapidly than if the pain and inflammation had not been addressed.”

What advice would you give on knowing when to move from cold therapy to heat therapy?

“In general heat should be avoided in the early stages post injury until any bleeding around the site of injury has subsided. Once the acute bleeding stage of injury has subsided then it is appropriate to consider heat to stimulate blood flow, often in contrast with cold therapy.

Usual markers that guide as to whether it is ready to apply heat are:

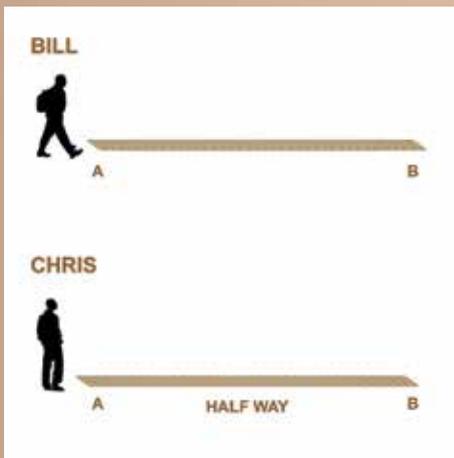
- at least 24 hours from injury
- no throbbing sensations present
- no redness or heat around the injury site”

Why is there so much confusion out there re. using heat or ice when it comes to treating injuries? “Due to acronyms such as RICE (rest, ice, compression, elevation) there is often confusion that ice needs be applied to all injuries regardless of the stage of healing and that application of heat is bad. This is not always the case. Ice is advisable in the early stages of healing to manage pain and swelling, but once injuries become more chronic, stimulating blood flow with heat or heat related products such as Deep Heat rub or Deep Heat Patches is often more effective in managing old injuries.”



HOW TO RECOGNISE

Here's Bill standing at A and going to his goal, B. With full commitment he strides directly towards B. He might encounter obstacles but he goes over or round as best he can as he's committed to getting to B. Once at B, he reinforces his belief in himself as someone who commits and reaches their goal. Contrast with Chris standing at A yet only 50% committed to getting to B - he's not sure he can reach B or if that's what he really wants. How far do you think he gets? Yes he might get half-way but then he doubts and gets discouraged and goes back. He does this several times, expends lots of energy and ends up back at A, doubting his abilities to achieve anything.



So **the first way we know we have committed is that we've said a full yes** - 100%! Not a 'maybe' or 'we'll see'. As Chris demonstrates, it's better to say 'no' than to be half-hearted.

The second indication that we've committed is in the level of responsibility we take.

Taking responsibility for managing yourself, organising the resources you need and getting onboard others who have the potential to help and hinder you means, even if there are upsets, there's no room for blaming others or external events. No excuses. You might need help, advice and to learn new things, though you know you are responsible for putting these in place. You are in the driving seat.

The third way we show our commitment is with our attention and focus.

For example, if we are committed to our health goals, we'll look out for helpful information as we go about our day, we'll naturally steer conversations in this direction as we are curious about other's experiences and we'll consider our goals when we make choices like what to eat or how to exercise.

To help us support our choice, it is important to allocate the time so we can give all the necessary energy to fulfil our commitment.

TRUE COMMITMENT

So **the fourth way we show our commitment is by taking action** - taking all the action we've agreed, with ourselves and others, at the appropriate time and with the appropriate energy.

These last two points - attention/focus and time/energy - limit the number of commitments we can make fully at any one time. When we have too many things on the go at once, we can juggle or rotate our commitment, however it is likely the things that are most urgent or the people who shout loudest will get our attention rather than us making a conscious choice about the things we want to commit to. This lifestyle is likely to drain our energy so we are unable to give our best.

The fifth way to know if we're committed is demonstrated by what happens when there's a problem. It is quite typical that, when we decide to commit, both internal and external obstacles arise - internal obstacles like self-doubt and experiences you've had in the past that you're afraid of repeating, and external obstacles that require you to think in new ways, relate to people differently and develop new skills. When the going gets tough, without commitment we are likely to give up. Commitment gives us the resourcefulness and resilience we need to solve problems

creatively, discover solutions and keep on going.

With all of the above, it will be no surprise to learn that **the sixth sign of commitment is progress.** We might not always make progress in the way we plan or in line with expectations. Some of the problems highlighted above might have caused us to take a detour, or we might have spotted a new opportunity which will enhance our plan. However if we are making all the causes above, the effect must be progress.

Finally, when we have made a real commitment, we have **the additional evidence of our personal growth.** By giving our full commitment, we develop new skills and behaviour, we learn the states of mind that work for us and as we observe the results we achieve, our self-belief grows and we are ready to take on bigger, more life expanding commitments.

Deborah Reeds
www.deborahreeds.com
www.sea-sky.co.uk

Great North Run

dear diary...

Only 5 months to go - aaaah!

Since my last diary entries, there have been a couple of hiccups. I honestly have begun to enjoy the training, though have been hit with a couple of minor injuries which were very disappointing and frustrating, to say the least.

February

A strained hip and then knee meant I needed to rest for a couple of weeks. I was running three times a week and had achieved three miles too; a real milestone for me! Fortunately I soon got back into training after tentatively trying again.

Despite the obstacles, I am SO glad I am doing this. I do get a great deal of satisfaction and, would you believe, pleasure, and absolutely love running outside in the fresh air. I can now run a distance without having to stop at all - I'm going to do this!!!!

One of the tricks, that helps me, is to visualise my run over and over again before I get to do it. I also vary the route to relieve the chance of boredom, and add a little distance each time. Whilst I live in an urban area I have the river within one hundred yards of my home so I can 'road run' or run in the countryside.

March

Being a wimp, or just being practical, I have bought a personal alarm. When I run in fields this gives me the security that, should something happen (injury or otherwise) my alarm would be heard from a fair distance.

Two things I would not do without now are my Sportex Magnetic bracelet which improves my recovery rate and an APP on my phone that tracks

every run I do using GPS, counts calories, and informs me of my minutes per mile. This encourages me to compete against myself and try to improve every time - my running buddy - non-judgemental and an unconditional pat on the back - I have a new 'best friend'.



EXCLUSIVE BY ENERGETIX
sport EX

April 21st

Lighter mornings now so early morning jaunts are called for. I ran at 6.30am on Sunday and I'm going swimming at 6am tomorrow. I promise I am not fanatical, though I have found I like feeling fitter, and someone told me yesterday they want to be like me "when they get to my age" I can only take that as a compliment and that drives me on.

I'll update you with my progress in the next issue, and hope this helps inspire you to keep going, challenges or not!

Chris Mutch - mutchhealthier.co.uk

If you'd like to sponsor Chris & the charity she is running for - The British Heart Foundation - then please follow this link justgiving.com/Chris-Mutch



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These services are free-of-charge to all our members - this gives you the chance to benefit several times over for every purchase made in the Lyoness Shopping Community. Any time, any place.

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Getting Outside



Swap the iPad for fun and games in the garden this summer!

At a time when childhood obesity is on the rise – according to the National Child Measurement Program, over a fifth of 4-5 year olds are now overweight or obese – encouraging youngsters off the sofa and into the garden has never been so important. These fantastically fun children’s garden products will help make the great outdoors a more appealing place this summer!

The Little Thoughtful Gardener Range from Wild and Wolf is a great way to get kids excited about the great outdoors! The bright and funky Watering Can will make helping mum out in the garden much more appealing, while the Make Your Own Birdhouse will encourage their interest in wildlife. Little explorers will love the Kids Bug Collecting Box with Magnifying Glass - whether hunting down the bottom of the garden or at the beach, once they've carefully caught their specimen, they can examine it carefully with the magnifying glass, before letting it safely back into the wild. Or, they can encourage insects into the Make Your Own Bug Hotel, and see if they want to hang around!

Bug Collecting Box and Magnifying Glass, £12.95; Make Your Own Birdhouse, £14.95; Make Your Own Bug Hotel, £14.95; Kids Watering Can, £14.95; available from cuckooland.com



This Kid's Pirate Boat Sand Pit and Play Bench, will provide many a swashbuckling outdoor adventure for little ones over the summer months! Kid Kraft specialise in creating distinctive toys and furniture that will leave an impression, and this is certainly reflected in this play pit. Not only is it a great centrepiece to any child-friendly garden, it's also practical too – the bright blue canopy will keep those nasty UV rays at bay and there are 2 handy storage areas under the benches for toys, buckets and buried treasure! Pirate Boat Sand Pit, £185 available from www.cuckooland.com



This fabulous Playhouse is a great way to encourage role play and imagination games - lower the draw bridge and prepare for a dual! With its slate grey fabric and blue gingham curtains, young Knights can keep an eye out for the dragon or watch for fair maidens who may (or may not!) need to be rescued. Knight Castle Playhouse, from £154.95 available from cuckooland.com

Palatal flutterer or troublesome tongue?



What causes us to snore and how to prevent unwanted nocturnal noises

Bed specialist Dreams is offering advice on this irritating affliction, which affects 45% of the adult population.

According to Marianne J Davey MSc, director of the British Snoring & Sleep Apnoea Association, “There are 15 million snorers in the UK, and many of them do not see their snoring as being a medical problem... but the consequences of long-term snoring can have devastating effects on one’s health.

“Nobody is immune from snoring: men, women and children can all be snorers. For most bed partners, snoring is the most intolerable noise and the cause of sleepless

nights and arguments in the morning. The detrimental effects of snoring also include a higher risk of accidents, decreased productivity, interpersonal problems and a negative effect on quality of life.”

As well as disturbing their partner, snorers often wake themselves up during the night, causing both to feel tired the next day

There are several types of snoring, all caused by different issues, and indeed

sometimes a combination of factors. Help is at hand, however. If the type can be identified, there are a number of potential treatments available.

What are the causes of snoring?

NOSE

Blocked nasal passages or collapsing nostrils lead to mouth breathing, which in turn can cause snoring. To test for this, look in the mirror, press the side of one nostril to close it. With the mouth closed, breathe in through the other nostril. If the other nostril collapses, you are most likely suffering from a nuisance nose. The same applies for those who cannot breathe easily with their mouth closed.

MOUTH

Caused by an open mouth and relaxed jaw. Open your mouth and make a snoring noise. If you can make the same noise with your mouth closed, you are a mouth breather.

TONGUE

Snoring can also be caused by the tongue dropping to the back of the mouth and obstructing the airways. To diagnose, make a snoring noise, then stick your tongue out as far as it will go and grip it between your teeth. If the snoring noise is reduced, the cause is a troublesome tongue.

PALATAL FLUTTERING

The root of this is vibration of the soft palate and the uvula. If none of the tests above work, then it is likely the snorer is a palatal flutterer.

MULTIFACTORIAL

A combination of some of the above problems.

So what are the solutions?

Mandibular advancement device (MAD)

holds the lower jaw and tongue forward, creating more space to breathe, which in turn can prevent snoring.

Chin-up strips hold the mouth closed and Eyebright mouth spray reduces swelling and relaxes the muscles, limiting the vibration that causes snoring. These are good solutions for palatal flutterers and mouth breathers.

For those with nose issues, remedies include Nasal Strips and Nasal Dilators to widen the nasal passages, helping reduce vibration.

Strange and alternative remedies that have been known to help lessen the effects of snoring have also included:

- Learning the didgeridoo – to strengthen and tone the tissues of the throat
- Using a body pillow – to reduce the chance of rolling onto the back
- Books under the top end of the mattress – this elevates the head and puts the person into a better sleeping position, much like an adjustable bed

Marianne J Davey concluded, “Remember, there is no miracle cure, so be prepared to work at it, and don’t give up too easily. Persevere and you will reap the rewards, as the good news is, everybody can stop snoring.”

More advice on sleep and wellbeing can be found on the Dreams Sleep Matters web site at www.dreams.co.uk/sleep-matters-club/

1. The nose test

Look in a mirror. Press the side of one nostril to close it. With your mouth closed, breathe in through the other nostril. Does the nostril collapse?

NO

YES

Nose



With your mouth closed, try breathing in through your nose. Can you breathe easily?

YES

NO

Try another test

Nose



2. The mouth test

Open your mouth and make a snoring noise. Now, can you make the same noise with your mouth closed?

NO

YES

Try another test

Mouth breather



3. The tongue test

Make a snoring noise. Now stick your tongue out as far as it will go and grip it between your teeth. Is the snoring noise reduced?

NO

YES

Try another test

Tongue



None of the above = Palatal flutterer



2 or more different tests = Multifactorial



To get a good night's sleep, try

Nose



Solutions include:



Nasal strips

These help widen the nasal passage

Solutions include:



Chin-up strips*



Oral shield (snore guard)

These solutions prevent snoring in different ways. Chin-up strips and oral shields control the passage of air

Tongue



Solutions include:



Mandibular advancement device (MAD)

Solutions include:



Chin-up strips*

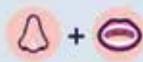


Eye mask

By holding your mouth closed, these solutions limit the

Multifactorial

Solutions include:



Mandibular advancement device (MAD)



Oral shield (snore guard)

TOP THEM SNORING

Choose the appropriate options below:



Nasal dilator



Eyebright nasal spray

...s, reducing the vibration that causes snoring.

Mouth Breather



Eyebright mouth spray



...nt ways; chin-up strips hold your mouth closed, and mouth sprays can help to reduce swelling.

The MAD holds your lower jaw and tongue forward creating more space to breathe, which can prevent snoring.

...cement
...D)

Palatal Flutterer



Eyebright mouth spray



...losed or relaxing your muscles reduces the vibration that causes snoring.



Chin-up strips*



Eyebright mouth and nasal spray



Nasal dilator



Nasal strips

GENERAL TIPS

Tried the above and still no silence? Lifestyle can also play a part in your partner's snoring.

Make sure they:



Lie on their side

Sleeping on their back can squash their airways



Are healthy

Being overweight or having an unhealthy diet can increase the fatty tissue in the throat



Don't smoke

Smoking blocks airways by irritating the membranes in the nose and throat



Don't overdrink or take drugs

Alcohol and sedatives relax the muscles in the throat, which can block air passages

WEIRD TIPS

Tried the above and still feel like you're sleeping next to a jackhammer?

Then why not take a walk on the weird side:



Learn the didgeridoo together

Playing the didgeridoo strengthens and tones the tissues of the throat



Buy them a body pillow

Body pillows reduce the chance of a person rolling onto their back



Place books under the top end of their mattress

This will elevate their head putting them in a better sleeping position

Snoring isn't always caused by just one thing - sometimes a number of factors can work together to create the sounds of slumber.

Don't give up after trying one remedy. Instead, try them all and eventually you'll find the perfect combination that will grant you both a sound night's sleep.

THE Sleep Matters CLUB POWERED BY Dreams

www.dreams.co.uk/sleep-matters-club

Instantly Ageless!

Experience what it's like to be flawless

A compact, yet powerful alternative to fortify skin affected by free radicals and environmental damage, Instantly Ageless™ is at the forefront of anti-ageing technology. Instantly Ageless™ is a powerful anti-wrinkle microcream that works quickly and effectively to diminish the visible signs of ageing. The revolutionary ingredient is argireline: a peptide that works like botox - without the needles. Instantly Ageless™ revives the skin and minimizes the appearance of fine lines and pores for a flawless finish.

A perfect day starts with perfect skin

Meticulously developed, our formula is lightweight and contains a skin-conditioning complex of minerals that evens skin tone. Instantly Ageless™ immediately dissolves into the skin, reducing the appearance of wrinkles. It's specifically designed to target areas which have lost elasticity - revealing visibly toned, lifted skin. Users have seen dramatic results in seconds. Watch fine lines vanish. A compact, yet powerful alternative to fortify skin affected by free radicals and environmental damage, Instantly Ageless™ is at the forefront of anti-ageing technology.

Argireline is widely known to produce significant results in anti-ageing. It's a peptide that works like botox in the treatment of fine lines and wrinkles. Though Argireline is one of the most widely recognized anti-ageing treatments, not all formulas may work because a precise composition of Argireline is needed to achieve maximum results. Developing the right formula is a perfect science.

Sodium silicate and magnesium aluminum silicate are an exclusive blend of two different silicates which, when combined, promote a tightening effect on the skin. These silicates retract skin

so pores appear smaller and wrinkles look lifted.

- Lightweight, oil-free formula
- Contains revolutionary peptide argireline complex rigorously developed
- Can be worn with or without makeup
- Visibly diminishes the appearance of fine lines and wrinkles
- Erases the appearance of dark circles and puffiness under the eyes
- Minimizes the appearance of pores
- Helps to even skin texture
- Mattes skin for a flawless finish
- Restores skin to optimum appearance

Directions for use Lightly pat a very thin layer to targeted areas; leave damp on skin and remain expressionless for 2 - 3 minutes, while product dries, to achieve dramatic results. Use as directed and avoid contact with eyes. If product gets into eyes, flush with water. Discontinue use if redness or irritation occurs. Consult with your physician if you are allergic to cosmetics. (Results are not permanent)

Instantly Ageless™ works synergistically with the Luminesce™ line of products to visibly reduce the signs of ageing. Developed exclusively by Jeunesse®.



Watch the live demonstration!

www.youthfulsynergy.jeunesseglobal.com/

Therapy ROOMS



Welcome to the Therapy Rooms, where you will find solutions and ideas to support your health and wellbeing. We encourage you to contact our clinics and therapists to find out how they can help you to improve your health, fitness and knowledge. Enjoy and be inspired.

Deborah Reeds Life Strategy Coaching

Sign up - Get started!

www.deborahreeds.com

start@deborahreeds.com

07702 737019



Join us on retreat &
Find Your True Voice
www.sea-sky.co.uk

Acupuncture Naturally

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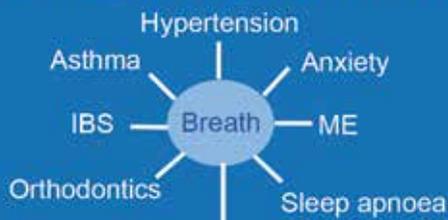
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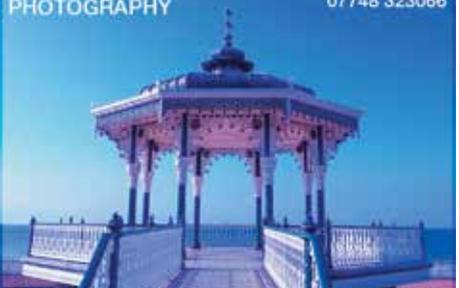
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What's On

MAY

16th

11am-4pm

Drop-in 'Tea tasting & blending', FREE, Brighton Apothecary, Unit 6 The Open Market, Marshalls Row, Brighton, BN1 4JU, 07477 886777, brightonapothecary.co.uk

23rd-24th

2 day, Understanding Self and Others - Introduction to Transactional Analysis (TA101), The Link Centre, Newick, East Sussex, £160, leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk

JUNE

3rd

7pm

Wellbeing Wednesday - Speaker on a wellbeing topic + find out about p/t counselling & psychotherapy training, The Link Centre, Newick, East Sussex, FREE, leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk

7th

Working with Groups (for training & qualified practitioners), The Link Centre, Newick, East Sussex, £80, leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk

19th - 21st

Visit The Human Touch therapists at this year's Beach Dreams Festival, Shoreham, on **20th June**. The festival is now in its' 16th year and has got bigger and better each time. For more details please check with facebook.com/thehuman-touch1 or thehuman-touchshoreham.com 07796 518667 beachdreamsfestival.co.uk

JULY

18th

Creative 101 - The Therapeutic Power of the Image (for training & qualified practitioners), The Link Centre, Newick, East Sussex, £80, leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk

18th-19th

2 day Understanding Self & Others - Introduction to Transactional Analysis (TA101), The Link Centre, Newick, East Sussex, £160, leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk

MONDAYS

2-3pm

Chi Exercises & Relaxation (Rooted in Qigong) at The Natural Fitness Centre, Eastbourne, £7.00 - first session FREE, Nick Neter, 01323 732024, info@naturalfitnesscentre.co.uk, www.eastbourneshiatsu.co.uk

TUESDAYS

2nd TUESDAY of the month
12th May & 9th June
9am-12.30pm

Seated Acupressure Massage at the Natural Fitness Centre, Eastbourne, with Ben Trowell & Nick Neter, Introductory 15 (£5) & 30 (£10)

minute treatments available, 01323 732024, info@naturalfitnesscentre.co.uk Walk in available though booking advised

6.30-7.30pm

Qigong & Meditation with Nick Neter at The Well Being Centre, Stone Cross BN24 5BS, £7 per session, 07773 061309, handwork@tiscali.co.uk glynleighwellbeingcentre.com

WEDNESDAYS

9.30am-2.00pm

Seated Acupressure Massage, at WRVS, Russell Centre Eastbourne, 15 (£5) & 30 (£10) minute treatments available - free 10 minute tasters, Nick Neter 01323 412279, eastsussexdc@eastbournewrvs.org.uk

11.30am-12.30pm

TaiChi/Qigong & Meditation at WRVS, Russell Centre, Eastbourne, every Wednesday, £4 - first session FREE, Nick Neter 01323 412279, eastsussexdc@eastbournewrvs.org.uk

FRIDAYS

9.45-10.45am

Chi Exercises & Relaxation (Rooted in Qigong) with Nick Neter, at The Well Being Centre, Stone Cross BN24 5BS, £7.00 per session - first session FREE, 07773 061309 handwork@tiscali.co.uk glynleighwellbeingcentre.com

2nd Friday of the month 8th May & 12th June 10am-2pm

Walk-in Shiatsu Clinic (Japanese holistic bodywork therapy) with Louise Burt & Tina Doherty, at St Luke's Parish Centre, Stone Cross, 30 minute treatment or more for a donation (from £10), some places bookable, 07773 061309, handwork@tiscali.co.uk eastbourneshiatsu.co.uk

4th Friday of the month 22nd May & 26th June 2.15-6pm

Walk-in Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter & Ben Trowell at Yogalife Studio, Eastbourne, 30 minute treat-

ment or more for a donation (from £10), some places bookable, 07773 061309, handwork@tiscali.co.uk eastbourneshiatsu.co.uk

SATURDAYS

3rd Saturday of the month 16th May & 20th June 9am-1pm

Walk-in Shiatsu Clinic (Japanese holistic bodywork therapy) at the Natural Fitness Centre, Eastbourne, with Nick Neter & Ben Trowell, 30 minute treatment or more for a donation (from £10), some places bookable, Nick Neter 01323 732024, info@naturalfitnesscentre.co.uk eastbourneshiatsu.co.uk

NEW Monthly on Saturday 2nd May & 27th June 9.30am-1.30pm

Walk-in Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter, Tina Doherty & Machiko Lacey, at The Well Being Centre, Stone Cross, BN24 5BS, 30 minute treatment or more for a donation (from £10), some places bookable, 07773 061309, handwork@tiscali.co.uk eastbourneshiatsu.co.uk



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