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EDITOR'S WORD

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As we enter **2016** many of us will reflect on the year that has passed and consider **plans** for the upcoming year. While 2015 proved challenging for my family and 2016 has already presented more challenges I am mindful to be **grateful** for what I have and remain **focused** on all the good things that come my way. I love the idea of the Happijar app on page 21 (or you can use a physical jam jar to store your **happy** memories), this way I can continually remind myself of all the **good** events that take place as challenges come my way.

Enjoy & be inspired.

Rachel Branson

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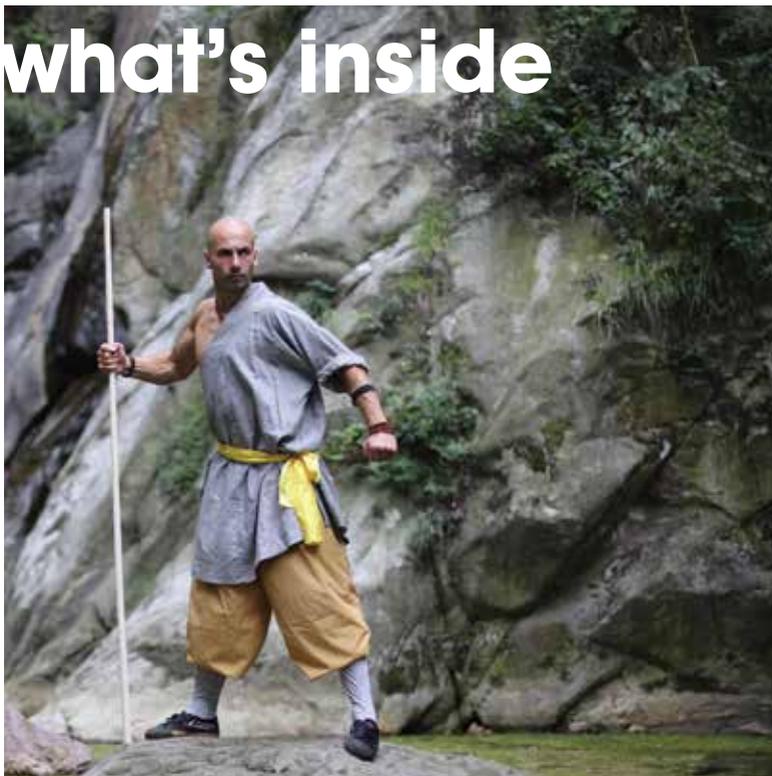
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LOCAL WELCOME

By the time you pick up our New Year publication, you'll hopefully be back into the swing of daily life and ready, perhaps, to fulfil

the promises you may have been making yourself towards the end of last year. If you find yourself a little lost now that

you actually have to start making changes, and don't know quite where to start, perhaps you'll find some guidance and avenues to explore in this magazine - pages of advice and shared expertise at your fingertips. Remember to check out the Therapy Rooms and What's On pages at the back too - you may find just the workshop or therapist you've been looking for! Wishing you all a Happy, Healthy, New Year!

Lesley



We have moved into the New Year, which is a time of reflection and new beginnings. Many of us set ourselves resolutions in order to change something in our lives or about ourselves that we may not be comfortable with. It's a well known fact that many New Year resolutions fall by the wayside within a relatively short space of time. We set goals that may not be realistic or are too challenging or just overwhelming.

To put a positive slant on the short time that resolutions can last, here is a quote by Joey Adams: "May all your troubles last as long as your New Years Resolutions!"

What if this is the year that could be different? What if you could do something today to get you closer to where you want to be tomorrow? There are mixed views on how long it takes to adopt a new habit, from 18 days to over 5 months - which can seem quite daunting. If the new habit repetition is daily, particularly in the early stages, then it tends to be adopted sooner.

It is good to remember that if we do get derailed from our resolutions for a day, this needn't be the end of our chance to change; we can always begin again.

If physical pain is holding you

back from exercising and leading a healthier lifestyle, or if stress and anxiety hinder you from adopting new patterns of behaviour, then Ann Rambaut, Chartered Physiotherapist, offers several treatments that can assist you with your desire to keep to your New Year resolutions. If you'd like to discuss any issues you may have, in confidence, with Ann please call her on 01323 411900 or 07436 810181

Until the end of February, for new clients only, Ann is offering two treatments for £75 (a total saving of £21) (An average course of treatments is 4 or less)
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Bitter truth

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YOUR NEEDS

Any digestive problems are often exacerbated over the festive season of excess. This can continue on into the new year, with symptoms of bloating, pain, lack of appetite or heart burn.

The traditional way to kick start your digestion back into healthy functioning is through bitter herbs, such as dandelion leaf, artichoke, wormwood and hops. Bitters stimulate bitter taste buds to cause the release of saliva and stomach juices, and to encourage the pancreas to release digestive enzymes and the liver to release bile, which helps the breakdown of fats. Improving the digestion with bitters will help absorption of essential nutrients, as well as improving digestive symptoms to have you bouncing back in no time.

At Brighton Apothecary, the friendly herbalists are always on hand to advise you about the best remedy or supplement for your specific health needs. They offer free mini-consultations for minor health complaints and can tailor make herbal remedies.

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This is traditionally the time of year when we establish new habits, learn new skills and reach for new goals. We join gyms and take up classes, investing in new equipment and clothing for the purpose. We promise ourselves a 'new us'.

Fast forward a few weeks (perhaps days) and we've broken our new habit, the shiny 'new us' has lapsed and our new stuff is gathering dust. Those we've boasted to about our new venture might now turn to ridicule and we're left feeling foolish.

Perhaps we are! Things happen, we get sick, we get challenged, we lose our way - we're human beings! We are foolish to expect ourselves to be as consistent as machines. Many would say the critical stage of starting something new isn't at the beginning but when we waver. What we do next is crucial. Here are some suggestions....

WHAT?

Investigate what exactly happened. What were the feelings, behaviour and events that led to getting off track? What were the early warning signs? What could you do differently so this doesn't happen again?

WHY?

Remind yourself of why you are doing this. What do you really desire? What are you investing in? How does this fit with the bigger picture of your life? How does it relate to your purpose and spiritual beliefs?

HOW?

Consider how you have been making changes. Has your routine become boring? Are you attempting to progress too quickly and becoming overwhelmed or too slowly so you lack momentum?

WHO?

Who do you need to get on board? Who can help you stay accountable? Whose knowledge and experience can you benefit from? Perhaps you could benefit from the support of a professional Life Coach.

WHEN?

When will you get back on track? Make this soon, and definite, and stick to it!

Working through these questions will give you more vigour for your next phase. You might even find more focus and fun than when you first started. And then you might well find there's another lapse. Rather than feeling bad or giving up, just use the steps to get better and get back to it. The aim shouldn't be to have no lapses, but to increase your self knowledge and recovery so you're able to get back into your new groove quickly and smoothly.

Deborah Reeds - www.deborahreeds.com

For more guidance on the process of making changes in your life, including the steps above, get in touch with Life Coach Deborah Reeds for a free initial conversation.



Touch Rugby for The New Year!

Research shows that a third of men would sideline love in favour of sport - football! A survey in Men's Health magazine showed that nearly a third of men would rather be playing sport than getting frisky in bed!

The most dangerous sport in Britain is: football! Research shows that bad challenges and tackles cause a third of sports injuries. Football is often seen as a relatively low-risk sport, though in reality Sunday league games are just the opposite. Over half of the men involved in the survey had been injured on the pitch, and most were suffering with ongoing niggles due to an old injury.

Lushington Chiropractic recommends Touch Rugby in Eastbourne instead. It's a mixed sport so you can share some fun, competitiveness, and fitness with your loved one. Chiropractors are always big on injury prevention, so here are two tips to avoid getting injured in the first place:

Don't be a Weekend Warrior

Weekend warriors are typified by working all week then hitting the pitch or playing extreme sports at the weekend. They like to play hard and live hard. However we would recommend adding some exercise into your weekly routine too. Don't save up all that energy for the weekend - your body likes predictable routine, not a crazy burst and then long periods of rest. By all means

work-hard and play-hard, though set up a sustainable routine that allows your body to recover for 36 hours after a heavy exercise session and doesn't result in more than three rest days in a row.

Even Warriors need to Warm Up

Warm up properly before you play and include a range of general cardiovascular exercises in your training regime to build up slowly. If the only exercise you get is playing in a match then you will push yourself too fast too quickly, increasing the risk of injury.

We also recommend using the R.I.C.E. formula to deal with minor injuries:

Rest and support the injured joint

Ice packs (wrap ice in a cloth, apply for 10 minutes maximum, then leave off for 20 minutes before re-applying – stop if it is painful)

Compression, and

Elevation of the injured joint

Dr James Revell of Lushington Chiropractic is an old rugby prop and recommends Touch Rugby to keep you fit and healthy. Touch Rugby is a mixed sport so no one needs to be left at home on their own. So, this New Year bring your partner to play Touch Rugby any Sunday at Gildredge Park, Eastbourne. Check it out on Facebook or at eastbournetouchrugby.org.uk

Lushington Chiropractic

chirocare.co.uk - 01323 722499



Faddy

TRENDS



Words Kate Arnold

At around this time of year, nearly every single woman's health magazine will for the umpteenth year be telling us to detoxify and cleanse our systems for a new brilliant body in 2016.

Excuse my cynicism but having done my job for the best part of eighteen years, I've read this just as many times. Most of these articles have no scientific basis and are at best ludicrous and worst dangerous.

Raw, detox, cleanse, alkaline, juice. These words whispered their way round the health farms and spas of the 1980's, now they have crept their way into our daily food phrases as something to aspire to on a weekly basis.

Added to this the notion that we now have to be sponsored to give up alcohol for a month! I'm sorry but we may have all got slightly mad! The whole point of health in my mind, and how I work with my clients is to set them on a path that they can continue for the rest of their lives. Now, don't misunderstand me, I have very fine athlete friends who will Nutri bullet (I believe that's a verb now!) I'm sure for the rest of their lives quite happily, but for the 90% of us that's left it's not going to happen. We dip into these fads for a few weeks, kid ourselves we have done our bodies good and back we go to where we were before, possibly full of failure and self loathing.

Let's start with DETOX. A very powerful word. Ironically the most healthy people I see whose diet is great feel they need a detox. Why? What are they detoxing from - a plate of alfalfa sprouts and mashed yeast (thanks to Woody Allen for that one). I have seen people "detoxing" from a diet of primarily herbal tea, no alcohol and no processed food.

Detox worshippers will tell you that detoxing will rid your body of toxins that have accumulated and are leading to all sorts of health problems from fatigue to weight gain etc. However the liver has evolved to process a stack of toxins and excrete these through sweat, urine and stool quite well. The liver is incredibly efficient and hard working. So unless you have serious liver issues, green liquids and potions will do little to enhance its action. If you "detox" you tend to drink more liquid and eat less, so you may very well lose weight and feel a bit perkier, but the whole aspect of this is sold on quacky science.

A few years ago we had detox socks - do you remember those? it's laughable. If you want to detox, let's change the wording slightly. Your body needs consistency not shock treatment. Removing sugar for one

month, alcohol for one month, whilst I salute you, is just trying to prove to yourself that you can actually survive without it. You know I'm right really! Anything you can't stick to long term I wouldn't even attempt to start in the first place. Essentially we have become bad at balance.

If you wish to cut down your alcohol from seven bottles a week to a more manageable one or two glasses a night, remove processed foods from your diet and drink enough liquid until your urine is pale, that's great, just don't call it a detox. Many of my patients who are eating really well take milk thistle - "Why?" I ask them, "because it's good for my liver", they say. "But you're not doing anything to harm your liver", I reply.

I know by writing this some of you will say "but Kate I feel fabulous and I juice and live on smoothies". Well that's great but I'm telling you unless you are an athlete or have no health issues at all at best this will be a very quick fix. A lovely lady recently came to see me and she was carrying four huge pots, (they were like beer barrels they were so large) of super greens. Her diet was better than mine. We get sold into concepts and lifestyles that often we need to ignore.





Ok let's get onto to RAW diets. I feel I may start losing some readers here, but onwards I must. The theory behind this is that heating and cooking food depletes nutrient levels and can lessen their potency. This is nonsense and not even scientifically correct. Cooking saved man from extinction, and changes the nature of some proteins to make them edible and kills bacteria that quite frankly might kill us. If you are interested in this subject more I would suggest reading Michael Pollen's great book *Cooked*. Look at Chinese cuisine - food cooked on extreme heats for seconds - and you are telling me they are unhealthy? What we are not talking about here is cooking sprouts for hours until yes there is little nutrient value left, but we don't do that anymore, we've learned now that al dente is better when it comes to cooking vegetables. In freezing temperatures it is crazy to eat raw food, the body needs to

be warmed. I have a client who has "cured" herself of ulcerative colitis by eating only raw foods and it's fantastic, and I have another client who did the same who ended up in hospital as it made them very ill.

'If you look at the true health leaders and inspirers, they do not use these faddy terms. Sadly, in the last ten years, no matter how pretty and lovely, and how clever the food photography, there are a host of so called health gurus with no qualifications who are teaching us how to eat raw carob balls in coconut! As delicious as these are, and that the books sell well, and are often linked with celebrities, I am still concerned that deep down the unwell patient does not really know what they are doing. Not everyone can eat the same foods and get away with it - everyone is so different.' I'm not saying the occasional smoothie, juice or raw food is bad for you

- far from it, what I'm saying is buying into faddy terms needs to be taken with a pinch of salt! Raw foods in summer - gorgeous lovely salads fantastic, but do you want them now in freezing temperatures, possibly not?

Methinks time for root vegetables, roasts and casseroles. Oh darling lets go out for a five mile ramble with the dogs and come back to a raw salad. Most people want to come back to soup, roast chicken, foods that for want of a better expression feed the soul.



I've noticed that all the new health gurus, (mostly very young pretty women by the way) have similar books, almost using the same photographer and format. Jamie Oliver does not come into this category, nor does Hugh Fernley Whittingstall or Michael Pollen or lets go back a bit to Keith Floyd. This may well be a wave of young pretty things seducing potentially unhealthy young girls to get a bit cultish in their food choices.

I may have to reintroduce my pet hate phrase 'moderation in all things'. I shudder as I type this - a term which I find so annoying as you cannot calculate one persons moderation, and in my mind some foods should not be eaten at all. Being mindful about what you eat is so important, and a good food diary really is an eye opener and there are many apps that will calculate your intake to the last calorie.

If you want to "detox" I would start with

awareness; ten coffees a day, perhaps cut down to two, not drinking enough water, try a bit harder, read labels to try and reduce your added sugar intake, drinking a bottle of wine a night, try for 1-2 glasses. That might not be a detox to you, but its more manageable longer term, rather than engaging in a shock tactic month of deprivation. The long term goal is what we want, think of yourself as a marathon runner not a sprinter. So when you next see a celebrity usually a woman, usually in Hollywood and usually leaving their yoga/gym class drinking their liquidised Kermit coloured juice, they are hardly doing this because they are short in greens, they have nutritionists and trainers and chefs on hand to teach them and cook for them. It's a trend, and next year there will be new one like the iphone 7 or is it iphone 8 I forget?

One final point, another lady came to see me recently with her new fancy blender, and she was fainting mid morning. I asked her to take her blood sugar just before she felt wobbly and it was 3.0 mg/dl. She had low blood sugar on blending grapes, bananas, maple syrup and goji berries. Now I know that most of you aren't doing that; you'll spin up some avocado and kale, but you get the point I'm sure. Now on scrambled eggs on toast, she is back to normal, blender firmly in the back of the cupboard.

If you want to overhaul your diet and lifestyle Kate offers a two hour consultation that reviews every part of your health. Perfect for those with multiple symptoms like headaches, fatigue, bowel issues etc. Kate will work closely with your GP and may suggest further tests if necessary. Markers like homocysteine, salivary cortisol, female hormone panels as well as stool testing can also be used. For more information regarding this please call 01323 737814/310532 www.katearnoldnutrition.co.uk



WHAT'S NEW FOR 2016?

Trends come and go not only in the fashion industry but also on our plates. We all went mad for Quinoa, avocado and courgetti in 2015. What we'll be filling up our cupboards with in 2016? We asked our experts to list top trends.

CAMEL MILK

At first, it was soya milk. Then you were adding almond milk to your coffees and last year shops introduced coconut milk. What's next then? Camel milk. 'Camel's milk is not only much easier to digest than cow's milk but it's also low in fat and in calories. It is also packed with the essential vitamins and minerals such as iron, Vitamins B, D and C, calcium, protein and zinc.' explains Shona Wilkinson, Head Nutritionist at **nutricentre.com**. It lacks the protein beta-casein and other common allergens found in cow's milk so it is also suitable for those, who are lactose intolerant.

CRICKETS

Something that has been recently only a challenge for celebrities in a jungle seems to be a new protein ingredient among the Gwyneth Paltrows of this world! 'Crickets are highly nutritious, containing more protein than beef per 100g with much less fat. They are also high in vitamin D, B1, B2 and B6, as well as phosphorus, iron, calcium, zinc, copper and manganese. You can buy the

flour, which saves you crunching on a cricket! A fab new addition to your pantry and in your home baking! Although eating insects does sound gross, we have to remember that they are a popular food in many parts of the world and that it is just westerners who do not like the idea!' says Ella Allred, Nutritionist at **nutricentre.com**.

FLEXITARIANISM

A flexitarianism will be a new vegetarian in 2016. 'It is where you are a vegetarian with the occasional inclusion of meat. This is fantastic news for the eco concious as reducing meat consumption, an essential for looking after our planet. Some people do however need a small amount of meat in their diet, making flexitarianism perfect for them! As long as you do it properly, by including lots of beans and pulses, you may see a massive change in your health, the planet and your bank balance. Start by halving your meat consumption and doubling your vegetarian protein consumption. Try three vegetarian days per week and build it up from there.' explains Allred.



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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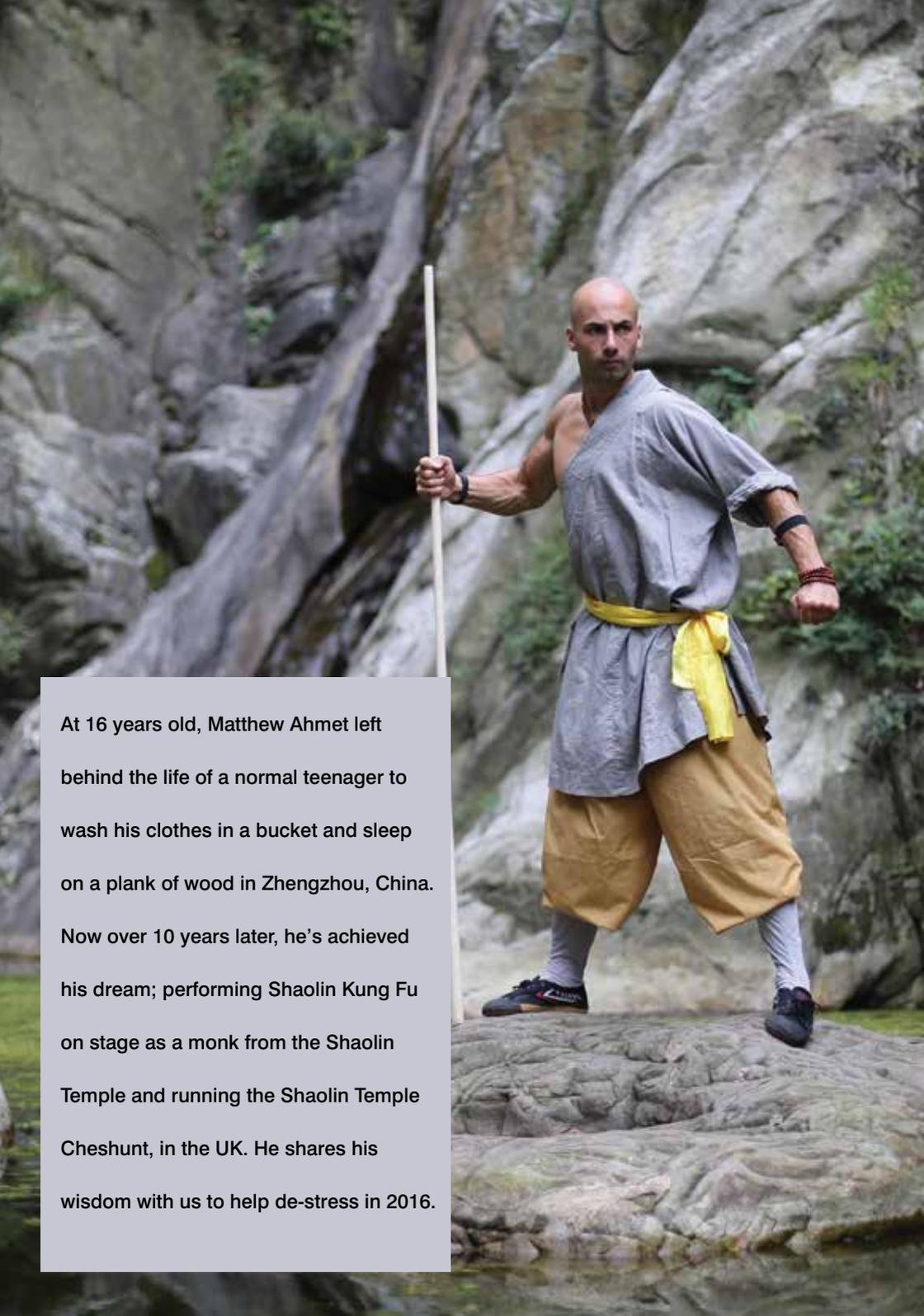
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At 16 years old, Matthew Ahmet left behind the life of a normal teenager to wash his clothes in a bucket and sleep on a plank of wood in Zhengzhou, China. Now over 10 years later, he's achieved his dream; performing Shaolin Kung Fu on stage as a monk from the Shaolin Temple and running the Shaolin Temple Cheshunt, in the UK. He shares his wisdom with us to help de-stress in 2016.

HOW TO DESTRESS

Take a minute each day to be grateful.

Material things really don't matter as much as people think they do. People also believe their lives to be much harder than they are. We have running water, we have hot water, we have regular showers and it's these things that we take for granted until we see a different kind of life, like I did in China. Christmas may have put a lot of pressure on you and your family but taking a minute each morning and/or evening or even every time you feel stressed can help you to put things into perspective and be grateful for the things - and more importantly, people - we have in our lives.

Focus on your passions, not possessions

The lifestyle for the monks is extremely simple and they're extremely happy. I feel that's missing from Western society. People might have money, iPhones, a car, but what they don't have is happiness. It's a real goal in life, to find what you're passionate about. Don't let this material time of the year distract you from what's important in life.

Be grateful

We only have one life and it's inevitable that we die. In Shaolin philosophy, no one fears death. There's no way out of it, so you've got to make the most of every single second of every single day that you have. Teach your children to be grateful for the things they have.

Stopping will help you go further

Rather than stand still, people like to keep moving, but what happens is they drain themselves out. You can actually get further by stopping sometimes. It's like going on a long road trip. You say, 'No, I'm not going to stop my car. I'm going to keep going, then stop when the fuel dies out'. But if you stop every so often at a service station, you get that break and then keep going. Meditation is a way for me to recharge my batteries without panicking. So many people live in a fast-paced world and think they're achieving their goals, but they end up getting stressed and overworked, then they get sick more often. Kung fu really gave me a different outlook on living.

When things get too much – stop and ask for help when you need it. People can be very generous.

Meditate every day

Like with everything, meditation has become a big fad at the moment, but people expect to go to a meditation class and find peace, whereas in actuality, meditation isn't like a class that you can take. It's an emotional state you have to find and you have to practise every day. If you only meditate once a week, you're not going to improve, you have to give yourself a lot of time to find that inner peace. Factor it in during the coming weeks.

Wake early and embrace the day

I wake up around 5am and it starts with training, going outside. It's just a habit now, but it's also my passion. I know what I want to do. It's like children. Children very rarely sleep late, because as soon as the light comes into their room, they just want to get up, play Lego, or draw, because for them, life is glorious.

For a lot of adults, especially in Western society, it becomes a chore – five more minutes snooze and then another five minutes snooze. They're energised at work, but then when they get home, they slouch on the couch and get into bad habits.

Use the extra time in the morning to do something you love so you can get on with the tasks of the day with grace.

Give 100% every day

Life is as simple as a choice. If you love to swim, then you need to swim every day. If a kid loves to play Lego, he has to play every day. If you love something, you have to commit to it. Whether you're fascinated by space or music, you have to give 100% and when you give 100%, you will get 100% back – that's how it works. It's karma in the most obvious way. What you put in, you get out. Make sure you still factor in the things you love.

Responsibility gives you purpose

In 2007, I became a coach where I was teaching a class of students, and you're living at these temples and you become a father figure. It's such a wonderful experience, so I really wanted to have my own children. A lot of people I've grown up with and students of mine who are older than me are scared of having that responsibility.

I think having that responsibility gives you greater opportunity because you have this meaning, this 'why'. It's this automatic push to be the best person for your children, your family. It's a very powerful motivator. I think a lot of people lack motivation in their personal life, because they don't have any responsibility.

At work they do, but when they get home, there's no meaning and all they want to do is engage in TV shows for countless hours or scroll on Facebook on their phone for hours on end, whereas just playing with a child sometimes is such a powerful, wonderful thing.

Shaolin is available on DVD, Blu-ray and Digital Download.



If you don't listen to your body when it whispers, you will not hear it when it SCREAMS!

Many people accept ill health as normal, the onset of which is often a gradual process. Do you start the day with a good cough and not think twice about it? There are many conditions that people accept without question - aches, pains, low energy, period problems, constipation, PMT, hot flushes, insomnia, menopausal problems, itchy skin, psoriasis, night sweats, headaches, anxiety, depression, indigestion, coughs. Even acne is considered normal for teenagers. The Japanese do not have a word for menopause; probably because their diet and lifestyle promotes healthy living and therefore they don't experience menopausal symptoms. We often view our ailments as normal, and not question any related discomfort or that we might be on medication for the rest of our lives. Do you regularly take medication? If medicine is taken for a short term complaint, that shouldn't prove too much of a problem, though some medications are taken for life.

Have you ever thought of working to improve your health through lifestyle changes, diet and homeopathy instead? By improving your health in a more natural way, your GP may consider reducing the medications you currently take.

After switching to a macrobiotic diet many years ago for my eczema, I noticed that I no longer had 'sleepy dust' (rheum) in my eyes every morning, and that I no longer had headaches. I'd previously assumed that everyone had 'sleepy dust' and headaches!

Symptoms are signs that your body is trying to heal itself and therefore important to pay attention to, and work with the issue not suppress it. For example; when you smoke, your body doesn't like it, so you cough, buy cough mixtures and continue smoking. Then the problem becomes more serious as the body can't expel the poison which it continues to receive and finds some other way to deal with it. If you have a rash it indicates that your body is clearing toxins. If you suppress the problem then the body finds another way of expelling toxins. If the underlying issues are not addressed then the condition can become more serious.

In homeopathic practice the remedies reflect the symptoms

you are suffering, for example the remedy *Allium cepa* (onion) is given for watery eyes. The remedies work with your body to mirror what your body is trying to achieve, and help it heal itself.

Some problems do not respond to conventional treatment, for instance fibromyalgia or ME, therefore often people just accept that they should live with the conditions. After homeopathic treatment I was cured of allergic rhinitis which I'd had all my life and had given up trying to resolve. Homeopathy can often work when other treatments have failed.

It's worth visiting findahomeopath.org You can read testimonials, listed in alphabetical order of condition, and find out what homeopathy can achieve.

If you do have to take medication for a serious condition, rather than just accepting the side effects you thought you might have to live with, why not consider seeking advice from a homeopathic practitioner? There are homeopathic remedies that can help counteract the side effects of drugs without interfering with the medication itself.

Many people already use *Arnica* for bruises, maybe not realising that this is a homeopathic remedy, or *Natrum mur* for cold sores. This harmless, natural remedy will stop a cold sore in its tracks! The teething powders used for your baby probably contain *Chamomilla* which is another successful homeopathic remedy. From using these readily available remedies, many now realise that homeopathy is a solution to be explored.

If you would like to know more about homeopathy in general or with regard to a particular condition I am happy to speak with you. I am based at Seaford Osteopathic Clinic, and Lushington Chiropractic Clinic, Eastbourne, also offer home visits.

Simone Oates R S Hom

www.homeopathyisamazing.com

simone.oates@sky.com

01323 894479 or 07936 192353



Is the LAW of Attraction working for you?

You may have read numerous books, followed the instructions diligently, expected the desired outcome, but hit a wall - or worse, the opposite has happened!

Thoughts, as we know, give rise to our emotions and therefore our feelings. In order for the Law of Attraction to work we need our feelings to be in direct alignment with whatever it is we are seeking to attract, as if it has already happened.

Unfortunately we are creatures of habit, and that includes our thought processes. It is estimated that up to ninety percent of our thoughts in any one day are the same as the previous days. So we may believe we are thinking positively and expecting our lives are in the process of positive change, even imagining and feeling as if they have already changed; though as soon as we are distracted, our unconscious mind takes over and brings up negative thoughts and images representative of our basic and negative core beliefs, about ourselves and our particular life situation. These core beliefs, often sabotage the best of our intentions, by alerting us to what we don't have and what we haven't got.

Also, by focusing our thoughts on our desired outcome; options are often brought into mind. These options are then followed by doubts which

can so easily be turned into self-fulfilling prophecies. To be successful in the Law of Attraction, it is essential that we are continuously mindful of our thoughts; that they are intensive and remain dominant throughout our daily life. New and positive neural pathways will then eventually be formed accordingly.

Neuro-Linguistic Programming (NLP) is a personal development system, designed to re-model individual feelings and behaviours. It does this in a way that enables us to adjust our destructive patterns of thinking with more constructive and helpful ones.

NLP (especially when reinforced by hypnosis) provides us with techniques and strategies to change those core beliefs that do not serve us well. Our internal dialogues need to be structured in such a way that allows for the re-framing of past memories and existing experiences. With practice and perseverance we can habitually act and feel in ways that completely align with our desired outcome. We will then become Masters of the Law of Attraction.

Debbie Winstanley Bsc(Hons) Psych, MBSC

To find out more, please contact Debbie on
01424 460096

www.debbiewinstanley.co.uk



HAPPIJAR APP

You may not have heard of the **HappiJar** app, but they currently have over 5,000 users and seen over 65,000 moments of happiness saved away using it.

You save special moments onto a sewing buttons which are then dropped into your own personal Happiness Jar. Then when you are in need of a reminder of how lucky you are, you simply shake it and one of your happiest moments are pushed back out to enjoy.

Tried & tested

Wellbeing products for you and your family...



SPANISH PERSIMON FOR YOUR LUNCHBOX

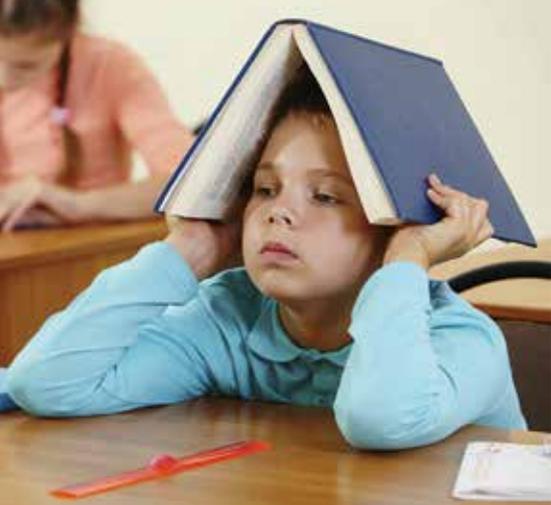
Persimon® is the registered trademark used to identify the Rojo Brillante variety of persimmon (with two m's), grown in the Ribera del Xúquer region and characterised for its firm flesh and lack of astringency (the sharp taste of unripe fruit). Its sweet, delicious flesh is packed with several health promoting nutrients such as vitamins, minerals, and anti-oxidants vital for optimum health, making it the ideal fruit for your lunchbox. My daughter loves this fruit and is now her favourite choice!



QUINOA FROM PERU

Quinoa is a nutrient rich crop that has sustained communities in South America for thousands of years. Quinoa is indigenous to the Andes region and was first cultivated around 3,500 years ago. There are approximately 200 varieties of quinoa.

We tried red, black and white which were very simple and versatile to use. You can use it in breakfasts, soups, salads and even sweet dishes. Did you know? NASA feeds its astronauts quinoa because it can supply many of the essential nutrients



design for failure

or

*the Road to Hell is paved
with Good Intentions!*

If designing an educational system that destroyed the joy for learning and kept most of us ignorant, or designing a health system that could take away the individual's responsibility for health that led to a sick society, we couldn't have done a better job despite all the good intentions of our government leaders!

This is not an attack on all those dedicated people working in both these professions; let me make that clear from the outset. It is the systems that they are forced to work in that create these outcomes.

I taught science for a year as a supply teacher soon after leaving university and saw at first hand the thirst for learning progressively lost as children moved up through the years. There are exceptions; those fortunate enough to go to schools that inspire and develop the thirst for learning, (largely private schools I fear), find they get to the best universities and the leading

positions in society. Winston Churchill said he found his schools spent most of the time showing him what he didn't know, but if they had asked him what he knew he would have done far better!

My experience in the field of healthcare is far more substantial. Based on over thirty years working in the natural health field of medicine, I have helped many people who wanted to take more responsibility for their own health, who wanted to be more pro-active themselves despite a system that has failed to encourage or teach this.

We have produced in the National Health Service, a population that has come to rely increasingly on the doctor, medicines and surgical intervention. Most people now, are either disinterested or dissuaded from doing anything "alternative" to help themselves to improve their own health. Those who have decided to take more responsibility for their own health have had

to buy the therapy and support they felt they needed in the form of complementary and natural therapies, and have made other lifestyle changes to improve their health. They find they use their doctor and medical facilities less and less.

At the Brighton International Healthworker Conference in 2004, I was surprised though delighted to hear that the King's Fund had been given the remit by the Government, to find ways of transforming the NHS from a Sick-ness Service into a Health Service - unfortunately this transformation been not been achieved in the past decade!

To learn more, visit the instant guide to CAM at:

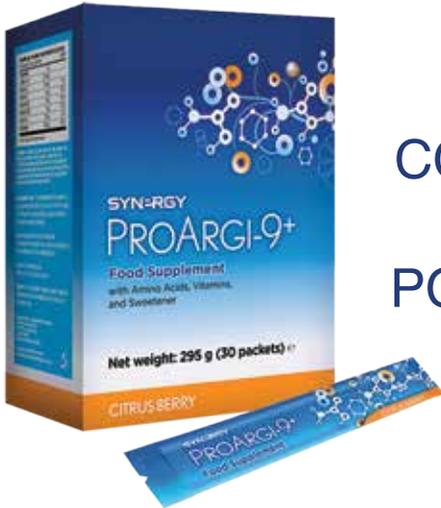
**[totalhealthmatters.co.uk/
conditionlisting.html](https://totalhealthmatters.co.uk/conditionlisting.html)**

Could every child be a genius?

Yes! Watch this video:

<https://youtu.be/XDdWiY6xje0>

Michael Lingard
BSc.Dip.Ost. BBEC



tired of having COLD HANDS & FEET & POOR CIRCULATION?

If you suffer from poor circulation, cold hands, feet, or Raynaud's disease, then winter can be a particularly miserable time of year.

Having suffered from bad chilblains for many years I know how awful it can be. Now thanks to ProArgi-9+ those days of chilblains, poor circulation and other associated health niggles are a thing of the past.

ProArgi-9+ was formulated by doctors and scientists following the 1998 Noble Prize discovery of the importance of Nitric Oxide to our cardiovascular system.

Nitric oxide is a gas made primarily in the endothelium cells of our arteries and capillaries and is vital for our cardiovas-

cular health. It positively effects blood pressure, blood flow, dissolves plaque, heals the endothelium cells and improves the flexibility of our blood vessels. However as we age we produce less Nitric Oxide and this in turn can lead to poor circulation, plaque build-up and atherosclerosis.

ProArgi-9+ has been proven to help the body naturally make more Nitric Oxide. This nutritional supplement has been clinically trialled and is now listed in 'The Physicians' Desk Reference' where it states that ProArgi-9+ 'is the highest quality L'arginine supplement in the world and combines the powerful benefits of L'arginine with a variety of superior heart health ingredients to give your cardiovascular system support'. A more recent study also

proves that it can reduce the oxidation of LDL cholesterol and vasodilate vessels for up to 12 hours.

By healing, repairing and cleaning out our 100,000 miles of blood vessels, our circulation improves. This in turn means that not only can cold hands and feet become a thing of the past, so too can many other circulatory and heart health problems. At Synergy Worldwide we actually hear a huge variety of health testimonies because 'if the blood can get there the body can begin to heal'.

For more information about what ProArgi-9+ could do for you please call Helen Prosper 07545 227 272

www.prosperwithsynergy.co.uk



REFOCUS YOUR REFUEL



Everyone knows the importance of refuelling after a heavy workout. The emphasis on putting back in what you have taken out is clearer today than it has ever been and the evident rise of the protein shake in popular culture highlights this.

Refuelling and recovery is both an art and a science, with the application of practical experience and a sense of 'what works for you', combining with the nuts and bolts of chemistry and biology.

Team GB Powerlifter, UK Strongwoman and JBC sponsored athlete Amanda Gisby - who also holds a masters in chemistry - gives her top tips on how to refocus your refuel.

Refuelling is not just for after training

A common training mistake is the presumption that refuelling only takes place after training. Whilst this is important, your whole nutrition regime should be under scrutiny if you want to truly achieve results from your training. You need to ensure you provide the right alkaline pH environment within your body before, during and after training if you are looking for sustained muscle growth and tone. Plenty of fresh vegetables or a greens powder supplement can help you maintain the optimum conditions for muscle growth and recovery. Preparing and fuelling your body before

exercise helps to stop potential protein and muscle breakdown as well as supporting your immune system and keeping stress hormones low, helping to reduce the storage of body fat. During training, you should sip a blend of Branch Chain Amino Acids (BCAAs) to keep you hydrated and ensure your muscles have immediate access to protein. There is also evidence to suggest that BCAAs help increase the amount of oxygen your blood can carry – a vital component in fighting fatigue. This will allow you to train harder for longer.

It's not just about carbs and protein

Yes, fast release carbohydrates and protein are important for refuel and recovery, but so too are anti-oxidants. Having a handful of blueberries before and after training can make a huge difference, and it's one of your five a day – the benefits just keep coming! Your macro and micronutrient intake needs to be balanced. Not only should you consume the required calorie intake in protein, carbs and fats, but also ensure you have a good vitamin and mineral balance, to promote positive recovery – another reason why fruit and vegetables are a key component of any diet.



Keep yourself hydrated

Water is an essential element for any diet, but it is even more important alongside an exercise regime. Without an adequate intake of water, you simply cannot achieve any meaningful results. The recommended daily intake of water for men is 3.7 litres (15 cups) per day and for women, 2.7 litres (11 cups). However you can get your water in a variety of different ways. This can be in the form of fruit juices (though be careful not to drink too much juice, due to the high sugar content), your food, electrolyte mixes or even BCAA's.



Refuel according to your goals

Refuelling isn't just about getting food and drink into your body. Just as you focus your training to meet specific goals, you also need to focus your refuelling and recovery. For example back loading of nutrients has been proven to be counterproductive in the interests of recovery and muscle generation. Refuelling and recovery should be a planned meal in your regime and should replace nutrients, including the lost amino acids and support the body's detoxification processes. Your recovery meal can be the same regardless of your sport - the difference comes in the consumption of the correct amount and the right percentage of macronutrients. Everyone, even the athlete looking to reduce body fat should still include carbohydrates post workout. This will induce an insulin peak and help direct the required amino acids to the muscles, therefore providing the body's cells with enough energy to repair muscle fibres.



Rapid Eye Movement (REM) sleep that the body is able to repair muscle and circulate the human growth hormone. This is a unique phase of sleep which is characterised by random movement of the eyes, low muscle tone throughout the body and the ability for the sleeper to dream vividly. The use of Zinc Monomethionine Aspartate (ZMA's) has been found to increase the amount of REM sleep, and therefore can help improve recovery overnight. So make sure you get to bed on time ready for your morning workout.

By following these tips on how to refocus your refuelling, it will ensure that you are giving yourself the best possible chance to repair and recover, pushing you closer to your goals.

Your body craves nutrition immediately post workout

The more intense your workout, the more the body craves nutrients to aid muscle fibre repair. Therefore, it is crucial that refuelling starts straight away with vitamin C, creatine, glutamine, BCAA's and electrolytes. This combination of nutrients will help support your immune system as well as start the repair process.

You should also enjoy an Epsom salt bath as it will help rebalance the body's electrolytes and reduce delayed onset muscle soreness.

Sleep, sleep and SLEEP!

Almost every article you will read about recovery emphasises the importance of sleep - and for good reason. Sleep isn't just about resting the mind to prepare yourself for the upcoming day, it's also where your body is able to regenerate muscle to its maximum potential. It is during elongated phases of

As well as being a team GB power lifter, Amanda is also an ambassador for sports nutrition brand JBC. For more information about Amanda or to get more training and diet advice - including a free personalised diet plan, you can go to www.jbc-nutrition.co.uk or call 01633 619 499.





Be the change in the world -

What do you think, feel and do when you consider the refugee situation at the moment?

We will all have some awareness about the situation in the world at this time. The media choose to report on certain stories and in the UK our government has decided that bombing Syria will help.

I have been interested in people's different responses to the situation such as: taking no notice; people absorbed in their own worlds; a vague understanding though 'it's far away and doesn't involve me'; 'they are all terrorists and out to kill us'; 'keep them out (and certainly don't help them)'; 'I feel powerless and overwhelmed'; 'what can I do?'; getting involved with various donations, charity etc; and people giving up jobs to go and help.

I invite you to consider what your reaction(s) and action(s) are, or lack of action, and where those reactions come from.

Human beings have an amazing capacity for generosity, kindness and compassion and it's one way that we attach to each other, which is necessary for us as social beings. We would not watch a child we love freeze or starve to death, and yet we will let this happen to children who are strangers.

In September last year the media showed us images of a dead child, dressed in familiar clothing, on a beach. It was shocking, traumatic and terrible and people responded. As a nation many people empathised. We thought of the child, of his life, his death, and his parents.

To empathise is to put ourselves in someone else's shoes and to imagine what life is like for them. If that person's experience is painful, traumatic and difficult then that is what we feel as we empathise. Empathy is vital for human beings, for connection, for relationships and for brain development. And sometimes we avoid it because we don't want to feel the pain, sadness, loss and discomfort and choose to disconnect, blame, fear, distance or ignore.

In 2015 over 3500 men, women and children drowned off the coast of Turkey; very dangerous and disturbing outcomes resulting from desperate choices. Last week another boat sunk and over 30 people died. Amongst them was a young boy whose parents both drowned. He is now in hospital traumatised, isolated and disorientated; he stares blankly at the wall. What will happen to him, how will he deal with such trauma? This is one of thousands of similar stories.

What happens for you when you hear that story? If we empathise and connect we are more likely to reach out and help.

you want to see *(Mahatma Gandhi)*

In my view it is increased empathy that will create a more peaceful world, not more bombs. It takes courage to truly empathise with others; it is our compassion and empathy that is at the very core of our humanity and our decision to act that can make a difference in the world. We also need to be careful not to traumatise ourselves through doing it. This could just as easily be us. We are privileged to have been born into a country where materialistically we have much more than we need. We don't have drought, famine, bombing, earthquakes, volcanos, and many of the things that other humans have to contend with.

We have created a world where we use warfare and horror to entertain ourselves. We aim to teach our children the values of living peacefully together and then expose them to video games and films which desensitise us when it comes to reality. The media (led by our appetites) is full of sport, celebrity and TV programmes which can so easily distract us and we forget this continuing crisis.

If you had fled your home and country, lost everything, were cold, hungry, traumatised, scared and desperate, how would you like the world to respond?

Leilani Mitchell Dip. Couns. CTA (P) UKCP Reg. Psychotherapist, TSTA (P)
www.thelinkcentre.co.uk

There is much we can do.

There is a distribution warehouse in Calais who always need help and donations

www.calaid.co.uk

I have set up a wish list in my name, where you can buy things that will go to refugees in crisis
amazon.co.uk/gp/registry/wishlist/ref=nav_wishlist_btn

Simply go to the link, put my name in the search bar, and choose Leilani Mitchell, Crowborough, Sussex, and then you can click on the Wish List.



Leilani is an internationally qualified trainer, supervisor and Psychotherapist. She is Director of The Link Centre, a training centre based in Newick, Sussex that offers courses in personal and professional development as well as longer term courses in Counselling and Psychotherapy. Leilani's passion is to facilitate people's self-awareness to enhance their quality of life.



Are You Sick of Cuddling Your Pet?

It's what many of us look forward to after a long day at work – cuddling our pet. Snuggling up with our furry friends can have a beneficial effect, including lowering our blood pressure and even helping to prevent heart disease. But for some this close contact can also cause unpleasant allergic symptoms, known as pet allergies. Airborne allergens expert, Max Wiseberg provides some insight into this common condition plus some useful tips to help...

Pet allergy is an allergic reaction to tiny particles shed by your pet which become airborne (known as 'dander'). Cat owners generally get more grief than dog owners as cats groom more often and their dander is smaller, becoming airborne more easily and for longer. And if you get a pet such as a cat, for the first time as an adult, this can really spell trouble. This is because people who have had a cat in childhood have a much smaller risk of becoming sensitised to it than those who are new cat owners. Unless you are severely allergic to pets, there are many ways to avoid the allergens which don't involve re-homing your cat, dog, rabbit, hamster or other furry pets. Airborne allergens expert Max Wiseberg offers some easy to implement tips.



No home is 100% allergen free, but there are some easy ways to minimise the allergens around you.

- Keep pets off sofas and beds, and out of the bedroom altogether if possible, to reduce exposure.
- Wash your dog or cat's bedding and basket regularly.
- Wash and groom pets regularly too; according to leading UK allergy charity, Allergy UK, bathing a cat once or twice a week can reduce cat allergens in the home by 90%.
- Dust surfaces with a damp cloth, and vacuum regularly, to minimise the amount of allergens in the house.
- Keep cuddly toys and blankets in a cupboard to prevent the build up of pet dander on them. In addition, using an allergen barrier balm such as HayMax can reduce the amount of allergen entering the body through the nose.

WELLBEING TESTED HAYMAX

HayMax is an organic, drug-free allergen barrier balm that has been proven in independent studies to trap dust allergens in the air before they enter the body. As long as this is enough to keep the sufferer below their sensitivity level, the symptoms won't be triggered. Applying the balm around the nostrils or around the bones of the eyes provides a highly effective, invisible barrier to pet and other airborne allergens. It is suitable for children and pregnant, as well as breast-feeding, mums.

"We now have three cats and although my husband reacts to them, over time he usually builds up immunity to them. The introduction of the new kitten proved challenging so he tried the balm and he felt a difference to his breathing. He would need to use a lot of balm so we need to use all the other tips to reduce allergens in our home as well as using the balm. However when visiting another house with cats or dogs it can flair up again so it's great to have a handy pot of balm to reduce the allergens in another home rather than suffering or having to take an antihistamin."

HayMax organic drug-free allergen barrier balms retail at £6.99 per pot and are available from Holland & Barrett; Booths supermarkets; selected Morrisons, Waitrose and Boots; independent chemists, pharmacists and health stores; on 01525 406600 and from **haymax.biz**.

NEW YEAR, NEW ME!

THANKS TO MY BWRT EXPERIENCE!

Many of us end the calendar year on a high; high with hopes for the coming New Year, with thoughts, promises, resolutions that we've set ourselves, in order to make 'this year' the year that our lives will change for the better and become all we've dreamed of! We now have to take action and make those changes we've been promising ourselves, rather than just dream.

This may be a good time to seek support from an outside source; a specialist in a particular field of expertise suited to our needs. Often we can't quite pinpoint what it is exactly holding us back, and perhaps we need to review some old emotional responses and habits.

This is exactly what I did with my life long fear of spiders, deciding that now was the time to get rid of my phobia forever! There are many avenues we can choose to explore, to help us make the changes we desire. We might, however, be put off by the thought that if we seek help we'll be tied into something lengthy and expensive. So you may be interested to learn a bit more about the relatively new, and exciting therapy I have experienced called BrainWorking. It's both fast and effective!

BrainWorking - what is it?

BWRT stands for BrainWorking Recursive Therapy; a modern therapy based on neu-

rosience that stops any uncomfortable or negative reaction to a situation in its tracks, before it has a chance to cause problems or upset. Even profound phobias, fears and anxieties can often be resolved in just a single session with a qualified practitioner and one of the great things about it is that it's not necessary for the client to discuss any personal details they would rather keep to themselves. All the therapist needs to know is what the client needs to change and the results are astonishingly fast and permanent. There are cases where an individual has had a problem for more than twenty years which has been completely 'sorted' in just a single session.

Local Practitioner

Bob Bees, Advanced Level 2 Brainworking Practitioner, Psychotherapist & Hypnotherapist, based in Friston, East Sussex is trained to deal with a variety of issues ranging from anxiety & panic attacks, fears & phobias to PTSD and addictions. You can arrange to see him at his therapy centre or, if distance is an object or you would rather not visit in person, then it's nice to know that sessions can be conducted via Skype or FaceTime.

If you'd like to know more please call **Bob** on **0787 4001911** for a **free initial consultation**, or email **bob@bwrt.help** or **info@brainworking.org.uk** for further information.

My Experience...

I'd had an informal chat with Bob about my fear of spiders; something that I've had for as long as I can remember. Bob mentioned BrainWorking, told me a bit of background information and of some of the issues it has been proven to help with to date. It sounded exciting, so I booked a session!

I chose to attend in person and, after making me welcome and comfortable, Bob began to explain in more depth the science behind the therapy, how it works and what to expect in our session. He explained about the plasticity of our brains, and how we can literally re-wire them. What he would be able to do, he explained, would be to 'freeze' a thought in the part of the mind that is pre-judgemental, and therefore the part that is 'pre-emotional-response'. From this point, when this happened in the session, I would be able to change the thought to a preferred outcome, and thereby forge new neural pathways that would bear themselves out and respond to the new preferential experience as if it were so - and therefore as a result would be so. Please bear with me as I try and explain in my lay-woman's terms!

Bob didn't need to know the ins and outs of my thoughts and issues, just have an overall idea of what I would like to achieve. BrainWorking therefore strikes me as a wonderful tool to deal with issues of a more personal and private nature. In my session I was led to imagine my preferred outcome. After this I was led to imagine the worst thought I could think of in relation to my issue (fear of spiders). I had several, I can tell you, though Bob asked me to focus on the one that presented itself as the very

worst one, and give it a score of 0 - 10, with 10 being the most uncomfortable. As he led me to this memory (as it was a memory), and I had acknowledged where it was on the scale - a definite 10 (!) he was able to help me 'freeze' the image, step away from it, and look at it 'from the outside' in a dispassionate way. Far out - the sting was out of the tail! From this point Bob helped me bring in my preferred outcome, imagine it, and allow my brain to start rewiring itself.

I'm sure I've missed out lots of detail, though this is the main gist of what happened. Suffice to say that at the end of the session I felt very calm and couldn't even remember the emotion previously felt in being afraid of spiders! During the imagining of my preferred outcome I saw myself as calm when seeing a spider, of any size, and being able to take it outside if found in the house. I had called the spider Sunshine and had said 'now then Sunshine, just wait there and I'll put you outside. There's nothing to worry about, I won't hurt you.'

The weirdest thing...

The following morning, I got up, put my dressing gown on ready to make my way downstairs. I put my hands in my pockets, felt something in the right hand pocket, pulled my hands out, wondering what it was. I experienced two concurrent streams of thought - one, wondering what it is in my pocket and, two, I thought 'this is a spider'. Yet I didn't freak and put my hands back into my pockets (not in a million years would I have done that before my BrainWorking session)! I pulled out my hands with the mystery object held gently on my fingers, then heard a plop on the floor, and

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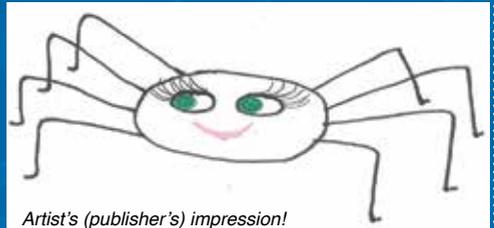
looked down to see it move. Yes it was a spider. I had bare feet and my birthday suit on under my dressing gown, yet I still didn't panic. Previously I would have legged it, grabbed someone to deal with it, and if no-one was around would have donned my 'spider-fighting gear' - wellie boots, rubber gloves and a vacuum cleaner! Cruel I know, though true.

However that morning I just watched calmly as Sunshine moved along the landing, moving from one safe place to another. I deemed that she is a she, as I thought she was quite pretty; a term I wouldn't have chosen to use about a spider before! I didn't feel that I wanted to pick her up - I think incase I squashed her, not sure? Though I was happy to go and get a glass and put her outside; so I asked Sunshine to stay put. I went downstairs, chatted to my partner, had a cup of tea, and calmly thought that I'd leave Sunshine to her own devices, knowing full well that I would be upstairs during that day to sort through boxes that have been in storage, that she may well crawl into and I might see her again later on (a thought that I wouldn't

have been able to consider before). I did meet Sunshine again, and she was put outside. I looked at her quite closely in the glass and, yes, she was pretty. Something else has just occurred to me as I type this - I used to even get creeped out when seeing the word 'spider', whereas now, it just seems a friendly word.

I am very impressed at the seeming simplicity of the BrainWorking session and the speed of the new rewired response I now have. I also stand in awe of the synchronicity of the Universe in presenting me with the proof of the pudding - what were the chances of finding a spider in my dressing gown pocket the morning after my BrainWorking session (after nearly 59 years of never even finding one in a shoe!)? Amazing!

Lesley Hallows - Publisher



Artist's (publisher's) impression!

BWRT Further Information

BWRT was developed in 2011 by Terence Watts, a UK therapist and teacher, and was inspired by the research of a scientist by the name of Benjamin Libet in 1983, and has been hailed by many as one of the fastest and most effective personal therapy methods ever to have been created.

In addition to the obvious advantages of low-cost, this means that a client has no need to make repeated visits to a therapist and can just get on with life that much sooner - and it's even possible to work through some issues by Skype or telephone, making BWRT even more accessible. In fact, the proud boast of the Institute of BrainWorking Recursive Therapy is that BWRT is "The therapy of tomorrow today!"

You can discover more at: <https://www.bwrt.org> or email bobbees@bwrt.uk.com



the battle against collagen deficiency

Sufficient collagen levels in the body are essential for the maintenance of healthy joints, connective tissue, skin, nails and hair. Our bodies produce collagen naturally but they also break it down constantly too. Unfortunately, as we get older our bodies lose the ability to produce sufficient amounts of collagen and our reserves therefore start to deplete. From their mid-20s onwards the average person loses 1.5% of their collagen reserves annually; a process that accounts for many of the symptoms of wear and tear and the ageing process. Skin loses elasticity causing fine lines and wrinkles to appear, aches and pains may develop, and hair and nails may lose their strength and shine.

Collagen constitutes between 25-30% of all the protein in the human body. It is a major structural protein which forms molecular chains that strengthen the tendons and large strong sheets which support the skin and internal organs. It is also a major element of our hair and nails, whilst mineral crystals added to collagen make bones and teeth.

Structurally, collagen is composed of three chains, which are wound together in a tight triple helix. Each chain is over 1,400 amino acids long and a repeated sequence of three amino acids, proline, glycine and lysine make up this sturdy structure.

Vitamin C is vital for the cross-linking of the three chains and this is what gives the structure its strength.

Collagen constitutes 1-2% of muscle tissue and accounts for 6% of the weight of strong, tendinous muscles. Known as 'the glue that holds the body together', it provides an essential structure to our bodies, protecting and supporting the softer tissues and connecting them with the skeleton. Collagen in healthy tissue is very strong and, on weight basis, is almost as strong as steel.

The good news is that supplements, such as Collagen Hydrolysate by Xenca, can help to alleviate the symptoms of ageing and wear and tear. It is worth noting that the Xenca collagen products have been certified as safe for use by elite athletes by the world renowned HFL Sports Science Laboratory. These products are already being used to aid recovery from injury and hard training sessions.

Increasingly more people with conditions, such as osteoarthritis, are deriving benefits from Collagen Hydrolysate in terms of pain relief and increased mobility in joint function.

Nigel Dacombe
Associate Shareholder
wellbeingsynergy.co.uk

THE PREGNANCY SANCTUARY

Empowering couples approaching parenthood.

For Devon based Midwife and mother of twins Kamila Wszolek the NHS cuts and pressures of working for the healthcare sector are all too real. Working with expectant and new mothers every day, the time constraints of a busy ward combined with funding cuts, Kamila did not feel that enough time was being given to new parents to help them through what is a life changing experience. A UK Midwife appointment is on average 10-20 minutes in which time they have to deal with not only the clinical side but also informing the parents to be on their choices.

Kamila often meets exhausted and emotionally strained new parents who do not feel they have had enough advice during pregnancy to empower them, to not only make informed choices about their babies' birth but also be prepared for caring for them once they are born. In response to this need to educate and empower expecting mothers and fathers Kamila and her partner Ryan Lakey have set up the first Pregnancy Sanctuary, a luxury retreat for pregnant couples. Kamila and Ryan feel pregnancy

is a journey which is both physical and emotional for an expectant couple and which often changes the dynamics of their relationship. The Pregnancy Sanctuary's approach is unique focusing not only on the mother but the couple as a unit and their needs both together as parents and individuals. They believe that the key to a happier, healthier, relaxed pregnancy is giving both parties the knowledge and techniques to help support each other to become parents.

Kamila commented

"The Pregnancy Sanctuary is built from a dream to offer truly holistic, evidence-based and supportive care to women and their partners. Being a midwife is a dream come true for me but it can also be challenging, seeing women unable to make informed choices because of lack of knowledge, being traumatized after their birth or struggling with breastfeeding and the transition to motherhood always makes me very sad. I often wish that I could have been there for them - to offer them all the information and

WELLBEING PREGNANCY





choices they need, to prepare them for the birth and looking after the baby, to help their partner feel more involved and teach him how to support her in pregnancy and beyond. More importantly to give them the support and time that they need - and time is what a lot of midwives often struggle to find."

The Pregnancy Sanctuary will provide couples with a holiday or 'baby moon' alongside professional advice on their choices and what to expect during pregnancy and after. The one of a kind 'Sanctuary' will include a stay in the beautiful Mill Barn situated near Salcombe South Devon, with a selection of classes tailored to each couples personal requirements, including midwife-led antenatal and breastfeeding classes, yoga, hypnobirthing, aromatherapy, complementary therapies and nutrition.

The sanctuary does not only focus on the birth and the mother but also looks at the changes and feelings explored as a couple. Kamila and Ryan as parents themselves understand the pressures for new parents and try to focus on helping both parents through using their knowledge and experience.

Kamila commented
"When our daughters were born Ryan struggled to bond with them not knowing where to fit in among the constant breastfeeding and tears, tiredness and sometimes frustration. He was not prepared for this transition - he never admitted to struggling to bond with our girls until recently - and that was the final 'kick' I needed to create The Pregnancy Sanctuary - I felt guilty for not involving him and teaching him enough during pregnancy, assuming that 'he knows enough'. And ever since his admission I have been watching partners more closely and it could not be more obvious how scared and unprepared they are"

Alongside the classes for mothers, for expectant fathers there is a men only area led by Ryan known as the 'Dad Factory' developed for expectant fathers to talk openly about having a baby with other Dads. The man only area is complete with a sound system, pool table and games area. The idea behind this man only zone is to help the fathers to find out the answers to some of the unknowns that many expectant fathers experience.



When Ryan was an expectant father he felt ill equipped for parenthood and unsure what to do or expect when his twins were born. The idea of creating a man only area he feels will allow men to talk openly about how they feel without embarrassment, it is also a time to challenge any myths and fears men experience and reassure them. This will then empower them to prepare for the birth and support the mother afterwards and most importantly bond with their new child and family dynamic.

Ryan commented;
"Throughout Kamila's pregnancy with our daughters I went through the typical bloke emotions of denial, fear, panic, joy, panic and back to denial. Then the practical side of me took over and I could not think past creating a nursery, buying prams, car seats and the myriad of baby products that comes with expecting, when we started counting down the weeks to the due date I realised I was not in any way prepared to be a father.

The token antenatal classes we attended that showed me how to wrap a baby doll in a blanket, or the basics on pain relief when labour had actually started served me

very little purpose on how to really support Kamila through her pregnancy. Having the knowledge to fully embrace what is to come and how you, as a father, can be part of this, provides a much easier and rewarding transition for fathers into parenthood. The Dad Factory will offer a Dad Only focussed session to discuss fears, the unknowns, the practical side and the emotions that us Dad's don't admit to feeling. Using Kamila's professional experience as a midwife and my own personal experiences I have created a programme designed to support fathers to be and to help them feel better prepared throughout the pregnancy, birth and the first few weeks of being a father".

As the only Pregnancy Sanctuary of its kind run by a Midwife 'The Pregnancy Sanctuary' should deliver the perfect balance of rejuvenating relaxation and knowledge to help parents through the unknown territory of having a baby. For second or even third time parents, the Sanctuary offers a chance to plan a different type of birth or just to relax in like minded company and beautiful surroundings. For second time mothers who had a bad birthing experience with their first child, Kamila's classes and



Bookings will be for a 3 night stay tailored to each couples need. Each stay will include;

- Accommodation
- Luxury Healthy Breakfast
- Classes
- Birth planning preparation
- Welcome Lunch
- Ladies luxury pamper evening
- Dad Factory night
- BBQ Supper for dads and Buffet style supper for mums

www.thepregnancysanctuary.com



sessions will help them look at how they can approach their second birth with a different mindset.

Kamila commented

"This is my way of helping others to have positive experiences, feel empowered and take charge of their pregnancy. This is my way of taking them away from all the daily stresses and showing them the importance of looking after themselves and each other as a unit, this is my way of offering couples a truly holistic experience of pregnancy and help them to have a relaxed and happy transition to parenthood".

As parents and professionals Ryan and Kamila are offering not only a unique product allowing their participants to feel 'revived, rejuvenated and empowered' on their adventure to parenthood, but also supported and ready for a new way of life. Opening in April 2016 the Pregnancy Sanctuary will start taking bookings in December.



Beat Insomnia in Italy: Ti Sana Insomnia

Rediscover a good night's sleep and learn to beat insomnia at this tranquil retreat in northern Italy. Release stress with specialist medical spa treatments and therapies to help reclaim your sleep-wake rhythms and naturally bring balance to your cortisol levels, the hormone responsible for stress. Together with a customised nutrition plan and calming yoga lessons, form healthier habits to resolve your sleep issues and enjoy secondary improvements on affected problem areas such as fatigue, weight gain and digestion issues.

4 nights at Ti Sana from £2,635pp or £2,870 for single occupancy. Price includes full board, an insomnia programme, return flights and transfers.

Boost Your Brain Power in Brazil: Kurotel Brain Booster

Give a healthy boost to your brain power in Brazil with this specialist wellness programme, designed to enhance your cognitive capacity, attention span and memory. Developed by neuroscientists and in-house health professionals, optimise your brain performance during consultations with psychologists as well as creative coaching sessions. In the stress control centre, utilise relaxing visual and sound stimuli to promote tranquillity and optimum brain power, before relaxing with a calming yoga class or underwater massage.

7 nights at Kurotel from £4,890pp or £5,185 for single occupancy. Price includes full board, a wellness programme, return flights and transfers.





Triathlon Training in Thailand: Thanyapura Triathlon

Bring out your athleticism with a triathlon training holiday at Thanyapura, Thailand's leading sport and fitness retreat. Welcoming both beginners and seasoned triathletes, experience expert coaching in swimming, cycling, running and the all-important transitions, to help you reach your personal best. Work on your technique with one-on-one coaching before soothing tired muscles with a revitalising sports massage. Enhance your strength and endurance as you train with state of the art facilities, including an Olympic sized pool and athletics track, as well as the stunning surroundings of expansive forests and mountains.

7 nights at Thanyapura from £1,480pp or £1,680 for single occupancy. Price includes full board, a triathlon training programme, return flights and transfers.

Quit Smoking in Spain: SHA Anti-Tobacco

Transition to a tobacco-free life the natural and healthy way on a transformative wellness holiday at SHA Wellness Clinic in southern Spain. Surrounded by inspiring coastline and mountain views, begin your wellness retreat with an initial heart and lung check, before experiencing a programme of personalised coaching and medical spa therapies, designed to prevent you from returning to your smoking habit. Combine oxygen therapy sessions and dental cleaning with stress relieving wellness activities, such as yoga and Tai Chi, to return home a changed person both inside and out.

7 nights at SHA Wellness Clinic from £3,440pp or £3,880 for single occupancy. Price includes full board, an anti-tobacco programme, return flights and transfers.

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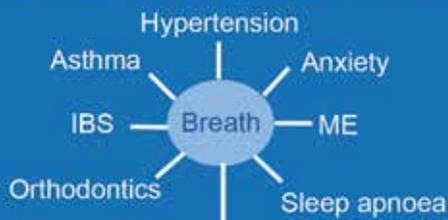


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What's On

January

4th

Begin the New 2016 and create the life you desire - the next Get Started Group commences 4th Jan, for more details phone 07702 737019, deborahreeds.com/calendar/getstarted2016

11th

5-6pm

Beginners Tai Chi (10 wk course) St Michael's Church Hall, High St, Lewes, Equilibrium 01273 470955
www.equilibrium-clinic.com

5-6.15pm

Improvers Tai Chi (10 wk course), St Michael's Church Hall, High St, Lewes, Equilibrium 01273 470955
equilibrium-clinic.com

15th

6-8pm

A talk on the healing powers of the sea with Xavier Delamare, entrance fee £1, The Brighton Open Market, BN1 4JU (the London Road entrance in the Meeting Room); refreshments available (smoothies and juices), contact Dandy for more details
brightonnaturally@gmail.com

18th

6.30-7.45pm +
8-9pm

Scaravelli Yoga (10 wk course), St Michael's Church Hall, High St, Lewes, Equilibrium 01273 470955
equilibrium-clinic.com

27th

7pm

Wellbeing Wednesday - Owing our own Prejudice, The Link Centre, Newick, East Sussex, FREE, leilani@thelinkcentre.co.uk
thelinkcentre.co.uk

30th/31st

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

30th/31st

Diploma in Supervision; 6 weekends over 7 months, The Link Centre, Newick, East Sussex, £1600, leilani@thelinkcentre.co.uk
thelinkcentre.co.uk

February

6th

6-8pm

The screening of Bananas!

a documentary with Q&A from Nick Mole from Pesticide Action Network, entrance fee £1, The Brighton Open Market, BN1 4JU (the London Road entrance in the Meeting Room); refreshments available (smoothies & juices), contact Dandy for more details
brightonnaturally@gmail.com

26th/27th

Therapy Marathon - 9 hours, The Link Centre, Newick, East Sussex, £120, leilani@thelinkcentre.co.uk
thelinkcentre.co.uk

Mondays

9.15pm-5.15pm

Osteopathy Clinic with Denise, £45, Equilibrium Health Centre, 16 Station St, Lewes, phone 01273 470955 or visit
equilibrium-clinic.com

2-3pm

Chi Exercises & Meditation (Rooted in Qigong), The Natural Fitness Centre, Eastbourne £7, first session FREE, contact Nick Neter, 01323 732024 or info@naturalfitnesscentre.co.uk
eastbourneshiatsu.co.uk

Tuesdays

6.30-7.30pm

Qigong & Meditation with Nick Neter, St Lukes Parish Centre, Stone Cross, BN24 5SL, £7 per session; first one FREE, 07773 061309 or handwork@tiscali.co.uk
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Wednesdays

9.30am-2pm

Seated Acupressure Massage with Ben Trowell & Yuka Simmons, 15 (£5) & 30 (£10) minute treatments available; FREE 10 minute tasters, WRVS, Eastbourne, 01323 412279 or sussexeastbournehub@royalvoluntaryservice.org.uk Booking advisable

1-5pm

Allergy Clinic with Robin Ravenhill, Equilibrium Health Centre, 16 Station St, Lewes, 01273 470955 or equilibrium-clinic.com

1.30-4.30pm

The Human Touch Clinic; 14 affordable specialist consultations, beauty treatments & complementary therapies. Room 8, The Shoreham Centre, Pond Road, BN43 5WU; most Wednesdays. Please check facebook.com/thehumantouch1 every Monday for updates

Thursdays

9.15pm-5.15pm

Osteopathy Clinic with Denise & Megan, £45, Equilibrium Health Centre, 16 Station St, Lewes, 01273 470955 or visit equilibrium-clinic.com

11.00am-

12.00noon (every

Thursday except 1st of the month)

Taiji Qigong & Meditation, WRVS, Russell Centre Eastbourne £4, first session FREE, Nick Neter 01323 412279 or eastsus-sexdc@eastbournewrvs.org.uk

Fridays

Every Friday through January & February

9.30am-7pm

Introductory offers for new clients: Reiki £20, and Bioenergy Healing £40, at Therapeia in Shoreham-by-sea, or Revitalise in Hove; contact Esmeralda at Esmeralda Therapies, 07779 200146 or visit esmeraldatherapies.com

Saturdays

9.15am-5.15pm

Massage Clinic with Denise, Dafna & Rachael, £45, Equilibrium Health Centre, 16 Station St, Lewes, 01273 470955 or visit equilibrium-clinic.com

9.15pm-5.15pm

Osteopathy Clinic with Denise, £45, Equilibrium Health Centre, 16 Station St, Lewes, phone 01273 470955 or visit equilibrium-clinic.com

2.15pm-6pm (2nd

Saturday of the month 9th Jan, 13th Feb, 12th Mar)

The Yasuragi Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter & Ben Trowell, 30 minute or one hour treatment for a donation (from £10), Yogalife Studio, Eastbourne, 07984 988057 or handwork@tiscali.co.uk

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All places are now bookable

9am-1pm (3rd Satur-

day of the month 16th Jan, 20th Feb, 19th Mar)

The Shiatsu Clinic (Japanese holistic bodywork therapy), with Nick Neter & Ben Trowell, 30 minute or one hour treatment for a donation (from £10), The Natural Fitness Centre, Eastbourne, contact Nick Neter 01323 732024 or info@naturalfitnesscentre.co.uk

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Feb 4th is the first in a series of 8 workshops (on 1st Thursday of each month Feb - Sep)

6-7.30pm

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Dates & topics:

4th Feb - The Body Connection - back & body health - Michael Lingard

3rd Mar - The Body Connection - how osteopathy can help you - Nicolas Tanguy

7th Apr - The Food Connection - is your diet curing or killing you? - Michael Lingard

5th May - The Food Connection - do you need to change your diet? - Michael Lingard

2nd Jun - The Breath Connection - why it matters how you breathe - Michael Lingard

7th Jul - The Breath Connection - learn better breathing - Michael Lingard

4th Aug - The Mind Connection - the plastic brain - Michael Lingard

1st Sep - The Mind Connection - changing your mind! - Penny Hawkins



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