

# Wellbeing

The state of feeling healthy & happy

*Your health and lifestyle magazine*

**HEALTH**

**WITHOUT MEDICINE**

**HAYFEVER**

**Are herbs the  
solution?**

**HEALTH CLAIMS**

**Truth or Bunkum?**

**HEALTH BENEFITS OF**

**LAVENDER**

*nutrition*

**SKINCARE**

INTRODUCING *the*

Youth  
Enhancement  
System

*from Jeunesse*



[youthfulsynergy.com](http://youthfulsynergy.com)

*Rejuvenate at the cellular level  
- inside and out!*

Would you like to increase your  
creativity, reduce stress, and become  
a much happier person?

An easy, simple, effortless  
technique will help you achieve  
this - and more!

Find out more from one of over 60 TM  
Centres in the UK,  
including Brighton, Newhaven &  
Tunbridge Wells

[uk.tm.org](http://uk.tm.org)



Transcendental  
Meditation®



## GREENER GOODS THAT WON'T COST THE EARTH!

HOUSEHOLD PRODUCTS

BAMBOO TEXTILES

SOY CANDLES

HEALTH & NUTRITION

MENS TOILETRIES

SKINCARE

ALOE VERA PRODUCTS

VEGAN PRODUCTS

GREEN GADGETS

PRODUCTS FOR PETS

HELP PLANT 10,000 TREES

[ECOMARKETSTALL.WIKANIKO.COM](http://ECOMARKETSTALL.WIKANIKO.COM)

# EDITOR'S WORD

[www.wellbeingmagazine.com](http://www.wellbeingmagazine.com)

Well I think **Summer** has arrived although it is difficult to tell some days, trying to stay **positive** isn't always easy, however this month we have two inspiring stories of **determination** and positive mindset to inspire you to overcome any challenge.

Helen Germanos shares her story of how she overcame severe Chronic Fatigue Syndrome (p16) and Jas Saini tells us about his mission to **transform** the **health** of a nation after overcoming his own health challenges (p.36).

Enjoy & be inspired.

*Rachel Branson*

Facebook.com/**WellbeingMagazineUK**  
Twitter.com/**wellbeingmaguk**

Whilst every care has been taken to ensure that the data in this publication is accurate, neither the publisher nor its editorial contributors can accept liability to any party loss or damage caused by errors or omissions resulting from negligence, accident or any other cause. We are unable to check claims made by advertisers are legal and truthful and that all products and services are safe, Wellbeing does not accept any liability in relation to advertisements placed. © Wellbeing Magazine 2015  
Reproduction in whole or in part without written permission is strictly prohibited.

## THIS MONTH'S CONTRIBUTORS

### KATE ARNOLD

Kate is our resident nutritionist who shares her insights and knowledge



### LEILANI MITCHELL

Qualified trainer and Registered Physiotherapist.



### MICHAEL LINGARD

BSc., Dip.Ost.,BIBH  
Orthopath & Buteyko  
Practitioner



### HELEN GERMANOS

Author of Silent Pain:  
Understanding &  
overcoming Chronic  
Fatigue Syndrome



HEAD OFFICE  
Haywood Media  
2 The Hall, Turners Green Road  
Wadhurst, East Sussex TN5 6TR

PUBLISHER  
Lesley Hallows  
[lesley@wellbeingmagazine.com](mailto:lesley@wellbeingmagazine.com)

EDITOR  
Rachel Branson  
[rachel.branson@wellbeingmagazine.com](mailto:rachel.branson@wellbeingmagazine.com)

WEB DEVELOPER  
Richard Branson  
Website  
[richard@wellbeingmagazine.com](mailto:richard@wellbeingmagazine.com)

## EASE AND JOY IN YOUR BODY

Does that sound like something you would like to experience?

If you answered 'Yes' then you may benefit from the following modalities I offer:

Physiotherapy - Craniosacral Therapy -  
Bowen Therapy - Acupuncture



# Ann Rambaut

CHARTERED & REGISTERED PHYSIOTHERAPIST

[www.annrambaut.com](http://www.annrambaut.com)

01323 411900

07436 810181



- YOUR TOWN  
6. NEWS FROM YOUR AREA  
43. THERAPY ROOMS  
46. WHAT'S ON

### **MIND**

21. WORKPLACE MISTREATMENT  
Working in an environment where there is a persistent pattern of mistreatment can cause deep psychological harm  
28. UNCONCIOUS BIAS

### **TREATMENTS**

20. REFLEXOLOGY

## what's inside

### **FOOD**

10. HEALTH CLAIMS - TRUTH OR BUNKUM?  
14. BREAST IS BEST FOR PREMATURE BABIES  
24. INGESTIBLE SKINCARE  
26. BOOST YOUR HEATH

### **BODY**

16. GETTING BACK ON MY FEET - CFS  
36. CARDIOVASCULAR DISEASE

### **HEALTH**

19. HERBS FOR HAYFEVER  
22. HEALTH WITHOUT MEDICINE  
39. HEALTH BENEFITS OF LAVENDER

# LOCAL WELCOME

## The Human Touch launch event...

Here at The Human Touch we celebrated opening in our new space in The Window Room at the Southwick Community Centre on 1st June; a beautiful space in a very peaceful setting overlooking the garden, where you can sit to wait for treatments. It was a great opportunity for new clients to meet the team and experience the wide variety of complementary therapies we have to offer. We provided mini treatments of Zero Balancing with Mandy Humphrey, Indian head massage with Debbie Escobar, Reiki healing & chakra balancing with Eshana Lekien, facial massage with Caron Riley, and neck and shoulder massage with Gabi Beeny. Thanks to our

special guest, Therese Eriksen of Shoreham Homeopathy, we were also able to provide Vega Testing for food sensitivities. In total the team delivered 45 treatments - a great beginning to our time in the Window Room where we will continue to provide affordable complementary therapies on a weekly basis on Wednesdays from 2 till 5 pm.

The practitioner team are available to attend local fund raiser/charity events and can also attend private functions such as birthday and pamper parties. For more information about The Human Touch call or text Mary - Project Leader - on 07796 518667 or visit [facebook.com/thehumantouch1](https://www.facebook.com/thehumantouch1) and [thehumantouchshoreham.com](http://thehumantouchshoreham.com)



Despite the recent referendum results showing us, in a snapshot, that we are divided in our thoughts as a nation I believe that the majority of us simply and sincerely want a more stable, safe, healthy, prosperous, caring and sane society. It is our beliefs as to how we achieve this that currently divide us. This division, and uncertainty, add to the individual and collective stress which, in turn, can then add more conflict to an already conflicted world. So how can we move forward to achieve our common goals? Taking inspiration from many enlightened minds, it seems that there is a common theme - and that is that we cannot experience peace in the world without first finding it individually. How can we achieve this? There are many routes, and experience shows that a healthy, rested, clear-headed person is more likely to 'respond' to situations, whereas

a stressed out, tired, nutritionally challenged person is more likely to be 'reactive'. So, I'm thinking that our magazine can provide an avenue of hope for a more coherent world. Whether through good nutrition, exercise, rest, therapies, remedies, meditation, prayer, mindfulness...the expertise shared in these pages might just be able to help us cultivate that inner peace. Maybe then we will be able to see a holistic way forward for the greater good.

Lesley

*"Maharishi emphasised that individual peace is the basic unit of world peace, using the analogy that just as there cannot be a green forest without green trees, there cannot be a peaceful world without peaceful individuals. Even though there are many sincere individuals dedicated to the cause of peace, establishing peace requires more than simply adopting a psychological belief in peace. It can only be achieved through a transformation at the very deepest level of the human mind and through a corresponding change in the physiology. Maharishi explained that when the mind and body are deeply at peace, then thought, speech and action will spontaneously radiate an influence of harmony into the environment."*



## EASTBOURNE YOGA & WELLBEING SHOW

The Enterprise Centre in Eastbourne was buzzing with activity on 11th June. The Yoga Life Studio had organised a full day of yoga and wellbeing classes, treatments, talks, healing and dance for all to enjoy - there were classes and talks running all day in three different locations on the top floor, that were jam-packed from morning till night.

Amazing teachers delivered so many different styles of classes; it was a real treat for all - body, soul and spirit. The classes you could sample varied from gentle restorative classes, to highly physical dynamic classes; from pilates to aerial yoga (performed in silk hammocks)! There were many wonderful treatments on offer, keeping the massage therapists busy all day, soothing achey muscles, and delivering just what people needed.

To pamper yourself even more

you could browse all the unique stalls and treat yourself to a very special gift reminding you of this superb day. There were beautiful clothes, hand made gifts, art and cosmetics.

Eva Kristlova and Wenche Beard, the organisers of the event, and their fabulous team of teachers and therapists were looking after everyone who came through the door with a big smile on their faces, diving into the community spirit and sprinkling the magic of yoga and love all over the Enterprise Centre. This was truly a day to remember, treasure and repeat! Everybody left inspired, rejuvenated and energised, and asking for more treats from the Yoga Life Studio.

For more information on yoga and its' benefits please visit our website [www.yoga-life.co.uk](http://www.yoga-life.co.uk) or email [info@yoga-life.co.uk](mailto:info@yoga-life.co.uk) or call us on 07812 052742



## CONVERSATIONS WITH YOUR BODY

### - a series of discussions

Do you talk to yourself or have a lot of mind-chatter going on? How much of that talk is berating yourself or your body? Would you ever consider asking your body about the information it's giving you? Would you ever ask your body what it wants to eat, knowing that you can trust what it's telling you? Would you like to be able to listen to and trust what your body is already telling you, and interpret those gut feelings for example?

The effects of our thoughts, feelings, and emotions on our bodies, and how they create changes in cell chemistry, has been well documented over the years. We have 37.2 trillion cells in our body - goodness knows how that's been calculated! Amplify the effect of those thoughts, feelings and emotions by 37 trillion and maybe you can sense what an impact they can have on your body.

Would you like to awaken your desire to live life to the fullest? Discover what's holding you back? Perhaps you don't believe it's possible to live a more fulfilling life, particularly if you're experiencing health issues such as pain, anxiety, or general loss of wellbeing.

Ann Rambaut will be presenting a groundbreaking series of

classes entitled Conversations with Your Body. The series will inspire people to move forward in life in a positive, joyful way, by providing useful, fun and easy to use tools to integrate into everyday life. Using these tools you will be able to 'chat with your body'. After the introductory class, each class will cover specific topics such as pain in the body, stress and anxiety, general wellbeing, ageing. The final class will offer an opportunity to ask questions and go over the tools given previously. Class format will be relaxed, interactive and above all light hearted.

The introductory class will be held during the last week in September (class dates, programme and venue are still to be confirmed). Interested participants will be given the option to purchase all classes in a package or only selected classes as desired. More information will follow in the next issue of Wellbeing Magazine, and Ann will be offering a discount to Wellbeing readers if you bring the magazine - Jul/Aug or Sept/Oct issues. If you'd like to know more, please contact Ann Rambaut on 01323 411900 or 07436 810181. Class information is not yet on the website, however the other services Ann has to offer as a chartered physiotherapist are. Please visit [www.annrambaut.com](http://www.annrambaut.com)



I was born and raised in the beautiful Rocky Mountains of Salt Lake City, Utah where I enjoyed spending time with friends and family and enjoying the natural beauty of Utah by waterskiing, camping, hiking, and boating whenever I got the chance. However, I'm one of the few people who grew up in this ski town though never learned to ski! By the time I was ten, I knew two things for certain; I wanted to work in healthcare and I wanted to live overseas. At eighteen I began working as a nursing assistant in an home for the elderly, and joined the Air Force with the intention of serving overseas. I was on my way to fulfilling my dream, however I ended up falling in love and staying in America to start a family.

I decided to go to university, at first wanting to become a nurse though switched my course to study medicine. While obtaining my Bachelors degree, I spent four years working with gang and at-risk youths, helping them to give back to their communities and also worked with low-income seniors, recruiting volunteers to help them meet their needs. I also had a weekly volunteer job in an A&E for two years. I loved seeing how medicine could save lives, though at the same time I was becoming aware that if I were to practice medicine I would, for the most part, just be giving out medications. I wanted something more 'hands on' and natural, and really wanted to be in a profession where I could teach my patients how to take care of themselves with diet, exercise, and lifestyle habits. My sister was a massage therapist, in chiropractic school at the time, and convinced me after a few discussions that a career

as a chiropractor was the right path for me. My big sister was always right! So, a week after graduating from the University of Utah in 1998 with a degree in Exercise Physiology, my young daughter Rachel and I moved to California to pursue my education in Chiropractic. I graduated Magna Cum Laude from Cleveland Chiropractic College in 2002 and began practicing in Los Angeles.

I've been fortunate to travel lots and meet new people from around the world. I'd visited England many times and fell in love with the country and people, so I made a giant change in my life and moved here, where I can do what I love as a Chiropractor in the country that has stolen my heart!

Whether working with disadvantaged youth and senior citizens, or providing healthcare to members of my own community, I've always enjoyed working with people and have a genuine concern and strong commitment for their wellness and wellbeing. My approach to treating my patients is one where I educate and encourage them to take an active role in the improvement and maintenance of their health, and I'll work with each patient according to their individual needs. I know that patients get better when they take an active role in their wellness and incorporate the exercises and lifestyle changes that may be needed. As a chiropractor, I have a gentle though effective approach and encourage two-way communication to ensure their treatment goals are staying on track. You will find that I am warm, friendly, and kind and it is not difficult to feel at ease around me!

I feel very fortunate to have been given the opportunity to work with the award-winning Lushington Chiropractic in Eastbourne, and I'm looking forward to joining the team. I bring with me the knowledge and clinical experience of over thirteen years in practice, and have treated a variety of patients and conditions, such as pregnant patients, toddlers, senior citizens, and people with sports injuries. I'm looking forward to helping you with your health care needs as well.

Wishing you the best of health, and thank you for reading!

*Deborah*

Lushington Chiropractic - [chirocare.co.uk](http://chirocare.co.uk) - 01323 722499

# HEALTH CLAIMS

Words Kate Arnold



## Truth or bunkum?

Health claims on food labels are claims by manufacturers of food products that their food will reduce the risk of developing a disease or condition. For example it is claimed by some manufacturers of oat cereals that oat bran can reduce cholesterol which may lower the chances of developing serious heart conditions.

A qualified health claim is slightly different. It must be supported by credible scientific evidence regarding a relationship between a substance (specific food or food component) and a disease or health-related condition.

When I was child I was told that fish before exams would help my brain, a bowl of All Bran would move my bowels and liver was good for my blood. I certainly didn't question this as it was reaffirmed by my mother, grandmother and my school. These so called early health claims certainly have some basis in truth in very generalised terms. However fast forward 30 years and we are inundated by health claims about nutrition on a daily basis. It's frustrating and confusing enough being told diverse information about what we should or should not eat without an added extra bonus. However I do think the low fat, sugar free message has at last trickled down to most people but still that narrative is being pushed to the public, it's still being made and it's still being manufactured and people are still buying it.

I'm astonished that anyone can make any rational sensible choices walking round a supermarket these days with the utter bunkum on some of the products we buy. To be honest unauthorised health claims make my blood boil. Some of the claims are so

daft and so obvious e.g. a nice sugary snack bar with the words "natural" on it (a non specific term that means nothing) or "packed full of goodness" (another bete noire of mine) but still we buy them.

Here is a list of other nonsense terms and some of the foods they come from and the claims they make. Here are some of my favourites:

**Made with real honey** (as opposed to what?)

**Heart healthy** (by whose standards and what does this really mean?)

**100% natural** (total hogwash)

**Made with real fruit** (instead of fake fruit?)

**Antioxidant plus** (er wot?)

**Healthy Kids** (can you send me a statement as to why this product is good for my kid?)

**Lowers your cholesterol** by 4% in 6 weeks (you've got to be kidding right?!)

**Helps block cholesterol** (really? ok ..I thought that's what statins did and a small bowl of this will do the same? er can I see your trials please?)

**Reduces the risk of osteoporosis** (ok so how much of this yogurt do I buy in order to stop my bones crumbling, and if I eat six pots a day every day for 10 years and I get osteoporosis with no genetic back history in my family can I sue you?).

Recently a well known yogurt company had to change their copy and wording on the promise of what their yogurts did to our



poorly guts - it was all utter tosh but we bought into the concept quite happily.

**There's a lot of nonsense on sugary cereal packets as well:**

**Great fuel for the body** - (are you saying my kid will become hyperactive because your product contains 40% sugar?)

**Improves digestive health** (sorry say again.. how sugar improves my digestive health?)

Seriously how stupid do the manufacturers think we are? They are trying to hoodwink us when we are rushed, stressed and haven't got time to get our reading glasses out and get all Columbo about the facts in front of us. Although some of us berate the EU for their over regulations regarding our life, The EFSA (European Food Safety Authority) have been clamping down on such nonsense for the last ten years, and I for one think this is a great move forward. Can you imagine how busy they have been?

So, a food that says "high in fibre" can't, unless it contains 6g per 100g. No more "contains vitamin C" unless you can prove it has 6mg per 100g. "High in vitamin C" and it needs to be 12mg per 100g. Most consumers will know that fibre is good for our bowels and vitamin C prevents scurvy but what about something more complex like antioxidants for example - do we know enough about them to make a judgement whether a product is really full of them or not? Some manufacturers are nothing less than ridiculous in their astounding claims about cell healing, gut healing, keeping you alkaline, lowering this, raising that... Big big claims.

The first thing to remember when you are walking round the supermarkets stressed, time poor and ready to grab the first thing you see off the shelves is simple ingredients. Take two packets of crisps next door to each other in the food aisles. Less ingredients usually means healthier... end of. Anything that is making claims, I would put back on the shelf. Let's face it, a humble cabbage

sitting on the vegetable aisle is making no claims at you. The more you buy in packets the more claims you will have to wade through.

Let's take two packets of crisps as an example:

**One brand contains:** Potatoes, sunflower oil, salt. This brand has no health claims.

**The other has:** Potato starch, sunflower oil (30%), cheese flavour, whey powder (from milk), flavour enhancers (monosodium glutamate, disodium 5' -ribonucleotide), flavouring, milk powder, cheese powder, butter acids, soya protein, colour (paprika extract)], rice flour, soya flour, salt, yeast, onion powder (malt flour from barley), pepper, wheat flour, colour (annatto).

**This brand had health claims of no added sugar.**

What we can see from this example is the simpler version of the crisp didn't say anything, the more complex, less healthy version did.

Cafes and chains have a lot to answer for as well. Juices, smoothies and shakes claiming all sorts of nonsense from promoting gut flora to ingredients for longevity are very dubious. If you then go to their websites there will be more nonsense about their valued nutritionist that they have employed who can show the research that your liquidised kermit in a cup has extraordinary anti ageing properties and your knees will be bendy forever and you will be as energised

as a kid that's been given keys to willy wonkas factory. The reality is that you've just spent £4 on something to give you a bit of a lift that you will consume on the run as you are too busy to put an egg on a piece of toast.

Another bug bear I have is the packets and packets of powders and green foods encouraged by the new health gurus that are usually sprawled across my various offices by patients showing me their daily usually highly expensive supplement plan. The fact that the patient is in my office unwell and taking these powders should tell you everything you need to know. These are usually eaten by people who have super healthy diets anyway, now isn't that ironic? Keeping things simple is key to health claims and food labelling. Vulnerability is another key player - when we are sick, we are vulnerable and will buy into a lot more nonsense than when we are well and thinking straight. All the new rules made by the EU to protect us from all this have been taken up by the trading standard offices and for every new one they find, another one they haven't come across emerges. Trust your instincts. Like fashion food has trends and fads. We've seen wheat grass shots, goji berries and coconut as the new kids on the blocks. However, sometimes a classic jaguar coat is better. So if a food is implying that it can treat prevent or cure a medical condition put it back. If it's screaming messages at you at how natural it is, if it were, it wouldn't have to. I've never seen a bottle of olive oil claiming anything... and it really does have a lot to sing and dance about.



# BREAST IS BEST

## for premature babies' hearts

**Breastfeeding premature babies improves long-term heart structure and function, an Oxford University study has found.**

The hearts of babies born early often develop abnormally. Dr Adam Lewandowski and colleagues at the Oxford Cardiovascular Clinical Research Facility, directed by Professor Paul Leeson, have previously shown that, in adult life, the hearts of people who were born very preterm have smaller chambers, thicker walls and reduced function.

The changes in the heart are thought to emerge in the first few months after birth and therefore the team wanted to explore whether the way the baby was fed during this time might be able to alter how the heart develops.

Dr Lewandowski, who led the research, explained:

'We already had data on more than 900 individuals who were followed since birth as part of an earlier study which started in 1982 on the effects of different feeding regimes in

preterm infants. We invited individuals who had been followed up throughout life to come to Oxford for a detailed cardiovascular study and used this information to investigate how different feeding regimes could affect the development of the heart in the long term.'

From the original group, now in their early-to mid-twenties, 102 people were able to visit Oxford and take part in the study. A further 102 people of similar age who had not been born prematurely were also recruited.

The study published in Pediatrics showed that while those who had been born early had reduced heart volumes and function compared to those born at term, the reduction was considerably less in people who had been exclusively fed on breastmilk compared to those fed only on formula milk. Furthermore, in those fed a combination of

breastmilk and formula, the more breastmilk consumed in the diet as babies the better their heart structure and function as adults.

After analysing the results to take into account other factors that might have affected heart volume and function, breastfeeding and the amount of breastmilk in the diet was still clearly associated with better heart volume and function when compared to formula feeding.

Dr Lewandowski said:

'Even the best baby formula lacks some of the growth factors, enzymes and antibodies that breastmilk provides to developing babies. These results show that even in people whose premature birth has inevitably affected their development, breastfeeding may be able to improve heart development'.



## 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

01323 310532 / 737814

[katearnoldnutrition.co.uk](http://katearnoldnutrition.co.uk)

[katenut@aol.com](mailto:katenut@aol.com)

Kate Arnold Nutrition @KANutrition

Physio Plus  
18 Gildredge Road  
Eastbourne  
BN21 4RL

BMI Esperance  
1 Hartington Place  
Eastbourne  
BN21 3BG

Harbour Medical Practice  
Pacific Drive  
Eastbourne  
BN23 6DW

Warwick Park  
72 Warwick Road  
Tunbridge Wells  
TN2 5EF



# Getting back on my feet...

words: Helen Germanos

Leaning back, the engines of our plane roar and we hurtle along the runway then up in to the air. The day is a dull one yet in a few moments we burst through the clouds and my young son shouts in delight 'look mummy the sun is shining up here'. I think to myself 'it sure is baby!' and savor the fact that I am able to be sitting on this plane travelling with my son enjoying this majestic view.

I reflect on the fact that this same month four years ago (June 2012) I was bed bound in terrible pain with no ability to care for

myself and with no comprehension as to what was happening to me. It felt like I was under a permanent cloud unable to reach the sun above. I had been diagnosed with severe Chronic Fatigue Syndrome/Myalgic Encephalomyelitis. I had heard of it but did not have any real understanding of this illness. I was reeling from the experience but also from the information that I was given describing the dire statistics of what I could expect. I also just could not get my head around being referred to as disabled. Yes, I agree, I could not walk. Yes, I agree, I had



lost my voice and could not communicate except via text. Yes, I agree, I needed to be brought my food in a thermos. Yes, I agree I could not bathe myself nor care for any of my needs. But, still, I did not see myself as disabled.

I have an intense dislike for this word. I am a very stubborn individual and prefer to see everyone as able or capable with a list of things that they may not feel so able to do. I passionately believe that one's spirit can overcome just about anything. That day the doctor sat in my bedroom and called me disabled I remember whispering back 'this is simply your opinion'. I refused to listen any further. He had nothing more to offer

me so I decided I would somehow take care of myself. In my mind the words pulsed - I will walk again - I will run again - Most importantly - I will be there for my son.

Despite my conviction initially I cried a lot and I was furious. I was in so much pain. I had Fibromyalgia as well we discovered. I felt exceptionally helpless, something I had never felt physically before. I prayed for hours on end. I was unable to hold a conversation, have a hug from my baby boy or my partner, listen to music, nor watch a film. All I could do was survive from moment to moment. At my worst my heart felt like it would just stop beating and I lay still flat on my back waiting for the feeling to pass.

My saving grace, apart from being immensely stubborn, was my training in psychology and homeopathy. I began to use mental exercises to help me focus and relax. I used meditation to relax my body and use the time to reflect and observe this illness as if from a third party perspective. I observed my symptoms and self medicated using herbal and homeopathic remedies. My partner being a skilled homeopath also helped me by suggesting remedies. I had help from other gifted healers too. It took nine months but I began to turn a corner. I finally could spend a few minutes a day with my son and partner, do a bit of reading, and listen to music again. Heavenly.

I read up on this illness and the more I read the more it felt like going round in circles. One day, something miraculous happened.

I was annoyed with my partner for some unknown reason and an old friend made contact just as I was feeling particularly huffy. My friend said 'oh it will all be fine' and uncharacteristically for me I also got huffy with her. This led her to recommend me a book to read. I growled and hung up. Then an hour later felt idiotic, could not remember why I was angry with either of them, so I apologised to both, and asked my partner to order in this book. It arrived a few days later and was written by a psychologist describing all different forms of relationships, our responses to various situations and how these are determined by our relationship to our primary caregivers as children.

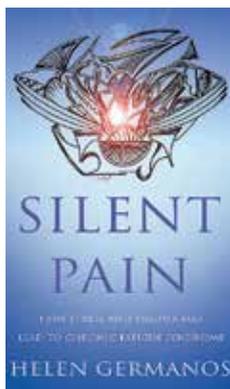
In it there was brief mention of a neurological study on the Vagus Nerve in relation to how and why when some individuals are challenged they feel very stressed and have a whole host of symptoms, whereby they shut down emotionally and physically. Time suddenly stood still. What was being described here all sounded very familiar. All the symptoms were very similar to those described in CFS/ME though on a very mild scale. I wanted to jump out of bed and run down the hall to tell my partner – THIS IS IT, I think I know what this illness is.

I got a full copy of the study and was able to piece together a satisfying theory of this illness, explaining how it develops and why. From this I worked out how to get myself better. It was stress related, and the mechanism that is at the heart of our ability to heal – the Autonomic Nervous System (fight or flight response/immune system/

heart/digestion) – was malfunctioning. In essence, I understood that the part of me that normally controls and fixes everything now needed my support to help fix itself. I was doing all I could physically by eating healthy, taking supplements and my homeopathic remedies. Now I understood that I had to tackle my lifestyle choices and change my behavior. I looked for other ways to also actively relieve the autonomic nervous system. We moved out of the city to the suburbs, and very importantly I learned how to say 'NO' and do things more on my terms. My journey of recovery began with the words 'I need....' and it took me a good 18 months to get fully back on my feet.

From the moment I made the connections I have wanted to share this information with others, and share that recovery is possible! I took to writing about my experience, and also work as a healer and life coach helping others on their journey of recovery.

**If you have any questions visit  
[www.helengermanos.com](http://www.helengermanos.com).**



Silent Pain, How Stress and Trauma may lead to Chronic Fatigue Syndrome.  
[http://www.troubador.co.uk/book\\_info.asp?bookid=3054](http://www.troubador.co.uk/book_info.asp?bookid=3054)

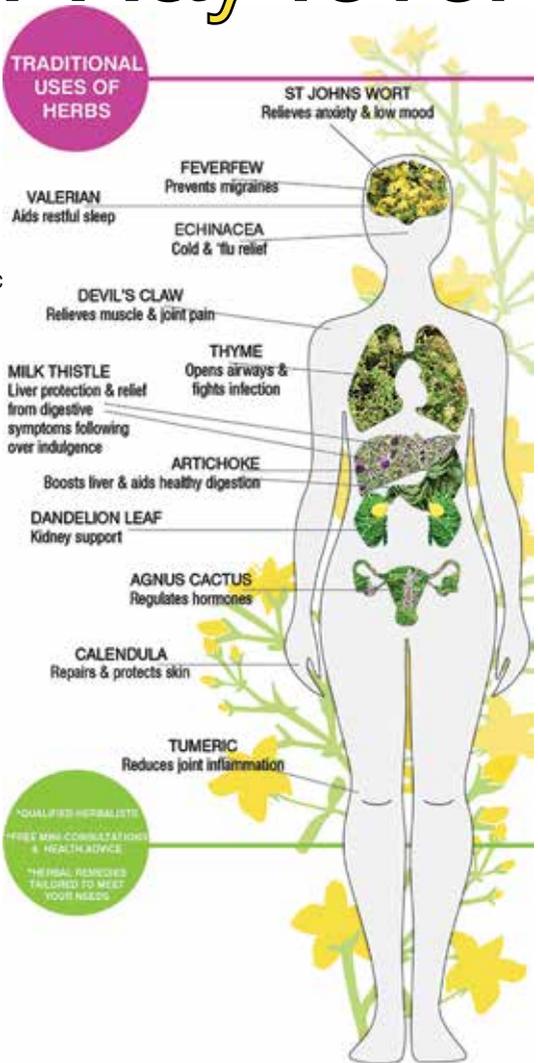
# Herbs for Hay fever

Hay fever can range from mildly irritating symptoms of sneezing, nasal congestion, itchy and watery eyes to much more severe symptoms that can make the summer months a misery. Hay fever is a seasonal allergy to tree pollen, grass pollen or mould spores. It is related to asthma and eczema and involves an abnormal response of the immune system. Dietary intolerances and disruption to the normal bacterial population of the digestive system have been implicated in the development of atopic allergies.

Traditional remedies for hay fever are herbs that have an anti-catarrhal action and include plants such as elderflower, eyebright, goldenrod and ribwort plantain. Anti-allergic herbs are also used and common examples are German chamomile, nettle, and ribwort plantain. Sometimes herbs are used to help support liver function with a hepatic herbal remedy such as milk thistle or with a bitter remedy such as dandelion root. It may also be a good idea to use a probiotic supplement and maintain a diet high in soluble fibre to help promote a healthy bacterial population in the digestive system.

Herbalists may also employ a variety of herbs with the aim of normalising immune function, improving digestion and supporting the detoxification processes. Where stress plays a role in worsening the symptoms, herbs would be included to help with relaxation. It is generally recommended to use herbs for two or three months prior to the onset of symptoms. For some, a simple blend of dried herbs to be consumed as a tea can be enough but where symptoms are more severe or harder to manage then it may be beneficial to see a qualified Medical Herbalist.

At Brighton Apothecary the herbalists are able to advise you further and help to select the most appropriate remedies for you. You can drop in at any time and have a free 10 minute consultation for minor health complaints and have your remedy tailor made.



Brighton Apothecary - Unit 6, The Open Market,  
Marshall's Row, Brighton, BN1 4JU

Contact us on 07477 886 777 or by email

[brightonapothecary@gmail.com](mailto:brightonapothecary@gmail.com)

Connect with us on facebook or twitter [@BrightonApoth](#)

or visit the website [brightonapothecary.co.uk](http://brightonapothecary.co.uk)



Reflexology is a healing art of ancient origin. Although its origins are not well documented, there are reliefs on the walls of a Sixth Dynasty Egyptian tomb (c. 2450 B.C.) that depict two seated men receiving massage on their hands and feet. From Egypt, the practice may have entered the Western world during the conquests of the Roman Empire. The concepts of reflexology have also been traced to pre-dynastic China (possibly as early as 3000 B.C.) and to ancient Indian medicine. The Inca civilisation may have subscribed to the theories of reflexology and passed on the practice of this treatment to the Native Americans in the territories that eventually entered the United States.

Reflexology, applied properly, may alleviate allergy symptoms, decrease stress, decrease symptoms of back pain and other muscular aches and pains, help with symptoms of chronic fatigue, improve sleep patterns, reduce high blood pressure, alleviate symptoms of IBS and other digestive disorders, reduce symptoms of PMS, PMT and menopause. The techniques of reflexology can be performed conveniently on the hand in situations where a session on the feet is not practical. It may help in the treatment of a variety of conditions and injuries. One example is fibromyalgia. People with this disease are encouraged to undergo reflexology therapy to alleviate any of a number of chronic bowel syndromes associated with the condition. Frequent brief

sessions of reflexology therapy are also recommended as an alternative to drug therapy for controlling the muscle pain associated with fibromyalgia and for relieving difficult breathing caused by tightness in the muscles of the clients' neck and throat.

Reflexology at The Human Touch: at The Human Touch you can have hand or foot reflexology or a combination of both. Before your reflexology treatment you will have a short preliminary discussion with the reflexologist, to enable her to focus accurately on your specific complaints and to determine the appropriate pressure points for treatment. During your treatment she will use massage and reflexology techniques to primarily warm, stretch and relax your feet, then apply reflexology to all reflex points, focusing on particular points relating specifically to your individual symptoms. She will finish the treatment using therapeutic relaxation techniques, stretching the feet and applying a short gentle massage to your feet ankles and calves. You will then be given a short time to settle after treatment and offered a drink of water.

The Human Touch team hold regular Wednesday afternoon clinics at the Southwick Community Centre, 24 Southwick Street, BN42 4TE from 2-5pm. For more information please visit [thehumantouchshoreham.com/reflexology](http://thehumantouchshoreham.com/reflexology) or call Mary on 07796 518667



It's well known that stress can lead to illness and significant levels of sickness absence from work.

“As well as trying to reduce the amount of stress at work, it can also be very useful for people to help themselves by managing their stress levels and becoming more resilient to workplace pressure”, says Murray. “And that's where relaxation systems like our MindSpa come into play”.

There is medical evidence to show that spending some time each day in deep relaxation can reduce the secretion of stress hormones in our bodies in addition to having many other physical and psychological benefits.

The MindSpa system uses special patterns of light and sound that have been found to have a deeply relaxing effect on mind and body.

The special light-glasses produce amazing visual effects, including the illusion of complex, shifting geometrical imagery.

This imagery, in combination with soothing, flowing sounds, helps to clear your mind and eases you into the deep states of relaxation.

**The MindSpa is available from MeditationsUK at [meditationsuk.com/meditation\\_machines/mindspa.htm](http://meditationsuk.com/meditation_machines/mindspa.htm)**

## WORKPLACE MISTREATMENT

Workplace mistreatment is in the news at the moment.

First we had Chelsea's first team doctor saying she had been a victim of discrimination, verbal disparagement and sexual explicit comments from colleagues.

And then we had Mike Ashley being accused of running a company where verbal, psychological abuse and humiliation were – and probably still are – commonplace.

Hopefully, as more of these types of cases come to light, more employers will become aware of the need to cultivate a culture that is free of abusive behaviour.

“Working in an environment where there is a persistent pattern of mistreatment can

cause deep psychological harm”, says Ivor Murray of MeditationsUK.

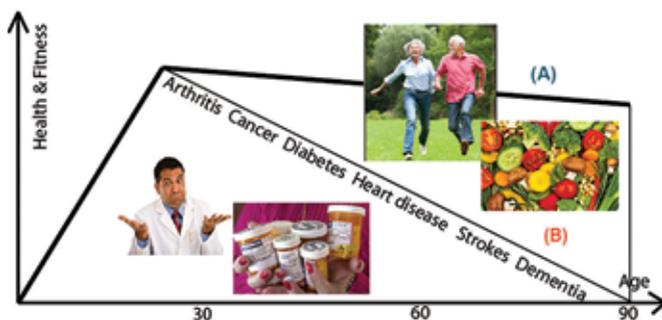
“And although cases as blatant as the ones that have made the headlines recently are comparatively rare, nevertheless there are a great number of people who wake up worrying about going to work because they know they are likely to face stressful situations”.

Not all stress is harmful – and it's unavoidable that many jobs will have a certain level of stress associated with them.

“The problems come when the level of stress becomes excessive and the employee is unable to cope with the demands made upon him or her”, explains Murray.

# Health without Medicine -

the high road or  
low road of living



**There are two ways of living well into old age after reaching your full development at around thirty: either maintain good health and fitness with a slow decline as you age (A) or a steady chronic decline with increasing debility and sickness and increasing medical intervention with drugs or surgery (B). Your lifestyle is the main determinate; your diet, exercise, breathing and mind-set!**

Might it be possible to live a healthy active life to ninety without medical support? Why have we all become used to the idea that our health is dependent on medicine or surgical intervention? Is it really possible to go through our lives without the need for modern medical interventions, barring injuries from falls or accidents? Is this suggestion such a wild idea as to be dismissed out of hand as totally unrealistic?

Well, the truth is that many individuals and whole societies have done just that! Wouldn't it be interesting and valuable to discover how these individuals have managed without modern medicine? The research leads us to look for common factors in their lifestyles and environments. There are only a few factors that seem to be common to all these people throughout the world and they include their diets, their physical activity, their physical environments, their families and communities, their water supply and air condition, their contentedness and calmness. That's on the positive health promoting side but on the negative side they are usually not city dwellers, they usually don't have stressful jobs, they are not suffering political or religious persecution, they are not in war zones, their agriculture has not been industrialised, they are not driven by consumerism or wealth creation beyond what they need to live on, and they have minimal contact with modern technology.

On the basis of the lists above it would appear that most of us in the developed West don't stand a chance of meeting most of those criteria, so are we doomed to be passive recipients

of what the pharmaceutical industry and medical establishment can offer us or can we make progressive shifts towards some of those goals for health?

I believe we can make enormous shifts to improve our chances of good health and a long active life with a little effort and a lot of determination to break old strong established lifestyle habits. The choice really is ours to make; the diagram above depicts two extreme routes our lives from birth to death can follow. The route (B) is what is in store for the majority of us in the West if we carry on doing what we are doing but the route (A) is the alternative option if we start to make the necessary changes in what we are doing. On the basis of studying many research papers over many years here are some of the lifestyle changes you could begin to implement over the coming months or years that will raise your chances of a long active healthy life and reduce the chances of a slow progressive degeneration requiring more and more medical intervention and medication.

**The Body Connection:** our bodies are without a doubt the most mysteriously wonderful living beings in the universe, despite all our study and research we still have little understanding of this infinitely complex and beautiful inheritance everyone of us has, even the 'broken or damaged' body possesses a remarkable capacity to function well and improve with time. However this does not mean we can abuse and mistreat our body with impunity but that we should do whatever we can to give it at least as much care and attention

we give to our houses or our cars! This may mean trying to maintain a good posture, not lifting heavy loads badly, getting enough daily gentle exercise, not disregarding aches and pains but seeking their cause and trying to deal with that. Once the body has suffered a mechanical, structural disturbance from a fall, over straining, repeated postural stresses or even emotional stresses it may need some outside help to realign and rebalance it. Remember any disturbance that causes aches and pains in your back will certainly be causing some disturbance of the nerve supply and functioning of internal organs. Correction to these structural problems may be achieved in many ways using physical therapies or guided exercises.

**The Food Connection:** there can be no truer saying than “We are what we eat”, how can it be otherwise? Every cell in our body is built and nourished by the food we put in our mouths and the fluids we drink. No sane car owner would try to run a car on waste cooking oil and expect it to work well. Neither would they risk using high-octane aviation fuel if it was designed to run on diesel. So, why do we not care too much about the food we eat? Because our food is not just fuel to power us, but is all the body has, to build new tissue, repair injuries, form the immune system, create the many hormones and complex organic substances needed for the smooth operation of this infinitely complex biological system. It makes sense therefore that our diet must be able to provide a wide variety of nutrients with out any overload of harmful contents of our food. Based on over fifty years of research and the study of millions of people worldwide there is growing evidence that an ideal diet is whole plant based. This is indeed usually the main source of nutrition of those individuals and societies that enjoy long active healthy lives, with small occasional amounts of animal flesh for special occasions.

**The Breath Connection:** breathing is the most connecting function of man. We each of us breathe in the exhaled air of everyone else throughout the world as well as the exhaled air of every other living creature and the exhaled oxygen from the plants throughout the world. If, as many suggest, health is associated with becoming more whole and having close links to others and our environment, surely breathing is an important

factor. However, modern man in the West has over the past few decades developed a widespread unhealthy condition that is over-breathing or chronic hidden hyperventilation. Between seventy-five and ninety percent of people now breathe over double the amount of air they should for good body oxygenation. Why this is so is open to debate - there are two key possible reasons; the first is repeated stresses trigger the primitive fight or flight response that in turn causes increases in breathing rate, and secondly, our modern lifestyle of an over affluent diet with less and less physical exercise has a similar effect on our breathing. Most people can retrain their breathing back to normal in just a few weeks with the right instruction and perseverance. The remarkable effect this has on the individual is to teach them to be more relaxed and not so reactive to everyday stresses, a reduction in the unhealthy effects of stress is a great aid to good health.

**The Mind Connection:** it is increasingly recognised that there is a powerful connection between mind and body, in fact the latest research indicates our mental activity, our thoughts and attitudes not only affect our physical bodies, the psychosomatic effect, but also reshape our brains. That our brains are not the fixed, unchanging structure we have been led to believe but are quite plastic and are continually changing depending upon our activities and thoughts every day. One of the common elements amongst primitive people who live healthy long active lives is invariably a calm and contented mind. It is no accident that there is currently much interest in teaching this to everyone in stressful work or suffering anxiety, and mindfulness is one approach that helps teach individuals to shift their attention from the stressful things in their lives to greater awareness of their surroundings and the comfort of their body through relaxation. Breath training is a vital element in this training for the reasons given above. Often unconscious thought patterns can lead to ill health either because of stress from anxiety or behavioural problems. Here there are ways of helping lift these unconscious traits into the conscious and then positively change them - remember our minds are plastic and can change!

More comprehensive information on all these factors underpinning health can be found on [TotalHealthMatters.co.uk](http://TotalHealthMatters.co.uk)

**Michael Lingard BSc. DO BBEc**



## INGESTIBLE SKINCARE: THE NEXT BIG BEAUTY TREND?

Want to know the secret behind a flawless complexion, glossy hair and stronger nails? Ingestible skincare seems to be an ever-growing beauty trend, with increasing evidence showing that it's what we put inside that truly counts.

Market trends predict that ingestible beauty products will be the next big thing, so here's the super ingredients to look out for and try when putting this trend to the test:

### **VITAMIN C**

Perhaps best known for its immune boosting properties, Vitamin C should not be overlooked when it comes to your beauty regime. This is because Vitamin C plays an incredibly important role in the synthesis of collagen, the protein in our bodies responsible for the skin's suppleness and elasticity that can help you to maintain a youthful, plumped up and healthy glow. There are also noticeable effects of Vitamin C deficiency on the skin which can be seen

when it becomes dry and dull and begins to lose its firmness and tone. To up your Vitamin C intake and ensure a real beauty boost, try Altrient C, the world's first liposomal Vitamin C supplement which offers a 98% absorption rate. In recent research this supplement increased skin elasticity and firmness by 61% in just 12 weeks.

### **MILK THISTLE**

Revitalise tired-looking winter skin with milk thistle which offers excellent detoxifying properties to cleanse and support the liver, which, if not working to its best advantage, can be responsible for a variety of skin complaints, including eczema, dermatitis and those dreaded dark circles.

### **HYALORONIC ACID**

Perhaps one of the most well-known anti-aging beauty ingredients, hyaluronic acid can be found in a wide range of topical beauty products. To see the true benefits of hyaluronic acid on your skin, look for supplements and products which contain pure hyaluronic acid. These don't come cheap, but one affordable option is O'HISA. This new supplement includes Hyabest, 100% pure hyaluronic acid which offers advanced anti-ageing benefits, eliminating skin imperfections such as wrinkles and fine lines. O'HISA also includes omega 7 and 9, alongside B vitamins and zinc to help to keep your hair and nails in a healthy condition.

### **RESERVATROL**

Resveratrol is a natural antioxidant compound called a phytoalexin, which is produced by plants when they're subjected

to stress. As an antioxidant, resveratrol offers great anti-aging skin benefits, working to protect cells against oxidative damage as well as reducing inflammation. The highest amounts of resveratrol are found in the skins of grapes and in red wine, but blueberries, pomegranate, blackberries, raspberries and peanuts also contain modest quantities of this natural compound.

### **PROBIOTICS**

The benefits of probiotics go beyond digestion, with research indicating that a balanced and healthy gut flora can impact positively on the health and appearance of your skin, hair and nails. Our gut flora is known to bind to and remove toxins from the gut daily and taking a multi strain probiotic such as Bio-Kult regularly could help to remove waste substances and toxins from the body leaving you looking and feeling better.

### **COLLAGEN**

Collagen is the most abundant protein in the body, which helps to maintain the structure of skin tissues, creating a network which anchors the layers of the skin. A well-structured collagen network is the key to youthful skin, as the aging process causes collagen production to slow down, leading to skin dehydration and loss of elasticity. A liquid supplement such as Collagen Extra Marine contains up to 20 times more collagen than any capsule or tablet on the market, and is clinically proven to improve skin hydration after 8 weeks, and collagen deterioration after 12 weeks. It also contains Hyaluronic acid with Vitamins C, B complex and Magnesium.



# BOOST YOUR HEALTH

## AND GET A TASTE OF SUMMER WITH THE FOODS OF THE MED

With summer well underway and warmer weather, longer days and travels abroad, our diet and fitness becomes a major focus. It is the time of year to take inspiration from the countries which inspire our holiday destinations, as research continues to demonstrate that the Mediterranean diet, abundant in fruits, vegetables, oily fish, legumes and olive oil, is perhaps the world's healthiest diet. Little effort is required to incorporate these delicious and popular foods into our everyday diet, with major benefits to our health.

Here's what to ditch and switch this year:

### **DITCH: Red meat**

### **SWITCH: Oily fish**

Whilst red meats are often a favourite and are high in protein, they can be higher in saturated fat. Oily fish such as salmon, mackerel and tuna offer similarly high levels of protein, and are rich in omega 3, a polyun-

saturated fat which offers a broad spectrum of health benefits. Omega 3's fatty acid components, EPA and DHA, contribute to optimal heart function, blood pressure, normal brain function, joint health, immunity and quality of vision. For maximum benefit, try adding a high quality omega 3 fish oil supplement like UnoCardio 1000 to your diet to ensure you're getting adequate amounts of omega 3 daily.

### **DITCH: Butter and margarine**

### **SWITCH: Olive oils**

Extra virgin olive oils are a great source of heart-healthy monounsaturated fats, which can help to overcome the increased risk of heart disease associated with saturated fats found in butter. You can in fact switch out butter for other plant-based oils such as canola, sesame, walnut, peanut, and grape-seed, and are delicious for light drizzling over salads and vegetables, and for dipping bread!

**DITCH: Sugary treats****SWITCH: Fresh fruit, nuts and seeds**

We all know the dangers of too much sugar in our diet, but it can be difficult to find an alternative which is just as tasty. Instead of sweet treats, reach for, nuts such as cashews and almonds, and seeds, as these are packed with vitamins and minerals which provide our bodies with an additional dose of protein, as well as the healthier mono and polyunsaturated plant oils and fats. Make simple tweaks to your favourite snacks such as adding whole chickpeas to hummus, or popping some chia seeds in your favourite healthy smoothie to help curb mid-meal cravings.

To keep your sweet tooth at bay, enjoy fresh fruit for a great source of fibre, vitamin C and antioxidants. Not only will they help to keep your immune system working at its best, vitamin C is also known for its collagen-boosting properties, helping to keep your skin firmer and younger looking. If you struggle to get your five a day, try Altrient C, the world's first liposomal vitamin C supplement which offers an absorption rate of 98% for a super dose of this vital nutrient.

**DITCH: White pasta, bread and rice****SWITCH: Whole grains**

Unrefined, 'whole' grains contain more vitamins, minerals, and protein than their popular refined, white flour counterparts, as well as being able to help stabilise your blood sugar levels. Not only are whole grains such as wholemeal pasta, rice and quinoa excellent sources of fibre for improved digestion and reduced bloating, they also contain a multitude of energy boosting B vitamins including folate, riboflavin, niacin and thiamine, and minerals such as magnesium, iron and selenium.

**DITCH: High fat, processed dairy****SWITCH: Fermented dairy**

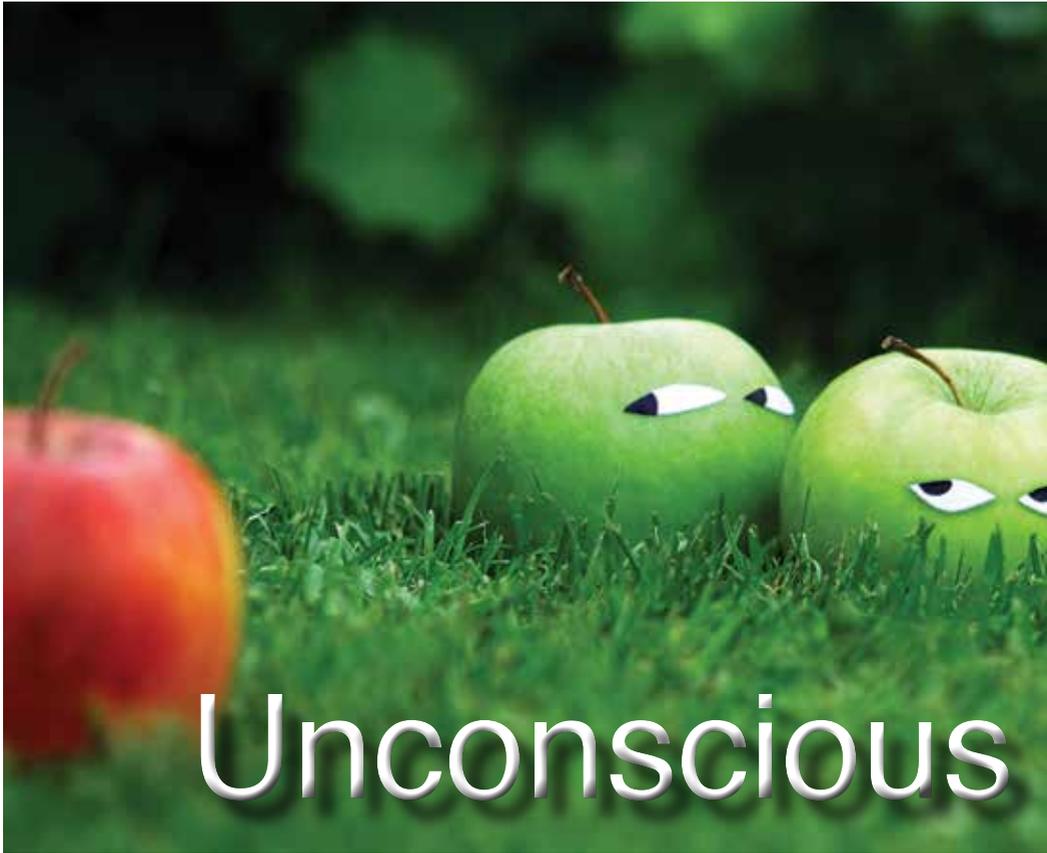
Fermented, natural cheeses and yoghurt are the healthier choice when compared to their processed alternatives. Billions of live microorganisms as well as essential vitamins B2 and B12, and minerals including calcium, phosphorus help fermented dairy products to improve your overall gut health, for better digestion and boosted immunity. For an added boost of the good bacteria your gut craves, try adding a multi-strain probiotic to your diet, such as Bio-Kult.

**DITCH: Store-bought sauces****SWITCH: Home-made sauces**

Get yourself in the kitchen and dodge the store-bought products, which are often laden with sugar and additives to enhance their flavour and longevity. Try preparing the classic tomato-based sauces popular to Mediterranean diets, and reap the heart-healthy benefits of the humble tomato. This under-appreciated super food contains lycopene, beta-carotene, potassium and phytosterols, which can help to tackle major health issues, naturally reducing cholesterol and blood pressure whilst boosting the overall health of your heart. To maximise the benefits, try a daily dose of CardioMato, a tomato based supplement which is proven to reduce cholesterol and blood pressure in just six weeks.

**And for a bonus...**

Don't ditch wine! Red wine in particular, in moderation, delivers a dose of heart-healthy resveratrol and has been shown to increase good cholesterol. Further evidence also suggests it can help to regulate blood sugar, and even help you absorb vital nutrients from the food you eat. What's not to enjoy?



# Unconscious

***How do you react when you meet people? Do you make presumptions? Draw conclusions? Judge? Is your reaction affected by people's age, skin colour, ethnicity, height, gender, the way they dress, etc?***

The answer is YES! Very much so. In fact research now shows that our reactions and therefore our behaviours and decisions are affected by our bias and much of this in unconscious.

Unconscious bias refers to a bias that we are unaware of, which happens outside of our control. It happens automatically and is triggered by our brain making quick judgments and assessments of people and situations, influenced by our background, cultural environment and personal experiences (*ECU: 2013 Unconscious bias in higher education*)

We also have conscious bias: the types of people, nationalities, genders that we have a prefer-

ence for and are drawn towards. When things are conscious we can attend to them but when they are not it means they can impact us and our relationships in negative ways. We may avoid people, discriminate, treat people differently, make bad decisions and potentially cause harm to ourselves and others.

The more we can be aware that we all have unconscious bias and the more we can bring it into our consciousness, the better for all. There has been lots



# Bias

of research that illustrates this concept. For example, a study of science faculty applications (*Yale University, Moss-Racusin et al, 2012*) sent out identical applications apart from the names being gender specific. Even though the information was exactly the same (apart from the name) the assessors consistently judged the one with male names on to be better qualified, more likely to be offered the position, would be given a higher starting salary and were more likely to be invested in long term. This was

consistent whether or not the assessor was male or female themselves. Other studies, such as The Sentencing Project 2013, show that African-Americans are much more likely to be sentenced than whites, and that the sentences are generally longer. Although the figures are lower, this is also true in the UK.

Generally we have a preference for people who we see as belonging to our core group, whatever that may be. We gravitate towards what we see as sameness and identify with, and away from people who we see as different from us. This, of course, has all sorts of implications in terms of prejudice and therefore discrimination. We have laws and policies that demand that we must not discriminate and of course it's important that we do our best not to. However I believe this can invite a level of shame and we then shut down on exploring our own process and its effect on ourselves and others.

Your biases are affected by your past, the culture you grew up in, the messages you received or perceived when growing up, and the culture in which you now live. They are also affected by stereotypes and how much we potentially feed those views via the media, literature or seeing things from our own frame of reference.

We all have unconscious bias and it does affect our behaviour and decisions in the world. If we remain open and curious we can explore our unconscious process and bring it into our conscious awareness. Only with awareness can we take these biases into account so that they affect our behaviour and decisions as little as possible.  
words: Leilani Mitchell

If you would like to know more about this concept or others, we run a range of workshops for personal and professional development at The Link Centre [thelinkcentre.co.uk/courses/unconscious\\_bias/](http://thelinkcentre.co.uk/courses/unconscious_bias/)

*Leilani Mitchell Dip. Couns. CTA (P) UKCP Reg. Psychotherapist, TSTA (P) 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*  
[www.thelinkcentre.co.uk](http://www.thelinkcentre.co.uk)  
*Leilani's passion is to facilitate people's self-awareness to enhance their quality of life.*

# How Changing Your Perspective Can Change Your Life.



Liz Norton is nothing if not a fighter. Diagnosed with Cystic Fibrosis at the age of six weeks old, her parents were warned not to expect her to live beyond her teens.

It was heartbreaking news for Liz's devoted mum and dad, who had thought long and hard about having a second child, already having a nine-year old son with the same condition. There was a 25% chance their new baby would also have CF – and the odds proved not in their favour.

Yet feisty Liz, now 34, has defied all the odds. A self-confessed bookworm – partly fuelled by weeks spent in hospital – she excelled at school and graduated from University not only with an honours degree, but a Masters and, most recently, a PhD.

She completed her 'bucket list' of things to do before reaching the age of 30 and has now written an inspirational book to help others overcome their fears to achieve their potential and ambitions. 'Step Back, Move Forward' is a fascinating mix of Liz's own life-story and valuable advice gleaned from the lessons she has learned on her fairly rocky road through life.

Not only did she have to endure a debilitating drop in lung function and chronic stomach pain – a common side-effect of CF – but she also had to watch her beloved brother die at the age of just

21 from their shared condition. A year later, her heartbroken father suffered a breakdown, leading to his early retirement and, she believes, early onset dementia, which ultimately led to his death in 2014.

It would be easy to think, looking at her CV, that life has been a bed of roses for Liz, a seemingly-confident, chatty and bubbly public speaker. But appearances can be deceptive, as Liz is the first to admit. And, as she battles on tackling her illness with a time-consuming daily routine of vapour inhalation, medication, physiotherapy and exercise, she remains optimistic that the longer she fights, the closer medicine will come to finding a solution which will help the next generation. Her brother declined the offer of a lung transplant, which would have given him a few extra years of life, knowing he might not survive the operation. Having witnessed the grief that caused her parents, Liz has already vowed she would make a different choice, should that day ever arrive. Not that it will, of course. One gets the impression the sky's the limit for this formidable young woman who truly believes there is no such word as "can't".

Step Back Move Forward is not – nor was it designed to be – a sorry tale of Liz’s problems. Instead, it takes a humorous, yet serious, look at how everyone can change their lives by looking at it from a different perspective.

She said: “I’m not special – and that’s the point. I’m an ordinary person who’s had some extraordinary experiences and who has learned to deal with them. The fact that people come to me for both personal and professional help is an absolute delight to me.”

Written in Liz’s own inimitable style, the book doesn’t set out to lecture, but to give plenty of food for thought – and sets targets that all of us can achieve.

What other self-help book says it’s OK to have a duvet day (or even two)? Liz advocates that it’s fine to feel down in the dumps now and then – just not to let it drag on!

“Putting yourself first is not selfish and limiting your activities is not a weakness. We live in a society where ‘having it all’ is the ultimate goal and people who don’t go all out in every aspect of their lives are branded lazy or unambitious,” she said. “I believe that the meaning of life, if there is one, is simply to be happy.”

Liz admits she doesn’t always succeed in being happy and said: “I am not a motivational writer and speaker because I am happy all the time; I am a motivational writer and speaker precisely because I am NOT happy all the time, but when the worst does happen, I tackle it head on.”

In Step Back, Move Forward, she writes: “I am not a psychologist (not that kind of doctor!). What I am is a fighter. Not a victim, not a survivor, but a fighter. I fight my challenges every day and I get knocked back by them on a regular basis, but I keep fighting and I have developed tools to help me do so.

“My reason for writing this book was not to tell my own story (although I admit it is a singularly cathartic experience), but rather to help those who read it to understand how I have kept fighting all these years and how, if they choose to, they can do likewise.”

Liz doesn’t promise a panacea – instead, she provides a set of tools, inspiration and motivation to help people overcome their challenges and make things happen. She explains how simple tricks like ‘pathworking’ - a kind of meditation and self-hypnosis - can be used alongside mindfulness to help attain a calm and forward thinking state. Not that she always practises what she preaches!

“I rely on what I like to refer to as negative mantras. That means, instead of trying to access my positivity in times of crisis I tap into something that, for me is far more powerful; my obstinacy. My strength lies in being unendingly stubborn!” Liz is living proof that being stubborn does get results – eventually. She said: “Ultimately, what you have to realise is you cannot simply sit back and wait for things to get better. If you expect the Universe to fix things for you, you are bound to be disappointed. Even when a situation is seemingly out of your control, such as illness or financial crisis, you can still take steps to make things better.

“You need to take a stand and fight back against adversity and, if platitudes and niceties aren’t working, try getting stubborn, fighting back and saying to your challenges – “Don’t. You. Dare.” She concluded: “It takes hard work and commitment to improve your life, but by taking responsibility for your own betterment you are one step closer to overcoming your challenges.”

**Step Back, Move Forward is available in paperback on Amazon, priced £12.97, or Kindle edition priced £9.99. For more information on Liz Norton, visit [www.liznortonpresents.com](http://www.liznortonpresents.com)**



### Intuitive Horse

offer 3-day personal development retreats, held most months from March through to November. The retreats are designed for people interested in their own personal development, who like horses, or who are experiencing something in their lives they need help and insight with. No experience with horses is necessary, also attendees don't need to have any riding abilities, as all work with the horses is done from the ground.

Being prey animals, horses are very sensitive to their environment and as a result are very good at reading a person's emotional state. As horses don't use spoken language they are tuned into feeling states and body language, and this is also how they communicate with each other.

Through exploring how to connect with a horse, people often become aware of behaviours and mind states that might be inhibiting connection with the horse. By becoming aware of these, with the help of the facilitator, a person can start to explore different ways of relating. The horse then changes its' response to the person as they shift, giving instant feedback. The person can then reflect as to how this interaction with the horse may

be relevant to other areas of their life, and how they can begin to work with their new insights.

By the end of the 3 days a person may have:

- An understanding in emotional responsibility
- An awareness of how their environment responds to their emotional state
- Become aware of certain patterns in their life which may be presenting themselves, and how to change them if necessary
- A broader self-awareness
- Trust to work with their intuition
- Learnt how to 'be' with a horse and in turn with themselves
- Learnt how to quieten the mind
- A knowledge in equine behaviour

Intuitive Horse is based in Hastings, where their herd of fifteen horses live as a natural herd on their 110 acre farm. Over the three days people get to work 1-1 with a horse as well as work with the whole herd on the last day. The retreat is designed to allow everyone to work at their own pace. People with a fear of horses are welcomed. For more information please visit [intuitivehorse.co.uk](http://intuitivehorse.co.uk) or ring Emma, Owner and Founder of Intuitive Horse, on 07825 036 301

# Does this sound familiar?

*"I can't imagine anywhere better to live than Surbiton"* Debbie 1999-ish

*"If I resume my creative work full time, my family will be destitute and we'll be out on the streets"*  
Lawrence 1991-2010

Now I've nothing against Surbiton; it has a station and a Waitrose and access to the river, but having explored Asia and experienced life in other towns and villages, I can say there are definitely other places I feel more at home. Lamma Island, Hong Kong was magical and St Leonards on Sea has a wonderful creative community.

When I made my Surbiton declaration, I had built a very comfortable life with a good job. On the outside I had things sorted and, if you had asked me, I would have said I was happy. I smiled a lot. But I didn't really experience strong feelings; I had difficulty recognising and naming feelings and a general unease, like I was missing out on life.

My transformation was both gradual and sudden, a long build up and then a pivotal moment when I saw with great clarity how I'd been keeping myself small and safe and I chose to do life dif-

ferently. Since then there have been highs and lows but that's always my aim.

Lawrence had embarked on a 20 year 'experiment' in business to provide for his young family. Whilst he was committed to being the best father and husband he could be, his fears about returning to his life-long passion as an actor kept him trapped in his office job. After investigating if the fears were true and re-training in Meisner Acting Technique, he has been able to pursue the life of his dreams - acting, teaching and directing.

Whilst this life has also had its challenges, no one became destitute and he has been able to be an example to those he cares about, of how it is both possible and essential to follow your true expression of yourself both for personal happiness and to make your unique contribution to your community.

Does any of this sound familiar? Living truer to ourselves has transformed our lives and we are now in the privileged position of being able to share what we are learning with others.

**Deborah Reeds**

For full details see [www.sea-sky.co.uk](http://www.sea-sky.co.uk)





# *The Importance of Purpose* for those with M.E., CFS & Fibromyalgia

As a Chrysalis Effect Practitioner, Jackie Webster understands the importance of each of the 8 Essentials Elements in life (as identified by The Chrysalis Effect) being addressed and brought into balance, knowing that every time one of the eight elements is addressed and explored it affects and benefits the other seven.

None is more important than Life Purpose. Jackie has found that for some, they have known from an early age what they want to do, however many have found that they have drifted into their careers, been bound by finances, duty, or by pure accident!

Being a 'highly sensitive person', as the majority of those with chronic exhaustive conditions are, can result in the person trying to survive in the wrong work environment, often where there is too much stimulation which comes at a price in terms of their wellbeing. However, being strong-minded Type A personalities, they often stay in unhealthy positions for longer than they should.

Creating the right environment to thrive in, to have enjoyment within, is key to recovery. This applies to those able to work and those in Phase 2 (crash) who are presently bed-bound or house-

bound and wish to return to work in the future.

One of the questions clients often ask Jackie is "How do you discover what your Life Purpose is?" As a Wellbeing Coach, Jackie has many tools and techniques to unlock the answers her clients have within themselves. Supporting her Recoverers as they look at the parts of their jobs that energise them, the parts that fatigue them, the things that make their souls sing can be incredibly productive with many 'lightbulb' moments. She will help her Recoverers check in with "Are you expressing yourself fully without frustration? Are you doing what makes you happy? If there were no obstacles in your way, health-wise or financially, what would you love to do?"

When it comes to moving forward, how can you if you don't know where it is you want to go?

Life Purpose - creating that compelling future to step into, goal by goal.

For more information around Life Purpose or Recovery from M.E., CFS and Fibromyalgia please contact Jackie via email [jackie@wellbeingessentials.org.uk](mailto:jackie@wellbeingessentials.org.uk)

# Discovering the spirit that speaks to you



with Gay Harrison and Steve Barry

## Weekend Workshop

clairvoyance for everyone - learn to see auras - mediumship - healing - trance  
meeting your guides - meditation - finding yourself - exploration of spiritual energy  
looking at sacred geometry

Friday 21st until Sunday 23rd October 2016

(4pm start first day, 3pm finish last day)

Pilgrim Hall, Uckfield, East Sussex

Cost £250 for the weekend (includes accommodation & full board) To secure your place please book by the end of July, when a £50 deposit is all that is required to confirm your booking

For more information, and/or to book please get in touch with Gay Harrison on 01449 710177 or 07854 080064 or via email at phoenix.s147@btinternet.com

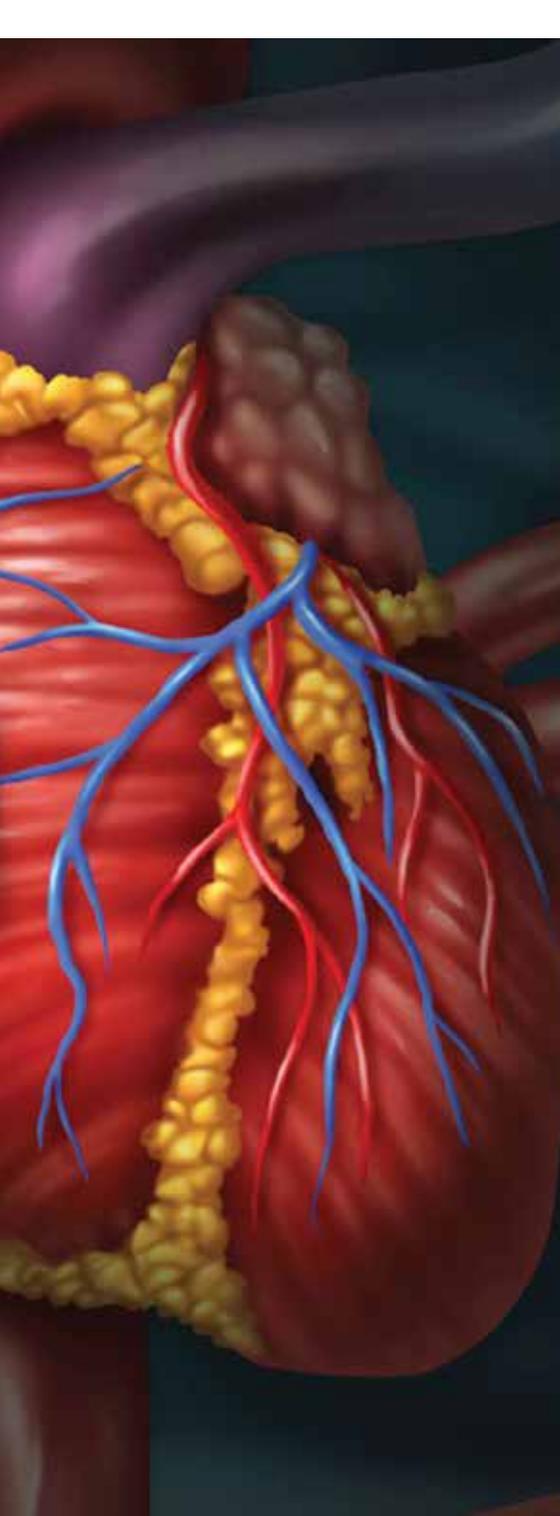
*Gay Harrison has been a medium and healer for 30 years, serving churches and holding evenings of clairvoyance, also workshops and residential weekends in Essex and Suffolk for many years. Her background is in midwifery where she was a midwifery sister running a high risk team and qualified as a 'facilitator for student learning'*

*Steve Barry is an International trance medium, teacher and healer*

Set in the heart of the beautiful East Sussex countryside, Pilgrim Hall offers a wonderful venue with country house charm and high quality facilities. A range of single, double, and twin bedded rooms are available offering a mix of ensuite and shared bathrooms. [www.pilgrimhall.com](http://www.pilgrimhall.com)  
Pilgrim Hall, Lewes Road, Easons Green, Uckfield, East Sussex, TN22 5RE

One man's  
mission to  
transform the  
health of our  
nation





It's been reported that cardiovascular disease causes more than a quarter (27 per cent) of all deaths in the UK, and now a new study has revealed that cholesterol plays no part in heart disease, suggesting that we have still got a lot to learn.

Dr Robert Kelly, however, Chief Medical Officer of fitness and wellness monitoring service, Vtuls, believes this is not entirely true and we should look at reducing cholesterol to help prevent illnesses such as heart disease.

Dr Kelly commented: "The recent report from BMJ highlights a provocative commentary that high cholesterol is not associated with mortality. That may be the case in selected circumstances, but we all know high cholesterol is associated with cardiovascular mortality, heart attacks and strokes. So, as European, UK and USA guidelines emphasise, we should lower weight, limit excess fat and sugar intake, exercise at least 120 minutes per week, limit alcohol consumption, stop smoking, prevent diabetes and hypertension, and get checked out medically to avoid our own risk of heart disease and strokes.

"There are also good scientific, unbiased, randomised clinical trials that show a strong cardiovascular mortality reduction for secondary prevention of heart disease by taking cholesterol lowering drugs across all ages. The BMJ article, while provocative, is based on a very selective biased view of evidence, both by some of the authors and their study design, rather than a truly comprehensive unbiased systematic review."



According to the British Heart Foundation, 155,000 people die of cardiovascular disease (CVD) every year in the UK, which can equate to 425 people a day, or one person dying every three minutes. It has also been claimed that cardiovascular disease has an astonishing economic effect on the UK, including indirect costs from premature death and disability, estimated to be over £15 billion each year, with healthcare costs alone estimated at up to £11 billion a year.

Cardiovascular disease and health is something that is very close to Jas Saini, founder and creator of the virtual health and wellness service, Vtuls. After relocating from India, Jas's mother was diagnosed with high cholesterol and high blood pressure, following a poor diet and lack of exercise. Heart disease followed, with his mother dying in her 50s due to a second stroke.

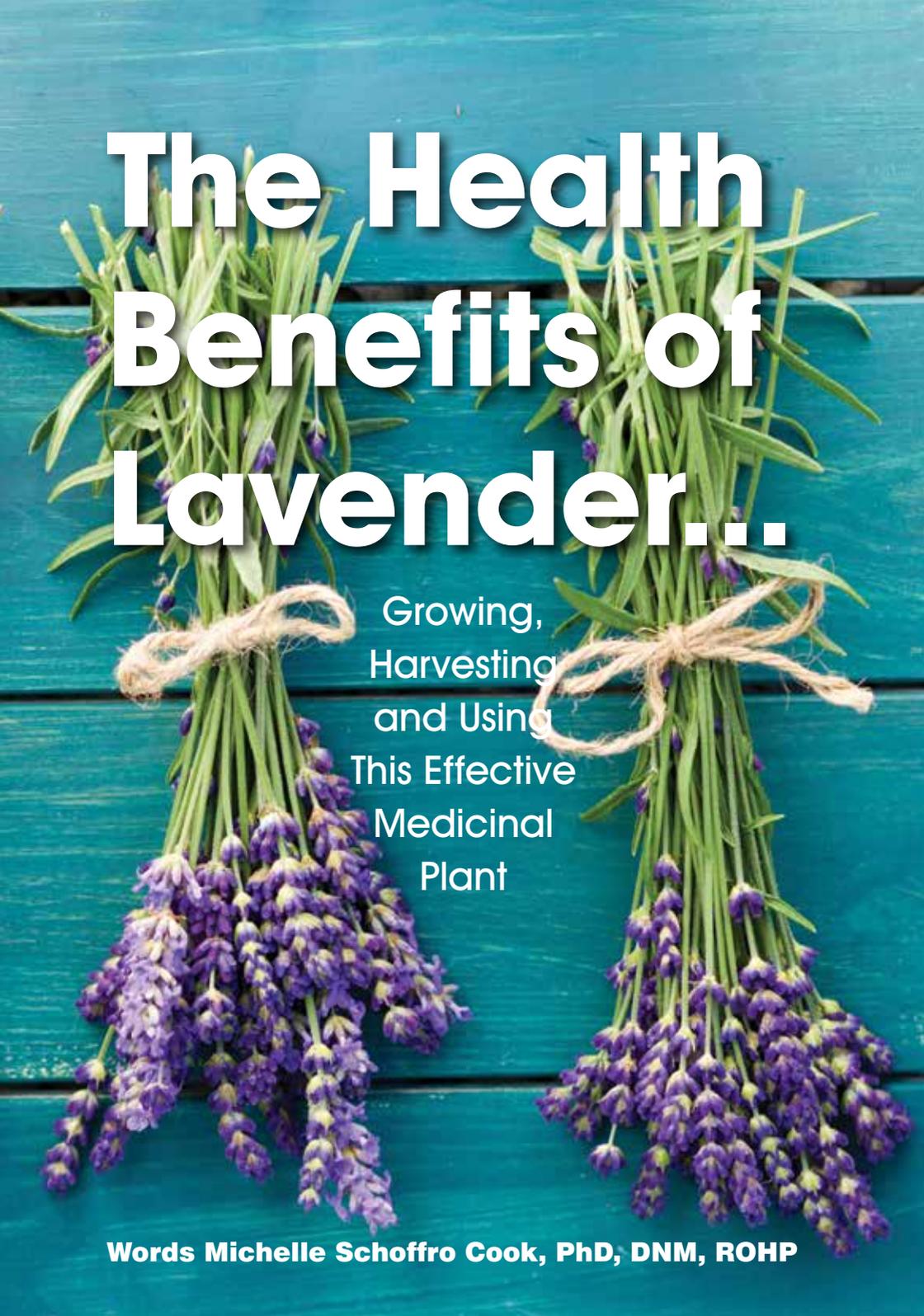
Jas himself has also suffered illness as a child after being diagnosed with polio, which can cause paralysis. Luckily for Jas he didn't suffer permanent paralysis, but did lose a lot of muscle in his leg, which in turn became very weak. This, however, did not stop him from turning to sport, and through regular exercise he has been able to complete marathons and continues to live an active life, playing squash and running regularly.

Now, he has made it his mission to raise awareness for heart health and overall wellbeing in the UK by introducing a revolutionary service that offers people the opportunity to help change their lives.

Jas Saini commented: "The purpose of Vtuls is to marry the data from fitness trackers with advice from healthcare professionals. It takes every individual's complete health data and turns it into information that can help you to take control of your bodyweight, fitness levels and potential health problems such as CVD. Using such a health tool can help you to highlight and treat potential problems possibly before you notice any symptoms, thereby leading to a longer and healthier life."

Dr Robert Kelly also commented: "Vtuls aims to empower people to monitor their health by measuring risks and to help users to do something about lowering their personal risk of heart disease and stroke. This might include measuring blood pressure, food intake, frequency of exercise and body weight checks, combined with advice on how to improve general health and wellness."

Vtuls is currently running a crowdfunding campaign via Indiegogo so as to launch their life-lengthening service throughout the UK. For more information visit: [www.vtuls.com](http://www.vtuls.com)



# The Health Benefits of Lavender...

Growing,  
Harvesting  
and Using  
This Effective  
Medicinal  
Plant

**Words Michelle Schoffro Cook, PhD, DNM, ROHP**



### **A Brief History of Lavender**

Lavender has been in use for at least 2500 years, when it was used for mummification and perfumery by the ancient Egyptians, Phoenicians, and Arabs. Ancient Romans are also believed to have used lavender for cooking, bathing, and scenting the air.

I visited an organic lavender farm last summer. About a half a mile down the road before arriving I knew I was close as I could smell the fragrant aroma wafting through the air. The rolling hillside was full of the stunning silvery-green and purple lavender plants. While I've never been to France, I imagined this is what the French countryside must look and smell like. I felt immediately transported to a peaceful, relaxed state. How much was linked to the actual aromatic effects of lavender or the natural beauty of it in this lovely environment, I'll never know. Either way, it was an experience to remember.

It's easier than you think to experience the beauty and healing properties of lavender by growing and using your own fresh lavender for use in food, body care, bathing, and other purposes. It can easily be done indoors in pots or outside in your garden.

### **Growing Lavender**

There are many varieties of lavender, most ranging from one to two feet tall, and which form mounds of silver-green foliage topped with purple flowers when they are in bloom. They are simple to grow and require minimal care, making them the ideal plant for the lazy or novice gardener. Shorter varieties make a stunning edging along walkways while taller kinds make beautiful, scented hedges.

It grows best in a sunny location with well-drained soil. Pay attention to the spacing recommendations on the plant's tag when purchasing lavender plants since some varieties can grow over a few feet in diameter. You can also grow lavender from seed as it tends to be quite hardy. It needs watering to get started but needs only infrequent watering after the plant takes hold even during hot weather.

## Harvesting Lavender

To harvest, wait until the plant blooms and cut about one-third down the stems. Collect the lavender on its stems and place in a vase or pitcher indoors to give the air a fresh, sweet smell.

Alternatively, to dry the lavender, tie one-inch bundles of the herb together with string or elastic bands and hang upside down until dry. You may want to place a clean cloth or large bowl beneath it during drying to catch some of the flowers since they will sometimes fall.

## Using Lavender

**Alleviate Anxiety and Depression:** In a recent study comparing the effects of a medication for depression to drinking tea made from lavender flowers, scientists found that the lavender was slightly more effective than the anti-depressant drugs. The researchers conclude that lavender might be used as an adjunct to anti-depressant drugs or on its own to assist with symptoms of depression. Study participants drank two cups of an infusion made with lavender daily. To make lavender tea: Add two teaspoons of dried flowers to boiled water and let sit for 10 minutes. Strain and drink. Of course, never discontinue any medications without consulting your physician.

**Insomnia Remedy:** According to James Duke, botanist and author of *The Green Pharmacy*, lavender is an excellent insomnia remedy. He recounts stories of British hospitals using lavender essential oil in patients' baths or sprinkled onto bed clothes to help them sleep. To use in a bath sprinkle 5 to 10 drops of lavender essential oil under the water as the tub fills to allow the oils to disperse. Alternatively, place a heaping

tablespoon of dried lavender flowers in cheesecloth, tie into a bundle and allow to infuse in the bathwater while soaking.

**Easy and Effective Insect Repellent:** In a study comparing the effects of lavender essential oil to DEET-based tick repellents, lavender showed comparable results to the DEET sprays. At a 5% concentration the insect-repellent results of the lavender oil lasted for 40 minutes while at a 10% or higher concentration of the essential oil, the results lasted for two hours. Add 10 to 20 drops of lavender essential oil to your favorite unscented cream and apply before heading outdoors. Better yet, make your own Skin-Soothing Lavender Body Lotion.

**PMS Relief:** A new study published in the journal *BioPsychoSocial Medicine* found that inhaling the scent of lavender for ten minutes had a significant effect on the nervous system of women suffering from premenstrual symptoms. It especially decreased feelings of depression and confusion. You can place a few drops of lavender essential oil on a handkerchief and inhale periodically, make a tea infusion of the dried flowers as above, or breathe deeply of a plant growing indoors or outdoors to alleviate mood-related PMS symptoms.

Dr. Michelle Schoffro Cook, PhD, DNM, ROHP is an international best-selling and 18-time author of *Be Your Own Herbalist* and *60 Seconds to Slim*. Learn more about her work at <http://www.DrMichelleCook.com>. Copyright Michelle Schoffro Cook. All rights reserved.



# Calling budding young authors!

**New opportunity for Sussex youngsters to have book printed!**

A new and exciting county-wide competition is giving youngsters across Sussex the opportunity to show off their story writing skills and have their very own book printed.

The 'EvoPrint Get Kids Writing' competition invites children who attend all Sussex primary and secondary schools to enter by writing their own short story book on any topic they choose. They may use as many words as they like and can include illustrations.

The competition, run by EvoPrint, one of Sussex's leading print and design specialists, is designed to encourage children to use their imaginations and develop their story writing skills.

Steve Rowland, Managing Director at EvoPrint, commented: "Education is something we are passionate about at EvoPrint which is why we wanted to run a competition to get kids writing. Young people from schools across Sussex are free to write a short story from their imaginations – anything goes! It can be a

picture book or non-illustrated, we are just very excited to see what stories the children come up with."

Two winners will be chosen from schools across Sussex (one primary and one secondary school winner) and will have their creations printed and bound by EvoPrint into five beautiful books to keep or hand out to family and friends. Each of the two children will also receive a £50 Amazon voucher and their school will receive £75 worth of national book tokens to enhance its own library.

## How to enter

To take part, please post entries to:

**EvoPrint Get Kids Writing, c/o Liz Crosley,  
PMW Communications, Stane Court, Stane Street,  
Billingshurst, RH14 9HP or email  
getkidswriting@pmwcom.co.uk**

Please include the child's name, age, year group and school name, plus email and phone contact details for parent/guardian. Entries can be typed or hand written. Unfortunately, we will be unable to return any entries.

**The competition is now open and the deadline to receive entries is Monday 31st October 2016.**

# 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.

**BRIGHTON**  
**apothecary**  
at The Open Market

- \* Run by fully qualified Medical Herbalists
- \* High-quality herbal remedies, nutritional supplements and natural skincare
- \* Free advice & mini-consultation service

brightonapothecary@gmail.com  
brightonapothecary.co.uk

Unit 6 The Open Market  
BN1 4JU  
07477 886 777

15% off with this ad

superfood smoothies raw chocolate  
**Brighton Naturally Raw Health Bar**  
organic juices nutritious snacks

Awareness of natural and organic food  
Availability of a wide selection of exciting products  
Affordability

to promote the importance of organic & superfood nutrition  
The Brighton Open Market, Unit 59 Marshalls Row, BN1 4JU

 **Denise Carey**  
**Osteopathy**

arrange a free 15 minute consultation - 01273 470955  
www.equilibrium-clinic.com

Denise Carey  
BSc M.Ost DO ND  
Registered Osteopath & Naturopath



 **equilibrium**  
complementary health and relaxation

Are you looking for better health?  
Choose from over 50 naturally healthy drug-free treatments, courses and workshops

To find out more call 01273 470955 or visit  
16 Station Street, Lewes

www.equilibrium-clinic.com

 **Esmeralda Therapies**

Reiki and Bioenergy Healing Practitioner

Feeling stressed, tired, overwhelmed, in pain, recovering slowly?

Book an appointment now to experience better health & wellbeing

www.esmeraldatherapies.com  
07779 200146



www.TheBreathConnection.com

Hypertension  
Asthma  
Anxiety  
IBS  
ME  
Orthodontics  
Sleep apnoea

**Breath**

Visit the website above & learn how better breathing means better health

Ever thought about working with a horse to develop your personal growth?



3 & 5 day retreats  
Private sessions  
Bespoke sessions  
[www.intuitivehorse.co.uk](http://www.intuitivehorse.co.uk)



## EFT for Living

Offering solutions to a wide range of problems such as:- Low self esteem • Panic attacks • Fears and phobias • Eating disorders • Difficulty sleeping • Chronic fatigue syndrome • Menopausal problems • Stress (including post traumatic stress disorder).

A personal combination of therapies drawn from EFT, Reiki/healing, Dr Claire Weekes' method, relaxation techniques, healthy living and mentoring, to help make the best of your life's journey. To learn more or to make an appointment call 01825 873132 / mob 07767 367817 / email [paulsk@eftforliving.co.uk](mailto:paulsk@eftforliving.co.uk)

*Paul Skene-Keating*



## Amy Law-Smith

### COUNSELLING

*"Life begins where fear ends"*  
Osho



07971 380547  
[arlawsmith@hotmail.com](mailto:arlawsmith@hotmail.com)  
[www.amy-counselling.co.uk](http://www.amy-counselling.co.uk)




JUST WHAT **EVERY BODY** NEEDS

**SUE LEWIS** INDEPENDENT CONSULTANT  
07879 075817 | [suelewis14@tiscali.co.uk](mailto:suelewis14@tiscali.co.uk)  
[www.arbannesouthern.mylarbonne.co.uk](http://www.arbannesouthern.mylarbonne.co.uk)

# Wootton Sports Massage

Effective treatment for sports related injuries •

- postural back, neck and shoulder pain
- tight, painful muscles
- relaxation

Elisabeth Benson - Certified Sports Massage Therapist  
[woottonsportsmassage.com](http://woottonsportsmassage.com)  
[wootywoo@hotmail.com](mailto:wootywoo@hotmail.com)  
07840 708424



Free Membership  
No commitment

Worldwide benefits at all cashback card points of acceptance

[shoppingwithsavvy.com](http://shoppingwithsavvy.com)  
[shoppingwithsavvy/](http://shoppingwithsavvy/)



# SHIATSU

the gentle art of healing

relaxes • invigorates • inspires

Nick Neter MRSS  
Shiatsu Practitioner Eastbourne  
01323 639699/ 07773061309

[handswork@tiscali.co.uk](mailto:handswork@tiscali.co.uk)  
[www.eastbourneshiatsu.co.uk](http://www.eastbourneshiatsu.co.uk)

SIMONE OATES RSHom

# homeopathy

AND CEASE THERAPY

Safe and effective treatment for all health issues

At Seaford Osteopathic Clinic and Lushington Chiropractic clinic, Eastbourne  
Home visits available

Tel. 01323 894479 mob. 0793619 2353

Email: [simone.oates@sky.com](mailto:simone.oates@sky.com)  
[www.homeopathyisamazing.com](http://www.homeopathyisamazing.com)



Enjoy Great Health and Energy  
Lose Weight  
Improve Your Sports Performance



Discover how Synergy's scientifically backed natural supplements will benefit you

HELEN PROSPER  
helenprospers@yahoo.co.uk



07545 227 272  
www.prosperwithsynergy.co.uk

## 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



## Hypnotherapist

Step into Healing: Take the first step now to overcoming your fears and gaining control of your life.

Matthew Roberts-Ward Dip Hyp.C  
Call 07955 168426 for session rates and packages  
or email: fubb212@yahoo.com

## Acupuncture Naturally

Traditional Chinese Acupuncture  
Facial rejuvenation acupuncture  
Bach flower remedies  
Naturopathic advice

Jane Sefton PhD, Dip Ac, ND, MBACC, MANP  
Clinics in Eastbourne | Seaford | Newhaven

www.acupuncturenaturally.co.uk  
07834 369390 | 01273 917888



## Are you thinking about a change of career?

If you are interested in people and have considered a career in counseling and psychotherapy, then visit us.

We run a selection of flexible part-time Transactional Analysis (TA) based courses and workshops which can lead to national and international qualifications.

To find out more:  
www.thelinkcentre.co.uk  
01892 652487



## The Chrysalis Effect

Practitioners help your clients get their lives back!

Download your E Book at

www.thechrysaliseffectpractitioners.com

'The Vital Impact You Can Have on M.E and Fibromyalgia'  
Workshops call Kelly 01293 220906, or visit  
www.thechrysaliseffectpractitioners.com

Recoverers - download the free 8 Essentials Guide to Recovery  
www.thechrysaliseffect.com

## HYPNOTHERAPY

Emotional Freedom Technique (EFT)

*'alleviate unwanted symptoms and behaviours safely and effectively'*

Home visits available  
Debbie Winstanley BSc(Hons) Psych, MBSCH  
Member of British Society of Clinical Hypnosis  
01424 460096 www.debbiewinstanley.co.uk

## wellbeingsynergy.co.uk



nutrition  
skincare  
cosmetics  
personal care

# What's On

## JULY

4th

7-9pm

A talk given by Marek Lorys, Sukshma Marma Therapist (the gentle therapy) - hosted by the Federation of Holistic Therapists, Eastbourne & South Downs Local Support Group, at Victoria Drive Bowling Club, Eastbourne, BN20 8NH - £6 for FHT members, £7 non-members, £5 pensioners & students, contact Pam Hardy 01323 644007 or 07759 674809 or [cominno11@icloud.com](mailto:cominno11@icloud.com) Please see Wellbeing Magazine article for more details <http://wellbeingmagazine.com/east-sussex/holistic-therapy-groups/>

9th

Unconscious Bias, The Link Centre, Newick, East Sussex, £70. [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

13th

7pm

Wellbeing Wednesday/ Network Evening - Guest Speaker on BDSM, The Link Centre, Newick, East Sussex, Free, [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

13th-17th

10am-4pm

Open Days - Lordington Lavender, Chichester <http://www.lordingtonlavender.co.uk/open-days/>

23rd-24th

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

## AUGUST

17th-24th

Finding Your True Voice Retreat in Tenerife With Debbie and Lawrence Combining personal development techniques and theatre practises to enable participants to find their true expression of themselves. For more information [www.sea-sky.co.uk](http://www.sea-sky.co.uk)

## SEPTEMBER

3rd/4th/10th/11th

Beginners/Intermediate/ Advanced Counselling Skills, The Link Centre, Newick, East Sussex, £160, [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

(starts Mon 5th)

6.30-7.45pm or

8-9pm

Scaravelli Yoga, St Michael's Church Hall, High St,

Lewes, (10 wk course)

01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

5th

7-9pm

The Balance Procedure with Yvonne Zackim - why is being in balance so important? When our bodies are balanced both physically and emotionally dis-ease can be healed, and we are able to create the life we want rather than the life we don't want. Hosted by the Federation of Holistic Therapists, Eastbourne & South Downs Local Support Group, at Victoria Drive Bowling Club, Eastbourne, BN20 8NH - £6 for FHT members, £7 non-members, £5 pensioners & students, contact Pam Hardy 01323 644007 or 07759 674809 or [cominno11@icloud.com](mailto:cominno11@icloud.com) Please see Wellbeing Magazine article for more details <http://wellbeingmagazine.com/east-sussex/holistic-therapy-groups/>

(starts Mon 12th)

5-6.15pm

Tai Chi for Beginners & Improvers, St Michael's Church Hall, High St, Lewes, (10 wk course) 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

24th-25th

2 day, Understanding Self

and Others - Introduction to Transactional Analysis (TA101), The Link Centre, Newick, East Sussex, £160, [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

25th

Introduction to Mindfulness-Based Stress Reduction, The Link Centre, Newick, East Sussex, £70, [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

## Mondays

10am-7pm

Massage & Chiropractic Clinic with Lucy, Helen & Rachel, Equilibrium Health Centre, 16 Station St, Lewes, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

2-3pm

Chi Exercises & Meditation (Rooted in Qigong), The Natural Fitness Centre, Eastbourne, £7, first session free, Nick Neter 01323 732024 or [info@naturalfitnesscentre.co.uk](mailto:info@naturalfitnesscentre.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

## Tuesdays

10am-8pm

Acupuncture & Hypnotherapy Clinic with Anna & Richard, Equilibrium Health Centre, 16 Station St, Lewes, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

## 6.30-7.30pm

Qigong & Meditation with Nick Neter, The Well Being Centre, Stone Cross BN24 5BS, £7 per session, 07773 061309 or [handwork@tiscali.co.uk](mailto:handwork@tiscali.co.uk) [glynleighwellbeingcentre.com](mailto:glynleighwellbeingcentre.com)

## Wednesdays

### 9.30am-2pm

Seated Acupressure Massage, at WRVS, Russell Centre, Eastbourne, with Ben Trowell & Yuka Simmons, 15 (£5) & 30 (£10) minute treatments available (free 10 minute tasters), 01323 412279 or [eastsussexdc@eastbournewrvs.org.uk](mailto:eastsussexdc@eastbournewrvs.org.uk)

### 1-5pm

Allergy Testing Clinic, Equilibrium Health Centre, 16 Station St, Lewes, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

### 2-5pm

The Human Touch team of 'affordable therapies for all' in the Window Room at the Southwick Community Centre, 24 Southwick Street, BN42 4TE, please visit [facebook.com/thehumantouch1](http://facebook.com/thehumantouch1) for up to date information (updated on Mondays) or call Mary on 07796 518667

## Thursdays

(starts 4th Aug, every Thurs

except first Thurs of the month when we meet by the beach at The Italian Gardens, Holywell)

### 11am-12pm

Tai'chi Qigong & Meditation at WRVS, Russell Centre, Eastbourne, £4, first session free, Nick Neter, 01323 412279 or [eastsussexdc@eastbournewrvs.org.uk](mailto:eastsussexdc@eastbournewrvs.org.uk)

(every Thurs til 29th Sept)

### 12noon-1pm

Lunchtime Outdoor Tai Chi, Huggets Green, West Quayside, Newhaven, £7 (£6 concs) pay on the day (class cancelled if raining), 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

## Fridays

### 9.15am-7pm

Massage & Osteopathy Clinic with Will, Dafna & Megan, Equilibrium Health Centre, 16 Station St, Lewes, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

(starts 5th Aug)

### 11am-12noon

Qigong & Meditation with Nick Neter, The Well Being Centre, Stone Cross BN24 5BS £7 per session, first session free, 07773 061309 or [handwork@tiscali.co.uk](mailto:handwork@tiscali.co.uk) [glynleighwellbeingcentre.com](http://glynleighwellbeingcentre.com)

## Saturdays

### 9.15am-5.15pm

Osteopathy, Reflexology & Massage Clinic with Megan, Marcus & Dafna, Equilibrium Health Centre, 16 Station St, Lewes, all £45, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

(1st Sat of month: 2nd Jul, 6th Aug, 3rd Sept)

### 11am-3pm

The Cuckmere Shiatsu Clinic (Japanese holistic bodywork therapy) with Louise Burt, Ben Trowell & Nick Neter, at Saltmarsh Farmhouse, Cuckmere, 30 minute treatment or more for a donation (from £10), walk-in or booking available (recommended) 07876 631505 or [handwork@tiscali.co.uk](mailto:handwork@tiscali.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

(2nd Sat of month: 9th Jul, 13th Aug, 10th Sept)

### 1pm-5pm

The Yasuragi Shiatsu Clinic (Japanese holistic bodywork therapy) with Ben Trowell & Yuka Simmons, at Yoga Life Studio, Eastbourne, 30 minute treatment or more for a donation (from £10) walk-in or booking available (recommended) 07984 988057 or [handwork@tiscali.co.uk](mailto:handwork@tiscali.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

(3rd Sat of month: 16th Jul,

20th Aug, 17th Sept)

### 9am-1pm

The Shiatsu Clinic (Japanese holistic bodywork therapy) at the Natural Fitness Centre, Eastbourne, with Nick Neter, Ben Trowell & Amrit Singh, walk-in or booking available (recommended), 30 minute treatment or more for a donation (from £10) 01323 732024 or [info@naturalfitnesscentre.co.uk](mailto:info@naturalfitnesscentre.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

(4th Sat of month: 23rd Jul, No Clinic in Aug, 24th Sept)

### 9.30am-1.30pm

The Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter, Louise Burt & Tina Doherty, at The Well Being Centre, Stone Cross BN24 5BS, 30 minute treatment or more for a donation (from £10), walk-in or booking available (recommended) 07773 061309 or [handwork@tiscali.co.uk](mailto:handwork@tiscali.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

## Sundays

17th, 24th, 31st Jul & 7th Aug - 3pm

Sunday Afternoon Summer Tours - Lavender and Rosemary Nursery in Kent - there are tours of the display garden, nursery and small field <http://www.downderry-nursery.co.uk/events/>



Lushington  
Chiropractic  
EXPERT GENTLE EFFECTIVE

Award Winning Chiropractic Treatment



- ✓ All ages
- ✓ Professional team
- ✓ Excellent patient satisfaction
- ✓ Massage and other therapies
- ✓ Money back satisfaction guarantee
- ✓ Personally tailored expert treatment
- ✓ Free parking

30 Lushington Road,  
Eastbourne, BN21 4LL

or

Find us on  
Facebook

"My only regret is that I didn't come sooner,  
like 10 years ago"  
A satisfied patient: Catherine Funder

Chiropractic is a well  
known treatment  
for back and neck  
pain but, we actually  
help all kinds of  
pain from joint pain  
to headaches and  
arthritis.

01323 722499 • www.chirocare.co.uk

## The Human Touch 'affordable therapies for all'

Homeopathy  
Facial Massage  
Zero Balancing  
Flower Essences  
Swedish Massage  
Myofascial Release  
Crystal Reiki Healing  
Deep facial cleansing  
Indian Head Massage  
Deep Tissue Massage  
Manicures - Pedicures  
Metamorphic Technique  
Hand & Foot Reflexology

60 minute treatments £30 (concessions £20)  
30 minute treatments £15 (concessions £10)

Southwick Community Centre,  
24 Southwick Street, BN21 4TE  
Wednesdays from 2-5pm

07796 518667

thehumantouchshoreham.com  
facebook.com/thehumantouch

## Kick start your healthy New Year! Want to know more about wholefoods?



A fantastic program to help you improve your eating habits, reaping all of the benefits of wonderful health when you do - it's far quicker and simpler than you think! A digital programme that you can study in the comfort of your own home  
ecomarketstall.wikaniko.com/?redirect=the-complete-wholefood-lifestyle-course.html