

# Wellbeing

The state of feeling healthy & happy

*Your health and lifestyle magazine*

**HEALTH**

**SLEEP**

**DEPRIVATION**

**HEALTH BENEFITS OF**

**KEEPING  
A PET**

*nutrition*

**ALKALINE/ACID**

**FITNESS**

**MENOPAUSE**

**KEEPING FIT**

**WORKPLACE**

**GOOD LIFE PROJECT**

**FITNESS FOR  
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# EDITOR'S WORD

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As the **Autumn** approaches I am reminded that in October, Wellbeing Magazine is **10 years old**. I am honoured to have met so many **inspiring** people and to experienced so many wonderful **therapies** and treatments. Over the years there have been conflicting ideas and advice and this has been part of the **journey**. Each body and mind responds in a different way so no one piece of advice is perfect for everyone. The most important thing is to find the right practitioner for you, get recommendations and if it doesn't feel right then try something **different**.

Enjoy & be inspired.

*Rachel Branson*

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Kate is our resident nutritionist who shares her insights and knowledge



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Qualified trainer and Registered Psychotherapist.



### ANN RAMBAUT

Chartered and Registered Physiotherapist.



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# Ann Rambaut

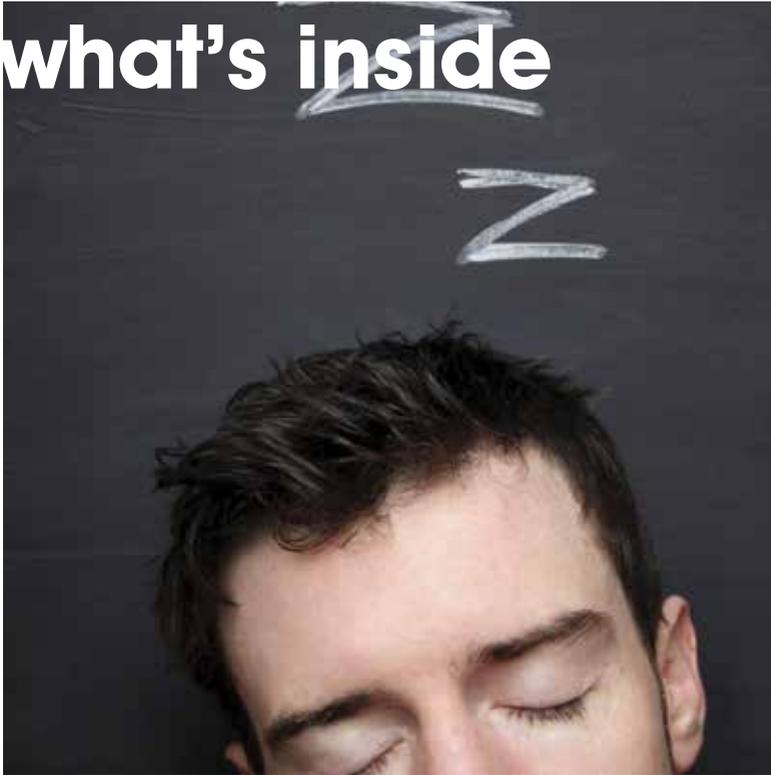
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# LOCAL WELCOME



Welcome to the autumn issue of Wellbeing Magazine. I hope you've all enjoyed a fabulous summer-time and feel ready to greet the new seasons.

Sometimes a summer break can prove a reflective time, and may be that it is the second most popular time of the year when we make resolutions and promises to ourselves. Did we get fit, lose weight, relax effectively before and on our holidays? If not, perhaps we are now planning to start so that we'll be slimmer, fitter, healthier, more organised, more relaxed ... by the time the festive season kicks in.

What do we need to do to get off the merry-go-round of old outworn habits that no longer serve us? Even though we may want to make changes, sometimes it can seem overwhelming when it comes to actually taking action and creating new and healthier habits.

So, whatever your new season goals, I hope you find the direction, guidance and determination to enable you to sail into the autumn months feeling that you're in control at the helm.

With best wishes  
*Lesley*



*Here at The Human Touch* we have an experienced team of practitioners who deliver complementary therapies, beauty treatments and specialist consultations at an affordable price at our weekly Wednesday clinic from 2 till 5pm in the Window Room, Southwick Community Centre, BN42 4TE.

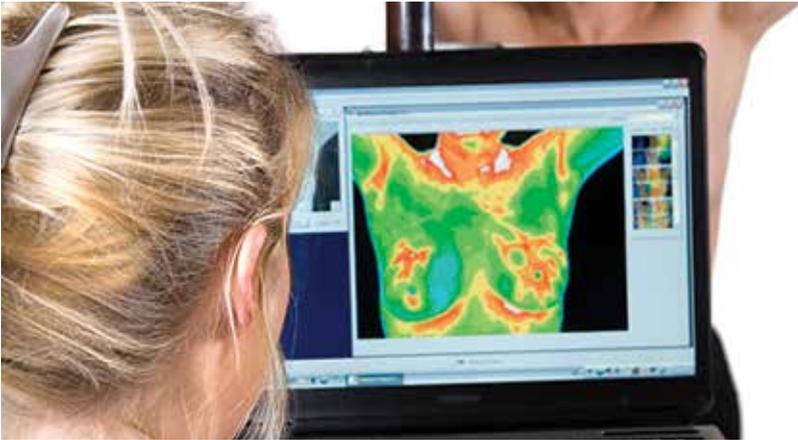
*We are aware that not everybody can make it to our weekly clinic, so we have recently expanded our practice and are now offering appointments in other practice spaces located in Portslade, Ferring & Shoreham by Sea.*

You are welcome to book appointments outside of the Wednesday clinic by phoning the practitioners directly:

- Eshana - for Reiki healing & Chakra Balancing. Book with Eshana on 07962 625877
  - Gabi - for Deep tissue massage & Myofascial release treatments. Book with Gabi on 07979 650468
  - Maddie - for Homeopathy and flower essences. Book with Maddie on 07881 647247
  - Mandy for Zero Balancing. Book with Mandy on 07710 440894
  - Mary for hand reflexology, foot reflexology, reiki healing, and angel card readings. Book with Mary on 07796 518667
- Currently we are delivering fourteen types of specialist consultations, beauty treatments and complementary therapies. Treatments are given for 30 minutes, one hour or 90 minutes, and charges are based on the amount of time you spend with your chosen practitioner, so if you book for a 30 minute treatment and are with the practitioner for more time than your booking you will be charged accordingly.
- The fees remain the same great value as at the Wednesday clinic. Please mention The Human Touch when you book to access these affordable prices:
- £15 (£10 for concessions) for 30 minutes
  - £30 (£20 for concessions) for one hour
  - £45 (£30 for concessions) for 90 minutes
  - Our concessions category includes anyone who has an income of £10,000 or less per year - students, carers, retired people, unemployed, self-employed or part-time employed people.
- Caron - for beauty treatments of deep facial cleanse, manicures and pedicures, facial massage and Swedish massage. Book with Caron on 07929 345374

For more information please visit [thehumantouchshoreham.com](http://thehumantouchshoreham.com) or our Facebook page which is updated every Monday [facebook.com/thehumantouch1](https://facebook.com/thehumantouch1)

# What is Breast



Thermography is a physiological (body) imaging procedure. While x-rays, CT scans, ultrasound and MRI scans are all tests of anatomy that measure structures of your body, thermography is unique in its ability to measure the changes to your metabolic processes. Digital Infrared Thermal Imaging (Thermography, DTI) has been researched for more than 30 years, and while it should not replace Mammography, it has many valuable functions, namely:

Heat mapping of the blood supply gives a whole picture of the body. It is not limited by age or dense breast tissue. It is a 100% non-contact, no-radiation, painless imaging procedure. Thermography involves a procedure of taking a photographic image of a patient, producing a 'heat map' of the infrared patterns of the body. This is based on the principle that blood vessel activity in both pre-cancerous tissue and cancerous tissue is higher than the surrounding area of the normal breast. Since these tissues are highly metabolic, they need a greater supply of nutrients to maintain growth, so increasing circulation to their cells and the surface temperatures of the breast.

Like a fingerprint, each patient has a unique infrared map of their breasts. Any changes on images taken over months to years can indicate early signs of an abnormality. After taking a base thermogram and then having regular updates, the patient's 'heat map' can show the earliest signs of abnormality.

## **Thermography and Mammography**

Mammography does have its uses in treating breast cancer. It is a screening test for lumps, though its use in routine screening programmes on healthy women is questionable and Thermography is a really safe alternative.

Thermography does not show lumps and does not detect cancer cells! It reveals abnormalities in your body made evident by changes in the heat patterns generated by blood flow. It is safe and has a high success rate. Based on your first Thermogram you can see changes in your breasts before any tumour may develop.

After over 50 years of internationally recognised safe and effective use, thermal imaging should be available

# Thermography?

on the NHS, it would not only save an astonishing amount of money, it would also prevent an even greater amount of suffering. And guess what; relatively recent discussions with the government have been looking at doing just that, and in some places is already. This will save our National Health Service a fortune which will result in greater resources being available to those who need it most.

Physiological activity (normal or abnormal) requires energy and thus generates heat. Thermography uses infrared thermal imaging to detect this heat, and displays the results in different colours. For example; increased blood supply to one breast compared to the other will show the breast with red areas, or an early image compared to a later image reveals red, blue and green differences on the scan.

The success of Thermography depends on comparing differences between screenings over time, so after having your baseline scan (whether or not it shows an abnormality) any observed changes in your physiology compared to your first image, enable you to make simple alterations to your lifestyle, to prevent it developing any further - prevention is always better.

Although breast health (including implants) is a major consideration, many people benefit from early detection of many health conditions, it can even visualise pain.

DTI is like an all overall visual health check which points to where attention needs to be given. It is wonderfully safe and effective.

Our health is our greatest gift and yet we take it for granted. Our amazing bodies strive to maintain good

health by performing millions of complex physiological functions every second, like constantly renewing and rebuilding our cells. It does this without any conscious effort from us. Women need to be given options and told the truth - there is more than one way to prevent and screen for cancer!

*I have a personal interest in Breast Screening. My sister died at the age of 38, leaving two young children. All my five female cousins on my father's side have died, and it is now seen in the next generation. This led me to studying Nutrition with Celia & Brian Wright at the Green Farm Nutrition Centre. There has to be more progress in detecting cancers earlier, and Thermal Imaging is showing remarkable promise and results.*

## Penny Davenport

Rosa Hughes of Medscans comes to Battle Healthy Living Clinic every 3 months to offer Breast and Body Screening. Her expertise is exceptional. It is a very simple experience. Medical Thermal Imaging is suitable for all ages of men, women and children for many pain and health issues. **The forthcoming dates are Tuesday 13th September and Tuesday 13th December**

Battle Healthy Living Clinic  
Old Brewery Yard  
High Street  
Battle  
TN33 0AF  
01424 773373

Medscans  
0333 800 3003



# ALKALINE/ACID DIETS

what's the real story?



Words Kate Arnold



I've been writing for this wonderful local magazine for many years now and have waxed lyrical on a number of wide ranging subjects and some of my regular readers will know I don't like anything unscientific. There is so much nonsense in the media to confuse people and when it comes to your health (the most important thing in your life) it is important that you get the right information or you can find yourself led down an expensive and potentially dangerous track. As you know Vega machines and food intolerance/allergy machines are one of my pet hates. The "science" behind this states that this latest technology can assess your health problems and allergies by using your meridians. When you are sick, desperate and vulnerable it is understandable that people can be drawn into things in the hope that this will be the magic cure. However, I can tell you for free that if you cut gluten and cows milk out of your diet you might feel better, because that additionally excludes 90% of processed sugary foods.

In the last 20 years I've seen patients who have been told they can't eat a variety of foods. One lady recently, a vegan, was told she was allergic to tofu, pulses, Quorn and nuts; the very staples of her diet. Last week a man came to see me with a similar tale of being told he could not eat tofu and cheese. He was a vegetarian whose only protein source was now nuts due to this "advice". Both people had been tested on a food intolerance machine. As you can tell it

really gets my goat! This leads me on to this months article on the acid ash/alkaline diets that have been doing the rounds recently. I can feel my blood pressure rising as I write.

### What's it all about?

The well intentioned general public are being told that if you keep your body alkaline it is almost impossible for cancer to grow. Well, I'm in, aren't you? This diet fad is by far the worst I have seen, and I've seen a lot from Atkins to goji berries, Dukan to chia seeds, the fashions have come and gone.

The part of the alkaline diet that is correct is about the ash residue left from food. All foods leave "ash". Think of a grate after a fire, some foods leave acid ash and some alkaline. The diet goes on to make several claims; that alkaline foods change the alkalinity of blood and tissue. If you eat foods that make your body acidic i.e. with acidic ash your body becomes more acid if you eat alkaline foods your body becomes alkaline. Neutral foods do very little to alter this. Food components that leave an acidic ash are protein, phosphate and sulphur and alkaline foods leave calcium, magnesium and potassium. Acid foods are meat, chicken, fish, dairy, eggs, grains and alcohol, and alkaline foods are fruits, nuts and vegetables. Neutral foods are natural fats.

Where people get confused is that eating more alkaline foods is very healthy, and eating less acid foods is also more healthy



“Some diets are telling you to check your pH value with urine testing strips... Where people get confused is that different foods can change the pH of your urine although it’s for only a short period of time”

overall. However this has nothing to do with whether they are acid or alkaline - this is coincidence. Removing lots of red meat and alcohol from your diet will no doubt benefit you but it has nothing to do with your blood pH.

Let me explain further. The pH scale ranges from 1-14 :

- 0-7 is acidic**
- 7 is neutral and**
- 7-14 is alkaline**

Some diets are telling you to check your pH value with urine testing strips making sure that the figure is over 7 i.e. alkaline. However, for those that have done simple basic chemistry, the body’s pH scale varies - it is not one constant. The stomach for example contains hydrochloric acid which means the value ranges from 2 - 3.5. This acid environment

is needed to break down food. Still with me? Blood is more alkaline, ranging between a slim but steady 7.35 - 7.45. If the blood pH falls out of this range it can be very serious indeed. This happens during certain disease states and has nothing whatsoever to do with what food you eat. The body has super cool mechanisms to keep this all in place and this is known as acid base homeostasis. Think of homeostasis as balance - your body is trying to correct every incorrection or imbalance on a 24/7 basis.

Where people get confused is that different foods can change the pH of your urine although it’s for only a short period of time. If you sit down to eat a large steak for example a few hours later your urine will be more acidic but that does not mean your body is more acidic it means the body is working as it should do to excrete this. If you eat too much acid, the body in it’s infinite wisdom will get rid of any excess. So what is being tested for is excretory products not whether you are in an acid state. So acid urine does mean you are in an acidic state.

Can this diet prevent cancer?

The other major issue I have with these types



of diets is the very strong and powerful tag line that cancer thrives in an acid environment. We not only know that food can't affect blood pH but also that cancer cells are not just restricted to acid environments. Cancer cells do grow in alkaline environments. Tumours can grow faster in acidic environments but it is the tumour itself that is creating the acidity not the body. Cancer creates a more acidic environment not the other way round. There is no doubt that living on a diet high in processed red meat is very bad for your health, not only can this cause cancer but also effect joints but it is done by an entirely different set of mechanisms. The studies with processed meat and cancer are pretty convincing but this does not have to do with acidity. Meat contains haem part of the red pigment of haemoglobin. This is broken down to form N-nitroso compounds. These have been found to damage the cells that line the bowel. Other cells in the bowel lining have to then replicate more in order to heal. This extra replication can increase the chance of errors developing in the cells DNA - the first stages of potential cancer. Eating a

diet low in processed meat, high in salads, Mediterranean in style (ie anti inflammatory) and low in sugar will certainly help you prevent cancer.

If we go back a while - let's say to indigenous populations, people led super healthy lives on animal based diets. About 50% of hunter gatherers were eating an acid based diet and had none of the health issues that we do now. It appears that the body is far more complex and amazing than all the celebrities and wellness bloggers would have you think. The alkaline diet per se is not unhealthy as it focuses on fruits, vegetables, plant foods and restricting processed foods and excess red meat. This is healthy for totally different reasons and has nothing to do with altering your pH. I'm not sure why people are being sucked into this narrative but anyone who is measuring the pH of their urine is doing so with incorrect information. There is nothing wrong with eating less red meat, more fruits and vegetables and eliminating processed food - you will be healthier long term no doubt but be very aware of the



science behind what people are selling you. I probably eat a fairly “alkaline” diet if you wanted to box me into something but all that means is I eat huge amounts of vegetables and salads and I don’t eat red meat. For the record, I’ve never tested my urine!

### **The claims about osteoporosis**

Another claim attached to this diet is the body will “pull” minerals from the bones if its too acidic and this can potentially cause osteoporosis. In actual fact the bones play little role in this. It is the kidneys that come into play at this stage. If we eat anything acidic, bicarbonate ions in the blood buffer this acid. This produces carbon dioxide which is exhaled through the lungs and salts are extracted by the kidneys. The kidneys then produce more ions which are returned

to the blood and the whole process starts over. There are only a few papers on high acid diets and osteoporosis and the link is spurious and not conclusive anyway.

So why do some people feel better you might ask? As I’ve said above it’s purely co-incidence. People going on a health spree, cleaning up their diets, removing too much alcohol, coffee, red meat, processed food etc will no doubt feel better and lighter. Nothing to do with the pH of the body.

In conclusion and in my very humble opinion there is nothing wrong with eating more alkaline foods but it will have no effect on your blood pH. Running to the loo every five minutes with strips might make you feel you are achieving the right goals, but it’s all hokum. Depending on why you are doing

these types of diets, if you have health issues see someone qualified to help you. When I started out 20 yrs ago Facebook, Twitter, Instagram and blogs did not exist. Today the world has changed and on a near daily basis I'm appalled by wellness bloggers and celebrities who are touting fads that could be dangerous in the wrong hands. Trust me (and I know this first hand) several celebrities I have treated are barely eating anything behind closed doors. I spoke to someone recently who had followed the alkaline diet and she didn't really believe it but loved checking her urine three times a day as it was instant validation that she was doing something right. This goes to the heart of the matter with fad diets, somewhere there will be something that engages you

but long term these are a disaster for truly understanding your body, what it needs to function and how it works.

If you have any questions regarding the above please contact Kate. If you are trying to lose weight and would like tailored help with this Kate runs a weight loss programme over 3 months. Contact 01323 737814/310532 for more details about this and any other health problem.

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## Which of these common conditions are dragging you down?

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

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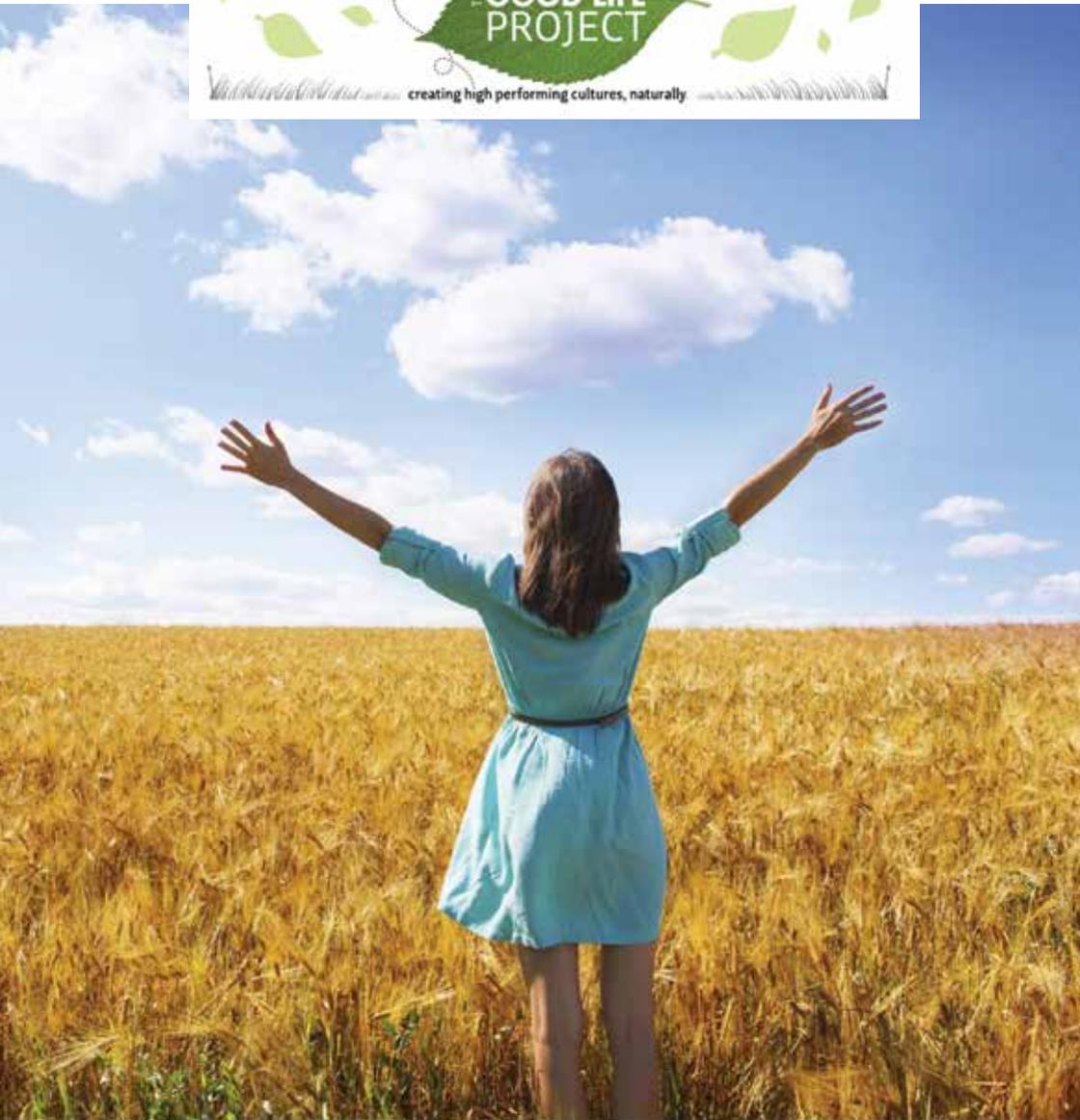
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**New “Good Life” research project to investigate  
how nature makes for a happy workforce**

A brand new research initiative backed by broadcasters Kate Humble and Hugh Fearnley-Whittingstall has been launched today. The Good Life Project aims to provide evidence-based and cost-effective solutions to the benefits of nature in making businesses happier, healthier and more profitable.



The project is being spearheaded by Behaviour expert and author Jez Rose along with a team of psychologists and neuro-scientists and is endorsed by the Soil Association.

The Good Life Project is designed to overcome the problem of workplace absenteeism by trying out a range of workplace initiatives based around the natural environment to see what sort of difference they make to an employee's feeling of wellbeing.

Rose believes many organisations are heading in the wrong direction:

“Latest figures show that the average level of workplace absence in the UK is 6.9 days per employee with minor illness remaining the most common cause of short term absence and creating a cost to the employer of £554 per employee.

“Too many organisations are moving backwards - towards hot desks and banning personalisation of working spaces and even plants from the workplace. This flies in the face of years of evidence-based research proving that a connection to our natural environment is not only important but it also makes a huge difference to individual performance and well-being.”

“Happy people are more productive and take fewer sick days, which ultimately means that if we can create environments which promote that, organisations will be more profitable too.”

Broadcaster Kate Humble said:

“I grew up in the countryside but had something of a 'nature deficit' when I lived and worked in London for twenty years. I discovered that having less contact with the outdoors - Oxford Street didn't count! - and with nature and all its seasonal changes, made me feel restless, disconnected and unhappy.



“There is plenty of anecdotal evidence that tells us having contact with nature is good for us and our sense of well-being and I would certainly back that up, but if the research this

project undertakes is able to prove that, it will be to the great advantage to everyone. I wish it every success and will be intrigued and excited to read its findings."

The research will take place over six to twelve months and The Good Life Project team are now looking for business organisations who would like to be involved in the research, nominating colleagues to become "Good Life Ambassadors". They would be given full training and a series of interventions to be taken back to the workplace with appropriate resources where they would champion the changes in their working environment. The impact of each intervention will be fed back to The Good Life Project research faculty.

Interventions will include:

- Different types of wall art depicting the natural environment to measure the difference they make to stress levels within the workplace
- Creating an indoor herb garden for employees to tend to and enjoy during downtime to measure emotional impact
- Encouraging outdoor activity at lunchtimes and after work

Broadcaster and campaigner Hugh Fearnley-Whittingstall endorsed the research project and said:

"The Good Life Project is an inspiring one that throws light on a very important subject. It aims to demonstrate something I and many others already believe: that health and wellbeing are intricately bound up with our surroundings, and that a closer connection to the natural environment can improve and enrich our working lives. If we are happier

and healthier at work, of course that has huge benefits for the rest of our lives too, so I very much look forward to seeing results of this research and the new directions they could lead us in."

Rob Percival from the Soil Association said:

"The Good Life Project is shining a welcome light on the relationship between workplace wellbeing and exposure to the natural world. We know the value of providing employees with healthy, fresh, seasonal food in the workplace, and we look forward to the results of this ground-breaking research, which will provide necessary insights into the additional benefits of fresh air at lunchtime and communal food growing activities. The implications for businesses could be significant."

Jez Rose continued:

"The response so far from organisations we have approached has been better than we could have imagined. Businesses clearly understand the value of The Good Life Project and being a part of ground-breaking research, which will benefit both employees and employers."

To find out more and to enrol your organisation in The Good Life Project, visit [www.thegoodlifeproject.info](http://www.thegoodlifeproject.info)



# Floating Plastic Garbage!



There is a floating island of plastic garbage, twice the size of Texas, caught in a current gyro between USA and Hawaii! The huge area is filled with plastic which never shows up on satellite. The massive area of gunk was found by someone who sailed into it by mistake as he was returning from a yacht race. The enormous stew of plastic garbage weighs over three million tons and grows tenfold every decade. Horrific or what?!

It is so dangerous for wildlife; sea turtles mistake clear plastic bags for jelly fish, and eat them. Birds swallow shards of plastic. More than a million sea birds, 100,000 marine mammals and countless fish die each year either from eating the junk or becoming ensnared in it and drowning.

Any sort of cleanup operation is virtually impossible as some plastic bottles disintegrate into particles as fine as dust, and the larger pieces become entangled with derelict fishing nets and waterlogged tyres. There is a major dispute as to who will clean up this mess as it currently lies about a thousand miles west of California and a thousand miles north of the Hawaiian Islands. Any nation that embarks on the cleanup automatically admits that it is responsible, so they won't acknowledge it!

That story is disturbing enough, however a vast swirling mass of plastic bags and rubbish has now been discovered in the Atlantic too! The floating garbage heap, which contains debris blown off the coast of Britain and carried by

currents, is a smaller version of the huge plastic island as described above. Marine researchers who made the discovery say that every ocean is now contaminated in plastic waste. (The findings come from the Greenpeace ship Esperanza)

**Now ask yourself a question?** Who put it there in the first place? Who helped to create these massive islands of garbage, that are destroying so much of our environment? People like you and I unfortunately. Over the last 50 years, our generation has created this gigantic problem. And, our generation needs to now start to eradicate the problem.

**Don't know where to start?** All we need to do is carry on doing what we are doing, with a slight difference. Instead of using plastic bags, we can switch to TOTALLY degradable bags. D2W technology produce fully degradable bags that will completely degrade to H2O and Co2 within a period of 12 - 18 months, unlike the typical plastic bag that will be around for 400 - 1000 years! The bags are also fully recyclable.

One step at a time, and that next step can be taken in the next 5 minutes!

**Check out [ecomarketstall.com](http://ecomarketstall.com) Shop 'bags' and see the range of totally degradable bags, from refuse sacks, bin liners, freezer bags, nappy sacks/degradable dog waste bags.**

Let's make a fantastic start on the clean up operation by ensuring we don't carry on adding to the mess!

*(copyright Wikaniko)*

# Help with the budget



Unless we are totally off-grid, we need to shop. Some like to shop more than others! Like it or not we need to shop regularly simply to cover the basics in life - food, shelter, water, fuel and so on. So why not shop with savvy, and receive Cashback and Shopping Points on your purchases?

As a Lyoness Member you can benefit at any time as you receive money back and Shopping Points every time you shop with a Lyoness Loyalty Merchant. The Lyoness Cashback will be transferred to your bank account in cash, and with the Shopping Points you can purchase numerous products at reduced prices in their Loyalty Mall or benefit from their Lyoness Loyalty Merchants' Shopping Point Deals.

Membership is free of charge for everyone, and it's simple to register. Once you're signed up with Lyoness you can begin shopping and saving straight away. To maximise your benefits, it's a good idea to take a look at your monthly shopping requirements and consider which Lyoness Loyalty Merchants you can direct your shopping to, and thereby keep saving on everyday purchases, as well as when you shop for more extravagant treats.

More and more companies are joining the Lyoness network which in turn offers us shoppers

greater variety and choice. Currently there are around 60,000 Loyalty Merchants and 300,000 Cashback Points worldwide, though just one registration for you - not loads of different rewards cards. Having said that, if you don't mind all the cards, you can increase your benefits by shopping with a Lyoness Merchant, and use their particular reward card also. For example you purchase a book from Waterstones by visiting their link on the Lyoness website (thereby gaining your Cashback and Shopping Points). If you also have a Waterstones card registered, you'd receive their loyalty points too!

It's great to see more health and beauty companies coming onboard, so now you can shop with companies like Natural Collection, Neals Yard Remedies, Green People, Happy Skincare, Bath & Unwind, Treatwell, and Spabreaks for instance.

If you enjoy saving money by shopping the Lyoness way then why not recommend this to family and friends - benefits for all of you. Shoppers also help support two important organisations - the Lyoness Child and Family Foundation [lyoness-cff.org](http://lyoness-cff.org) and Lyoness Greenfinity Foundation [lyoness-gff.org](http://lyoness-gff.org)

## **Shop - Save - And Do Something Good!**

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# CHILDHOOD OBESITY PLAN

## Is it a weak 'plan' with no bold action?

Responding to the publication of the UK Government's Child Obesity Plan, Professor Neena Modi, President of the Royal College of Paediatrics and Child Health, said:

"The UK had an opportunity to be a world leader in protecting infants, children and young people against obesity and a host of related crippling, life-long non-communicable diseases. I am extremely disappointed that the long-awaited strategy has been replaced by this weak 'plan' which provides no bold action, and instead relies on physical activity, personal responsibility, and voluntary product reformulation.

"Exercise is good but exercise alone will not curb obesity. It would take an hour of hard exercise to work off one chocolate chip muffin. And what is deeply saddening, because they can't exercise personal responsibility is the failure of the state to protect infants and children. A baby born to an obese mother is already on a pathway to obesity, a toddler given a fizzy drink or a bag of crisps doesn't know that its better to drink water, and eat an apple.

"A sugar levy, though welcome, is insufficient. This is why the Royal College of Paediatrics and Child Health has long called for a combination of measures that include the introduction and objective evaluation of tough policies such as taxes on unnecessary unhealthy foods, restrictions on fast food outlets near schools, banning advertising of



junk foods, and breaking the vicious trans-generational cycle of overweight and obesity by helping young people go into their child bearing years healthy.

"Had measures such as these been put forward, the UK would have a strategy of which to be proud. Instead, infants and children have been let down, and because the overwhelming majority of obese children will become obese adults, Government is placing the health of the entire nation in grave jeopardy. This is short-termism at its worse.

"Obesity kills as surely as smoking; Government took on the tobacco industry effectively although it was a tough challenge, and can do it again now. The Royal College of Paediatrics and Child Health has a responsibility to advocate on behalf of infants, children and young people; for their sake we call on Government to revisit their 'plan' and turn it into the powerful, effective multi-sectoral strategy that is so necessary."



Research has found that over four out of every ten of parents who have ever suffered from back or neck pain, found their pain increased after having children. New mothers were particularly affected, with over twice as many women suffering fresh aches and pains since becoming a parent, as men.

Yet despite this, findings reveal that many people may be unaware that becoming a parent could trigger back or neck pain. Over two-thirds of parents revealed they did not receive any guidance for looking after their back after having their child. Nearly two-thirds said that lifting and carrying their child was the reason for their increased pain, with the figure rising to almost three quarters for women. The strain of carrying extra bags and disturbed sleeping were also all

cited as reasons parents experienced back or neck pain.

Lushington Chiropractic Chiropractor, Dr James Revell, comments: "Becoming a parent is a milestone moment that can result in a number of significant lifestyle changes, which in turn can contribute to the onset of back and neck pain. We understand new parents often may not see their own health as a priority, but it's important they are aware of the toll that that back pain can have, and take simple steps to ensure their back and neck health doesn't suffer."

The chiropractors at Lushington Chiropractic have a number of simple tips that current and future parents can incorporate into their daily routines to ease the strain:

# PERILS OF PARENTHOOD

- Carrying correctly - Carry your baby as close as possible to your centre of gravity - across your back or front is best. A carrier/ sling or papoose is a good option
- Pushchair posture - A pushchair or pram with adjustable height settings is ideal, as it can be moved to suit your own height and that of anyone else who will be pushing it. You should be able to walk upright with a straight spine and hands resting at a comfortable height
- Adjust the height - Feeding a child in a high chair can place strain on your back. Sit as close as possible in front of your child and adjust the height of the chair so that you are not leaning too high or too low
- Spread the weight - Parents of babies and children inevitably carry heavy bags! Using a rucksack style bag is best as you can spread the weight evenly across your back. Check the straps are tightened so that the load is held against your back
- Car seats - Find a car seat that it is easy for you to carry. Remember the total weight you will be lifting will be the car seat and baby combined. When taking the child or child and car seat out of the car open the door as wide as possible, try and get as close to the car as possible and bend both your knees
- Feeding - If breast feeding make sure your child and your back is adequately supported. If feeding with a bottle don't forget to keep on changing sides!
- Bed time - Make sure that when your cot is in place there is plenty of room for you to access it without needing to twist or strain. You may also want to consider buying a cot with a drop down side so you don't have to bend too low when putting the child to sleep.

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# WHY MENOPAUSE IS A GOOD REASON TO KEEP FIT



Every woman experiences menopause differently. For some, the symptoms are mild and pass quickly. For others, it's an explosion of hot flushes, night sweats and mood swings. The good news is you can adopt lifestyle changes to help cope with the changes occurring in your body.

Though frequent workouts haven't been proven medically as a means of reducing menopausal symptoms, they can ease the transition by helping to relieve stress and enhance your overall quality of life.

Regular exercise is also an excellent way to stave off weight gain and loss of muscle mass, which are two frequent symptoms of menopause. Most healthy women should aim for at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity a week.

Aerobic activity that makes use of your large muscle groups while keeping up your heart rate is a good thing. Your options for cardio are limitless. Almost any activity counts, for example:

- walking
- jogging
- biking
- swimming

Because osteoporosis risk escalates following menopause (oestrogen is needed to help lay down bone), strength training is especially vital. Strength training exercises will help to build bone and muscle strength, burn body fat, and rev up your metabolism.

At home, opt for dumbbells and resistance tubing. In the gym, choose from weight machines or free weights. Select a level that is heavy enough to tax your muscles in 12 repetitions and progress from there.

Bodybuilding.com, the world's largest online fitness community, is designed to inspire you to enjoy and improve your fitness levels. Just a brisk walk or work-out can add extra years to your life and scientists have discovered that a 20-25 minute walk every day can help prevent you from dying prematurely.

Andrew Ivers, Senior Marketing Manager at Bodybuilding.com says: "Many of our members are within the menopause and post-menopause age brackets and our world-leading expert team are ideally placed to advise on the best routine for each individual. Managing the diet is also very important and our nutritionists tailor programmes, depending on weight loss and maintenance goals."

Expert nutritionist Layne Norton explains: "As they age, too many people in their middle years and older take what is effectively a haphazard approach to their diet. If they want to lose weight, they keep eating the same things in the same balance, but simply cut serving size. If they want to gain muscle, they eat their normal diet, plus a protein shake or bar every now and then.

"That can work to a limited degree for certain people, but it's far from ideal. Getting a bit more systematic about what you're eating to go along with your training and you can



amaze yourself with what you're able to achieve at any age!"

Sharon, a grandmother in her mid-50's says: "Getting the combination of exercise and diet right is working for me. It is too tempting to ignore the inevitable changes which ageing can exact on the body, so learning a new all-round routine has been great. I also have more energy for my young grandchildren, which is a great boost."

Expert Advice, Guidance and Support Visit [bodybuilding.com](http://bodybuilding.com). As the world's largest online fitness network, there is simply no equivalent. [Bodybuilding.com](http://Bodybuilding.com) is home to thousands of first class articles and interactive fitness tutorials from some of the world's top athletes, trainers and nutritionists, which users can download and use absolutely free

Bodyspace, an app within the [bodybuilding.com](http://bodybuilding.com) community, is especially supportive, with its online forums and community networks - ideal for discovering new ways to help your fitness levels and encouraging each person to keep going!

## How to Keep Pedalling into Your Golden Years...

They say you never forget how to ride a bike, but for those of us who've been out of the saddle for some time, electric bikes can help you keep up with the pack...

Cycling is one of the easiest ways to keep fit and not only is it kinder on your joints, but you travel three times faster than walking – which uses the same amount of energy. Life on two wheels is a fun one, you can adventure further afield for the



same effort as going for a stroll, exploring your local area with your entire family, which improves your mental health, happiness and general wellbeing. Why would you ever stop pedalling?

If achy knees, exercise induced asthma or general mobility issues brought your cycling career to a screeching halt, here's some good news for you, you can still enjoy the freedom of traditional cycling on what looks like a high-end mountain bike – only, when the going gets tough, you can flick a switch on the handle bars and really have some fun. The discreet state-of-the-art battery powers you along at 15mph without breaking a sweat, for up to 30-miles on a single charge.

The Fenetic Sprint Electric Mountain bike, the latest addition to Fenetic Wellbeing's wide

range of pedal-assisted wheels has been designed to help you get out and about as though you were years younger at a flick of a switch.

It comes bearing a wide-range of sporty features from hydraulic disc brakes, front suspension and alloy pedals to the lightweight aluminium frame and 24-speed Shimano gears that the professional cyclists use.

Only on closer inspection will you notice a few crucial differences, like the 250w electric motor cleverly disguised in the rear wheel – it does all of the hard work for you while you pedal as you normally would, and you can chose precisely how much assistance it gives you.

Up front on the handle bars is another piece of morale-boosting tech, a back-lit screen which not only tells you important information like the battery life and the temperature around you, but exciting facts about how far you've travelled and how fast you've managed it in – how's that for a sense of satisfaction?

So perhaps it's time to come out of cycling retirement and dust off your helmet to go out on a fun and health-improving bike ride with your family on your pedal-assisted Fenetic bike.



# Why We Really Should Eat Our Greens!

We all know we 'should' - we have all been told 'they are good for us' yet do we really understand why it is so important to eat our greens? Yes 'greens' do provide us with certain essential minerals and vitamins though that is not the whole story. It is also about our pH balance. As important as it is to keep our blood temperature within a certain range, so we need to keep our blood pH as near to 7.4 as possible.

Dr Robert O. Young writes that the *'pH level of our internal fluids affects every cell in our bodies'*.

Modern day lifestyle, stress, medication, caffeine, processed foods, meat, dairy, alcohol, fizzy drinks etc are all acidic and can easily tip us onto the acidic range.

The body is a truly amazing thing and will go to great lengths to protect the blood from becoming acidic. An example of this is how it stores neutralising substances such as Mg (magnesium) and Ca (calcium) which can be called on to neutralise any excess acid. Once the excess store is depleted it then leaches Ca from the bones and Mg from our muscles to keep us alkaline.

We also make fat deposits, especially around our organs, in which we store

excess acid. Being overweight can be a sign of being over acidic and so can feeling tired. Once blood becomes acidic, red blood cells become sticky and lose their ability to efficiently carry and deliver oxygen. Since oxygen is required for metabolism and 'energy' is the bi-product of metabolism this is bad and tiring news! Bad news for us though good news for our body's microorganisms that thrive in acidic, oxygen depleted environments. In such conditions they multiply and the delicate bacterial balance within us which keeps us 'well' becomes out of balance. These microorganisms whilst causing chronic illnesses, feed off many of the nutrients that we ingest so we actually end up feeding them as well as ourselves and thus we may become nutritionally starving.

It is now thought that about ninety percent of western society is acidic! The solution? Eat plenty of green vegetables. Warm water with lemon makes a good alkalising drink to start your day. Liquid chlorophyll is also a very effective easily absorbed alkalising supplement. If you would like to know more about using supplements to ensure that you have a healthy alkaline pH level then please do call me, I'll be happy to help.

Helen Prosper - 07545 227 272  
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# BREAKING THROUGH THE BARRIER

## sleep deprivation

Alison Francis, who is better known by her Guru name, Anandi has broken through the barrier of sleep deprivation and depression, when fighting her own insomnia which lasted for 15 years. After a trial of sleeping tablets lasting just one day, she realised they were not for her. Anandi believes they mask the problem and cause insomnia to manifest into something worse.

When desperately searching for a solution to her insomnia, she came across a natural health therapy known as Ayurveda. Originating from ancient India, Ayurveda has five key elements that are – Space, Air, Fire, Water and Earth. It uses a variety of exercises, including breathing techniques, to maintain balance. Anandi believes that if her life goes out of balance, she suffers and Ayurveda teaches how to sustain balance.

Following the success of her treatment, Anandi went on to create her own service called the 'Personal Sleep Review' using the Ayurveda principles. Her own process helps people get to the root of their sleep disturbances. Her Sleep Review guides people through the complete approach of the therapy.

Anandi, who is based in London and travels widely explains, 'The custom-tailored Ayurvedic approach is the key to getting long term results and total relief from insomnia.'

The sleep guru has many useful tips that can help improve a night's sleep:

- Avoid caffeine and alcohol
- Lengthening and deepening the breath calms the mind.
- A busy mind is never going to sleep well – a daily ritual that nurtures the soul is vital for a relaxed sleep
- Go to bed early and avoid technology, read a book
- Enjoy a diet with plentiful fruit and vegetables
- Turn the lighting down in the evening
- Avoid heavy conversations before bed time
- Keep your bedroom tidy and free of clutter.

Anandi has written her first book called the 'Breathe Better, Sleep Better' (<http://www.thesleepguru.co.uk/book/>). Her new book offers many practical tools including how to help detox the digestive system, how to calm the nervous system and how to stimulate your circulatory system. 'Breathe Better, Sleep Better' will soon be available online or direct from her website **thesleepguru.co.uk**

The 'Personal Sleep Review' begins with an interview and then a unique assessment plan to conquer insomnia is created. Anandi examines every aspect of an individual's life to figure out what could be causing insomnia and the best approach for treatment. Prices range from £195-£1,495.



# Intuitive Horse

Intuitive Horse is based at New Coghurst Farm near Hastings, East Sussex. It is a family run farm - hay making, sheep grazing and the Intuitive Horse work make up daily life at the farm.

Intuitive Horse is Equine Assisted Personal Development and was developed through a combination of Emma's (owner and founder) own personal development and awareness gained in how her behaviours,

mind beliefs and emotions were affecting the relationship she had with her horses, as well as years of experience working with horses and teaching people how to ride.

She observed that a horse's behaviour would change from person to person and that the horse tended to respond directly to a person's emotional state, regardless of riding ability. For example, when a horse is 'acting up' and appears to be naughty it is



more than likely responding to the feelings/ behaviours of its' rider (or else expressing discomfort) and much like an infant who can't speak it makes its' behaviour louder to get our attention.

Having witnessed the positive impact horses can have on someone's life Emma sought to provide a stimulating learning experience for others and now offers a range of Intuitive Horse programmes including private one-on-one sessions, workshops and 3-day retreats. All work with the horses is done from the ground (no riding is involved) so absolutely no previous experience with horses is necessary and people with fears of horses are welcome.

Most of the horses that live at Intuitive Horse initially came for some form of rehabilitation. This was often after all other avenues of care and treatment had been exhausted. However they got there, they're all doing well and now have a permanent residency at Intuitive Horse where they work with people on many different levels. None of the horses are ridden or over-worked and all have a special programme which ensures their needs are met at all times. Intuitive Horse is home to 15 horses who live out as a herd all year round in a natural environment; they are all bare foot and don't wear rugs, allowing them to live as nature intended.

## **Looked After Children and Young People with Horses**

Intuitive Horse is currently running a project with East Sussex Foster Care Association (ESFCA) which is being funded by The Lottery ([www.eastsussexfca.org](http://www.eastsussexfca.org)). The project involves Looked After Children attending 6 sessions individually to help the young person. Depending on their needs the horses help them explore areas such as confidence building, emotional awareness, impulse control, building trust in relationships, learning how to calm themselves, developing empathy and overcoming fears.

Separate to the project with ESFCA, Intuitive Horse has been lucky enough to secure a small amount of funding to work with Looked After Children or young people from a disadvantaged background, and offer them the same experience as described above with ESFCA for 6 sessions. Each young person will need to be accompanied by a carer at all times during their sessions. To apply for an application form please email us at [info@intuitivehorse.co.uk](mailto:info@intuitivehorse.co.uk)

The next 3-day retreats are to be held on 28th - 30th September, 5th - 7th October and 2nd - 4th November. 1-1 sessions are offered throughout the year.

**Intuitive Horse - 'seeing you for who you really are'**  
**[www.intuitivehorse.com](http://www.intuitivehorse.com)**



# YOUR BODY - *A Lifelong Friend*

On reading the title what thoughts and feelings sprang up for you? Our relationship with our body is one of the most important relationships we have; after all it is a relationship for life. Like all relationships it changes and evolves, sometimes not in ways to our liking.

We may feel we have to control it and discipline it into not doing what it's doing. What if your body can be your greatest protector, your most useful advisor? The body's most primal urges such as eating when you're hungry, sleeping when you need it, are very difficult to override. It is possible for awhile though this creates huge stresses in your body. The body starts complaining and almost goes into overdrive as its' very survival is threatened. Example being, it doesn't know that you may be intentionally restricting food intake in order to lose some weight. After a time of what the body perceives as famine, the body's drive to eat and put on weight becomes paramount. Of course that scenario is an over simplification, however it illustrates well the essence of the body being your greatest protector.

Apart from your basic physical requirements your body functions best if your thoughts feelings and emotional needs are met too. If you are not happy with your living or working situation, over time you begin to feel you don't have any energy, and become demotivated, then you develop

aches and pains which become more and more pronounced. Your body is saying 'please listen to me - you don't really want to be like this every day and I am trying to protect you by slowing you down'. What will it take for you to change things to make you feel better?

What if you could have a Conversation with Your Body which would enable you to awaken your desire to live life to its fullest?

Ann Rambaut is running a series of five evening workshops over as many weeks covering topics such as pain, stress, ageing, sleep, bodyweight and more. The introductory class is free. Each subsequent workshop will be a stand alone class at £15 per class, however progress is enhanced by participating in all four subsequent classes.

A discount will be given when all the four other workshops are booked at the Introductory session, where the offer is £50 for all four (a saving of £10 overall). Venue to be decided.

Please visit [www.annrambaut.com](http://www.annrambaut.com) or contact Ann directly if you wish to find out more.

T: 01323 411 900

M: 07436 810181

E: [aepr291@gmail.com](mailto:aepr291@gmail.com)

# THE BOTTOM LINE - AN HOUR'S FITNESS A DAY IS RECOMMENDED FOR OFFICE WORKERS



If you're bogged down with work, then the chances are you'll be sitting at your desk for the majority of the day... but what if this is detrimental to your health?

Recent research has shown that being inactive or not exercising could lead to an early death for office workers especially.

Just a brisk walk or work-out can add extra years to your life and scientists have discovered that a 20-25 minute walk every day can help prevent you from dying prematurely.

Alternatively, weekly vigorous workouts could help prevent the likes of cancer, heart attacks, strokes and diabetes, according to some more research.

Andrew Ivers, Senior Marketing Manager at Bodybuilding.com says: "We all know what it's like to be stuck to a desk for numerous hours a day, as we begin to feel lazy or fatigued, so that's why we're targeting this issue and helping office workers get up on their feet.

"We know about the dangers a lack of activity can have on our bodies, so using our expert knowledge and easily-accessible videos we plan to combat these problems by helping people get healthy, while enjoying a new fitness regime.

"Although the impact of exercise is greatest among people of an average weight, even those with a high body mass index (BMI) levels have benefited from a brisk 20-25 minute walk.

"Overall, avoiding inactivity theoretically reduces the risk of death from any cause by 7.35%, according to the the scientists. After looking at the effects of obesity and exercise on 334,161 European men and women over a 12 year period, they discovered that people who participated in moderate levels of daily exercise were 16-30% less likely to die than those classed as 'inactive'."

Gillian, an office worker says: "Sitting at my desk all day makes me feel like a sack of potatoes and no matter how tired or

### Facts and Information for Office Workers



exhausted I feel, doing exercise always makes me feel energised and fresher.”

Sandra, another office worker agrees: “Spending all day at a desk makes me feel bad despite all healthy meals I’m trying to eat and the lack of physical activity is just terrible. Since I started working in an office, I feel even more tired and it clearly effects my work performance. But doing some exercises at the desk can help with keeping mind and body in tip-top condition throughout the day.”

bodybuilding.com is an online fitness network and is home to thousands of first class articles and interactive fitness tutorials from some of the world’s top athletes and trainers, which users can download and use absolutely free.

The Bodyspace app community, is especially supportive, with its online forums and community networks – ideal for discovering new ways to help your fitness levels and encouraging each person to keep going!

- Scientists have discovered that a 20-25-minute walk every day can help keep you fit over the long term
- This can easily be achieved if you walk to the nearest deli or supermarket to pick up a healthy and tasty lunch, whether a salad or a sandwich and a piece of fruit, or whatever takes your fancy
- Try to eat out and not at your desk – a breath of fresh air can make all the difference to your sense of freshness, health and wellbeing
- Walk to your office as much as possible – if using public transport, try to take the longest way to get to the bus stop, train, underground
- If you have to drive to work, park at the furthest end from the entrance you can find
- Don’t feel shy about standing at your desk or making the effort to walk to speak to colleagues – too often, people communicate by email to someone sitting literally a few desks away!
- Encourage the practice of standing (and walking) meetings
- Desk exercises tend to help with keeping your relaxed muscles active, helping to keep mind and body in tip-top condition throughout the day. Try rotating your ankles to get the blood flowing through the legs and other activities such as squats and leg lifts, using your desk as a prop



## TOP 5 HEALTH BENEFITS FROM PET COMPANIONSHIP

Katy Summer, Community Manager at Pawshake, a website and app that allows pet owners to find trusted pet-sitters, outlines 5 top health benefits from keeping a pet.

Animals play an important role in many people's lives and are often valued companions. Having a pet can certainly positively affect the quality of our lives, but is their companionship beneficial to our health?

A pet can bring a family together. This may not be seen as a health benefit by some, but a happy social family can have a massive positive contribution to each and every family member's mental health. When owning a pet, your daily routine suddenly undergoes a radical change, training and playing with your pet together gives that extra quality time otherwise spent in front of the TV or in your bedroom.

You suddenly leave a much fitter lifestyle, particularly if your dog is an energetic one who loves to explore parks. A brisk walk or even playing outside for a couple of hours every day has a profound effect in lowering heart-related diseases. If you don't have a pet yourself and want to hang out with an animal to boost wellbeing sign up to a service like Pawshake where you can become a pet sitter for the week, day, or just for a few hours.

Companion animals also improve heart health by lowering blood pressure and regulating the heart

rate during stressful situations. In a 2002 study, researchers measured changes in heart rate and blood pressure among people who had a dog or cat, compared to those who did not, when participants were under stress (performing a timed math task). Petting and stroking pets were also big indicators as when people spent time petting animals their stress levels subsided.

When a child has no brothers or sisters, research shows that pets help children develop greater empathy, higher self-esteem, and increased participation in social and physical activities by building social relations with their pet as if they were their own sibling.

People see pets as non-judgemental and can confide in them. Pets often provide companionship to elderly people who may not have the energy or resources for a live-in pet. In universities and nursing home settings, interaction with visiting dogs has led to more social behaviours, less anxiety and feelings of loneliness.

**Follow @pawshakeuk on Instagram and Twitter, and PawshakeUK on Facebook and learn more about Pawshake by visiting [www.pawshake.co.uk](http://www.pawshake.co.uk).**

# 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.

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# What's On

## SEPTEMBER

3rd, 4th, 10th, 11th  
Beginners/Intermediate/  
Advanced Counselling  
Skills, The Link Centre,  
Newick, East Sussex, £420,  
leilani@thelinkcentre.co.uk  
thelinkcentre.co.uk  
Starts Mon 5th  
6.30-7.45pm or 8-9pm  
Scaravelli Yoga, St  
Michael's Church Hall,  
High St, Lewes, (10 week  
course) Equilibrium 01273  
470955,  
equilibrium-clinic.com  
5th 7-9pm  
The FHT Local Support  
Group presents 'The  
Balance Procedure' with  
Yvonne Zackim. Venue:  
Victoria Drive Bowling  
Club, Eastbourne, BN20  
8NH. wellbeingmagazine.  
com/east-sussex/holistic-  
therapy-groups/ or contact  
Pam Hardy (Local FHT Co-  
ordinator for Eastbourne  
& South Downs) 07759  
674809 or comeinno@  
gmail.com  
Starts Mon 12th 5-6.15pm  
Tai Chi for Beginners &  
Improvers, St Michael's  
Church Hall, High St,  
Lewes, (10 wk course, £80)  
Equilibrium 01273 470955,  
www.equilibrium-clinic.com  
13th  
Thermography - Rosa

Hughes of Medscans will  
be at the Battle Healthy  
Living Clinic to offer Breast  
and Body Screening - a  
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Battle Healthy Living, Old  
Brewery Yard, High Street,  
Battle, TN33 0AF, 01424  
773373 or Medscans 0333  
800 3003  
14th 7pm  
Wellbeing Wednesday -  
Network Evening: 'Does  
every human being have  
worth and value?', The Link  
Centre, Newick, East Sus-  
sex, FREE,  
leilani@thelinkcentre.co.uk  
thelinkcentre.co.uk  
24th, 25th  
2 day, Understanding Self  
and Others - Introduction  
to Transactional Analysis  
(TA101), The Link Centre,  
Newick, East Sussex, £160,  
leilani@thelinkcentre.co.uk  
thelinkcentre.co.uk  
24th, 25th  
2 day, Applying Transac-  
tional Analysis to Organisa-  
tions, The Link Centre,  
Newick, East Sussex, £160,  
leilani@thelinkcentre.co.uk  
thelinkcentre.co.uk  
25th  
Introduction to Mindful-  
ness-Based Stress Reduc-  
tion, The Link Centre,  
Newick, East Sussex, £70,  
leilani@thelinkcentre.co.uk

thelinkcentre.co.uk

## OCTOBER

1st & 2nd  
Weekend Workshop  
Day 1: Solestry – The Art of  
Foot Reading Theory with  
Jane Sheehan, £80  
Day 2: Foot Reading Practi-  
cal Workshop with Jane  
Sheehan, £80  
Venue: Victoria Drive  
Bowling Club, Eastbourne,  
BN20 8NH. wellbeingmag-  
azine.com/east-sussex/  
holistic-therapy-groups/  
or contact Pam Hardy  
(Local FHT Co-ordinator  
for Eastbourne & South  
Downs) 07759 674809 or  
comeinno@gmail.com  
Sunday 2nd + 9th  
10am-5pm  
Reiki Level 1 Certified  
Course - 2 day course  
£150, Equilibrium Clinic, 16  
Station St, Lewes, 01273  
470955,  
equilibrium-clinic.com  
3rd 7-9pm  
The FHT Local Support  
Group presents 'An Insight  
into Apothecary' with  
Amanda Saurin. Venue:  
Victoria Drive Bowling  
Club, Eastbourne, BN20  
8NH. wellbeingmagazine.  
com/east-sussex/holistic-  
therapy-groups/ or contact  
Pam Hardy (Local FHT Co-  
ordinator for Eastbourne  
& South Downs) 07759  
674809

4th  
Mindfulness-Based Stress  
Reduction - 8 week course,  
The Link Centre, Newick,  
East Sussex, £285,  
leilani@thelinkcentre.co.uk  
thelinkcentre.co.uk  
8th  
Perinatal Mental Health,  
The Link Centre, Newick,  
East Sussex, £70,  
leilani@thelinkcentre.co.uk  
thelinkcentre.co.uk  
15th  
10 weekends per year,  
Foundation Certificate in  
Transactional Analysis, The  
Link Centre, Newick, East  
Sussex, £1749,  
leilani@thelinkcentre.co.uk  
thelinkcentre.co.uk  
29th 2-5pm  
'Pop-up Event' - The Hu-  
man Touch team will be  
providing a variety of mini-  
treatments in the Window  
Room at the Southwick  
Community Centre, 24  
Southwick Street, BN42  
4TE, 15 mins £5 and  
30 mins £10. For more  
information please contact  
Mary on 07796 518667  
or visit facebook.com/  
thehumantouch1 for up to  
date information (updated  
on Mondays)  
NOVEMBER  
5th  
Engaging creatively in  
therapy work (but I can't  
draw) - The Link Centre,

Newick, East Sussex, £80,  
leilani@thelinkcentre.co.uk  
thelinkcentre.co.uk

7th 7-9pm  
The FHT Local Support Group presents 'The Bowen Technique' with Lauren Henty. Venue: Victoria Drive Bowling Club, Eastbourne, BN20 8NH. [wellbeingmagazine.com/east-sussex/holistic-therapy-groups/](http://wellbeingmagazine.com/east-sussex/holistic-therapy-groups/) or contact Pam Hardy (Local FHT Co-ordinator for Eastbourne & South Downs) 07759 674809 or [comeinno@gmail.com](mailto:comeinno@gmail.com)

## **Mondays**

10am-7pm - **Massage Clinic with Lucy, £45 (60mins), Equilibrium Health Centre, 16 Station St, Lewes, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)**  
2-3pm - Chi Exercises & Meditation (Rooted in Qigong) at 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**

11am-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 at 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](http://glynleighwellbeingcentre.com)

## **Wednesdays**

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 offer '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  
7-8.30pm - **Your Body - A Lifelong Friend** (see pages for more information)

21st Sept - Introduction, followed by four further classes - 28th Sept, 5th Oct, 12th Oct & 19th Oct Introduction class is FREE; the following four classes are £15 per class. If all booked ahead of time before the second class commences, then the four can be purchased at the discounted price of £50

(£10 reduction alto)  
Venue to be decided. For more information please contact Ann Rambaut on 07436 810181 or [aep291@gmail.com](mailto:aep291@gmail.com)

## **Thursdays**

11am-12pm - Qigong & Meditation at Yogalife Studio, Eastbourne Starts 6th October (every Thursday except first Thursday of October when we meet by the beach at The Italian Gardens, Holywell) £5, first session FREE, Nick Neter, 07773 061309 or [handwork@tiscali.co.uk](mailto:handwork@tiscali.co.uk)

## **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)**

## **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)  
Monthly on first Saturday of the month; 1st October 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)  
Monthly 3rd Saturday of the month; 17th September & 15th October 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) 30minute 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)

Monthly on Saturdays 24th Sept & 29th Oct 9.30am-1.30pm - The Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter, Louise Burt, Tina Doherty. The Well Being Centre, 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)  
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