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# Wellbeing

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*Your health and lifestyle magazine*

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To Sleep?**

**SPROUTS**  
Sexy Secrets

**MANAGING**  
Diabetes  
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# EDITOR'S WORD

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Well it has been **seven** years since the launch of Wellbeing Magazine, our aim was to **inspire, inform** and **educate** our readers about the food we eat, how to look after our **bodies** and **minds** as well as the importance of our home and working environment. You may have noticed a slight change to our front cover image, we have always covered **nature**, with the absence of people, usually a pathway taking you into the future or water running freely, a single tree, strong and adaptable, however we have found some inspirational images of **people** in nature, we hope you will enjoy this new imagery and that they will **inspire** you to pick up the magazine and read the stories and news we share each issue.

## Rachel Branson

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Kate is our resident nutritionist who shares her insights and knowledge



### DAWN WALDRON

Professional coach and nutritional therapist:  
An expert in health and wellbeing.



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Elizabeth Peterken's lifelong interest in complementary therapies led her to study body massage in 2000 & since then hot stone massage, facial therapy, a two year diploma in vibrational healing using crystals, colour & gem essence & a years' course in geomancy incorporating geopathic stress, feng shui, earth acupuncture & space clearing.

With a previous background as a social worker for 17 years with the local council, she decided to make the move into complementary therapies with a view to treating clients - incorporating the mind, physical & spiritual body & using both practical & intuitive skills to promote each client & assist them to move towards increased wellbeing, health, knowledge & self help. Amongst the therapies & essences Elizabeth offers, here are a few suggestions timely with the longer dark nights & the festive season on the horizon, there with all its' joy & stresses.

**GET YOURSELF READY FOR AUTUMN OR YOUR PARTNER READY FOR CHRISTMAS!**

Take some time out of your busy lives & spend two & a half hours of relaxation. To include a one hour massage, one hour facial & half hour of crystal healing for only £80 (usual price £100).

**VIBRATIONAL ESSENCES**

With the evenings getting darker you may want to use 'balance' or 'on cloud nine'. For those of you with children, especially those with exam stress 'study essence', 'confidence essence' or 'calm down essence' may be just what they need.

To make an appointment or find out more about the Vibrational Essences contact Elizabeth Peterken simply call 07751 833320 or visit

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# LOCAL welcome



The Summer, being a late starter, seemed to last a bit further into the year than normal. Then all of a sudden here is Autumn, the days are getting shorter, and the festive season is within touching distance! This can turn out to be a busy time of year for most of us, and I hope that whatever your plans and priorities may be, that you get to enjoy it all and come out the other side with lots of smiles, fond memories, and no stress.

Our end of year issue, as always, contains therapies, philosophies, ideas, products and words of wisdom to help you enjoy a better quality of health and lifestyle. And there are some great seasonal offers and gift suggestions too! Take from it what appeals to you, and please share with your loved ones. I hope that the contents of the pages are instrumental in enhancing your lives and helping you reach your best potential.

May the festive season, whatever it means to you, bring you all the good things that you wish for yourselves. Until next time...

*Lesley*  
Publisher



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*Dear Readers*

*Due to unforeseen circumstances, Totally Tranquil had to move from Tarmount Studios at the end of May. My apologies for any inconvenience this may have caused.*

*I'm still providing Reiki, Healing, Hand & Foot Reflexology & Angel card readings & I'm still able to offer low cost work for people living on a low budget. Call me on 07796 518667 for enquiries or to book an appointment.*

*There's an exciting new project beginning in February at a weekly drop in clinic, offering low cost work including shiatsu, homeopathy, reiki healing for people & for animals, life coaching & reflexology. There will be further information about this project in the January edition of Wellbeing.*

*Mary  
Totally Tranquil*

**Are you easily distracted from situations by your mind being worried about what might happen if...? Do you find this removes you from being fully present to a situation?**

This can be very tiring and confusing and sometimes lead to anxious behaviours. Working with a horse can help to quieten the mind down. Horses live in a present moment state, not in a thinking state. Being in their presence and interacting with them can help us find that quiet place in ourselves. When we find that quiet place in ourselves we often get a much clearer perspective of situations.

An example of this was with one of our clients. In one of her sessions she wanted to explore being in a present moment state and trusting her judgement on a situation instead of thinking of all the "what could happen if's."

We went into the field with our herd of horses. One horse immediately walked over and stood very quietly in front of her. She remained very quiet and stood with him.

She then turned to me and said she was enjoying his company but was constantly worrying about where the other horses were in case they came over and she couldn't move out the way quick enough.

We discussed how the thought was an important one from the point of view of keeping herself safe. She also recognised the thought process was a pattern she uses all the time



in any situation, no matter how big or small the perceived problem is. The thought process of "what ifs" keeps her from enjoying experiences as they arise and instead leaves her feeling very anxious at times. We discussed how she would like this to be different in her session with the horses. By this point the herd had gathered under a near by tree and were all dozing. I asked her how she would feel going and standing in the middle of the herd who had formed an almost circle shape. "Terrified," she replied; that was because she was afraid of the "what if this happens" etc. So we did some present moment work and then she very slowly walked in amongst the herd and stood in the middle of them for quite some time. Using the exercise we had discussed she managed to stay pre-

sent to her situation the whole time and she felt the terror slowly leave her body. This not only showed her that she can quieten down her own mind, it gave her the tools to be able to use at any point should she need them.

Working with horses in this way is a very powerful experience which can help us shift behaviour patterns as well as help with confidence and other issues.

Emma works with you and the horse/s at all times and allows the process to be totally organic. We offer private sessions and 3 & 5 day retreats.

Please call Emma direct on 07825 036 301 to discuss your enquiry or for more information visit [www.intuitivehorse.co.uk](http://www.intuitivehorse.co.uk)

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# LOCAL NEWS



## Is men's depression under-diagnosed?

Statistics show that women are more likely to seek treatment for depression than men. Does this mean men get depressed less?

There is a strong argument that men experience depression as much as women though it is not recognised as such – by the men themselves, family and health practitioners. This is probably because men are often less in touch with their feelings than women. They are also more likely to regard depression as 'unmanly' and instead to label it as stress or anger issues.

My experience is that men experience depression as much as women though often show it differently – through anger, aggression or some form of addiction such as alcohol or drug abuse, workaholism or compulsive use of internet porn, all of which act as 'covers' for the depression. While women often internalise depression and blame themselves, men often inflict on others the pain they cannot bear in themselves, through anger and aggression.

## Hope for Psychosis - 'Soteria in the Pub' Fundraiser at the Brunswick, Hove

Founded in 2011, Soteria Brighton is a group whose aim is to establish a "Soteria House" - a residential service for people experiencing "psychosis", which serves as an alternative to hospital admission and which engenders hope for recovery.

The group's members have a personal and/or professional interest in seeing a greater variety of mental health services in Brighton, and include a mixture of healthcare professionals, carers and those who have themselves experienced "psychosis".

For more information about Soteria Brighton and to book a place at "Soteria in the Pub" on January 23rd, 7pm-11.30pm at The Brunswick, Hove, please visit the Soteria Brighton website [www.soteriabrighton.co.uk](http://www.soteriabrighton.co.uk) Tickets are £5 (£3.50 concessions)

Once depression has been identified it is important to look at what is being 'depressed' i.e. what is underneath the depression. This will often include unresolved feelings of anger, sadness and grief about earlier issues, such as an absent or abusive father and a dominating or controlling mother.

The problem is that men are not supposed to show vulnerability and see it as shameful. However, working with an experienced counsellor can help them deal with their feelings and find a place for their experience. This, in time, can help them move on.

Patrick provides individual and couples counselling in both Eastbourne and London, and can help with issues such as anxiety, stress, depression, sexual issues, relationship problems, lack of meaning or fulfilment in life/spiritual issues, self-destructive behaviour, life changes, addictions and compulsions, and self-esteem issues.

If you'd like to talk to Patrick please telephone 07891 295649 or visit [www.patrickmccurrycounselling.co.uk](http://www.patrickmccurrycounselling.co.uk)



Founder Nick Putman explains "We're looking for more people to help us realise our goals. We welcome newcomers to our meetings. At our "Soteria in the Pub" fundraising events we invite speakers who have made a significant contribution to our understanding of psychosis and/or services for people with such experiences. Our first event, with award-winning journalist Robert Whitaker, was a big success and sold out in advance, so we encourage anyone interested in coming along to our next event to book early. We are delighted to welcome as our next guest speaker, researcher and author Dr Joanna Moncrieff."



**The MyButeyko Course is based on the latest technology that uses your smartphone or computer to record your exercises during and after each training session. This enables your trainer to monitor your progress on his or her computer on a day-to-day basis and provide very close support.**

The training is organized in three

parts, and students are free to undertake as much or as little as they feel they need in order to permanently correct their dysfunctional breathing and deal with the stress in their lives or to improve their health and fitness. The MyButeyko app is always with them on their smartphone or computer to allow them to fit in more remedial work as and when they can.

**Part One** is a three hour training that gets you started and gives you a good understanding and foundation about the breathing connection in health and disease. It is followed by a week of distant monitoring and support utilizing the internet with text, email or Skype as necessary. The fee for this introductory part is £75.

**Part Two:** Most students will want to complete their training after this week's introduction on this final training session. This again is a three hour training session that assesses your progress, deals with any problems you may have had doing the exercises, introduces the final training modules and enables your educator to give you your future personal training plan. The fee for this session is £75.

**Continuing Support & Monitoring:** Eliminating dysfunctional breathing habits that may often have been present for many years usually demands monitoring and close support for at least six months. Therefore all students are strongly recommended to book the full MyButeyko support & monitoring service for at least three months (£75), or six months (£150), at this stage. This will involve text, email, telephone or Skype support

as necessary for up to thirty minutes per month.

**Longer Term Support:** Once the student has corrected their breathing they may want to be monitored for some further time to keep them from falling back to old habits, this simpler monitoring may be booked for three, six or twelve months as they choose. It is charged at £10 per month and will include text or email support on a weekly basis.

**Part One Course Dates for 2013** are  
Saturday 26th October 2pm to 5pm  
Friday 1st November 5pm to 8pm  
Saturday 9th November 2pm to 5pm  
Thursday 14th November 5pm to 8pm  
Friday 29th November 5pm to 8pm  
Saturday 7th December  
2pm to 5pm

Numbers are limited to five students on each course so please book early to ensure your place.

You can download the app for free at [www.mybuteyko.net](http://www.mybuteyko.net) then book one of the starter courses to ensure you are fitter & healthier in 2014.

For more information please call Michael Lingard on 01580 752 852 or email [lingard@buteykokent.co.uk](mailto:lingard@buteykokent.co.uk)

<http://www.buteykokent.co.uk/Buteyko%20Courses%202013.pdf>



# Diagnosing SIBO

Words:  
Kate  
Arnold



bacterial infection of the small intestine. The infection is due to bacteria that normally live in the gastrointestinal tract but have abnormally overgrown in a location not meant for so many bacteria. The bacteria can interfere with our normal digestion and absorption of food. It can also lead to deficiencies in iron and vitamin B12, causing certain anaemias.

**T**his month is devoted to Small Intestinal Bacterial Overgrowth (SIBO). Some of you may have heard of this but most may not and it has become important in identifying one of the underlying causes of irritable bowel syndrome (IBS). In recent years SIBO has also been linked with fibromyalgia, acne rosacea and other health problems which is why it is a fascinating condition to diagnose and treat. Before you rush out to your GP, getting tested is not simple and it is not widely available on the

NHS. SIBO is currently mostly diagnosed privately, some GP's have never heard of the condition and some consultants are dubious as to it's relevance in relation to IBS and other related health issues. In essence it is still quite controversial but if you would like to find out more, please read on as it may be one of the answers to your unanswered health problems.

## What is SIBO?

Small Intestinal Bacterial Overgrowth is a chronic

After eating food, the bacteria produce gas within the small intestine which in turn can cause abdominal bloating, abdominal pain, constipation, diarrhea or both. This can get confusing because of course these are the symptoms of irritable bowel syndrome (IBS). SIBO has been shown to exist in up to 84% of IBS patients. However for my part, I have not seen this higher percentage and I find about 30% of IBS patients have a positive SIBO test. Apart from IBS, SIBO has been linked controversially to a whole host of other conditions. These include:

### Other symptoms

- Heartburn (Reflux or GERD)
- Weakness
- Weight loss
- Nausea
- Food Sensitivities
- Headaches
- Joint Pain
- Fatigue
- Skin symptoms (such as eczema or rashes)
- Respiratory symptoms (such as asthma)
- Mood symptoms (such as depression)
- Steatorrhea (fatty stools)
- Anaemia (Iron or B12)

### How do I get SIBO?

The gastrointestinal tract is a continuous muscular tube which digesting food travels along on its way to the colon. Normally, the coordinated action of the muscles of the stomach and small intestine propels the food from the stomach, through the small intestine and into the colon. This muscular action also sweeps bacteria out of the small intestine and limits the numbers of bacteria in the small intestine. However when a condition interferes with the normal activity in the small intestine this can result in SIBO. By allowing bacteria to stay longer and multiply in the small intestine the lack of normal muscular activity also may allow bacteria to spread backwards from the colon into the small intestine. Possible causes are:

Long term use of PPI's (proton pump inhibitors eg omeprazole)  
Bariatric surgery  
Chronic pancreatitis  
Blind loop syndrome (after stomach surgery)  
Scarring from previous surgery and crohns disease.

Diverticuli (small pouches) of the small intestine that allow bacteria to multiply inside diverticuli.

Disorders of the immune system can cause bacterial overgrowth

*"It is mandatory to consider SIBO in all cases of complex non-specific dyspeptic complaints (bloating, abdominal discomfort, diarrhea, abdominal pain), in motility disorders, anatomical abnormalities of the small bowel and in all malabsorption syndromes (malabsorption, maldigestion)." J.Bures et al 2010.*

### Getting Tested for SIBO

SIBO is measured by a breath test. This measures the hydrogen and methane gas produced by bacteria in the small intestine that has diffused into the blood, then lungs, for expiration. The gas is graphed over a transit time of 2 or 3 hours and compared to a baseline. Patients drink a sugar solution of lactulose after a 1 or 2 day preparatory diet. The diet removes much of the food that would feed the bacteria, allowing for a clear reaction to the sugar drink. The test is performed

either at home with a take home kit or a breath testing machine in hospital, doctors office, or lab. It takes 1-3 hours in the morning after a 12 hour fast the night before and a special diet needs to be adhered to the day before the test.

### Who should get tested?

If you have IBS symptoms that have not got better despite seeing your GP and are also suffering from a range of unexplained symptoms, acne rosacea, fibromyalgia etc it may certainly be worth ruling SIBO out as a cause for your symptoms.

Breath tests are available for those with private medical insurance with Dr Adam Harris, Consultant Gastroenterologist in Tunbridge Wells (GP referral only). Please see here for more information [www.westkentgastroenterology.co.uk](http://www.westkentgastroenterology.co.uk). If you don't have medical insurance and are happy to self fund I can supply the breath test kit to do at home - these are priced at £150.

### What happens if the test is positive?

If the SIBO test is positive the best approach is antibiotic therapy taken over 7-10 days. The antibiotics will vary but this is usually enough to stop the

## WELLBEING FOOD

problem and will mean you will be able to eat a normal diet again, if you have been eliminating suspect foods. Antibiotics used can include: tetracycline, amoxicillin, metronidazole, neomycin, cephalaxin, and trimethoprim-sulfamethoxazole.

There is only one study using herbal "antibiotics" for the treatment of SIBO, which used enteric coated peppermint oil (ECPO). Besides this, herbal antibiotics have not been studied for the reduction of SIBO. The question is whether they will target the bacteria that is overgrown. However, it has been suggested that some herbal antimicrobials do not kill our beneficial bacteria, certainly a unique and desirable quality.

Herbal antibiotic formulas abound in the supplement industry. These include: Garlic, Cinnamon, Oregano, Goldenseal, and Barberry.

### What about special diets?

Patients who come to me with suspected SIBO issues are already on severely restricted diets - avoiding wheat, gluten, dairy, lactose, large amounts of carbohydrate and all manner of different variations of elimination diets. It is advisable to eradicate SIBO quickly and get back to eating as normally as possible rather than staying on restricted diets long term which may lead to different health issues. It is commonplace for patients to think they have multiple food intolerances and lists of foods they cannot eat when in fact it

may be only a few foods and the problem they are suffering from is SIBO not from the food itself. Often people with SIBO tell me it does not matter what they eat - even a glass of water can make them feel bloated. This should ring alarm bells, if it's not the food there is something going on in the gut. Time to get tested. There are a few diets that can help symptoms of SIBO and IBS as well. These include the Specific Carbohydrate Diet and Low FODmap diet which I will be discussing in the next issue as well as the GAPS diet which has found huge popularity recently.

**For more details on tests and consultations visit [www.katearnoldnutrition.co.uk](http://www.katearnoldnutrition.co.uk) or call Kate Arnold on 01323 737814 for more details.**



## Kate Arnold Nutrition Consultant

BA(Hons) Dip ION PG Cert MBANT  
Treats all acute and chronic health problems  
Tel: 01323 737814

# Which of these common symptoms 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

**Want to find out what's causing your IBS?**

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Please call me for a FREE five minute chat on 01323 737814



Common sense nutrition



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Since 1996, the number of people with diabetes in the UK has risen from 1.4 million to 2.9 million. Diabetes prevalence is estimated to rise to 4 million by 2025. And 90% of adults with diabetes have type 2, the biggest risk factor being carrying excess weight.

However after doing some research on courses I was surprised at the amount of information out there including many online self help courses.

There were 5 free courses alone, sponsored by the NHS alone

- **Aspire** – designed for adults with type 1 diabetes
- **Dafne** – as above carbohydrate dose adjustment
- **Desmond** - diabetes education and self management for ongoing and newly diagnosed T2
- **X-Pert** – self management course for all people with diabetes

- **Freedom4life** - five weeks where the group meets once a week for three-and-a-half hours.

Their focus is on empowering patients to manage their own condition successfully, but much of the emphasis is on better drug compliance/management as well as diet. I also understand that waiting times to get on the course can take up to two years in some places.

There's a whole raft of websites offering this advice for free, clearly heavily sponsored by the NHS - which I think

is a good thing, but doesn't always offer the full advice on managing diabetes naturally.

A colleague of mine, with Type 1 diabetes was horrified that one of her courses that they could carry on eating what ever they wanted, they just needed to learn how to manage their insulin.

While Type 1 is different to type 2, the advice on some of these free courses tends to be a similar message and given that Type 2 is a lifestyle disease it seems strange not to advise on a change in lifestyle!

A family friend has recently passed away resulting from complications from type 2 diabetes. He was always a big man, who loved his food but he seemed to think that the medication he was on would allow him to continue to eat the same cakes, chocolate and consumer huge amounts of diet coke. Even with his two sons being doctors he couldn't see that but making some simple lifestyle changes he may have reversed his conditions in the early stages of his diagnosis.

I am heartened to know that many nutritionists are working with people to help re-educate them on making these simple changes and only last week a friend on mine posted on facebook that after

following advice from Nutritionist Fleur Brown in Tunbridge Wells

“3 months ago I was diagnosed with Diabetes II, my Blood Glucose 18.2 (should be under 7) and HBA1C 102 (should be under 50) I was shocked as I was not obese and was I thought following a healthy diet.

With readings like that, not surprisingly I was advised to take Metformin. I was told I would have this for life, it was in the family etc. Thankfully, my friend David Hamilton sent me info about research at Newcastle University around low carb diets and Diabetes.

Having followed a low carb diet for 3 months with the support of a nutritionist, I am pleased to say that I have lost 1 stone ~ it was all around my middle ~ 3 inches off the waist. I now weigh in at 8 stone. Have a BMI that is under 20, Blood Glucose 5.5 and HBA1C 39. This week I was taken off Metformin and both my Doctor and Diabetes Nurse have acknowledged that my lifestyle

changes have played a huge part, I would not have achieved this with drugs alone. I am the first patient that the nurse has ever been able to do this with.”

This indeed is a powerful testimonial to the importance on making simple lifestyle changes.

Obviously the free NHS courses are important in learning about the condition and understand about the medication available, however I do feel that taking responsibility for making changes to your lifestyle supported by a nutritionist can have a very positive impact on bringing conditions like these under control naturally.

Short-term complications include hypoglycaemia diabetic ketoacidosis (DKA), and hyperosmolar hyperglycaemic state (HHS).

Long-term complications include how diabetes affects your eyes (retinopathy), heart (cardiovascular disease), kidneys (neuropathy), and nerves



I was recently asked to review Diet Chef. I'm not one for packaged and processed foods, so the thought of agreeing to test a month's supply of packaged food was slightly outside my food comfort zone, however the idea of having meals on hand, carefully created with the right portion size and ingredients to give me the right nutrition without having to think seemed like a good opportunity to turn down.

The box arrived and my husband and I sat down to inspect the contents of the box, there were breakfasts, lunches, dinners and snacks. The portion sizes looked small and I wondered how I would cope eating such small amounts of cereal.

My first day's breakfast consisted of Granola, an apricot and orange bar, sweet potato and coconut soup and the spelt risotto. I was very pleasantly surprised. It all tasted good, kept me feeling full despite the much smaller portion sizes I am currently used to consuming. Day two was the luxury muesli, chicken mulligatawny soup and Paella for the evening meal.

### So what's the verdict after a month?

It certainly makes life simpler and I can see the appeal for someone who struggles with their weight, lives a busy life and needs that extra help when it comes to selected healthy meals. While I still prefer to cook from scratch there are times in your life that you need a day (or month) off. The beauty of these products is that they have a good shelf life so can be great essentials in the cupboard for those nights when you need something tasty without all the calories, added sugars and salt and having read the labels they certainly are a lot better than most of the ready made meals you are likely to grab in the supermarket. I personally didn't have any weight to lose but it make sure I ate a good meal on nights where I may have been tempted to skip a meal, I never felt hungry and there were probably only a couple of meals that I personally didn't enjoy but then that's just down to personal taste and there is certainly plenty of variety to keep you happy throughout the month. [www.dietchef.co.uk](http://www.dietchef.co.uk)

**Do you have a diabetes story to share please post it on [facebook.com/wellbeingmagazineuk](https://www.facebook.com/wellbeingmagazineuk)**

# MANAGING Diabetes naturally



Living well with diabetes / Eat to beat insulin resistance and developing T2 diabetes

## 6 Week Course to Help You Manage Your Diabetes Naturally

This course is about making small lifestyle changes, step by step. Incorporating these changes so that they become part of the daily course of life means that you will continue to achieve and maintain your weight goals, long after the programme has finished. Run by a fully qualified nutritionist helping you to understand the role of nutrition, stress and exercise in managing your diabetes.

As a course participant, you will learn how to eat yourself to better health and shape.

If you are bothered by excess fat, particularly around your middle, if you are worried about developing diabetes or have been diagnosed and you want to find a lasting solution, then this is the course for you.

Please feel free to pass this on to friends or family members who may be interested in attending.

Classes are small and informative with the emphasis on education, knowledge and long terms lifestyle changes.

**Each week we cover a different topic, making sure that at the end of the six weeks you have all the information you need to manage your diabetes naturally.**

### **Can changing how I eat really make a difference?**

What is insulin resistance? T1 vs T2 diabetes and potential health consequences. Sorting the myths from the facts. How are bodies process food to create energy and vitality. How simple lifestyle changes can make a huge difference to our physical and mental wellbeing - and our future health.

### **Healthy eating: it's more than simply fueling up, isn't it?**

Principles of healthy eating, balancing blood sugar, effects of stimulants, importance of water and what to drink, portion size, mindful eating.

### **What's in your food: the GI blues?**

Carbohydrates and the Glycaemic Index. Importance of carbs, fats, proteins explained. What's the low GI diet. Latest research on the health benefits of other elements - vitamins and minerals, antioxidants and phytonutrients, where to get them in your food/ incorporate daily.

### **Sugar alternatives: aren't you just sweet enough?**

In depth look at sugar alternatives and sweeteners in processed foods, drinks and used in baking etc. Natural source of sugars and how to include them sensibly.

### **Taking good care of yourself**

Benefits of physical activity - and getting yourself motivated. Effects of stress on your body and how to manage it better. What other complementary healthcare treatments are considered helpful for people with diabetes.

### **Making healthy choices: not a diet but a way of life!**

Meal planning, reading food labels, shopping tips in your local supermarket to specialist stores, what to choose when you're out and about, growing culinary herbs, preserving fresh foods

**Next course starting Thursday 16th January 2014**

**LoGi Cafe, Ely Court, Tunbridge Wells 6pm - 7pm**

**Classes are small so book soon to guarantee your place. [www.wellbeingevents.co.uk](http://www.wellbeingevents.co.uk)**

# THE 'DRAMA'

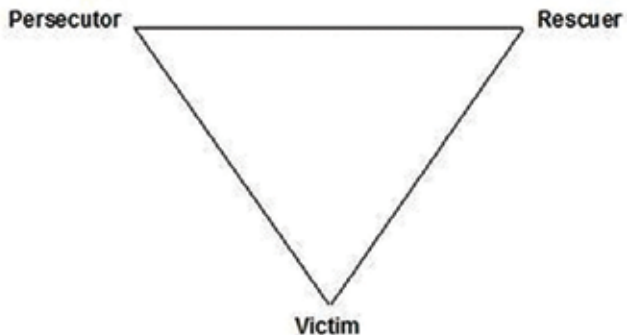
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*I love this time of year. The nights are drawing in and the trees are looking beautiful. We can look forward to log fires, hot soup and cosy evenings in. Then, in the not too distant future ~ Christmas ~ a time for peace, celebration, joy and goodwill to all men. A time to enjoy fun with friends and family ~ a time to sing songs around the piano and listen to carol singers as they brave the icy cold. Or is it?*

Christmas is such an interesting time. As the evenings draw in we tend not to look after ourselves so well - we eat too much, drink too much and don't get enough exercise. We have unrealistic expectations - putting pressure on ourselves to get things done before the break, in order for us to have that 'perfect' Christmas - sold to us by the media and advertising campaigns. We spend far too much money buying that 'ideal' present for the person who has everything, and we force ourselves to spend time with the family member that we avoid for the rest of the year. And then, surprisingly, we wonder why we don't enjoy it! It is a perfect recipe for Psychological Games. The theory of Games was developed by Eric Berne the founder of Transactional Analysis. We all play Games. They are unconscious and repetitive.

We learn to play Games in our family of origin, as a way of getting our needs met when we are young. Once these games may have been useful to us, but as adults, they're generally unhelpful and destructive. We are much more likely to play them when we are tired, run down or stressed, and with those who will play them with us! At Christmas, we often put ourselves back into our family of origin where we first learned to play the Games. Steve Karpman developed the Drama Triangle (below) to help us to understand the concept of Games. When we are in a Game, we are on this triangle and as the Game progresses, we move to a different position.

**The Karpman Triangle**





# Christmas

When we are in the Rescuer position we are taking care of, looking after, doing more than, the other person. Often doing more than we want to! Have you ever experienced this at Christmas? Doing things you don't want to do? Spending time with people you would rather not spend time on?

Spending money on things you don't want to buy?

When we are in the Rescuer position we often build up resentment.

When in the Persecutor position, we are generally angry or resentful. We 'have a go' at the other participant in the Game, put them down, belittle and undermine them. We feel that we are right and they are wrong and blame others. We offload our frustrations onto others. Have you experienced times when you have offloaded frustration onto another person, possibly even when the frustration had nothing to do with them?

When we are in the Victim position - we are in a victim role. (This is different from actual victims, who do not invite what happens to them.) We are undermining ourselves, believing we can't do things - we

are powerless and unable. We might say things like, 'I can't find the right present,' or 'it's all too much for me.'

When we are in a Game we unconsciously seek others who will play the opposite roles. Once found, we will then play out our Games.

An example might be adult children who come home for Christmas. It always amazes me how my own grown-up children, who are very capable adults in the world, can regress back to being children as they walk through my door. It might be that you haven't seen them for a while and want to make it a great Christmas for them. You shop, cook, clean and spend time thinking about what they would like. You plan and bake and wrap. You buy the biggest tree, decorate it, and put a pile of presents underneath. You wear yourself into the ground and are tired. Which position do you think you are in?

Your children then come in from having fun with their friends and say, 'It's so boring here, there is nothing to do' If you were thinking, rather than just reacting, you would realise they are in a Victim position.

It's not up to you to provide their entertainment. They are adults. What do you think you might feel?

It could be anger - and you move into the Persecutor position. If you play this Game out, you might start to have a go at them. You might tell them they are ungrateful, after everything you've done for them etc. etc. We would all go away feeling bad.

There is a whole range of different Games we can play. It depends which ones we have learnt as a child. Look out for the Games you might play - at the end of them, we always feel bad in some way. You can avoid these Games, by really taking care of yourself - both physically and psychologically - by not doing more than you want, by expressing frustrations before they build-up, and by realising that you can do things for yourself.

**Leilani Mitchell**  
[www.thelinkcentre.co.uk](http://www.thelinkcentre.co.uk)

**The Link Centre offers courses in personal and professional development**



# Try something different this winter

**I**f you've got a family holiday booked for this winter, you're probably planning on hitting the slopes. Skiing might be the most popular winter sport for holidaymakers, but it's not all there is on offer.

**Luxury winter resorts have numerous sports and activities for you, so take a look at these five winter sports and see which ones you'll be trying your hand at on your next holiday.**

## 1. Skiing

Whether you're a complete novice or have been skiing for years, all inclusive ski holidays can offer you the trip of a lifetime. You'll be able to hit the very best slopes, from blue runs for beginners, to double black diamond runs for experts.

However, it's not all about how fast you can go down the piste. You could try out some cross-country skiing, which allows you to explore the mountains at your own pace.

For a real thrill, why not go off-piste in search of an adventure? Make sure you have a guide though, as you wouldn't want to get lost in the snowy outback!

## 2. Snowboarding

The popular alternative to skiing, snowboarding, can provide you with a similar experience to downhill skiing. It's fun and exciting, especially once you're able to throw in a few tricks on your way down the course.

### 3. Bobsleighting

You've seen it on the Winter Olympics and Cool Runnings, but now it's your time to give bobsleighting a go. It's an exhilarating experience – no surprise really seeing as you'll be hurtling down an ice track at top speeds! You might not be making the national team anytime soon, but it's still a sport.

### 4. Snake sledging

It was always great fun when it snowed as a kid – you got the day off school and hit the mountains on a sledge made from a baking tray or a bin bag. However, on your holidays you could try out snake sledging, where a group of ten or more people are attached together.

It's a really fun experience, where you'll wind your way down the slopes like a big snake. You'll have an instructor with you, so there's no need to worry about not knowing what to do and it's a great alternative for those that don't like the idea of standing upright on skis!

### 5. Snowshoeing

You might see winter sports as only something for adrenaline junkies, as they're often associated with high speeds. However, if you enjoy being out on the snow, but at a more reasonable pace, you might enjoy exploring the mountains on snowshoes.

For all inclusive skiing holidays visit [www.clubmed.co.uk](http://www.clubmed.co.uk)



If you scratch the surface of contemporary London you'll soon discover some of the secret locations that are familiar only to Londoners. These are the places that real Londoners enjoy and are the most interesting destinations in the capital.

#### 1. Shepherd Market (W1)

Close to Green Park tube, behind the stately Park Lane hotels lies Shepherd Market, which even the locals call 'The Heart of Mayfair.' Designer jewellery shops nestle next to wonderful restaurants including the unique, L'Autre, a Polish Mexican Bistro. Mick Jagger and Kate Moss come clubbing here, as do many of the local residents.

#### 2. Charles Dickens Museum (WC1)

This wonderful museum is the actual Holborn townhouse where Dickens lived from 1837 to 1839. The museum contains many personal mementos of the great writer as well as a research library. The cosy feel of the building creates an intimate atmosphere and takes the visitor straight back to the 19th century.

#### 3. John Adam Street (WC2)

If you're staying at The Savoy, one of the many luxury hotels in London, then there are several wonderful examples of neo classical architecture just a short walk away. The best time to wander around here is on a quiet Sunday morning as

you'll have the streets to yourself.

#### 4. The Mitre Pub (EC1)

This pub is difficult to find. You'll have to look out for an alley off Hatton Garden or find the entrance in Ely Court. The pub is tiny and patrons include local businessmen and the odd visitor who seek a serene atmosphere without music, fruit machines or any type of artificial cacophony.

#### 5. Leighton's House Museum (W14)

You enter into a world of Byzantine beauty once you go through the portals of this wonderful museum. Frederick Leighton was a Victorian painter and collector and the house contains many important examples of 19th century art, but it's the mosaics and exotic tiles that will really take your breath away.

#### 6. Bermondsey Market (SE1)

In years gone by, this market was also called The Thieves Market as it was believed that much of the merchandise on sale came from the robberies of great homes and other burglaries. Today, this weekly market is the place to go for anyone who is looking for a souvenir with a difference. It's worthwhile talking to the stallholders to try and haggle, also poke around in some of the dusty junk boxes – you never know what you'll find!

To book your hotel [www.expedia.co.uk](http://www.expedia.co.uk)



Picture: Dormeo Octaspring Memory foam pillow

Words: Dawn Waldron

# 'ALLERGIC' TO SLEEP

**M**ost of us go through periods in our lives when sleep is hard to come by. You're probably familiar with the standard advice: keep your bedroom calm, avoid caffeine after midday, eliminate sources of light, don't spend too much time on your iPad before sleeping, count sheep, yada yada yada...

But what happens when you've followed all the advice and you still can't sleep? The answer may well lie in your levels of histamine.

Histamine is a substance we associate with allergy and inflammation. Hence we take antihistamine when we suffer from hayfever or overreact to a bee sting.

But histamine is also a powerful neurotransmitter involved in sleep regulation. High histamine levels correlate closely with high alertness. (Which is why antihistamines tend to make you drowsy.)

Some of us are genetically programmed to produce more histamine: if you're tall and slim

with long fingers and toes, high sex drive, good teeth and a tendency to salivate a little too much, you're a high-histamine type. Which means you're more likely than most to struggle with insomnia. But all of us can get stuck in a high histamine cycle when life is very demanding or exciting.

Taking the occasional antihistamine to aid sleep when your routine has been disrupted is an acceptable solution for most of us, but long term reliance is probably best avoided. Antihistamines also tends to leave

you with morning drowsiness which is very annoying.

If you're stuck in a sleepless rut, you might want to consider more natural strategies to reduce night time histamine levels. Here are some:

**Methionine**, an amino acid found in good levels in eggs, fish and poultry, has the ability to combine with histamine and help the body excrete it. So a high protein supper can help.

**Magnesium deficiency** – fairly widespread in the UK population – promotes the release of histamine; so making sure you eat plenty of dark green leafy vegetables can help. Or consider taking a supplement (see below).

**Vitamin C** is nature's antihistamine and can work wonders to detoxify histamine levels. You can score a double whammy by taking a supplement of Magnesium Ascorbate (that's magnesium combined with vitamin C) before bedtime. One or two 1000mg doses should do the trick.

It goes without saying, I hope, that if your sleeplessness is due to intractable life problems that are not being resolved, then some coaching could also help you find a more rested state of mind. Sleep well!

**Dawn Waldon is a coach and nutritional therapist working in Tunbridge Wells <http://dawnwaldron.wordpress.com/>**



### BETTERYOU MAGNESIUM OIL

Goodnight Spray is 100% natural and delivers the essential Magnesium mineral directly into the skin tissue, entering cells immediately and efficiently replacing magnesium lost through modern diet and pressured lifestyles. BetterYou Goodnight Spray combines magnesium with essential oils to calm and harmonise, aiding a relaxing sleep.

[www.betteryou.uk.com](http://www.betteryou.uk.com)



### VITAMIN C SUPPORT

Easy to swallow capsules, easily assimilated by the body and allows for maximum absorption. Including magnesium and bilberry extract. Rich in bio-flavanoids. Vitamin C Support® is made from magnesium ascorbate which is an alkaline form of vitamin C. Not to be confused with the more acidic and cheaper form of ascorbic acid which is more difficult for the body to absorb. £15.77 from [wellbeingshop.biz](http://wellbeingshop.biz)



### SLEEP-EASY WITH OCTASPRING

The revolutionary memory foam spring mattress. Dormeo Octaspring have launched the next generation of innovative sleep products. The spring design allows for air to flow throughout the mattress with the subsequent ventilation, meaning users feel fully refreshed after a night's sleep. The spring's memory foam make-up also supports and cradles sleepers, as if on a bed of air, with no counter-pressure on the body, no bowing or creaking of the mattress, ensuring ultimate comfort throughout the night. Gone are the days of a disturbed, painful, and sleepless night!

Dormeo Octaspring also offer a range of pillows and mattress toppers, to ensure that a sound night's sleep is based on complete all-encompassing comfort. We tested the pillow which retails at £114.95. Although this seems quite a price to pay for a pillow, the fact that you spend 8 hours in bed it is definitely worth the investment for a good night's sleep!



# ATMOSPHERE

Conscious Body Mind & Being

Many ancient healing systems emphasize the connection between mind and body in healing. Today, modern scientific research is proving that this age-old tenet of medical wisdom is true. What we think and feel has a powerful influence on our bodies. Today virtually every major medical centre has a stress management or mind-body-clinic, and such practices as meditation, yoga, and group support are woven into the medical treatment of heart disease, cancer, and other serious illnesses. By using the connection between mind and body, you can improve your health.

Ann Rambaut and Carina Lindström together as a team complement each other with different professional backgrounds and life experiences which, in turn, have led them to create and evolve exciting ways to access and benefit the body-mind-being. The ideas around Atmosphere came to life during 2010, and the Company was established in 2011. It has since expanded worldwide with the head office being in London.

Together Ann and Carina have created treatments that are taking the Spa industry by storm.

### **The Deep Relax Body & Mind**

This is a hands-on session which creates major ease and change - among many things assisting the brain-waves to slow down into the Theta state, the state achieved in deep meditation. The results have been phenomenal! The Deep Relax Body & Mind can be combined with other treatments, as it has been found to be both complementary and enhancing.



### **The Body Flow and Ultimate Body Bliss**

Tuning into the body and using advanced light touch techniques, this treatment creates an ease and flow of the body movement and oneness with the mind.



### **The Vibrational Facelift**

Not just the face, though the lifting of the entire body is assisted through this treatment, resulting a younger looking face and a younger feeling throughout from top to toe.

Attention to the human body brings healing and regeneration. Through awareness by the mind of the body, we remember who we really are.

Both Ann and Carina travel the world, giving and teaching these modalities. Ann Rambaut practices in Eastbourne, at The Waterside Boutique Hotel, and London at The Charterhouse Clinic, Marylebone.

For more information please visit [www.ann.rambaut.com](http://www.ann.rambaut.com) and [www.atmos-phere.com](http://www.atmos-phere.com) or contact Ann on [aepr291@gmail.com](mailto:aepr291@gmail.com)



### **The Experience**

I met with Ann recently so that I could learn more about Atmosphere, and find out what the buzz was behind these new revolutionary treatments.

Ann herself is an open and friendly lady with a wealth of experience - trained initially as a Chartered Physiotherapist, further progressing to train in Acupuncture, Craniosacral Therapy, and Bowen Therapy. The Ultimate Body Bliss technique is one Ann has developed herself. Needless to say, her credentials and down to earth approach lay a good foundation and credence to the development and evolution of Atmosphere with Carina.

After chatting a bit more about the treatments and philosophy behind them, I was delighted to be able to experience them hands on. Fully clothed, I lay back on the therapy couch and closed my eyes whilst Ann began first the Deep Relax Body & Mind, followed by The Vibrational Facelift. The treatments focused on various hand placements around the head, face and shoulders. As the first treatment started Ann and I had continued to chat. Within a relatively short time though I felt myself drifting off - not to sleep, though rather to a very relaxed place - and Ann sensed this, so our conversation took a natural pause throughout the remainder of the session.

As Ann continued to work her, what seemed like, magic I continued to stay in this very relaxed yet aware state, which I understand to be the Theta state. On the physical level, apart from the relaxation, I remember feeling 'something going on' in my jaw area - I imagined that this was part of the facelift process, though as we weren't at the Vibrational Facelift treatment yet, perhaps it wasn't. I spoke with Ann about this afterwards and she explained that a lot of tension can be stored in the jaw area and my body was simply releasing this.

I remember being conscious of not wanting the treatments to end though when they eventually did I felt as bright as a spring bunny! When Ann asked me to take a look in the mirror, I saw a very refreshed face with a lifted look, particularly around the eyes. I'm impressed with both treatments, the experience and the results. Behind what seems a very simplistic treatment, from my point of view, no doubt contains a very profound wisdom. On a practical level I liked the fact that both the treatments could be taken with clothes and make-up on, and therefore could slot nicely into a day's busy schedule, and leave me feeling refreshed without being dishevelled. I will definitely be booking up for more treatments. (Lesley - publisher)

**Present this Wellbeing Magazine for a £10 discount  
(regular price £55 for a 45 minute treatment)  
Offer valid until 31 December 2013**

## Pure, Safe, Beneficial by Sue Lewis

Sir Richard Branson recently said that a business is often started to solve peoples` problems. That`s exactly what we do.

Everybody knows how people want to stay younger, be fitter and have more energy. Age 60 now is really not what age 60 used to be and retirement can now mean living for 30 years or more - and quality of life is everything. Most people are looking for ways to stay healthy. Our population is living longer, and how many of the older generation are simply managing illness? Much better to use preventative measures. And it isn`t just about what you put in your mouth, it`s also what you put onto your skin, which is quickly absorbed into the bloodstream.

Arbonne has been Pure, Safe and Beneficial from day one. We are Vegan and formulated without parabens, phalates, PABA`s, mineral oil, gluten, dairy, wheat and soy. We use soy based inks, our packaging comes from FSC certified renewable sources and is recyclable and we have carbon neutral shipments.

Have you heard how online sales have overtaken retail? Have you heard how the government has suggested that a nation of entrepreneurs has the power to pull us out of recession? My background is in financial services and helping people plan for the unexpected is what I do. As a business, with Arbonne I can now help others create a plan B before they need it in much the same way as an insurance policy. Arbonne can grow into an asset which can be willed to your family and continue to pay your family after you are gone - would your employer do that? I love the culture of us all helping each other to success and the communities we are building, and the lives to which we are making a difference, including with the Arbonne Charitable Foundation.

Arbonne is in the right place at the right time. The recession isn`t affecting us in the same way as many, because everybody still takes a shower, ladies will always wear lip-stick and mascara and babies will still wear sunscreen. All we do is spread the word. You are already doing this every day, recommending things that made you feel or look better. Did the High Street store ever send you a cheque?

The internet is driving our turnover. We get paid a thank you when someone we have introduced buys online - and when they run out they buy again and again. These are products people can`t live without. We share products, educate on their pure, safe and beneficial properties and we recommend by word of mouth. We teach others to do the same and build communities and Arbonne pays us for doing so!

Testimonial for the newly launched `Genius` - a botanical retinoid applied at night prior to moisturiser:

*"I thought you may be interested to read this, as I have concluded the Genius is better than a light peel I have performed for years - and far more economical. However what has surprised me is that even very dry skin benefits (as long as its not prone to eczema or rosacea)."*

"I've struggled with dry skin for many years. Whilst my skin is not irritable or sensitive, the dryness led to a dull, matt appearance that I found difficult to improve. Dr Brookes performed light peels (called Easy Phytic by Skin tech) which did help. However, I'm very busy and not able to complete a course of peels returning weekly. Dr Brookes suggested I try the newly launched GENIUS product by Arbonne.

I had used the RE9 anti-ageing range and Cellular renewal mask with some benefits already. I have now been using The ARBONNE GENIUS for four weeks, and it has made a tremendous difference to my skin. The dryness which has been a barrier to glow has gone - and did so immediately - and my skin has the healthy glow I have always wanted. My skin is smooth and more importantly not tight or irritated and with no peeling. Its simply is GENIUS - the clue is in the name!"

(Female, 40's, Surrey, Client of Dr Brookes who is based in Surrey)

If you'd like more information about the products or the business please contact Sue on +44 (0)7879 075817 or visit [www.arbannesouthern.myarbonne.co.uk](http://www.arbannesouthern.myarbonne.co.uk)

Visit my website  
for great gift  
ideas!





## CHOC SHOT LIQUID CHOCOLATE REVOLUTION

We have found a healthier, less calorific way of enjoying delicious tasting chocolate. The UK's first liquid hot chocolate that's 'not just for drinking'. As well as making a delicious hot chocolate you can drizzle it over fruit, frozen yoghurt or use in baking. Sweetened with the magic ingredient, Sweet Freedom, a natural sugar alternative made 100% from fruit. As well as being completely natural, it has low GI, making it a good choice for dieters and diabetics, is dairy, gluten and GM free as well as being suitable for vegetarians and vegans. Available from Tesco, Morrisons, Waitrose, Ocado and Sainsbury RRP £3.59. Now you can truly experience guilt free chocolate!



# Tried & tested

Wellbeing products for you and your family..

## VIVOBAREFOOT TRAIL SHOES

These performed extremely well during the Adidas 24h. We experienced a storm that raged all night and this resulted in more mud than Tough Mudder, where we also tested them. Paths turned to rivers whilst running in the pitch black with only our head torch to guide us. Anyone that has run in blackness can appreciate that the most important thing is assurance of grip. Losing your vital sense of vision, the Vivobarefoot allows you to adjust your body to prevent slipping over. Wearing the vivobarefoot I could just plant my foot, confident that I would experience no multilateral movement due to the V Trek: Multi-directional 'V-teeth. Barefoot running helps you to focus on the technique of running and encourages a more upright running technique.

Available for men and women in a variety of colours.



## OTRIVINE

Natural Nasal Spray with Eucalyptus relieves nasal congestion within a couple of minutes. It seems to have a purifying action to clear the nasal passages and helps to remove bacteria.

Normally, a blocked nose is caused by a cold, or by an allergy. The swelling blocks the flow of air through the nose and this spray helps reduce the swelling inside the nose and makes it easier to breathe. However this should only be a short term solution and should not be used for more than 7 days. Having read other articles on nasal sprays it seems that some people can become addicted to using sprays on a regular basis. Also check the warnings as there can be contra indications with other medicines and medical conditions.



## THE *sexy* SECRET OF SPROUTS!

**T**he festive season is also the fertile season! According to studies over nine per cent of all conceptions take place in the period between Christmas and New Year, making December the sexiest month in the UK Calendar. Although parties and over-indulgence could be a potential culprit of the Christmas conception; research suggests that it's more than a sprig of mistletoe that ignites the Christmas baby-boom!

In fact scientists believe that the cooler conditions could also contribute to a man's fertility levels. Moreover, other factors associated with enhancing a person's fertility often happen at this time of year- such as relaxing, socializing and eating

brussel sprouts - yes brussel sprouts!

Neema Sawides, Nutritional Therapist with the Harley Street Fertility Clinic says;

*"Believe it or not this green micro cabbage is a baby making super food. Firstly, they are bursting with folic acid which is essential for boosting fertility in both men and women. This vitamin rich source also increases sperm levels and helps line the womb with the right nutrients raising sperm survival chances."*

*"Another benefit of this folic rich food is that it also helps to decrease the risk of miscarriages and birth defects."*

This fertility-friendly vegetable

also contains a phytonutrient called di-indolylmethane (DIM), which helps women metabolize balanced levels of estrogen (especially important for those struggling with fibroids and endometriosis). In fact, DIM binds to environmental estrogens like pesticides and hormones in meat and dairy products and helps rid the body of excess hormonal activities.

Besides boosting your fertility, other advantages of these little green gems include lowering cholesterol levels, being a rich source of antioxidants and fibre as well as having anti-inflammatory properties. So banish those memories of over boiled, flavorless sludge and follow these simple recipes to spruce up your sprouts!

## Attracting customers and keeping them!

Learn how to attract the right  
customers for your business...  
and why keeping them is just as  
important!

This 6 week course will give you all the tools to identify, reach, convert and keep your customer, helping you to improve cash flow to your business. Run by marketing professionals with over 20 years' experience in sales, marketing, PR and advertising, they have simplified the marketing process to enable you to take control of your marketing strategy and attract more customers and keep them coming back.

Learn how to identify your customer, put together a marketing plan, create the right kind of image and branding to target your audience. Find the tools to build your database, maintain websites, landing pages, newsletters and social media and then once you have customers how to keep them engaged and coming back for more.

Each week we cover a different marketing topic. At the end of each session you will be given ideas and tasks to implement before the next session helping you to move your business forward throughout the course. There will be personal and group discussions with a Q&A at the end of each session.

Whether your business is new or established we can help you understand the principles of marketing as well as help you put a realistic plan into place regardless of whether you have a large or small budget for growing your business in 2014.

**For more information on each of the 6 week modules visit [www.wellbeingevents.co.uk](http://www.wellbeingevents.co.uk)**



## Improve Your Health and Wellbeing *naturally*

Every course, Masterclass and Event is run by a fully qualified nutritionist, health practitioner or fitness expert, helping you to understand the role that nutrition, exercise and complementary therapies play in improving your health and wellbeing.

Working with only the very best therapists, practitioners and fitness experts Wellbeing Events presents a range of classes and courses to suit you and your family.

Our classes and courses cover a range of subjects from managing your diabetes and weightloss to fertility and the menopause.

Whether you are looking for simple solutions to help you beat that afternoon slump or long term advice on osteoporosis and hormonal balance we will have an event just for you.

### **Next event**

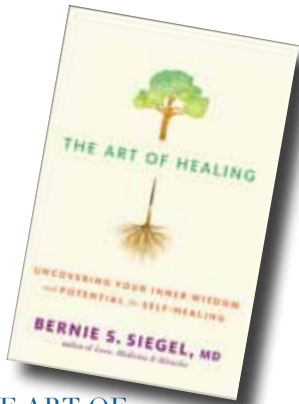
**20th November 2013**

**Spa Hotel, Tunbridge Wells, Kent**

**7.30pm - 9.30pm**

**Tickets £5 for two people.**

For more information on our classes, courses, times, venues and to book tickets  
**visit [www.wellbeingevents.co.uk](http://www.wellbeingevents.co.uk)**



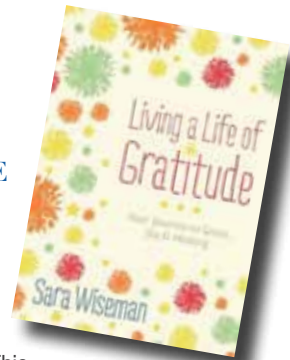
**THE ART OF HEALING**

Uncovering your inner wisdom and potential for self-healing  
**Bernie S Siegel, MD**  
 Dr. Bernie S. Siegel, a successful surgeon, took a class from Elisabeth Kübler-Ross that focused on crayon drawing for healing, especially with patients facing life-threatening disease. Siegel incorporated these techniques into his practice. While patients might need antibiotics, surgery, radiation, and chemotherapy, their bodies also want to heal. He found that this could be aided by unconventional practices, including drawing. Drawing produces symbols often representing the subconscious. Siegel shows how to interpret drawings to help with everything from understanding why we are sick to making treatment decisions and communicating with loved ones. All those facing ill health, and those caring for them, personally and professionally, will welcome the hands-on, patient-proven practices offered here

**LIVING A LIFE OF GRATITUDE**

Your journey to Grace, Joy and Healing  
**Sara Wiseman**

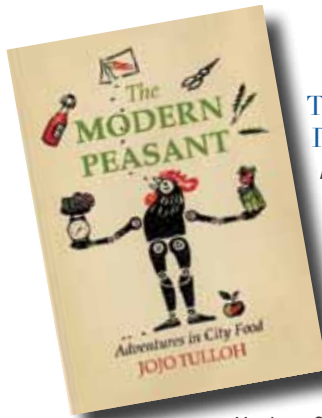
Early on in my wellbeing journey, I came across the concept of gratitude. It does indeed lift the spirits and make the small things in our lives so much more important. This little book helps us recall and appreciate such opportunities, some that might otherwise pass by unnoticed. Sharing her own personal stories and insights, helping us remember and give thanks.



Book reviews

What have you read lately?

[www.wellbeingmagazine.co.uk/reviews/books](http://www.wellbeingmagazine.co.uk/reviews/books)

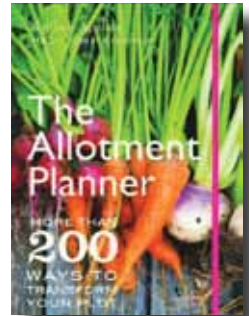


**THE MODERN PEASANT**

Adventures in City Food  
**Jojo Tulloch**

£12.99  
 At first glance it seemed an odd book, how can we be encouraged to forage in places like

Hackney? Although city dwellers are cut off from the country side Jojo suggests that it is time to reconnect our desire for good food with our ability to make it ourselves. 'Food preparation used to be part of our daily life, not something to be rushed through.' The book reunites us with traditional methods, like baking bread, fermenting, growing salads for your table, pickling and preserving... and yes even foraging for dandelions and nettles and eating with the seasons. Lots of simple tasty recipes that encourage you to become a modern peasant.



**THE ALLOTMENT PLANNER:**

More than 200 Ways to Enjoy your Plot Month by Month

**Matthew Appleby**  
 £14.99

Whether you have your heart set on running an allotment, or have found space in your garden, this book presents fun and challenging seasonal ideas to help gardeners make the most of their allotments. Hardback book, beautifully illustrated with space for your own notes. from building raised beds and ponds to super charging your soil and going green this inspiring little book will have you healing yourself with herbs and creating your own private retreat. Great gift for all those budding allotment owners.

## How much do you know about Life Coaching?

Life Coaching is often referred to in the media and on TV though how many of us really understand when it's useful, and how it differs to other therapies?

In this interview with Soul Sanook Life Coach, Debbie Reeds, we asked her to explain:

### **What attracted you to Life Coaching?**

Working as an HR Consultant, I needed to investigate coaching for a client. The taster sessions I received from established coaches were really impressive as they were able to address issues and get results in a short space of time.

### **What training do you need to be a Life Coach?**

It is possible to take a weekend course and set up as a life coach and some start coaching on even less! I wanted to learn the approach that had so impressed me and so chose CoachU, one of the original American coach training schools. I attended the initial training face-to-face in Australia and continued on their advanced programme part-time for a further two years.

I started coaching professionally in 2005 and I attribute my ability to maintain my practice during the recession to the quality of my training and the results my methodology delivers.

### **So do you need to have your life totally sorted before you can become a coach?**

(Big smile!) I do think we need to practice what we preach and address our own personal development to make sure we are aware of our issues, and can set them aside when dealing with clients. However I believe, experiencing life's ups and downs makes us better coaches and I often attract clients with issues I've faced or even am currently facing. This often means there's learning that can be applied to my own life as well as to the client's.

### **What kind of clients do you work with?**

I usually have an equal mix of men and women and most are midlife - no longer content with careers they find unfulfilling, experiencing problems with relationships at work, reviewing their lives after a relationship breakdown or on a quest for a deeper level of happiness. Most have spiritual practices or beliefs (although fully living by them might be a reason they're seeking coaching) and they are ready to accept responsibility and take action.

I have been working with some clients for years and others come to work on a specific goal for 1-6 months.

### **How does coaching differ from other therapies?**

Coaching is an equal relationship that is in essence a con-

versation. As your coach, I work with you, not on you. I guide the conversation, ask insightful questions and share observations and learning. Coaching sessions can take place by phone or face to face and the focus is on your life now and in the future.

Where clients have deeper emotional issues, I may refer them to other therapists and if someone's life is very chaotic they may need other approaches before they can get the best from the coaching relationship. Coaching works best when sessions are held regularly, usually weekly or fortnightly. Soul Sanook offers a range of different coaching packages starting from £20 for a Life Puzzle Analysis and programmes are also available on line. There is a free initial consultation to find out if coaching is right for you and see what suits you best.

### **What does Soul Sanook mean?**

Sanook means fun in Thai! I started coaching in Thailand and the name came to me when I was on a trip in a beautiful landscape. I was experiencing fun at a deep level and intent that my clients would experience that too.





# ACUPUNCTURE NATURALLY SEASONAL TUNE-UP

172 million days are lost each year in the UK to sickness, costing the economy over £13 billion\*. Minor ailments such as colds and flu are the most common causes of short-term absence followed closely by muscular skeletal problems such as back pain.

One answer to reducing sickness levels is to improve general wellbeing. A quarterly seasonal tune up with an acupuncturist can help improve overall health by enhancing the body's immune system to keep illness at bay. A seasonal tune up can also provide a boost in energy levels, lifting mood and improving a sense of wellbeing.

## **WHY DO I NEED A SEASONAL TUNE UP NOW?**

The change in seasons places additional demands on our bodies. In particular we are more vulnerable physically and mentally as each of the seasons change and therefore more likely to get sick or depressed. Traditional Chinese medicine recognises this and uses acupuncture to smooth the transition. At certain periods of the year, the body can have difficulty adapting to change and can tire or deplete easily, leaving it more vulnerable to disease.

Just as in nature, autumn is a time for our

bodies to adapt to the colder temperatures and shorter days of winter. This change and reduced daylight can leave many people feeling out of sorts.

A seasonal tune up in autumn can help your mind and body to adjust, easing the transition into winter. It will also replenish the body's motivating energy, known as qi, improving ability to deal with stress, boosting energy levels and helping the body to ward off illness and allow the body to function more effectively.

## **HOW DOES IT WORK?**

A seasonal tune up works in much the same way as getting your car serviced – motorists are advised to regularly check the oil and water levels, give the tyres a once over and top up the antifreeze in order to keep their cars running efficiently. Your body and mind can also benefit from a quick tune up to help you look and feel your best.

Acupuncture aims to improve overall wellbeing by identifying and treating the root cause of any problem, rather than specific symptoms. Addressing imbalances in the body will help return qi to an optimum level, improving overall wellbeing of the mind and body and preventing further illness.

Acupuncturists look at the whole person so may also provide dietary and lifestyle advice alongside an acupuncture treatment.

## WHAT WILL HAPPEN IN A SEASONAL TUNE-UP?

Treatments are tailored to an individual so will vary from person to person. If you have not had acupuncture before, the acupuncturist will apply a number of different diagnostic processes to get a better picture of your overall health. This includes taking a full medical history, reading your pulses or looking at your tongue.

From this, the practitioner will be able to form a diagnosis and treat the source of any underlying problems. By inserting fine needles into the channels of qi energy an acupuncturist can clear any blockages that are impeding the flow of energy, stimulate the body's own healing response and help restore its natural equilibrium.

For more information please visit [www.acupuncturenaturally.co.uk](http://www.acupuncturenaturally.co.uk) or to make an appointment email [jane@acupuncturenaturally.co.uk](mailto:jane@acupuncturenaturally.co.uk) or call 07834 369390

Jane is also a qualified Naturopath (also known as naturopathic medicine or natural medicine which focuses on natural remedies and the body's vital ability to heal and maintain itself) and Reiki practitioner. She has clinics in Seaford, Newhaven, Eastbourne, and Hailsham!

\*CBI Absence & Labour turnover

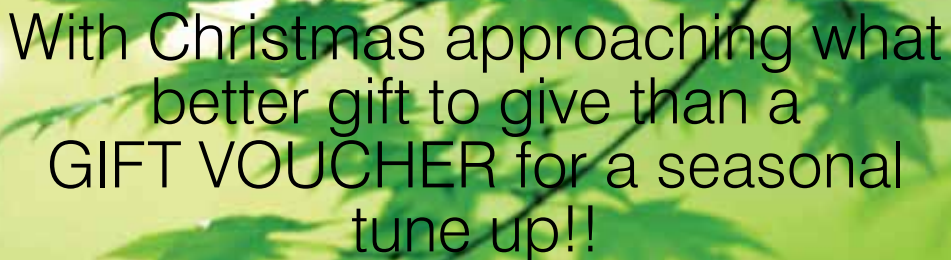
## ABOUT THE BAcC

The British Acupuncture Council (BAcC) has a membership of nearly 3,000 professionally qualified acupuncturists. It is the UK's largest professional body for the practice of acupuncture. BAcC members practise a traditional, holistic style of acupuncture diagnosis and treatment based on a system developed and refined over 2,000 years.

To achieve BAcC membership, practitioners must first undertake extensive training in acupuncture (minimum three years full-time or part-time equivalent), which includes physiology, anatomy and other biomedical sciences appropriate to the practice of acupuncture.

## ACUPUNCTURE

Acupuncture is based on Chinese medicine principles that have been developed, researched and refined for over 2,500 years. Acupuncture is holistic, not focused on isolated symptoms. It regards pain and illness, whether physical or mental, to be a sign the whole body is out of balance. Western or medical acupuncture is a more recent development practised predominantly by doctors and physiotherapists, who use acupuncture techniques within their existing scope of practice on the basis of a western medical diagnosis.



With Christmas approaching what better gift to give than a GIFT VOUCHER for a seasonal tune up!!



**Personal Life Therapy™ (PLT™) is the modern approach of combining coaching with therapy and supporting this unique association with the latest advances in technology.** The aim of PLT™ is to help people make the changes that are needed to accomplish their goals and to provide an effective, sustainable solution for people of all ages, including children.

PLT™ and the idea of combining coaching with other forms of therapy is supported by the fact that we are all, in some way, affected by our own personal experiences and the environment we are in at the time. It doesn't necessarily mean that we should be looking for nega-

tive experiences, in fact quite the opposite. Achieving our full potential is all about using the skills we have developed over our lives and using them to achieve new personal goals, which is where coaching often helps, though sometimes we can't access all the wonderful skills we have, because of the clutter in the way and this is where the therapy provides the necessary support. The result is a clearer and easier path towards achieving those personal goals.

We are all unique individual and each one of us has the potential to achieve great things. PLT™ provides the support to help make these changes a reality.

#### **Specialist Techniques**

The uniqueness of combining coaching with other forms of therapy and using the latest innovations in technology has also led to the development of specialised techniques. Two of the most recent developments are Personal Sports Therapy™ and Personal Weight Therapy™.

#### **Gathering Information**

Most therapists are extremely well trained in gathering informa-

tion from their clients and this is supported in the Personal Weight Therapy™ programme by using the advances in technology to gather vital information about the physical changes happening within that person.

#### **Creating a Personal Weight Loss Programme**

Armed with the right information the Personal Weight Therapist can create a unique weight loss programme and be able to provide ongoing support and to show the client how to monitor the results themselves and to be able to clearly see the measurable changes as they happen.

#### **Long Term Solutions**

Results can be extremely effective, with clients having much more confidence in the programme, the therapist and even in themselves. This allows clients to enjoy the feeling of being connected with the process and also helps them to feel more in control, which in turn creates a more sustainable, long term solution, for weight control.

Clients can monitor future progress, which can also be monitored by the therapist remotely. This helps to support the client and to assist in timely intervention should it be necessary and before any problem becomes worse.

**Consultations are available by calling 01323 762844 or visiting our website for further information**  
**[www.personal-life-therapy.co.uk](http://www.personal-life-therapy.co.uk)**





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# What's On

## MONDAYS

**2-3pm**, Gentle Exercise & Relaxation, rooted in Qigong, The Natural Fitness Centre, Eastbourne, £7, First session Free, Nick Neter, 01323 732024 info@naturalfitnesscentre.co.uk www.east-bourneshiatsu.co.uk

**4.45-5.45pm**, Elemental Qigong & Meditation, The Natural Fitness Centre, Eastbourne, £7.00, Nick Neter, 01323 732024 info@naturalfitnesscentre.co.uk www.east-bourneshiatsu.co.uk

**5.45-7pm**, General Yoga Class, £36, 6 week course, no drop in space, The Wellington Centre, Hastings, 07733 395065 info@lisapowell.co.uk

**7.15-8:30pm**, Pregnancy Yoga Class, £54, 6 week course, no drop in space, The Wellington Centre, Hastings, 07733 395065 info@lisapowell.co.uk

**first Monday of the month, 4th Nov & 2nd Dec**

**5.30-8.30pm**, Seated Acupressure Massage with Nick Neter & Ben Trowell, The Natural Fitness Centre, Eastbourne, 10, 20 &

30 minute treatments available, Free 10 minute tasters, 01323 732024 info@naturalfitnesscentre.co.uk

Booking essential  
**TUESDAYS**

**9.30-10.45am**, New Yoga Class, Hawkhurst, £42, 6 week course, £9 per drop in class, The Copthall, Hawkhurst, 07733 395065 info@lisapowell.co.uk

**6.15-7.15pm**, Qigong & Meditation, St Luke's Parish Centre, Stone Cross, Nick Neter, £6.50 per session, first one Free, 07773 061309 www.east-bourneshiatsu.co.uk handswork@tiscali.co.uk

## WEDNESDAYS

**10.00am-5.00pm**, Dandy's Natural Foods, a selection of healthy cakes, cookies & raw chocs, all made with hemp seeds & various superfoods, created with health in mind & for all dietary requirements, vegan, wheat free, gluten free, sugar free & dairy free options all available, Farmers Market, Churchill Square, Brighton

**Every Wednesday except 2nd of the month**

**11.30am-12.30pm**, Gentle Exercise & Relaxation, rooted in Qigong, WRVS, Russell

Centre, Eastbourne, £4, first session Free, Nick Neter, 01323 412279 eastsussexdc@east-bournewrvs.org.uk

**6th, 13th, 20th & 27th Nov**

**1-5pm**, Allergy Clinic, Equilibrium Health Centre, 16 Station St, Lewes, Robin Ravenhill, 01273 470955 www.equilibrium-clinic.com

**5.45-6.45pm**, New General Yoga Class, £36, 6 week course, £8 per drop in class, The Wellington Centre, Hastings, 07733 395065 info@lisapowell.co.uk

## THURSDAYS

**6.30-8pm**, Intermediate Yoga Class, £42, 6 week course, £9 per drop in class, The Christ Church Hall, St Leonards on Sea, 07733 395065 info@lisapowell.co.uk

## FRIDAYS

**8th & 22nd Nov, & 6th Dec**

**10am-2pm**, Walk in Shiatsu Clinic, Japanese holistic bodywork therapy, Nick Neter, Oya & Machiko, St Luke's Parish Centre, Stone Cross, 30 minute treatment or more for a donation, from £10, some places bookable, 0777 3061309 handswork@tiscali.co.uk www.east-bourneshiatsu.co.uk

**1st, 8th, 15th, 22nd, 29th Nov**

**10am-6pm**, Aromatherapy & Reflexology Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Dafna & Rachel, 01273 470955 www.equilibrium-clinic.com

**Last Friday of the month, 29th Nov & 20th Dec**

**2pm-6pm**, Walk in Shiatsu Clinic, Japanese holistic bodywork therapy, Nick Neter & Ben Trowell, Yogalife Studio, Eastbourne, 30 minute treatment or more for a donation, from £10, some places bookable, 07773 061309 handswork@tiscali.co.uk www.east-bourneshiatsu.co.uk

**6th, 13th & 20th Dec**

**10am-6pm**, Pre-Xmas Aromatherapy & Reflexology Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45, Dafna & Rachel, 01273 470955 www.equilibrium-clinic.com

## SATURDAYS

**16th Nov & 14th Dec**

**9am-2pm**, Walk in Shiatsu Clinic, Japanese holistic bodywork therapy, The Natural Fitness Centre, Eastbourne, Nick Neter & Darren McCarthy, some places bookable, 30 minute treatment or more for a donation,

from £10, Nick Neter, 01323 732024 info@naturalfitnesscentre.co.uk www.east-bourneshiatsu.co.uk  
**2nd, 9th, 16th, 23rd & 30th Nov**  
**9am-5pm**, Massage Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Steve, Dafna & Rachael, 01273 470955 www.equilibrium-clinic.com  
**7th, 14th & 21st Dec**  
**9am-5pm**, Pre-Xmas Massage Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45, Steve, Dafna & Rachael, 01273 470955 www.equilibrium-clinic.com

## JANUARY 23rd

**7-11.30 pm**

**Hope for Psychosis 'Soteria in the Pub' Fundraiser at the The Brunswick Pub, 3 Holland Road, Hove, BN3 1JF**  
**www.soteriabrighton.co.uk**

## COURSES & WORKSHOPS

**Friday 1st Nov 5pm**  
**Saturday 9th Nov 2pm**  
**Thursday 14th Nov 5pm**  
**Friday 29th Nov 5pm**  
**Saturday 7th Dec 2pm**  
Buteyko Breath Training Starter Courses, £75, "Enjoy better health &

fitness, learn to breathe better".  
TotalHealthMatters! St Bridgets, Rye Road, Hawkhurst, TN18 5DA, 01580 752852, lingard@buteykokent.co.uk http://www.buteykokent.co.uk/Buteyko%20Courses%202013.pdf

## November 10th

**10.00am-5.00pm**

Introduction to massage & healing touch, a practical one day course in the sacred art of Thai Yoga massage, for complete beginners & practicing therapists, Hastings, £55/£95 double-booking, 0845 521 1266 info@bodywisdom.org.uk www.bodywisdom.org.uk

## November 17th

**2.30-9pm**

Restorative Yoga Workshop followed by Kirtan, The Wellington Centre, Hastings, Yoga workshop only £30, workshop & light vegetarian dinner £35, workshop, dinner & Kirtan £45, Kirtan only £10, 07733 395065 info@lisapowell.co.uk www.lisapowell.co.uk

## December 1st

**10am-5pm**

Structural Massage Workshop for Bodyworkers with Will

Wheen, Equilibrium Studio, 33 Cliffe High St, Lewes, £75, 07818 287240 www.willwheen.com

## 1-4pm

Partner Yoga & Partner Massage workshop, balance & harmony, open to all Yogis with an interest in sharing their practice, £25. Eastbourne, to book 07930 442639 nicola@bodywisdom.org.uk/

## December 8th

**2-5pm**, discovering deep relaxation with Yoga, Metta meditation & Thai massage, Hastings, £20, contact Nicola@bodywisdom.org.uk

## January 18th & 19th

**9.30am**, Introductory TA Course (TA101), The Link Centre, East Sussex, £150 Leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk/ta101.html

## January-March

8 evenings & one Saturday, Mindfulness-Based Stress Reduction, The Link Centre, East Sussex, £275 Leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk/189.html

## January-June

6 weekends, Diploma

in Supervision, The Link Centre, East Sussex, £1bc Leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk/diploma-in-relationship-based-supervision.html

## March-May

2 Saturdays & 6 evenings, Multi-Level Certificate in Counselling Skills, The Link Centre, East Sussex, £395 Leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk/186.html

**Chrysalis Effect Online workshops**  
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**For next dates email info@getyourlifebackfromme.com 01293 220906**

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