

September/October 2013

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# Wellbeing

The state of feeling healthy & happy

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

informative ● inspiring ● enlightening

**SEXUAL**  
Health Week

**BERRIES**  
Best 3  
Supplements

**BACK 2  
SCHOOL**  
School Bag Essentials

**HERBS**  
Digestive  
Health

**AGELESS**  
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**YING YANG**  
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*nutrition*  
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Wellbeing Magazine

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# LOCAL NEWS

*Wellbeing news from around your area...*

## Welcome TO WELLBEING MAGAZINE!



**A**part from my introductory photo in the first issue of 2013 to say hello as the new publisher for Wellbeing East Sussex, I've since chosen to feature photos of scenes in nature which I find uplifting. I hope you've liked them too.

There's something about witnessing a field of hay bales on a sunny day that stirs up a sense of familiarity and nostalgia in me. I don't recall exactly the memories I'm tapping into, though whatever they may be they are good. Although I don't consciously remember, it seems as though each cell in my body recognises something and is happy! And in turn I feel a sense of wellbeing - 'the state of feeling healthy and happy'.

I hope, in the pages of this magazine, that your body-mind-spirit will recognise what is beneficial for your own wellbeing as you journey along your individual pathways. It could simply be a photograph, a quotation, a sentence, an article, a therapy - just something that will make your cells jump for joy!

Until next time, wishing you all the good things you wish for yourselves.

*Lesley*

## WHAT IS PERSONAL LIFE THERAPY?

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.

## BACK CARE AWARENESS WEEK 7-11 OCTOBER 2013



It doesn't necessarily mean that we should be looking for negative 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. But 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 individuals and each

one of us has the potential to achieve great things. PLT provides the support to help make these changes a reality.

The demand for therapists is increasing. PLT is becoming very popular, with more and more clients looking to improve or change something in their life. So now is the time to train for a new career or to add these new techniques to your existing business.

For further information about PLT or becoming a Personal Life Therapist please visit [www.personal-life-therapy.co.uk](http://www.personal-life-therapy.co.uk) or e-mail [caroline@personal-life-therapy.co.uk](mailto:caroline@personal-life-therapy.co.uk)

This autumn the Charity BackCare will be focusing on 'Caring for Carers'. Carers provide invaluable help and assistance to their children, friends, relatives, and partners, but what happens when their work leads to back pain, compromising their ability to care? A 2011 survey found that 70% of carers experienced back and shoulder pain. This issue seriously affects the quality of life of those who should be most valued in our society, as well as impacting on their care-giving work, which saves the NHS and local authorities very significant sums of money. Too many of us put up needlessly with niggles and aches. We don't want to cause a fuss and are too busy getting everything done to find time for ourselves. So we've asked our friends at Lushington Chiropractic for some tips to help us look after our backs a little better:

**Sit Up:** Keep your low back supported when sitting and your feet flat on the floor. When you're relaxing on the sofa in the evening don't curl your legs underneath you, as it will twist your spine.

**Sleep Comfortably:** Sleeping on your back is best for your spine. If you really want to sleep on your side, then put a pillow between your knees and try not to twist into the recovery position.

**Keep Moving:** Keeping fit and active is a must! A 20 minute walk is much better for your back than a 20 minute sit down. Try to get into the habit of taking a brisk walk daily if you can.

**Listen to your body:** Pain is a warning sign. If something is hurting you, don't just carry on. Get someone to lend you a hand instead of pushing your body too far.

**De-stress & be happy:** Get plenty of exercise, eat healthily and sleep like a queen. Invest in a relaxing massage to reduce muscular tension! Depression and fatigue (which can be a real risk this time of year) are linked with episodes of low back pain. [www.chirocare.co.uk](http://www.chirocare.co.uk) - 01323 722499

# LOCAL NEWS

## HANDLING CONFLICT IN RELATIONSHIPS

by Patrick McCurry

Many couples who seek couple therapy need help in handling conflict or disagreement. This may be because they are conflict avoidant. Or it could be the opposite extreme - that both are too quick to get angry and blaming. In some couples, one partner is quick to anger while the other withdraws and won't engage in conflict.

These unhealthy patterns of handling conflict and disagreement can stop each partner from getting their needs met, and being sensitive to their partner's needs. It can mean a relationship without passion, or one in which both partners are exhausted from bickering. Coaching on communicating one's needs in a non-blaming way can help - for example, encouraging individuals to talk about difficult feelings without putting all the responsibility on their partner. Another tip is avoiding negative generalisations like, "You always..." or "You

never..." as this can trigger a defensive response from one's partner.

But it may be necessary to go a bit deeper to deal with unhealthy relationship patterns. For example, each of the partners may be continuing, without fully realising it, ways of relating that they saw modelled by their own parents.

They may also have internalised messages from their family of origin, again unconsciously, which affects how they relate to their partner. These messages may include, "you don't have the right to feel angry" or "better to be angry than show I'm feeling vulnerable". Making these internalised beliefs more conscious can help both partners put in place a healthier way of communicating difficult feelings.

To find out more about counselling and psychotherapy for individuals and couples [chrysaliscounselling.net](http://chrysaliscounselling.net) or call 07891 295649



## WHEN WILL YOU TRUST THAT YOU CAN FLY?

words Narda Martine

Life, what's it all about? How many of us are truly fully immersed? Are we really as engaged in our choices as one would like to be? The ancient tradition of shamanism teaches us that absorbing oneself fully into life is the Greatest Act. Becoming whole is the only way to be with God. This wisdom does not speak of a creator conducting life from a seat amongst the clouds, rather informs us of the nourishment we can receive once in a state of wholesome openness to the world around us. Fully immersing ourselves into life we can feel that completeness within.

We often become fixated on working out who we are, yet this can take a lifetime. It's important to remember during this process that we must find ways to experience Joy. As ultimately Joy is IT, the goal, the one thing that everyone is striving towards. Without it life becomes meaningless, wearisome, and we merely pass the time. However when we can find the space to allocate Joy life becomes about the present, the Now. To be whole is to encompass life and realise that there is no separation of 'me' and 'it'. You are it! You are the goal! You are life! You are Joy!

Specialising in shamanic healing, workshops & leadership Narda Martine offers soul & power retrievals, removal of negative beliefs, problem solving and spiritual counselling.  
[www.narda.co.uk](http://www.narda.co.uk)





# Health, Wealth & Happiness

words by Constandia Christofi

**W**hat is Wellbeing? As this magazine states - 'Wellbeing - The state of feeling healthy and happy.' It sounds so simple and it actually is, once we understand the art of 'allowing.' Allowing is a state of opening and receiving, and the opposite of resisting. When we resist, we are in a state of struggle and opposition.

It has taken me a long time to get into a state of allowing, after reading many self-help books, doing many workshops and learning how to help myself step into a state of wellbeing, I realised there was no need for trying to get into this state. There was only a gentle unfolding of a sense of allowing, a soft surrendering to a sense of belief and trust in myself and my personal interaction with the universe. Family patterns ingrained the art of 'worrying' into my usual reaction to life's challenges, until I decided to change this. Gradually I felt more hopeful about any worrying issue, and better feelings led on from that change of mental direction. With practice I have changed my direction from a state of 'worry' to a state of 'wellbeing' by allowing comforting thoughts to lead to better feelings.

Thoughts are energy forms and it is the emotion carried through our thoughts that is the essence of our magnetic pull of actual events. Put into simpler terms, our thoughts carry

an energetic charge or emotion that is then reflected into our everyday lives. So what we are thinking and ultimately feeling manifests as our reality. I understood this a long time ago and practised positive thinking not realising that the true underlying feeling was of utmost importance. Getting into alignment with good feeling thoughts is the key to wellbeing.

We all have basic challenges in our everyday lives and life changing challenges to deal with. If we choose to maintain good feeling thoughts no matter what comes to us, we will ride above, around and through every challenge and dance within it rather than struggle and fight with it. According to ancient Chinese wisdom, there are three main areas that make up a state of wellbeing - health, wealth and happiness. In Feng Shui this is symbolised in the form of the 'Three Star Gods' - Fuk, Luk and Sau. The God of Health, 'Sau', holds a giant peach, symbolising health, the most important component of wellbeing. Our quality of life depends hugely on our state of physical, emotional and mental health. The God of Wealth, 'Luk', holds a sceptre symbolising financial security, the component of stability and security is a huge factor in our general state of wellbeing. Lastly the God of Happiness, 'Fuk', holds a child symbolising happiness, the final component of relationships that make up a state of wellbeing.

Fundamentally we ask the question 'what does every human being want from life?' My guess is to feel good all the time. To alleviate stress we need to balance all the three components of good health, good financial flow and good relationships. To be in a balanced state of mind and emotionally stable is to be in a full state of wellbeing. Using our own mindfulness we can master our thoughts and ultimately alter our emotions. We can begin to elevate ourselves to constant states of feeling good all the time, no matter what life challenges come our way. We can choose to stand in our state of 'allowing', our equilibrium of strength and silent power, moving away from lack - of money, of companionship, of health - and into the flow of abundance, joy and vitality, stepping out of our patterns of reacting with worry and stress cycles and choosing to trust and believe in better outcomes.

If we can direct our thoughts to create a better reality for ourselves individually, then we can work together to create a better world collectively. If you are interested in a career doing what you love, and working in a sustainable community environment, living a natural lifestyle, then you would be welcome to join the TEC Collective in their vision. 'Brighton Naturally', a community Hemp lifestyle project - from the ground up! [www.taocoup.org](http://www.taocoup.org)

# How to read a Food label

Plans for a new food labeling system to help combat obesity have hit a brick wall recently as Cadburys and Coca Cola rejected the new traffic light system. The plan was to make everything uniform so people understood more what they were buying. However there is still a huge flaw in this plan as I think this does not go far enough and avoids the whole issue of what the actual ingredients are in the food. For example: I think its very important to know how much salt and sugar is in the produce we buy, but I think it's far more important to break it down and see exactly what is being added. At the moment there are several ways of labeling food - the most recognised- the good for you wheel, more red equals bad, more green equals good. Simple one would think, but if you look



at the above picture you can see that you have to pause a moment in your rushed weekly shop to calculate that you need to double the figures to get the right amount for this particular product.

If we take the magical under one hundred calorie bar purchased in their millions for a quick, "non fattening" snack - we assume that because it is low in fat and low in calories it is good for us. Far from it, these so called

healthy snacks are packed full of sugar, often in the form of added fructose or glucose syrup. This is not going to fill you up, and may lead to blood sugar imbalances. When you are buying food it is crucial that you look at the back of the packaging to see the list of ingredients. You might be less confused with list of ingredients than traffic light wheels and endless confusing labeling, that only someone with an "ology" or some kind of scientific training would understand. So unless you want to walk round your local supermarket with a calculator and the recommended daily allowances try a different way of shopping. I have to say the rebel in me as well does not take kindly to being told by someone else what is good for me to eat. I will make my own informed choices by always reading the ingredients.





## *Kate's guide*

### FOOD LABELING - UNDERSTANDING THE JARGON

#### Best before

This is an indication of quality rather than safety, often appearing on foods that can be kept for some time, such as tinned, frozen and dried products. The food is unlikely to be harmful, but might have lost texture or flavour. Eggs are an exception, they should not be eaten after their sell by date.

#### Farm fresh

This statement is usually used on egg products but doesn't really tell you much in my opinion - it makes no claims about the conditions the hens are kept in and can be applied to eggs from caged to battery hens.

#### Barn eggs

Barn hens stay inside, but have freedom of movement and access to feed, water nests and perches. This is a kind of halfway house between the free range and battery system.

#### Free range eggs

These are laid by hens who have continuous daytime access to outdoor runs. Under EC regulations, there are three 'marketing terms' for free-range chickens in the UK. 'Free range', 'Traditional free range' and 'Free range - Total Freedom'. See the July issue for Kate's article on eggs. [wellbeingmagazine.co.uk](http://wellbeingmagazine.co.uk)



#### **Let me give you a great example of what I mean:**

Take two popular packets of crisps.

**One brand contains:** Potatoes, sunflower oil, salt.

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

If the second list of ingredients had low fat or low calorie on the front of the packaging, would you be tempted to buy it based on those facts alone when actually the first bag is far healthier? These are crisps so we know crisps are high in fat, but do we need the added ingredients as well? Part of my nutrition workshop course (for more information please go to [www.thecookshelf.co.uk](http://www.thecookshelf.co.uk)) is food labeling. Last week we had a few plastic bags full of people's food labels and after a while everyone

got the hang of how to read a food label properly and were pretty horrified at some of the misleading jargon. It's not that we are that stupid as consumers but carefully packeted, marketed, and cleverly placed products can by pass the most canny shopper. We found an organic marzipan bar which was not organic at all, and had added fructose and glucose - you would not get these ingredients in a certified organic product by the Soil Association ([www.soilassociation.org](http://www.soilassociation.org)).

As a nutritionist I find it highly annoying how hard it is to try and find the ingredients list of McDonalds, KFC, Subway, Burger King and even Nando's. Try it: go to their websites. Often there are no ingredients listed at all, but we have a plethora of nutritional nonsense telling us how much fat and salt they contain - yes I know - useful to know but even more useful to know is the glucose syrup, anti foaming agent and other horrors that are lurking innocently in our fast food meal!. I want to know what I'm eating! It is not enough to know that my fast food meal only has 350 calories. That tells me very little indeed

## Fortified

This means that nutrients have been added to a product at the manufacturing or packaging stage. Margarine is fortified by law, with vitamins A and D; others voluntarily, such as breakfast cereals are fortified with vitamins and minerals.

## Homogenised

This is a mechanical process used to distribute fat evenly, resulting in creamier and smoother milk. Milk is forced at high pressure through a tiny hole which breaks up fat globules and makes them an equal size. Single cream is often homogenised to stop it from separating during storage.

## Hydrogenated fats and oil

These should be avoided if possible and are gradually being taken out of foods. Hydrogenated vegetable oils or fats are used in many processed foods. They're created by bubbling hydrogen through oils to turn the fat solid, which alters the texture of the food and also extends its shelf life. The process can create trans fats, which can raise cholesterol levels in the blood.

## Light or lite

This applies to foods where nutrients have been reduced by at least 30%. This is often sugar, and as many of my clients know I'm not a fan of lite foods as they often contain artificial sweeteners. It is up to you whether you think these are a healthy alternative but I avoid them.

## Low calorie

Foods described as low calorie can't contain more than 40kcal (170kJ)

per 100g or 20 kcal (80kJ) per 100ml. However low calorie does not necessarily mean healthy, it can still be high in sugar. Remember the 99 calorie bar I was talking about? Usually full of sugar!

## Low fat

A food can only claim to be low fat if it has no more than 3g fat per 100g or 1.5g fat per 100ml (or 1.8g fat per 100ml in the case of semi-skimmed milk). Again look for added sugar in low fat food and do not assume they are healthier food choices.

## Low salt/sodium

A food can only claim to be low salt/sodium if it has no more than 0.3g salt/0.12g sodium per 100g or per ml.

## Low sugar

Low sugar foods have no more than 5g sugar per 100g or 2.5g sugar per 100ml. Look for the addition of artificial sweeteners.

## Organic

Organic food is produced without the use of artificial fertilisers or pesticides, the routine use of veterinary medicines such as antibiotics, or the use of genetic modification. EU-wide rules require organic foods to be approved by an organic certification body, which carries out regular inspections to ensure the food meets a strict set of detailed regulations relating to production methods and labelling. Organic farming also offers benefits for



animal welfare, requiring animals to be kept in more natural, free-range conditions. Look for labels like The Soil Association. This is the gold standard of organic labeling. I have bought "organic" bars without this label and they have been sourced from GM seed and contained added glucose syrup.

## Sell by

Used by some shops to help with stock control. The important dates for you to look at are the 'best before' and 'use by' dates, rather than the 'sell by' date.

## Use by

Food shouldn't be eaten after this date - this is the key date in terms of food safety. Use by dates are put on food that goes off quickly, such as poultry, meat, fish and some dairy products.

## Polyunsaturated fats, saturated fats and monounsaturated fats

There are 3 different types of fat: saturated, monounsaturated and polyunsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, increasing our chances of developing heart disease. Polyunsaturated and monounsaturated fats, on the other hand, have been shown to lower blood cholesterol levels and therefore help in reducing the risk of heart disease. Polyunsaturated fats are found in oily fish and some plant oil, including sunflower and soya oil, while monounsaturated fats are found in olive and rapeseed oil and avocados and some nuts.

**Fairtrade**  
The Fairtrade logo means the food has met international fair trade standards. This guarantees that farmers in developing countries get a fair price for the food they produce and that workers receive fair wages and decent working conditions. Additional premiums are also paid to farmers to be used to improve businesses or communities. For more information go to [www.fairtrade.org.uk](http://www.fairtrade.org.uk).



**Red Tractor logo**  
All foods displaying the Red Tractor logo have met certain production standards in areas such as food safety and hygiene, environmental protection, animal welfare and inspections. The scheme is industry-run and the standards have been developed by producers and retailers. The logo can be applied to intensive as well as free-range farming methods, and can be used on imported products, as long as they meet the standards. It is the most trusted and well known food logo and is the one that most consumers recognise.



**Wholegrain**  
This is generally used as a marketing term to mean that all 3 parts of the grain have been used: the fibre-containing bran, the middle layer and the nutrient-rich inner layer. Wholegrain foods contain more fibre and other nutrients than white or refined starchy foods. They also take longer to digest, so they can help you feel full for longer.

**Join Kate at The Cookshelf every Tuesday night - Nutritional Workshops run from 6.30pm to 8pm. For more info go to [www.cookshelf.co.uk](http://www.cookshelf.co.uk) to sign up. Topics include: The Myths of a Balanced Diet, IBS and Probiotics, How to shift weight for good and Food Labeling and Supplements.**

**Kate Arnold Nutrition**





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

Low energy | Tired all the time | Headaches | IBS | Candida | Digestive disorders  
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# YIN YANG OF GOAL SETTING

Yang is associated with the masculine, directness, straight lines, focus, left brain, logic, clarity, force, competition and action.

Yin is associated with feminine, meandering, curves, right brain, sensing, being passive and quiet, cool, soft, collaborative and gentle. According to the Chinese philosophy of opposite factors, in any situation there are complementary opposites which give nature its balance.

Yin nourishes, sustains and controls yang, and vice versa. As the symbol shows, pure, absolute yin or yang does not exist, there will always be a degree of the opposite contained in anything, no matter how extreme. This is not about your identity as man or a woman but more the different flavoured energies that are within us all. Both energies are different but powerful and complementary. We will not be

at our optimum performance until we learn to tap into both parts of ourselves.

Traditionally objective setting is a yang based activity. We're taught within business and by motivation gurus about setting SMART goals (specific, measurable, realistic and time bound). We're told to do what it takes, push ourselves hard and be disciplined. No room for deviation, if there's resistance we just need to push through it, carry on regardless.

However extreme the macho environment is, the philosophy tells us there must be some yin present. Perhaps occasional feelings about our goals or the success we will achieve? Perhaps getting side tracked or postponing taking action? It's interesting that after a period of intense yang activity, we need a rest! It could be a duvet day or sitting on a beach. If we don't take this time out we're likely to experience burn out. It takes a

lot of energy to move forward when we ignore or deny our yin side and our emotions. When we mainly come from our yin side, we are more concerned with how we feel each moment, we go with the flow and are aware of our intuition. We may accomplish things but they might not be the things we set out to do and we might not have taken the most direct route to our goal. Perhaps you have experienced this on holiday, in a period of independent travel, whilst ill or on a spiritual retreat? After a while of inhabiting mainly yin, we find a desire to take action and progress, maybe a sense of frustration that helps us to rebalance.

**To bring together both sides for goal setting we need to:**

Use our yin side to tap into our intuition. Is this goal in integrity for us? Is it something that will bring us pleasure and move us closer to who we want to be?

Use our yang side to clearly define the outcome we desire and how we will know when we get there.

Use our yin side to visualise the goal and imagine the feelings associated with achieving it, so our subconscious can automatically draw us towards our outcome.

Use our yang side to define action steps and mile stones on the way to success

Use our yin side to feel the best

time and way to take action, to be in tune with our bodies so we don't suffer with stress, to know which people we can relate to best and to have fun with our actions.

Use our yang side to develop routines and habits that serve us and bring us closer to our goal.

Use our yin side to get in touch with any resistance we might feel. To give attention to these feelings and accept them so they don't stand in our way.

Use our yang side to maintain focus, stay determined and get back on track when we stray.

Use our yin side to be flexible to find creative ways round obstacles and stay in our flow.

With this balance, goal setting becomes more about tapping into your natural power and less about forcing achievements with struggle and sacrifice. Most of us have a preference for yin or yang in different situations and giving attention to the other energy can be like trying to write with our non-dominant hand! It might take a bit of practice and some re-education of those around us but it has exceptional benefits for both our achievements and our sense of wellbeing.

**Debbie Reeds**  
**Soul Sanook Life Coaching**  
[www.soulsanook.com](http://www.soulsanook.com)

## Step by Step Essential Tips for M.E. CFS and Fibromyalgia Recovery

Unless you have experienced the endless list of debilitating symptoms that dominate chronic exhaustive conditions it is hard to explain just how frightening and isolating it can be.

On top of irritable bowel syndrome, migraine, brain fog, inability to focus or remember words, there is the insomnia, muscle pain and horrendous exhaustion to contend with. Add to that the anxiety of not having a concrete diagnosis and even more importantly a clear concise explanation of what has happened to you, why it has happened and no clear plan of action of how to address it. The most common scenario for sufferers is being offered pills for immediate symptoms and advice to rest and pace. End of Story.

It is this scenario that in the past has led to the countless sufferers getting very badly stuck in a condition that steals all the normality from life. Jobs and social lives are lost. The impact on families is huge.

Today practitioners commit to really specialising in learning about these conditions; are better informed than ever before, thus changing this un-

acceptable scenario for sufferers. In fact much of their work focuses on recognising early warning stages and preventing escalation into later phases. So if you are suffering from any of the above symptoms instead of getting help with each symptom find a practitioner who has a track record in working with these conditions and ensure they take a team approach to address all 8 areas essential for recovering your wellbeing. Ask them to explain what causes the multitude of symptoms - the domino effect is very easily explained and is no mystery. Be prepared to commit to a step by step tailored programme of recovery. There is no quick fix, so ad hoc treatments simply waste time and money and do not give long term results.

**Elaine Wilkins recovered fully from 6 years of M.E. She is author of The Chrysalis Effect Supported Recovery Programme and Practitioner Training. Her book 'Finding ME' is available on Amazon. For your free 8 Essentials guide for recoverers, or free Practitioners Guide go to [www.getyourlifefromme.com](http://www.getyourlifefromme.com)**

## The Chrysalis Effect



# Sexual Health Week

**S**exual health week runs from 16 - 22nd September to raise awareness of contraception, STIs and available services. Wellbeing Magazine asked Nicci, editor of Rude Magazine, to tackle the delicate and sometimes embarrassing subject of vaginal dryness. It's a common misconception that vaginal dryness only affects post-menopausal women. Research shows it affects up to 60% of women at some time, 20% aged 18-50 and 1 in 2 following the menopause. Hormonal contraception, pregnancy, breastfeeding, medications, and pelvic surgery like hysterectomy can all affect natural lubrication levels making sexual activity feel less pleasurable. Using a lubricant makes sexual activity feel more sensual and enjoyable. It can also encourage the body to produce more

natural fluids enhancing vaginal health and is great for perineal massage to help the body prepare for birth – reducing the likelihood of stitches. We've come a long way since KY Jelly and there are various brands on the market, so choose a natural, organic brand such as 'YES' or 'woohoo!' which are both Soil Association organic certified. They don't contain synthetic ingredients like parabens, artificial colours, preservatives, flavourings or perfumes, which can irritate the skin and trigger vaginal infections. The skin absorbs 60% of what we put on it and this is faster acting in moist areas like the vagina, nose and mouth so it makes sense to avoid synthetic chemicals. Research has found that some lubricants can change vaginal pH and inhibit sperm motility, which is a problem if you are trying to get pregnant.

## *Nicci's guide*

### TO CHOOSING A LUBRICANT

**Water-based** – condom-compatible. It tends to dry out after a while so you'll need to reapply it.

**Oil-based** – not compatible with latex condoms, as it can create tiny holes. It's slightly thicker and nourishes the skin so ideal for perineal or intimate massage too.

**Silicone-based** – this is thicker and lasts longer but is harder to wash off. Great for water play as it clings to the skin. Don't use it with other silicone products.

Avoid novelty flavours and tastes, as they contain chemicals and can feel icky on the skin. The body releases its own natural chemicals – pheromones – which play a part in sexual attraction and can influence our choice of partner, so why mask that with an artificial product?

See [www.fpa.org.uk](http://www.fpa.org.uk) for more information.

Nicci is Editor of RUDE an online resource for better sex, health and wellbeing, see [www.rudemagazine.co.uk](http://www.rudemagazine.co.uk)

# PUMP UP THE VOLUME

Jamie Knop, writer for Boots Hearingcare shares his 4 top tips to help you get accustomed to having a hearing aid.

If you have just purchased a brand new, digital hearing aid, you may be having some teething problems. Just like when you first start to wear glasses (or contact lenses), they will take some getting used to. The best way to get accustomed to using one is to simply take things slowly. Before you know it, you'll find your hearing aid completely indispensable and as comfortable as a glove. Here are a few tips to help you get there a little faster.

## MAKE IT BECOME A PART OF YOUR LIFE

This is the most important thing to do, and it will speed up the process immensely if you do it right. Basically, just go about your normal day, but have your hearing aid in. Start off by only wearing it for a few hours each day, and slowly increase this time. Eventually, this will become nothing more than a routine to you, and you'll be completely at ease with doing so every day. It'll be like an extra limb!

## GET MORE SOCIALLY ACTIVE AGAIN

One of the most common problems with hearing loss is that it makes people more introverted, shying away from social engagements

(see article [asha.org/Publications/leader/2002/020319/020319d/](http://asha.org/Publications/leader/2002/020319/020319d/)) Hearing someone talk in a noisy environment can be a struggle, and so many sufferers of hearing loss decide instead to become more reclusive. Once you've got your hearing aid, things should change dramatically for the better. Even if you can't follow loads of people chatting at once (who can?) you should make sure to get yourself out there and socialise! Not only will you improve your mood and regain your confidence, you'll also become more used to using your hearing aid. Win-win!

## PUMP UP THE VOLUME

Your hearing aid should be pre-programmed to pump out the ideal volume for you from when you first turned it on - for more information on this, visit [www.bootshearingcare.com](http://www.bootshearingcare.com) This means that you shouldn't have to make any adjustments, however it is entirely up to your own personal preference. For example, if you're at

a loud party, you may wish to adjust the controls so that less background noise filters through; or if someone is whispering, you might want to ratchet it up a bit. When wearing your hearing aid it'll just be like hearing normally, though they do offer customisation - make the most of it!

## TV, RADIO, AND THE PHONE

In the past, using a phone with a hearing aid could lead to a rather annoying case of feedback whine. Nowadays, however, things are changing. With Bluetooth technology - [www.bluetooth.com/Pages/what-is-bluetooth-technology.aspx](http://www.bluetooth.com/Pages/what-is-bluetooth-technology.aspx) - you can get the phone's signal transmitted right into your hearing aid, meaning you can hear things clearly without even holding the phone to your ear! This also works with the latest TVs, radios, mp3 players and a whole host of other gadgets, so you won't have to worry about waking the neighbours when you're trying to hear the late-night Eastenders omnibus!  
**Jamie Knop [www.prodo.com](http://www.prodo.com)**

# BERRIES

Berries are a critical part of our diet, thanks to their high levels of Vitamin C, fibre and antioxidants,' explains nutrition scientist Bridget Benelam of the British Nutrition Foundation, who says three heaped tablespoons or 80g provide one serving. Here's a roundup of the top three berry supplements.



## BILBERRIES

Good for . . . vision

The anthocyanins found in bilberries could help with vision problems. During the Second World War, British fighter pilots reported improved night-time vision after eating bilberry jam. Bilberry has been suggested as a treatment for retinopathy (damage to the retina) because its anthocyanins appear to help protect the retina and may also help protect against macular degeneration, glaucoma, and cataracts.

SUPPLEMENT: Eyewise, 60 capsules (200mg of Bilberry's), £15.95



## CRANBERRIES

Good for . . . bladder health

It's been much debated, but drinking cranberry juice really can cure bladder infections, according to research from McGill University in Montreal. The study found that cranberry powder stopped colonisation by proteus mirabilis, a bacterium frequently linked to bladder infections.

Experts now say extracts from the fruit could even keep medical devices such as tubes and cannulas free of bacteria.

SUPPLEMENT: Cranberry Powder, 100g for £10.35 (2.5 g of cranberry concentrate, equivalent of 62 grams of fresh cranberries)



## GRAPE SEED

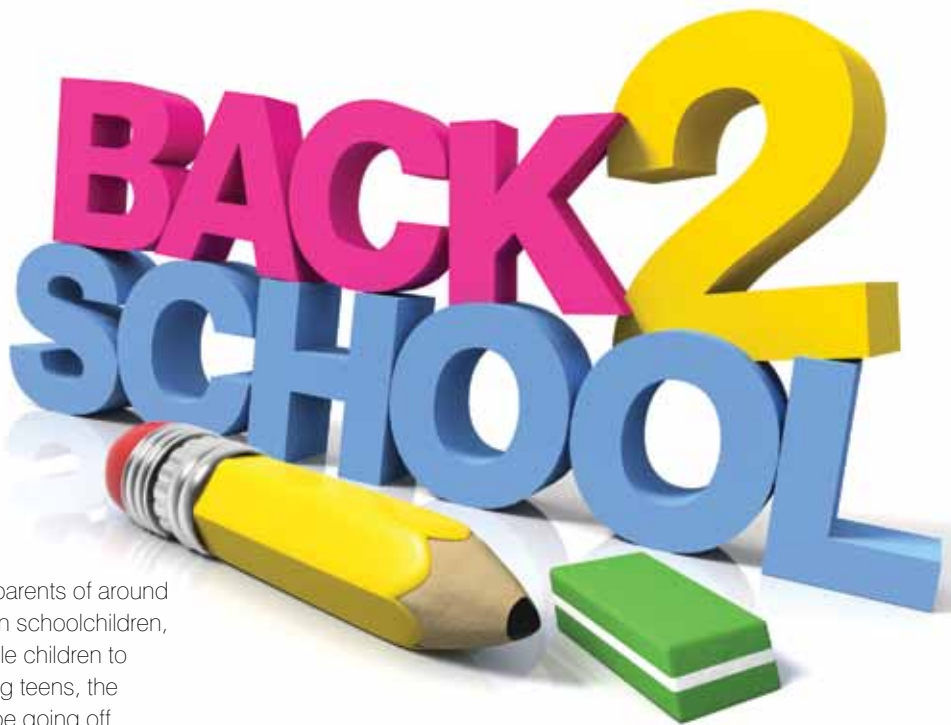
Good for . . . skin protection

The antioxidant properties contained in grapeseeds are excellent for minimizing skin aging. Fine lines and wrinkles are common indications of aging processes, but the oil may help to reduce the appearance of those signs by providing moisture and enough protections against free radicals.

In a UK first, a clinical study showed a daily tablet could significantly improve skin firmness, reduce wrinkle depth and even provide a natural sun protection factor (SPF) of 10 in 12 weeks and SPF of 15 in 24 weeks. The little pink tablet Colladeen® Visage has anthocyanidins in it which has attracted much media attention and incredible sales. SUPPLEMENT: Colladeen® Visage (£18.95 for 60 tablets, Use two tablets daily for a minimum of 8 weeks. 320mg Grape Seed.

[www.naturesbest.co.uk](http://www.naturesbest.co.uk)





**F**or the parents of around 6 million schoolchildren, from little children to towering teens, the alarm clock will be going off signalling the start of the new school year. It's time to begin the familiar bedtime and mealtime routines, stock up on new stationary and school uniforms and pack the kids off back to school. The start of term can be a mixture of excitement and unease – make sure you're prepared this year a few simple items such as Nelsons Back-to-School Kit, the Cisca Elipipe and a few more idea's for your little cherubs!

### NELSONS BACK-TO-SCHOOL KIT FIRST AID

With playground fun, after school clubs and sports days on the horizon it's all too easy for accidents to happen. Be prepared with a compact tube of Nelsons Tea Tree Cream. Prepared using the purest Tea Tree oil from Australia, Nelsons Tea Tree cream is a natural antiseptic making it the perfect cream for minor mishaps. It is easily absorbed and soothing, meaning that little ones can get back up and running in no time!



#### Arnicare™ Arnica Kids Stick

Designed for active little ones in a fun, fast-absorbing stick, specially formulated for children's delicate skin, helping to keep it soft and supple. A unique, pocket-sized item, the purple balm simply glides on and is non-greasy and paraben free. Enriched with Shea Butter it has been developed with extracts of natural Arnica Montana.

#### Emotional Aid

Heading back to school can be a roller coaster of emotions for both parents and kids alike. Bach™



Original Flower Remedies can help the whole family deal with the emotions of going back to school. For kids

**Walnut\*** - To help your child adjust to the change of environment

and to protect them from being influenced by new school chums.

**Mimulus\*** – If your child is worried about starting a new school or is shy and timid in nature.

**Larch\*** – They may need an extra helping hand to make new friends, if your child is lacking in confidence.

#### And for mums and dads

**Red Chestnut\*** – many mums find it difficult to let go and leave their little ones at school, especially if it's their first year. Red Chestnut can help parents relax and lift the worry.

\* Always read the label



### MUM'S SCHOOL RUN HANDBAG ESSENTIAL

The first day back at school is a big day so parents should have a secret weapon against tiny tears on standby in the school run bag. **RESCUE® Gummy stars** - Fun star shapes to help turn a frown upside down at the school gates and each Gummy Star contains four drops of RESCUE, the famous combination of five flower essences. RESCUE Gummy stars contain no artificial sweeteners and come in a yummy natural orange flavour. They are suitable for children over two years old.

We love these and have been using them for a whole host of things, from first days at nursery to bumps and accidents, they work wonders within a few minutes and definitely one of my handbag essentials.

# Tried & tested

Wellbeing new products for you and your family...

### HEALING GREEN BALM

Protect your little ones delicate skin with Moa's Green Balm, It's excellent on cuts and grazes, rashes, stings, dry skin. Yarrow has been used for centuries for its anti-inflammatory and healing powers. When combined with a special blend of coconut, sweet almond and soya bean oils a wonderfully smooth balm is created, which deeply nourishes and protects the skin. Tea tree oil adds a natural anti-septic, whilst beeswax locks-in moisture and provides a protective barrier against the elements. [www.wellbeingshop.biz](http://www.wellbeingshop.biz)



### BETTER BREATHING

I'm a great fan of salt therapy for respiratory conditions such as asthma, allergies, sinus problems and bronchitis. Not everyone is lucky enough to have a salt cave on hand to help alleviate the conditions, however the Cisca Saltpipe®



claims to harness the natural healing power of salt cave therapy in a handheld porcelain salt pipe.

This dry salt inhaler can give the benefit of from ancient salt cave therapy to help you to breathe easier, alleviate sneezing, coughing, shortness of breath and leaves you feeling revitalised. Salt crystals have been used for decades in the treatment of respiratory disorders and to help strengthen the immune

system by cleansing the lungs allowing them to absorb more oxygen.

We tried the children's version and although it took our 2 year old a while to get the hang of it, she loved the little elephant and it certainly helped to clear her nose and chest without the use of decongestants. My husband also tried and found it as beneficial as his trips to the Salt Cave. [www.thesaltpipe.co.uk](http://www.thesaltpipe.co.uk)

## NO MORE HEADLICE

Come September as the classmates reunite so do the scores of head lice which plague many a classroom. Avoiding these unpleasant mites is difficult as they pass from person to person easily, especially as play time commences.

Evidence suggests that Tea Tree oil is a natural and effective remedy in treating head lice compared to the chemical insecticides which are so commonly used.

Researchers at the James Cook University in Queensland, Australia have quoted that 'Tea Tree Oil achieved and maintained a 90% kill rate over a 3 hour period, compared to just an 82% kill rate when Permethrin (a common insecticide) was used'.

This research has also proven that Tea Tree will help to prevent head lice from laying eggs on the scalp initially. This is great news for mums trying to avoid common insecticidal chemicals, which can leave a toxic residue on the hair and scalp. Instead toxin-aware mums can choose a natural remedy.

Why not try Green People's Organic Lavender Shampoo and Conditioner, these lovely organic products are mild, gentle and non-irritating for sensitive scalps, using organic Lavender, Aloe Vera and Tea Tree to naturally cleanse the hair. RRP £7.75 - 200ml.

All Organic Children products are suitable for those prone to eczema, psoriasis and other skin allergies. Products are available through selected John Lewis stores, Independent Health stores and online at [www.greenpeople.co.uk](http://www.greenpeople.co.uk) and [Ocado.com](http://Ocado.com)



## Kale – the “queen of greens”

Happy, a Somerset-based company established by raw foodist Andrew Davis, has recently launched delicious, healthy kale crisps that are not only 100% natural and raw, but also wheat, dairy, nut, gluten and GM free. There are two variants of Happy Kale: Barbeque and Carob Coconut, with more flavours in the pipeline.

Available initially in London stores such as Wholefoods and Planet Organic Happy Kale will be sold nationally in the coming months. The 25g packs retail at £1.49 per bag and make an ideal nutritious snack, treat or packed lunch essential for the return to school.



## Grab something good

Bounce Energy Balls are a special combination of high quality proteins, carbohydrates, vitamins, minerals and essential fats. They are unlike any other product you will find. Not only because they are round, but also because of their unique blend of great tasting and nutritious ingredients. [www.bouncefoods.com/uk/](http://www.bouncefoods.com/uk/)



## HEALTHY PACKED LUNCHES

**Sili Squeeze with Eeze** is the original reusable squeeze pouch, with a

free-flowing spout™ designed for children ages 2+ or any age that desires or requires resistance-free feeding. If your child is accustomed

to store-bought food pouches, this will be the perfect fit for him or her.

Sili Squeeze's are perfect for homemade smoothies, purees and mashes, as well as ready-made favorites like yogurt and applesauce. Refill your Sili Squeeze with Eeze with homemade and organic goodness again and again! 6oz size - Ideal for growing toddlers and school-aged children (and even adults!). [www.wellbeingshop.biz](http://www.wellbeingshop.biz)

# Herbs

## for digestive health

Humans and herbs have evolved side by side throughout history. As both food and medicine, herbs are well equipped to have a most profound effect on even quite serious digestive disorders. Herbs have a direct effect on the gastrointestinal tract via absorption, metabolism and via the actual tissues of the gut and can have therapeutic effects on a wide ranging spectrum of disorders from indigestion, reflux, IBS, Crohns, constipation, ulcers, gastritis, ulcerative colitis, diverticulitis, jaundice, food intolerances/allergies and gallstones.

Food and chemical sensitivities, bacterial, fungal and parasitic infections, an over-reliance on caffeine, alcohol, sugar and processed foods all take their toll at some point or another. If you throw in a lack of hydration leading to under functioning of the colon, the over-burdening of the liver and kidneys with toxins from an over processed diet, and the stress we live day to day - it will all add up to a digestive complaint that could flare up acutely and be quelled by a strong immune system, or occur recurrently and become a chronic disorder leading to some quite serious conditions.

Most people automatically know about or take certain herbs for simple conditions - ginger for

nausea or fennel and peppermint for bloating but what else can these and other herbs be used for and how do they work?

### Licorice

Licorice is one of the herbs most widely used by Western herbalists for an array of functions, not just relegated to digestive disorders. Clinical trials have supported its use both topically for mouth ulcers and internally for gastric and duodenal ulcers. It eases inflammation and tissue damage in the digestive tract and has a soothing, demulcent effect. In Japan Licorice is widely used as an effective adjunct to treatment of chronic hepatitis and cirrhosis. The liver related research demonstrates a protective effect on liver cells (hepatocytes) from PCB's and other related toxins from the breakdown of plastics found so alarmingly common in our tissues nowadays. (Licorice should be used with caution in some people and should only be taken on advice from a qualified herbal practitioner).

### Ginger

Ginger is a well known antidote to nausea, both from travel sickness and in pregnancy but did you know it is also used for colic, flatulent dyspepsia, peptic ulcer, cramping and intestinal infections? Chop ginger up in 1 inch pieces and either pour on boiling



water and take as a tea or blend it up in a smoothie with pineapple juice, mango, soya yoghurt and a squeeze of lime.

### Fennel

Fennel is an amazing herb shown in clinical trials to aid with infantile colic, non-specific colitis, heartburn, belching and gastrointestinal pain. Traditionally used in 'Gripe water' for infants, it decreases spasms in the gut and has the added benefit of being antimicrobial. Fennel is a



gentle safe herb and is mostly used in combination with other herbs.

### **Chamomile**

Chamomile has been used since ancient times with the flower heads used in medicinal, cosmetic and pharmaceutical preparations. Whilst most people regularly associate Chamomile tea as a soothing relaxant before bedtime it is also useful for spasms in the stomach, for inhibiting ulceration, infantile

colic, flatulence and nervous diarrhoea.

### **Meadowsweet**

Meadowsweet is an excellent herb for all kinds of gastrointestinal disorders associated with hyperacidity - reflux, indigestion, gastric ulceration as well as diarrhoea and is especially used for diarrhoea in children. It reduces excess stomach acid and heals the mucus membranes of the digestive tract.

### **Peppermint**

Peppermint oil has its uses, as confirmed in numerous clinical trials, in supporting people with irritable bowel (IBS), nausea and dyspepsia (heartburn) as well as colic, cramping, nausea and vomiting. Peppermint oil has also shown significant antibacterial and anti-fungal effects against 25 different species of bacteria and 20 different strains of Listeria isolated from different food sources.

### **Thyme**

In pharmacological studies thyme was found to reduce spasmolytic conditions in the gut, as a mouthwash to counter oral bacteria and in combination with other herbs to treat peptic ulcer. There are also some promising studies demonstrating the ability to lower cholesterol. As a warming tea it is beneficial in flatulence, colic and may be helpful in infant diarrhoea.

### **Slippery Elm**

Slippery elm, as a powder is one of the best demulcents for the

gastro mucosa; used for acute gastritis, duodenal ulcers, diarrhoea, enteritis, anal fissures and colitis it is both soothing and is an excellent food for convalescence. To make a tea use 1 part powdered root to 8 parts water adding small amounts to the water whilst stirring. Bring to the boil and simmer gently for 10-15 minutes and drink half a cup three times daily.

Whilst all these herbs have beneficial effects as singles and can be used as teas and culinary additions to salads etc, a fundamental approach to treating digestive complaints is to uncover the underlying causative issue and to address it holistically. Through this mechanism, a herbalist would assess dietary causes/irritants, nervous system components, bacterial/fungal/microbial/parasitic infestations and would work to correct liver and bile function, increase digestive/absorption capacity, improve elimination of toxins/waste, soothe/repair irritated and inflammatory mucus membranes, reduce allergy and improve symptoms in a tincture or tea that may encompass up to 10 separate wonderful herbs.

**To book a consultation contact Melanie on 07840 202930 or email [melanieherbalist@tiscali.co.uk](mailto:melanieherbalist@tiscali.co.uk)**  
**Melanie qualified from the College of Naturopathic Medicine in London and is a member of the Association of Master Herbalists**



# Winter Sun Yoga Holiday in Kerala, India

With winter approaching, now is the time to start thinking about getting away for some winter sun. Perhaps you've toyed with the idea of taking a yoga holiday though not quite sure what it involves. This will give you a little taster:

There is often some uncertainty at the beginning of a yoga holiday especially if it's your first time or you don't know the teacher, or are travelling on your own and sharing with a stranger. There's also a sense of excitement about the week to come and the new things you may be discovering for yourself.

Imagine arriving after a long flight in exotic India. A driver meets you and takes you to a gorgeous resort landscaped with banana trees, coconut palms, lagoons and thatched villas. You receive a warm greeting from your yoga teacher and meet your fellow students. Already there is a sense that you can begin to unwind as the warmth of the Indian sun spreads through your body.

The yoga practice is a combination of physical and spiritual teachings and you will begin to notice the body

and mind unwinding from the many stresses of life. Although there are usually a mixed ability group on a holiday the daily yoga sessions are catered for all, allowing some to push deeper and others to pull back depending on their abilities.

The morning yoga sessions are usually more dynamic and invigorating, building up a good appetite for the delicious food to follow. After breakfast there is plenty of time to relax or explore depending on your needs. Day trips are arranged so not only is the emphasis on the yoga but also getting to know the surrounding area too.

The evening yoga practice is set at a much slower pace, long held stretches, deep relaxation and breathing exercises are taught bringing about a deep sense of relaxation and peace. Within a day or two the yoga, fine food, peaceful surroundings and warmth will allow you to feel stronger, both physically and mentally.

Watch sunrises over the serene backwaters and sunsets on the beach. The sea is warm and suitable

for swimming, the resort is peaceful with hammocks and viewpoints.

You may be lucky enough to spot kingfishers on the backwaters and dolphins in the sea. With wide horizons and clear water these stunning natural surroundings are a perfect place for a winter getaway.

Lisa Powell has been teaching yoga since 2001 and always includes asana (postures), pranayama (breathing), meditation, relaxation, mantra and visualisation. Her holidays also include some writing tasks, and early mornings are spent in silence. Lisa's aim is to help her students relieve physical and mental tension, release emotional blocks and bring back a connection to the Self.

Lisa is running an 8 night yoga holiday in Kerala from 22 February - 2 March 2014. For more information contact Lisa on 07733 395065, email [info@lisapowell.co.uk](mailto:info@lisapowell.co.uk) or visit [www.lisapowell.co.uk](http://www.lisapowell.co.uk)

You may also be interested in visiting Lisa's website to find out more about her regular classes and workshops.

## Where to find your magazine...

### **Brighton & Hove:**

'ACT' 170a Church Road, BN3 2DJ  
Bills Cafe, The Depot, 100 North Road, Brighton, BN1 1YE  
Brighton Natural Health Centre, 27 Regent Street, BN1 1UL  
Coast Clinic, 198 Church Road, Hove BN3 2DJ, (opposite the large Tesco's)  
Domestic & General Group Ltd, Queens Square House, 15 Queens Square, BN1 3FD  
Down to Earth, 128 Portland Road, BN3 5QL  
Dyke Road Natural Health Clinic, 274 Dyke Road, BN1 5AE  
Infinity Foods, 25 North Road, BN1 1YA  
The Clinic, 34 Dyke Road Avenue, BN1 5LB  
The Happy Cell, 121-123 Davigdor Road, BN3 1RE  
Wilbury Clinic, 64 Wilbury Road, BN3 3PY  
Wildwing Centre for Creativity, 108 North Street, BN41 1DG  
53 Beaconsfield Road, Preston Circus, BN1 4QH

### **Crowborough:**

Natural Health Centre, Ryde House, Whitehall Rd, TN6 1JP

### **East Hoathley:**

Health House, The Village Works, London Rd, BN8 6QA

### **Eastbourne:**

Eastbourne District General Hospital, Dept. of Psychiatry, Kings Drive, BN21 2UD

Enterprise Centre (nr Station), BN21 1BD  
Library, Grove Rd, BN21 4TL  
Lushingtons, 30 Lushington Rd, BN21 4LL  
Natural Fitness, 51 Royal Parade, BN22 7AQ  
Physio Plus, 18 Gildredge Road, BN21 4RL  
Waitrose, High Street, Old Town, BN21 1HR

### **Hailsham:**

Hailsham Chiropractic in Car Park, 2 North St, BN27 1DQ  
Hailsham Pavilion Theatre, George Street, BN27 1AE  
Hailsham Health Foods, 2 St Marys Walk, BN27 1AF  
Waitrose, Vicarage Field, BN27 1BE  
Weatherspoons, opposite the Pavilion Theatre

### **Hastings:**

Bio Five 0, 7 Courthouse Street, TN34 3AU  
Bullet Coffee House, 38 Robertson Street, TN34 1HT  
Judges Bakery, 51 High Street, TN34 3EN  
Library, 13 Claremont, TN34 1HE  
Margos Market, 2 Claremont, TN34 1HA  
Trinity Wholefoods, 3 Trinity Street, TN34 1HG  
Wellington Centre, 44 Wellington Square, TN34 1PN

### **Heathfield:**

The Stores in Rushlake Green, Nr Heathfield, TN21 9QD  
Wholefoods Health Store, 82 High Street, TN21 8JD

### **Horam:**

Horam Natural Therapy Clinic, High Street, TN21 0EL

### **Lewes:**

Baltica Cafe, 145 High Street, BN7 1XT  
Daisy's, 1 Station Road, BN7 2YY - opposite station  
Equilibrium Complementary Health Centre, 16 Station Street, BN7 2DB  
Middle Farm, Lewes Road, Firle, BN8 6LJ  
Spectrum Eyecare Ltd, 24/25 Cliffe High Street, BN7 2AH  
The Florist shop adjacent to the station

### **Newhaven:**

Seahaven Herbs, 19 Newhaven Enterprise Centre, Denton Island, BN9 9BA

### **Seaford:**

Nature's Nectar, 31 High Street, BN25 1PA  
Pomegranate, 45 Broad Street, BN25 1NG  
Seaford Health Centre, Dane Road, BN25 1DH  
Station  
Steyne House Natural Therapies, 35 Steyne Road, BN25 1HT

### **Shoreham:**

Anerley Crystals, 4 Tarmount Lane, BN15 9NT  
Station  
Tarmount Studios, BN43 6DA

### **St Leonards:**

Kassa, 15 Grand parade, TN37 6DN  
Love Cafe, 28 Norman Road, TN38 0EJ  
One Cafe, 1 London Road, TN37 6AE  
Playfords Hairdresser, 77 Norman Road, TN38 0EG  
Smiths, 21 Grand parade, TN37 6DN  
Southwater Centre, 1 Stainsby Street, TN37 6LA

### **Uckfield:**

A&A News, 148 High Street, TN22 1AT  
Hightree Medical Clinic, Temple Grove, Herons Ghyll, TN22 4BY  
Its Only Natural Health Food Shop, 90 High St. TN22 1PU  
Library, High St., TN22 1AR  
The Lounge, 82-84 High Street, TN22 1PU  
Uckfield Chiropractic Clinic, 116 High Street, TN22 1PX  
Uckfield Civic Centre, TN22 1AE  
Uckfield Hypnotherapy, 148A High Street, TN22 1AT

If you would like to stock wellbeing Magazine in your clinic, or retail outlet or would like copies of the magazine sent to your company for your employees, please email [lesley@wellbeingmagazine.com](mailto:lesley@wellbeingmagazine.com)

# The natural way to an ageless face

**A**s we age, our facial muscles start to sag, resulting in the classic signs of ageing: hooded eyes, sagging jowls, double chins, turkey neck and forehead lines. While billions are spent every year on anti ageing creams, cosmetic procedures and surgery there is an easier, safer and inexpensive way to age gracefully and defy the pull of gravity.

A few years ago I came across the face of Eva Fraser, a striking looking woman with a beautiful smile. She was speaking at the Mind, Body Spirit Festival in London ([mindbodyspirit.co.uk](http://mindbodyspirit.co.uk)) The topic of the talk was Facial Fitness. At first the talk didn't seem that remarkable until I realised that Eva was born 1928. Eva is living proof that her methods do work and she has inspired people all over the world to achieve a feeling of well being and confidence through her facial exercises and philosophy of life. ([evafraser.com](http://evafraser.com))

Then a few months ago I went to talk by Jayney Goddard, one of the leading natural health authorities ([jayneygoddard.org](http://jayneygoddard.org)) Part of the talk on anti-ageing



Eva Fraser born 1928

covered the benefits of these exercises, I must admit we all felt a bit foolish trying some of the exercises but after few laughs and giggles we all seemed to get the hang of the simple exercises. The first few weeks I remembered to do them but gradually I got out of the habit of doing them daily.

Then a couple of weeks ago a new book arrived on my desk. Vital Face, Facial Exercises and Massage for Health and Beauty by Leena Kiviluoma. Leena, a

Finnish physiotherapist began to develop MimiLift Facial MuscleCare in 1990 and is now teaching her technique all over the world.

The book is easy to follow and well illustrated making it easy to understand. The book explains the science behind the technique and as well as the promise of a youthful face it also explains things like the link between tight jaw muscles and headaches, and covers neck pain, posture and treatments for teeth clenching and grinding.

It is a fascinating book and covers everything from the anatomy of the face and theories of anti-ageing, to how to take care of the muscles of the face and neck, correct posture and supportive self-treatments.

Armed with my book and cork (a prop used in some of the exercises) I embarked on the stretching exercises for the chewing muscles. I have particular problems with a clicking jaw, so this seemed a logical place to start. The Jaw opening test is quite an easy starting point.





The maximum opening of the mouth and lower jaw in most individuals is more than 40mm. The range of opening is slightly limited if the opening capacity is between 30-39mm and severely restricted if it remains less than 30mm (Helkimo index)

You can test your jaw opening by yourself. Your jaw opening is good if you can comfortably insert the first three knuckles of your non-dominant hand between your front teeth. If your opened jaws admit only two knuckles, your jaw opening is slightly limited. If you can get only one or one-half knuckles between your front teeth, your mouth opening is severely limited.

Pictures: Courtesy of publishers Singing Dragon from the book Vital Face

Stretching the jaw-closing muscles will regain the normal jaw opening when a muscular problem is the underlying cause of the limited jaw opening.

**1. Dynamic stretch for chewing muscles**

Press your fingers firmly below your zygomatic arch. Lower your jaw slowly as far as you can while pressing your fingers very firmly against the skin and pushing upwards the soft tissues of the masseter muscle and zygomatic arch area. Hold this position for 5 seconds. Return gradually to the starting position. Repeat 5 times.

**IMPACT ON HEALTH:** Relaxes and lengthens jaw-closing chewing muscles, especially the masseter muscle. Strengthens jaw-opening muscles.

**IMPACT ON APPEARANCE:** Lifts the cheek area.



**2. Intensive stretch for chewing muscles**

Place gently and carefully a cork or something similar of a suitable size and safe material between your teeth. Relax. Hold the stretch for 20-30 seconds and repeat the stretch 4 times. You may stretch even longer, but the maximum time to hold each stretch is one minute.

**IMPACT ON HEALTH:** This is an important stretch to lengthen all the jaw-closing chewing muscles and to increase the jaw opening. Helps speech and swallowing.

Sitting at a desk most days I get quite stiff neck and shoulder muscles so her simple neck programme featured on the next page is a great way to improve the motion of the muscle and neck joints.

## NECK PROGRAMME

The muscles and joints of the neck require motion to stay healthy. Neck movement and stretching exercises and self-massage improve the wellbeing and appearance of the neck-shoulder region and promote a good upper body posture.



### Dynamic neck stretches

**1** Elevate your chest and rotate your shoulders and arms outwards. Turn your head gently to both sides as far as it will go without causing any pain.

Keep for a moment near the fullest range of motion available. Perform a pure rotation movement without any side bending.

**2** From the same starting position tilt your head slowly from side to side, as if attempting to touch your ear to your shoulder.

Hold your neck for a while in the sideways-bent position and pull your shoulders down. Feel the stretch in the side of your neck.

**3** Push your hands downward, flex your wrists and extend your fingers. Incline your head softly, slowly and carefully, alternating directions from straight side to the side, to slightly diagonally upwards and then to diagonally downwards.

Stay in the tightest position for a moment. The feeling of the stretch continues from your neck even to your fingers.



Thank you Leena Kiviluoma and publishers Singing Dragon for allowing us to reproduce and use extracts from Vital Face ISBN 978-1-84819-166-2



**4a** Rotate your shoulders and arms inwards, round your upper back and bend your head and neck down to bring your chin towards your chest.

Reach your hands down and feel the stretch in the back of your neck and in your upper back.

**4b** Make a counter-move by lifting your chest up, by rotating your shoulders and arms outwards and by gently bending your head backwards, as if you were looking up to the sky. This movement should create a slight backwards bending both in your neck and upper back.

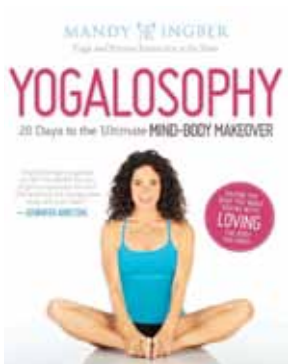
Push your hands downward and feel the stretch in the front of your neck and upper chest. Continue by alternating the movements a and b.

#### INSTRUCTIONS

Repeat every stretching exercise a few times and hold the stretch positions for few seconds. This programme is an excellent exercise break for sedentary workers. Regular neck movement and stretching exercises will loosen and prevent stiffness in the neck.

You may hear creaks, crackles or crunches as you move your neck. They are natural noises coming from the structures of your neck and are nothing to worry about.

Anyone with a cervical spine instability due to rheumatoid arthritis, a trapped nerve in the neck, a cervical disc prolapse or other serious neck condition should consult their treating physician before attempting any neck exercises.



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**Mandy Ingber**

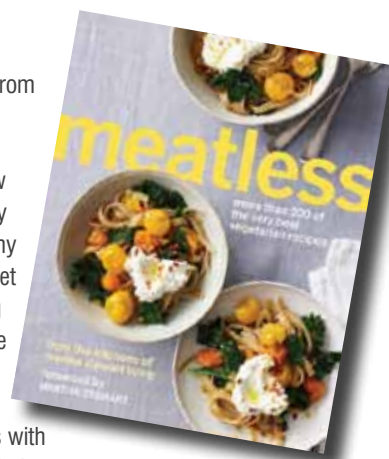
Jennifer Aniston, Kate Beckinsdale and Helen Hunt are just a few of the Hollywood stars who owe their enviable silhouettes to fitness expert and yoga instructor Mandy Ingber. Building on her best-selling Yogalosophy DVD, this easy to follow handbook provides a comprehensive program of effective workouts, eating guidelines, recipes, “daily intentions” and more, all designed to strengthen the body - inside and out. Mandy says “I created Yogalosophy as a practical plan for starting fresh, no matter what your level of fitness may be. It’s a twenty-eight-day revolution”. They say it takes 28 days to break a habit so if you are need of a challenge this Autumn why not start this 28 day program.

### MEATLESS

More than 200 of the very best vegetarian recipes from the kitchens of Martha Stewart Living.

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I’m always on the look out for a good easy to follow cookery book and this one ticks all the boxes. Every recipe fits on one page with an inspiring photography on the opposite page. The ingredients are easy to get hold of and quick and easy to put together ensuring that even the most time pressured person can make a simple and delicious meal. Each recipe indicates whether it is suitable for vegan, gluten-free or special diets (no dairy, wheat, soy or nuts), comes with a nutritional guideline (perfect for diabetics) and calorie content per serving, so whether you are a meat eater, vegetarian or on a special diet you will find some tasty, healthy, delicious meals.



# Book reviews

What have you read lately?

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



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For more than a decade Neil Francis was as a successful CEO. He grew his internet company from scratch, worked with some of the world’s top businesses delivering fantastic results, and led the way in his industry. Then, at the age of 41, Neil’s world collapsed. Out of the blue, a stroke brought his business career to a shuddering halt.

But Neil wasn’t beaten. To aid his recovery, he took a job as a caddie at one of Scotland’s top golf courses. And from this most unlikely of scenarios, he found remarkable insights and wisdom that, coupled with his vast business

experience, will provide a sure foundation and rich support for

anyone who is looking – or is forced – to change course in their life.

In this intriguing book, Neil masterfully weaves together his insights on adapting to a new direction in life, distilled from conversations with some of the highly successful individuals for whom he caddied. To anyone changing course, or starting again, with the ambition of truly enjoying what they do in every area of their life going forward, Neil delivers a gem of a routemap – perceptive, enjoyable, challenging, readable and, above all, inspiring.

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# What's On

## September

### 1st

**11am-2pm** Shiatsu College Free Open Day, have a treatment, find out about learning Shiatsu, The Shiatsu Studio, St Leonards, 07722 868397 [www.shiatsucollege.co.uk/hastings](http://www.shiatsucollege.co.uk/hastings)

### 2nd

**5-8.30pm** seated Acupressure Massage, Natural Fitness Centre, Eastbourne, 10, 20 & 30 minute treatments, Free 10 minute tasters, 01323 732024 [info@naturalfitnesscentre.co.uk](mailto:info@naturalfitnesscentre.co.uk), booking essential

### 7th

**9.30 arrive-10am start, finish**  
**4.30pm** Reiki Level 1 training day, discounted price, mention Wellbeing, £100 (normally £130) contact Annie 07944 232174 [aharmstone@btinternet.com](mailto:aharmstone@btinternet.com)

**10.30am** Family Constellations Workshop, Seniors Club, Eastbourne, £55, 07891 295 649 [www.eastbournepcpd.com](http://www.eastbournepcpd.com)

### 9th

**5.15-6.15pm** Tai Chi for Beginners, Equilibrium Studio, 33 Cliffe High St, Lewes, £80, 10 wk course, Equilibrium 01273 470955 [www.equilibrium-clinic.com](http://www.equilibrium-clinic.com)

**6.30-7.45pm** Foundations of Yoga Course, St Leonards on Sea, £40, open to all levels, beginners welcome, 6 week terms, booking required, Nicola Smith 07930 442639 [nicola@bodywisdom.org.uk](mailto:nicola@bodywisdom.org.uk) [www.bodywisdom.org.uk](http://www.bodywisdom.org.uk)

### 10th

**6.00-7.00pm** Pilates for All, St Michael's, High St, Lewes, £96, 12 wk course, Equilibrium 01273 470955 [www.equilibrium-clinic.com](http://www.equilibrium-clinic.com)

**7-9pm** 4 wk course, Tuesdays, Emotional Freedom Through Tapping, The Hive, 66 High St, Lewes, £90, contact Amy Branton 07738 277379 [amy@freehearteft.co.uk](mailto:amy@freehearteft.co.uk)

**7.15-8.15pm** Pilates for Improvers, St Michael's, High St, Lewes, £96, 12 wk course, Equilibrium 01273 470955 [www.equilibrium-clinic.com](http://www.equilibrium-clinic.com)

### 12th

**12-1pm** Lunchtime Tai Chi, Hillcrest Centre, Hillcrest Rd, Newhaven, £42, 6 wk course, Equilibrium 01273 470955 [www.taichiforhealth.org](http://www.taichiforhealth.org)

### 11th/12th/13th

**9.30am start** Self Development Intuitive Horse 3 Day Retreat, Hastings, £280, 07825 036301 [www.intuitivehorse.co.uk](http://www.intuitivehorse.co.uk)

### 20th

**7pm** Introduction to Mindfulness, Seniors Club, Eastbourne, £18, 07891 295 649 [www.eastbournepcpd.com](http://www.eastbournepcpd.com)

### 25th-29th

Understanding Energy & Spiritual Healing in Massage & Bodywork, open workshop for all bodywork & movement practitioners, Bristol, Bodywisdom School 0845 521 1266 [info@bodywisdom.org.uk](mailto:info@bodywisdom.org.uk)

### 27th

**2pm-6pm** walk in Shiatsu Clinic with Nick Neter & Ben Trowell, Yogalife Studio, Eastbourne, 30 minute treatment or more for a donation, from £10, some places bookable 07773 061309 [handwork@tiscali.co.uk](mailto:handwork@tiscali.co.uk) or [www.eastbourneshiatsu.co.uk](http://www.eastbourneshiatsu.co.uk)

### 27th-29th

Hastings Mastery of Self-expression, creativity weekend, The PrintWorks, Hastings, [christinekimberley.com](mailto:christinekimberley.com) or see [www.hastingsmastery.org.uk](http://www.hastingsmastery.org.uk)

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### Commences 28/29th

**11am-6pm Sat/10am-5pm Sun**  
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### October

#### 3rd

**7-9pm** every Thursday for 6 weeks, Feng Shui for Beginners, Sixth Form Adult Learning College, Portslade, concessions available, 01273 422632

#### 5th

**9.30 arrive-10am start, finish**  
**4.30pm** Reiki Level 1 training day, discounted price, mention Wellbeing, £100 (normally £130), contact Annie 07944 232174 or [aharmstone@btinternet.com](mailto:aharmstone@btinternet.com)

**11am-2pm** Shiatsu College Free Open Day, have a treatment, find out about learning Shiatsu, The Shiatsu Studio, St Leonards 07722 868397 [www.shiatsucollege.co.uk/hastings](http://www.shiatsucollege.co.uk/hastings)

#### 6th

Introduction to Energy Work, workshop donations to Sara Lee Trust, The Shiatsu Studio, St Leonards 07722 868397 [www.shiatsucollege.co.uk/hastings](http://www.shiatsucollege.co.uk/hastings)

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**5-8.30pm**  
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### 9th/10th/11th

**9.30am start** Self Development Intuitive Horse 3 Day Retreat, Hastings, £280, 07825 036301 [www.intuitivehorse.co.uk](http://www.intuitivehorse.co.uk)

### 11th

Wellbeing Gathering, Surrey, guest speaker author & Holistic Dentist Dr Brian Halverson, topic Amalgam Fillings and Chronic Fatigue, to book events@getyourlifeback-fromme.com or 01293 220906

### 12th-13th

**9.30am** Diploma in NLP (Neuro Linguistic Programming), The Link Centre, East Sussex, £400, Leilani@thelinkcentre.co.uk or [www.thelinkcentre.co.uk/91.html](http://www.thelinkcentre.co.uk/91.html)

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

### 19th

**9am-2pm** walk in Shiatsu Clinic, Natural Fitness Centre, Eastbourne,

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### 19th-20th

**9.30am** Michael Gavin workshop, The Link Centre, East Sussex, £1ba, Leilani@thelinkcentre.co.uk or www.thelinkcentre.co.uk

**10am** Therapy Marathon, The Link Centre, East Sussex, £105, Leilani@thelinkcentre.co.uk or www.thelinkcentre.co.uk/182.html

### 20th

Thai-Yoga-Massage-Get-Together, "Sharing from the Heart", a day for all Thai practitioners & students to share together, £30, Brighton, Bodywisdom School 0845 521 1266 www.bodywisdom.org.uk

### 25th

**2pm-6pm** walk in Shiatsu Clinic, Nick Neter & Ben Trowell, Yogalife Studio, Eastbourne, 30 minute treatment or more for a donation, from £10, some places bookable 07773 061309 handwork@tiscali.co.uk or www.eastbourneshiatsu.co.uk

### 26th

Qigong Teacher Training starts, contact Catherine Burnett, Shiatsu College 01424 815128 catherinejburnett@tiscali.co.uk or www.shiatsucollege.co.uk/hastings

### 26th-27th

**9.30am** Diploma in NLP (Neuro Linguistic Programming), The Link Centre, East Sussex, £400, Leilani@thelinkcentre.co.uk or www.thelinkcentre.co.uk/91.html

**October** Foundation Certificate in TA, The Link Centre, East Sussex, Esee website, email Leilani@

thelinkcentre.co.uk or www.thelinkcentre.co.uk/foundation-certificate-ta.htm

## Regular Events

### Mondays

**2-3pm** Qigong & Meditation, gentle exercise & relaxation, Natural Fitness Centre, Eastbourne, £7, 1st session Free, Nick Neter 01323 732024 info@naturalfitnesscentre.co.uk or www.eastbourneshiatsu.co.uk

**6-7pm** Yoga for all, Westfield Community Hall, £5 per class, 07722 868397 www.shiatsucollege.co.uk/hastings

**6.30-7.45pm** Yoga Foundation Courses, St Leonards on Sea, 6 wk terms, £40, open to everyone, to book contact Nicola Smith 07930 442639 www.bodywisdom.org.uk

### Tuesdays

**9.30-10.30am** Community Yoga Class, St Leonards on Sea, Southwater Community Centre, £7 (£5.50 concessionary price) contact Nicola Smith 07930 442639 or www.bodywisdom.org.uk

**10am** Spiritual Counselling Intro Session, Old Steine, Brighton, £15, narda@narda.co.uk or 07964 743349

**11.30am-12.30pm** Tai Chi Qigong subsidised community class, Salvation Army Hall, St Andrews Sq, Hastings, with Catherine Burnett 01424 815128 catherinejburnett@tiscali.co.uk

**1.30-5.30pm** Homeopathy Clinic for children & adults, Equilibrium Health Centre, 16 Station St, Lewes, £45 (1st app't), £40 with Lisa, Equilibrium 01273 470955 www.equilibrium-clinic.com

**5.30-7pm** Scaravelli Inspired Yoga, The Shiatsu Studio, St Leonards £7, 07722 868397 www.shiatsucollege.co.uk/hastings

**6.15-7.15pm** Qigong and Meditation with Nick Neter, St Luke's Parish Centre, Stone Cross, £6.50 per session, 1st one Free, 07773 061309 handwork@tiscali.co.uk or www.eastbourneshiatsu.co.uk

### Wednesdays

**8.30am-6.30pm** Shiatsu Clinic with Annie Cryar & Catherine Burnett, Wellington Centre, Hastings 01424 442520 www.thewellingtoncentre.com

**11am** Spiritual Counselling introductory session, Old Steine, Brighton, £15, narda@narda.co.uk or 07964 743349

**11.30am-12.30pm, except**

**2nd Weds of the month** Gentle Exercise & Relaxation (rooted in Qigong) at WRVS, Russell Centre Eastbourne, £4, Nick Neter, first session Free, 01323 412279 east-sussexdc@eastbournenwvs.org.uk

**7-8pm & 8-9pm** Qigong 6 week courses with Catherine Burnett, £39, book in advance, Wellington Centre, Hastings 01424 815128 catherinejburnett@tiscali.co.uk

**4th, 11th, 18th & 25th Sept**

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

**3rd Weds of every month**

**6pm-8pm** Shiatsu College Student Clinic, Shiatsu treatments, donations to Sara Lee Trust, The Shiatsu Studio, St Leonards 07722 868397 www.shiatsucollege.co.uk/hastings

### Thursdays

**8.45-9.45am** Tai Chi, Qigong Classes, Drop In, The Shiatsu Studio, St Leonards, £6.50, 07722 868397

**10.30-11.30am** Tai Chi Qigong subsidised community class with Catherine Burnett, Concordia Hall,

Church Rd, St Leonards 01424 815128 catherinejburnett@tiscali.co.uk

### Fridays

**6th Sept, 4th & 18th Oct**

**10am-2pm**

Walk in Shiatsu Clinic, Japanese holistic bodywork therapy, with Nick Neter, Oya & Machiko, St Luke's Parish Centre, Stone Cross. 30minute treatment or more for a donation, from £10, some places bookable, 07773061309 handwork@tiscali.co.uk. http://www.eastbourneshiatsu.co.uk

### Saturdays

**5th, 12th, 19th & 26th Oct**

**9am-5pm** Massage Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Steve, Dafna & Rachael, Equilibrium 01273 470955 www.equilibrium-clinic.com

### Sunday 8th & 15th Sept

**10am-5pm** Reiki Level I Certified Course, Equilibrium Health Centre, 16 Station St, Lewes, £150 (inc notes, refreshments & certificate), Equilibrium 01273 470955 www.equilibrium-clinic.com

**2nd October  
10.30am-3.30pm  
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