

Wellbeing

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Your health and lifestyle magazine

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JUICERS

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ACUPUNCTURE

Anti ageing

SUPERFOODS:

Chia Seeds

5 FITNESS

TRENDS

nutrition
WATERCRESS

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EDITOR'S WORD

www.wellbeingmagazine.co.uk

With all the rain you would be forgiven for feeling a little gloomy, a number of years ago I used hypnotherapy to **change** my feelings towards the rain so for me it hasn't been too challenging but with any luck we are over the worst of the storms and now it's time to **focus** on the rest of 2014 and what changes you will be making to your **health** and wellbeing. Whether it's looking at your **diet**, trying new super foods and supplements or starting a new **fitness** regime, we hope you find something inspiring in the following pages. Enjoy & be inspired

Rachel Branson

THIS MONTH'S CONTRIBUTORS

KATE ARNOLD

Kate is our resident nutritionist who shares her insights and knowledge



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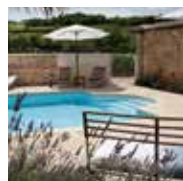
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welcome



Hello and welcome to our Spring issue. You may have noticed that we've changed size slightly! After much consideration and discussion, Rachel and I decided to change Wellbeing Magazine from a B5 format to an A5. At the same time we've increased our page numbers, and have kept the magazine in as good as, if not better, quality so that it will continue

to be as well recognised and received as it always has. Being this size now makes the display of the magazine an easier task, whether an outlet has hundreds or thousands of copies, or just a few - the displays should prove neater. We trust that you'll like the new format, and continue to anticipate, read, love, and share the magazine as before.

I hope that this welcome finds you not having suffered too much inconvenience throughout the recent extreme weather that we've experienced. It's certainly been a humble reminder of how fragile we are; yet how strong, resilient and adaptable we can be too. Until next time, wishing you all the good things that you wish for yourselves.

Lesley



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twitter.com/wellbeingmaguk

NEW *and old in Lewes...*

'Closet & Botts' is a new, independent shop opening on Lewes High Street, selling a combination of new and vintage homeware, furniture and clothes, with the addition of a cafe in the spring. 196 Lewes High Street is the perfect location to combine what Lewes is famous for, all in one place: antiques, hand-made designs by local artists, vintage fashion, and good coffee. Closet & Botts is a local partnership between two old school friends, Chloe Shearing and Harriet Maxwell. Chloe originally worked in a French patisserie in Brighton, whilst Harriet was a display artist for Anthropologie in London. They share an eye for well-made, beautiful objects, and over the years have spent many a cold morning hunting around markets and car boot sales, dreaming of showcasing their finds in their very own shop. After a particularly inspiring holiday in Paris, they decided to take the plunge. They left their jobs on the same day, bought a van, and spent the next eighteen months learning their trade, scouring the flea markets of Europe, bringing home overlooked treasures to sell in pop-up shops and vintage fairs. Their dream of opening a shop came into realisation when they discovered an old pharmacy on Lewes High Street. 'It was just what we'd been looking for' says Harriet, 'old wooden floorboards, fireplaces, stain glass windows, and a beautiful garden through French doors, which will be perfect for when we open the cafe'. The combination of the shop and cafe will borrow elements from their previous experiences, taking inspiration from both a Parisian-style cafe, and the eclectic mix of Anthropologie's vintage inspired life-style store, to create an immersive shopping experience in a beautifully curated setting.

closetandbotts.com

the Lushington Chiropractic team share...

The Health Benefits of Love

Whether you have been married for years or are single and looking for that right someone, it is important to make room for love in your life. Love doesn't just put a sparkle in your life; love can positively affect your health and wellbeing. Romance can bring you more than just butterflies in your stomach! It can:

Lead to a longer life - The National Longitudinal Mortality Study, which has been tracking more than a million people since 1979, has found that married people live longer.

Improve your Physical Fitness - Couples who exercise together have more success than people who exercise alone. Both men and women work between 12 - 15% harder when training with a romantic partner.

Reduce Stress - People in happy relationships experience less stress and less stress means better health.

Protect your Heart - A University of Pittsburgh Study found that women in good marriages have a much lower risk of cardiovascular disease.

Hugging a loved one daily has also been linked to higher oxytocin levels and lowers blood pressure which is also great for your heart. Whilst love can bring some surprising health benefits it is also important that you live a healthy lifestyle if you want your heart to keep loving for many more years to come. Reduce the risk factors that are under your control such as smoking, excessive weight, stress, lack of exercise and poor diet - today! The Chiropractors at Lushington Chiropractic in Eastbourne can give you the advice and support you need to change and apply new health strategies chirocare.co.uk

'Health is the greatest possession'

LOCAL NEWS

To include editorial in the next issue contact lesley@wellbeingmagazine.com

To list your business in our online directory visit wellbeingdirectory.co.uk



Thinking of finding something a bit different to do? Interested in self development? Love animals, especially horses?, Enjoy being outside and connecting with nature?

Our 3 day Intuitive Horse retreats tick all those boxes. Our 3 day retreats are designed for anyone. Over the 3 days we explore connection and what it means to us, the individual.

We do this through a combination of group discussion, group exercises and working with our horses. You have an opportunity to work 1-1 with a horse, and on the last day we take you out to enjoy time with our herd of 13. All our work is done from the ground so no riding is involved and no horse experience is necessary. So how can working with a horse help you?

Horses are very good at reflecting back our emotional and behavioural states; they help us become aware of our behaviours and patterns/dynamics which we often keep playing out both consciously and subconsciously. At Intuitive Horse your aim is to develop a relationship with the horse, and it is how the horse responds to you and you respond to the horse that allows the

layers of the onion to start being peeled back and reveal insights for you. It gives you opportunities to try different ways of being with the horse, giving you instant feed back about your internal state. As your perception starts to shift about yourself or certain situations, your reality starts to change and the horse confirms this in an instant.

To find out more about what we offer or to make a booking with us please visit our website

**intuitivehorse.co.uk
or ring 07825 036301**

**Intuitive Horse-
'seeing you for who you really are'**



Affordable Therapies for all from The Human Touch

The Human touch project opened on the 3rd February and is already being well received. We are hearing great feedback about our affordable price of £10 for a 30 minute session for psychological and physical therapies. Since our opening, there have been a few changes.

Asha Rani has joined us. She is an experienced nutritionist and iridologist. Asha worked as an in-flight cabin crew member for many years and realised her full time occupation was becoming increasingly unhealthy; flying all over the world and often eating poorly. This led to an interest in nutrition and complementary health therapies. Today Asha is a fully qualified nutritionist and iridologist, she has also

completed a course in Indian head massage and cranial sacral therapy. Asha will be offering a short iris diagnosis which will identify your constitution with some general nutritional advice. A more in depth consultation can be booked separately. She will also be offering Indian head massage which can be done with or without oils. Massaging the scalp stimulates the flow of blood to the follicles, improving the supply of nutrients needed for healthy hair growth. Head massage not only improves the condition of your hair, it also provides an invaluable treatment for stress related problems. Asha will also be offering taster sessions for cranial sacral therapy. CST is a powerful hands

on therapy, where the touch is gentle and non-invasive. Patients find CST to be effective for a wide range of problems including discomfort, pain and dysfunction.

Sarah Pearce has also joined us. She is a homeopath and has been using homeopathy to treat her family for over 20 years. Homeopathy is a way of treating the whole person, so it is known as a holistic therapy. In taking your case Sarah will consider your emotional and physical wellbeing through the use of a consultation allowing for information gathering about your medical and your family history. Homeopathy can be used safely on anyone, with any ailment. It can even be used on babies or very frail people. The

remedies can be taken during pregnancy or alongside other medications you may have been prescribed. This is because the remedies are safe and free from side effects.

Sophie Joseph has left the project to pursue other options related to her development within teaching meditation, and we wish her continued success.

We will continue to be open most Monday evenings from 6 till 9pm. For further information regarding opening dates and times, to enquire about the therapies, or to make a booking call Mary on 07796 518667 or see The Human Touch on Facebook - facebook.com/thehumantouch1 The Human Touch West Street, Shoreham by Sea.

So, let's have a
look in the mirror!

Words:
Kate
Arnold



Sometimes I wish I didn't assess people in the way I do, but that's my job! Every line, wrinkle, black circle, change in hue or skin colour

I pick up as second nature. Taking the time to look at someones outward appearance can be hugely important in not missing a health condition. When I see patients, I am assessing them as soon as they come through the door - do they look well? Do their eyes, skin, nails tell me anything about their overall health? In our rushed 21st century society we have somehow lost the ability to truly look at people, rather more we are looking down at our smart phones. Starting with the eyes (often referred to as the windows of the soul) here are some symptoms that people suffer from and what they could mean (but not definitely mean so please don't rush off to your GP unless you have real concerns!).

EYES

- Glassy-eyed: excess adrenaline, exhaustion, prescription or recreational drug use.
- Bloodshot: lack of vitamin B, tiredness, allergy, infection or it could mean you have shampoo in your eyes!
- Itchy/dry: allergy, vitamin B deficiency or lack of tears (Sjogrens syndrome)
- Dark circles: tiredness, anaemia, parasitic infections (often seen in children)
- Allergic shiners: again usually seen in children, allergy or food inhalant
- Photophobia: lack of vitamin B, migraine/headache sufferer
- Sunken eyes: dehydration/exhaustion
- Pallor under the eyes: anaemia

NAILS

- White spots: calcium/zinc deficiency - (often seen after illness)
- Pitted nails: can indicate partial or total hair loss
- Ridges: vertical can indicate poor health/ horizontal can occur after severe stress

PULSE

- Very slow: under 50 bpm is known as bradycardia, unless the person is super fit this can be a sign of hypothyroidism
- Fast/irregular pulse; heart rhythm problems, anxiety/overactive thyroid





SKIN

- Spots: there are so many reasons for spots/acne - round the chin and hairline can be hormonal
- Rashes: allergy/fungal infection
- Dry and scaly: dehydrated, lack of vitamin A, or essential fatty acids
- Athletes food: fungal infection
- Easy bruising: can indicate a lack of vitamin C
- Dandruff: usually a fungal infection
- Psoriasis: stress, lack of essential fatty acids, allergy
- Eczema: stress, lack of essential fatty acids, allergy
- Vitiligo: Autoimmune condition/lack of PABA's

SKIN COLOUR

- Lemon yellow: Lack of vitamin B12, pernicious anaemia
- White: Anaemic, lack of zinc
- Orange: can indicate liver problems or jaundice
- Dark Pink/Red: high blood pressure/heart problems

LIPS

- Cracked: lack of essential fatty acids, or lack of vitamin B
- Sores at the corners of the mouth: lack of vitamin B3
- Dry: lack of essential fatty acids

MOUTH

- Dry mouth: dehydrated, medication, lack of saliva (sjogrens syndrome)
- Ulcers on the tongue: run down or allergy
- White coating on the tongue - oral candida
- Bad breath: tooth decay or bad digestion

Headaches? Tired All the Time? IBS? Fuzzy thinking? Aches and Pains? Not feeling your best? I offer a two hour 1-1 MOT service. Call 01323 737814 or visit www.katearnoldnutrition.co.uk

Nutrition workshops: Come join us at The Cookshelf from 28th January. Topics: IBS/Gut disorders, The myths of a balanced diet, Stop dieting and start losing weight. www.thecookshelf.co.uk



TIP FOR THE MONTH

Remember these? The wine glasses our parents used in the 1970's.

They were considered a normal size of wine glass. Now look at what is considered normal (see right). If you are one of those people who like a drink of an evening and are kidding yourself you are only drinking three

glasses of wine when it might actually be a bottle, time to invest in smaller glasses - it works a treat I promise and after a while you can kid your brain you are drinking far more than you really are!



Kate
Arnold
Nutrition

Which of these common conditions are dragging you down?

Low energy • Tired all the time • Headaches • IBS • Candida
Digestive Disorders • Thrush • Cystitis • PMT • Menopausal symptoms
Food Allergies • Intolerances • Arthritis • High Blood Pressure
High Cholesterol • Heart Disease • Stress • Anxiety • Depression
Fibromyalgia • Asthma • Eczema • Diabetes • Weight Loss/Gain

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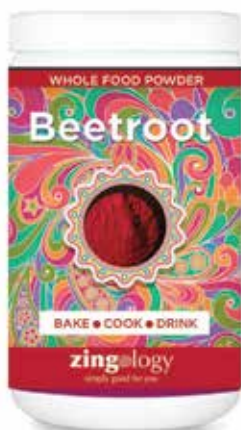
5 FITNESS TRENDS

Global Fitness Expert Les Mills reveals what will be hot in the world of fitness in 2014

Global fitness brand Les Mills™, creator of group fitness programmes including, Bodycombat™, Bodypump™ and Bodyattack™, reveals the hottest fitness trends for 2014. From making the most of the early morning commute, to a shift in our eating habits, Dave Kyle, head trainer at Les Mills™, has over 15 years experience in the fitness industry and has used his expert insight to provide the top trends to look out for in the new year.

GETTING YOUR FIVE A DAY THE FUN WAY

Getting the recommended daily fruit and vegetable intake is not always on the forefront of everyone's minds, but this is something that is set to change in 2014. People will start becoming more conscious about their consumption of greens, and in the New Year we will see healthy cocktails, jam-packed with vital vitamins and nutrients, soar in popularity.



ZINGOLOGY POWDERS

Introducing the most fun way to actually enjoy your five a day. Zingology fruit and vegetable whole food & juice powders provide the real flavour and nutrition from the freshly harvested products for months – and they are so easy to use. Zingology whole food & juice powders can be used for baking, drinking, cooking, mixing and even taste good off the spoon!

www.zingology.co.uk

Busy lifestyles means that people have less time to spend in the gym. Here are a few ways we will be making our workout work for us:

HIGH INTENSITY INTERVAL TRAINING

Less time in the gym, more effective workout

People will focus on making their workouts short but effective, seeing a boost in popularity of High Intensity Interval Training (HIIT) workouts, such as 30-minute LES MILLS™ GRIT SERIES. HIIT workouts are short, fast and scientifically proven to provide better results than any other type of training.

VIRTUAL FITNESS

As the digital age moves forward, people will also be looking at new and innovative ways to work out, including taking part in virtual workouts – workouts you can watch online or via DVD – without stepping inside a gym. Virtual fitness programmes allow fitness fans to take part in a workout of their choice and at their own pace. Programmes such as BODYBALANCE™, BODYCOMBAT™, BODYPUMP™, CXWORX™ and SH'BAM™ will be available via the new technology.

MICRO GYMS

Already a hit across the US and Australia, the UK will see a rise in the number of Micro Gyms popping up across the country this year. The client focused gyms are designed for those who are short on time, but want to take part in effective training. These gyms offer a specialised and often unique workout environment and many offer 30 and 45-minute workouts; perfect for those who want to work out in their lunchtime.

TAKING THE ACTIVE COMMUTE

Integrating our workout regime into our daily commute will be on the rise in 2014. There will be a real resurgence in people using their commute to work to get in shape through walking, cycling, and jogging. If you're looking to cycle to work, but not sure where to begin, RPM™ is perfect for fitness enthusiasts and beginners alike. A team coach takes class-goers on a journey through hills, flats, mountain peaks, time trials, and interval training, all choreographed to music that is set to lift spirits.



7 MINUTE WORKOUT CHALLENGE

By Fitness Guide Inc

Open iTunes to buy and download apps.

Researchers have selected 12 exercises that are performed for 30 seconds with 10 second rest intervals. This high-intensity training with little rest results in higher daily metabolism and is the equivalent of working out for over an hour - for only slightly longer than 7 minutes. £1.49

CYCLE TO WORK

Cyclescheme enables employees to get a bike tax-free, saving on average about half the cost. It's completely free to join, and easy to administer online.
www.cyclescheme.co.uk

For more information about Les Mills, or to find a class near you, visit www.lesmills.com

"Infusing freshly pressed citrus juices with mineral water or tap water is a simple way to create a refreshing drink which contains close to zero calories and sugars. This is a very healthy option compared with carton fruit juices that can contain the equivalent of over two teaspoons of sugar per 100mls, or with sports drinks that can contain three to four teaspoons of added sugars per 100mls. The zingy flavour of citrus fruits also have a beneficial alkalising effect on the body".

Nutritionist and food technologist, Cathy Lawrence.

KENWOOD CITRUS JUICER

Citrus Press JE290 is excellent for juicing of all types of citrus fruits. A 60W motor powers a two-way rotating cone to extract as much juice as possible from your fruit. The jug has a spout for easy pouring - and a stainless steel strainer to make sure the juice comes out smooth and clear. When you're done, the cone, filter, dust cover and jug can all go straight into your dishwasher for cleaning RRP £29.99



CITRUS ZINGER

An easy way to enjoy refreshing drinks throughout the day. Simply unscrew the bottom cup to expose the citrus press. With the cap on, turn the Citrus Zinger on its head and twist / press your citrus halves into the bottle. Leave the citrus inside for extra Zing and replace and tighten the bottom cup. Fill with tap water and add ice if required, replace cap and shake it up. That's it, your citrus infused water is ready to enjoy. Lemons, Limes, Clementines and small oranges work best but you can also add herbs and spices and other nutrients. Why not try; lemon and orange, lemon and cucumber, lime and honey or orange and mint? Just zing your citrus on the press as usual and add slices of fruit, or add fresh herbs and spices to the main vessel of the bottle and infuse. There are no rules against sweetening your water with cane sugar, honey or agave nectar, however we recommend doing so in moderation. You can even keep your Zing for up to three days if refrigerated, then discard.

£16.95 plus £2.95 p&p www.jdharris.co.uk

AQUA ZINGER

- a fun new way to enjoy drinking water. With the Aqua Zinger you can drink significantly more water and still satisfy your palate, as well as your body's need for hydration and energy. The Aqua Zinger water bottle works by subtly infusing water with flavours. From cucumber to lemon and lime, to blackberries, kiwi, strawberry, raspberry, peach, ginger, or even mint and basil - your Aqua Zinger can infuse them all. Mix and match and get creative. A leak-proof cap is included so you can Zing at home, in the car, or at the office.

RRP £24.99 from www.jdharris.co.uk



LEMON REAMER

Conventional hand reamers need to be strained before use – the Joseph Joseph lemon reamer incorporates a soft rubber cup in its design which catches any pips whilst allowing the juice to drain through. This is available from House of Fraser for £9.50.

LAKELAND JUICEPRESSO

Lakeland's new machine has taken the 'slow' juicer to the next level. Slow juicers are proven to extract more juice and retain lots more nutrients and vitamins than conventional juicers which tend to 'smash' the flesh with blades, and Juicepresso's one-piece juicing mechanism is not only incredibly effective, it's easy to clean too – just remove it and put it in the dishwasher. Patented squeezing technology keeps fruit and veg moving down into the machine, compressing the flesh to press out more of the goodness. It will handle everything from soft fruit such as raspberries right through to root vegetables and even wheatgrass, dispensing juicy goodness through its spout while pulp is discarded via the separate chute. Two 1.4 litre jugs and recipes. £299.99 Order www.lakeland.co.uk or by phone: 015394 88100



HEAVY METAL TOXICITY

Heavy metal toxicity is something I am coming across more and more frequently in my clients with ME, CFS and Fibromyalgia. The metals involved differ between clients - some return a high reading for mercury, some for lead, others' for nickel, one for arsenic. The list goes on. Each metal has its own specific toxic action on the body. Arsenic, for example, has many harmful effects including the inhibition of mitochondrial function. Lead deposits in the adrenals and thyroid and impacts iron transport and Vitamin D synthesis. Mercury is linked to impaired energy production, memory loss and insomnia. Each metal is damaging enough on its own, though they are often worse in combination. For example, the toxicity of lead is significantly increased by the presence of either mercury or cadmium. The body recognises that heavy metals are toxic, and so removes them from the bloodstream and stores them in organs and tissues. Because of this, a blood test or urine test will only identify a heavy metal if exposure has been recent. To get an accurate picture of the build-up, we need to 'provoke'

a reaction with a chelating agent. A chelating agent acts like a magnet, drawing heavy metals out of the organs and tissues so they can be measured in the urine. All heavy metals create a burden in the body that impacts overall health. A supervised detoxification programme using chelating agents and supporting nutrients is important and it is key that the detox is done gently so as not to further burden the liver and kidneys. It should also not be done when the body is in a very weakened state - some return to health is important prior to undertaking such a programme. Chronic exhaustive conditions have many facets, triggers and causes. Although the effects of heavy metals on the body are wide and debilitating, and impact many of the body's normal processes, dealing with heavy metal toxicity (and other environmental poisons) is never the total answer. Addressing adrenal and thyroid health, mitochondrial function, methylation pathways, supporting the immune system and improving diet and gut health are all part of the picture. A

truly holistic programme will also address the emotional aspects involved.

Remember, recovery is absolutely possible!

If you would like to know more about the treatment options offered by Wellbeing for ME, please visit the website wellbeing-for-me.co.uk, email Emma@wellbeing-for-me.co.uk or telephone 07880 974402.



Emma Chapman-Sharp
Naturopath

wellbeing for ME



Supported ME, CFS & Fibromyalgia Recovery

Does it matter how I breathe?

Next time you visit your doctor with whatever complaint or condition you are concerned about, take a minute to ask him or her whether it matters how you breathe and whether your breathing habits could affect your general health. You may also like to ask why it is that your blood pressure, weight, pulse rate and maybe blood analysis are almost routine yet it is rare for you to have any assessment of your breathing.

You may find the answers interesting, because dysfunctional breathing has reached almost epidemic proportions in the modern world and chronic hidden hyperventilation has repeatedly been demonstrated to cause a vast number of symptoms that are usually not recognized as being associated with the hyperventilation, rather ascribed to some other disease or pathological condition. However, if you had a respiratory problem you may well have been given a peak flow meter test to assess your lung function, as this is the standard test for such an assessment. If you are already over-breathing or hyperventilating the act of blowing as hard as you possibly can through this instrument will naturally increase your over-breathing and cause related responses from your body. One such response will be

for spasm of smooth muscle and a shutting down of air sacs in the lungs, along with increased irritation of all your airways that may together make you cough or even precipitate an asthma attack. I believe this must be the only scientific measuring instrument that changes the condition of the object being measured! It is rather like having an elastic tape measure to assess your waist measurement! The measurement will vary depending on how enthusiastically the tape is used!

Returning to that first question, "Does it matter how I breathe?" The answer is definitely yes! Of course it does, just as it is at last accepted by mainstream medicine that it matters what and how we eat, drink, exercise or sleep. We can survive three weeks not eating, three days not drinking though hardly three minutes not breathing. Wouldn't this alone suggest breathing is worth checking out?

Yet the simplest non-invasive test developed by Dr Konstantin Buteyko, the Control Pause, or maximum comfortable breath hold in seconds after a normal exhalation, has not been adopted to screen for hyperventilation in patients. It takes literally under one minute and will reliably indicate those patients who are habitual over-breathing. Using

this simple test would allow every patient to be screened for hyperventilation at practically no cost, and for those showing serious hyperventilation it could speed their recovery from many conditions that are associated with hyperventilation. Every asthmatic hyperventilates, most people with heart conditions hyperventilate, all people suffering from sleep apnoea over-breathe, most people suffering anxiety or panic attacks hyperventilate and a host of other conditions improve as the patient's breathing is returned to normal.

Thousands of research papers have shown these relationships between many modern diseases and chronic hidden hyperventilation and yet it is still usually undiagnosed. Even when it is diagnosed very little help is offered the patient to correct the problem.

The Buteyko Method is just one system of breath training that has been used with hundreds of thousands of people suffering the consequences of chronic hidden hyperventilation. It is effective, based on good science and easily taught. Why is it not a part of mainstream medicine? There's another question worth asking!

Michael Lingard BSc DO BBEC
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 01580 752 852

WATERCRESS

Green juices are currently the virtuous and de rigueur alternative to coffee or tea. Not only nutritional powerhouses; they can taste pretty delicious too, provided you get the ingredients combination right.

To inspire guzzlers of green juices, Watercress has teamed up with nutritionist Dr. Sarah Schenker to develop three surprisingly tasty green juices using the peppery leaf.

Watercress is a superfood and more than deserves this status. Gram for gram it provides more vitamin C than oranges, more iron than spinach and more vitamin E than broccoli. It's also brimming with calcium.

The plant, which grows in mineral rich spring water, drawn from deep under the chalk downs of Hampshire, Dorset and Wiltshire, earned its reputation as a



Dr. Sarah Schenker

healing herb early in human history. Around 400 BC, Hippocrates located the first hospital on the island of Kos close to a stream to ensure that fresh watercress would be available for treating patients. In the 17th Century herbalist, Nicholas Culpepper, advocated the use of watercress as a spring tonic to cleanse the blood.

Green juice blends of vegetables and fruits are known for their slimming, anti-ageing and health-boosting properties. In

addition, they are a delicious way to increase vegetable consumption – perfect for veggie-phobic kids and adults alike!

- Blending raw vegetables and fruits means there is no damage to the nutrients caused by the cooking process.
- A fresh green juice beats a packaged juice because most packaged juices are pasteurised which knocks out much of the nutritional value.
- Green juices with higher proportions of vegetables than fruit are much lower in sugar than pure fruit juice.

The following green juice recipes will shake up your taste buds and give your body the vitamin and mineral boost it needs, especially during the cold dark Winter.

image courtesy of watercress.co.uk

Pep-per up your diet with these super green watercress juices

WATERCRESS AND KIWI JUICE

The kiwi juice is very high in vitamin C; watercress, kiwis and oranges being 3 of the highest sources, which is important for immunity and helping protect against infections this winter. If you are unlucky enough to get a winter cold this juice can help minimise the symptoms and reduce the duration.

50g watercress
2 kiwis, peeled and chopped
A few mint leaves, torn
Juice of 1 orange or 125ml fresh orange juice
Juice of 1 lime

Place everything in a blender and whizz together. Or if you have a juicer, process the watercress, kiwi and mint together, then stir in the orange juice and lime. Pour into glasses and chill until ready to serve.



WATERCRESS AND POMEGRANATE JUICE

As with watercress, pomegranate juice is rich in antioxidants. Studies show that it can help prevent heart disease and has anti-inflammatory and anti-bacterial qualities.

50g watercress
50ml pomegranate juice
50ml grape juice
25ml water
1 Sharon fruit

Peel the Sharon fruit and roughly chop. Place everything in a blender and whizz together

WATERCRESS AND MELON JUICE

This juice provides low gi carbohydrate so can help you to manage your appetite by keeping your blood sugar levels more stable.

50g watercress
Half a Galia melon, flesh removed and chopped
125ml apple juice
2 tsp of ginger paste
Pinch of cinnamon

Place everything in a blender and whizz together

For more recipes visit
watercress.co.uk

Health benefits of

CHIA SEEDS

Lose Weight Easily Without Starving

The Chia Seed is a dieter's dream come true. Hunger is the main enemy of weight loss. When a chia seed is exposed to water, it forms a coating of gel, increasing its size and weight. Since the gel is made of water, it has no calories. It is also difficult to remove from the seed, meaning that it helps your body think it is full, without adding calories!

Balance Blood Sugar

Lowering risk of Diabetes and keeping a balanced level of blood sugar is important for both health and energy. Blood sugar may spike after meals, especially if you eat high-starchy foods or sweets. This can lead to 'slumps' in your day where you feel tired and out of energy. By balancing your blood sugar, you not only lower your risk for type 2

diabetes, you also ensure steady constant energy throughout your day. How does the chia seed help with this? Both the gelling action of the seed, and its unique combination of soluble and insoluble fibre combine to slow down your body's conversion of starches into sugars. If you eat chia with a meal, it will help you turn your food into constant, steady energy rather than a series of ups and downs that wear you out.

Aid digestion

With an abundance of over-processed foods and white flour, rich sources of fibre are harder to come by. To help ensure regularity, you need plenty of soluble and insoluble fibre in your diet. Each seed is coated with

soluble fibres which aid its gelling action. The exterior of the seed is then protected by insoluble fibre. The digestive system is unable to digest the insoluble fibre but helps to keep food moving smoothly through the digestive process. The soluble fibre, and the gel coating of the seed keeps the colon hydrated and also ensures the easy movement of food.

Adding Omega 3

Omega 3 oil is usually thought of as "that healthy stuff in fish". However Chia is the richest plant-source of Omega 3. By weight, chia contains more omega 3 than salmon! Omega 3 is important for heart and cholesterol health. It's also recently been targeted as



a weight-loss helper. USA Weekend magazine also reports on a study where overweight dieters who included omega 3s in their eating plan lost 2 more pounds monthly than the control group, who did not.

Feel More Energized

Your energy levels have a lot to do with what you eat. Chia is one of nature's highest plant-based sources of complete protein. Protein from items like peanut butter and some beans are incomplete, meaning you have to combine them with other foods to get the full benefit. Not chia though; its protein is complete to raise your energy levels. The combination of complete protein, vitamins, minerals and blood-sugar balancing gel all work together to make sure you have steady energy.

Bake With Less Fat

Do you enjoy baking? Chia gel can substitute for half the butter in most recipes! The food will bake the same and taste the same (or better) from the addition of the chia gel. All you need to do is divide the amount of butter or oil in half, and then use the same amount of chia gel to fill in. The antioxidants in chia can even help keep the food tasting fresh longer.

Everything from cookies to cakes to muffins, pancakes and waffles can be made with Chia gel as your butter replacement.

Age-Defying Antioxidants

Antioxidants have been in the news lately due to their super healthy benefits. You know that blueberries and several exotic fruits have them, though did you know that chia is extremely high in antioxidants too? These helpful substances are what makes the chia seed stay fresh for so long. At room temperature, they'll stay fresh and ready to eat for over two whole years! And that's all without a single chemical or preservative. This amazing ability is not found in other seeds like flax or sesame, because those seeds don't have the same rich antioxidant content. Antioxidants help prevent free-radical damage in your body. Free radicals lead to problematic conditions such as premature aging of the skin and inflammation of various tissues.

Curb Cravings

Being deficient in minerals or vitamins can create a

craving for food. By weight, chia has more calcium than whole milk. It also has magnesium and boron, essential trace minerals used in the absorption of calcium and other vitamins. By balancing your vitamins and minerals with chia, you can curb cravings that might tempt you.

Create More Flavour!

How can a seed with NO flavour help other foods taste better? When the seeds are hydrated, they magnify the taste of whatever they were added to. For puddings and smoothies to dressings, dips, salsas, sauces and more.

Save Your Money

Adding Chia to your diet costs from as little as 50p per day. You can use as much or as little as you want to achieve your own desired results. There are no preparations required for these simple seeds as a measuring spoon is all you'll need. They're always safe and 100% chemical free.

See the next issue of Wellbeing to learn different ways of incorporating chia seeds in your diet.

Buy your organic Chia Seeds from Wikaniko and get a healthier lifestyle, instantly!
Visit online shop ecomarketstall.wikaniko.com



Spring

*a time of
rebirth,
renewal,
rejuvenation*

March sees the coming of Spring - days are getting longer, daffodils show their sunny smiles, Mothers Day and Easter are celebrated. When the days are lighter and bursting into colour, isn't this a time of feeling positive about shifting those Winter blues?

Deep Relax Body & Mind and the Vibrational Facelift

These are two very exciting techniques that have been developed by Ann Rambaut and her business partner Carina Lindström. So far these treatments have been well received by those who have experienced them. Clients are reporting phe-

nomenal changes in the way they look and feel! The Deep Relax Body & Mind and the Vibrational Facelift techniques can assist in bringing about that feeling of renewal and rejuvenation.

Be Inspired Love Yourself Love Life

The treatments can be given separately or in combination, and are given with the client fully clothed and laying down. Light touch techniques are used, with fingers placed on different areas of the shoulders, neck and head. This creates a sense of deep relaxation; skin glows, eyes sparkle, aches and pains ease. The Vibra-

tional facelift is the first true "natural" facelift" - no fillers, injections or electrical equipment, just a gentle touch

How do these gentle treatments bring about such a deep profound affect?

The techniques assist the brainwaves to slow down into the Theta waves - this is similar to a meditative deeply relaxed state. Stress levels decrease. The hormonal system is stimulated - 'happy hormones' are released such as serotonin, oxytocin and endorphins - the body's natural painkiller. The circulation of the blood and lymph are increased.



Taster sessions of these 2 techniques are being offered at the special price of £30 for 30mins (saving £10) Ann is based at the Waterside Hotel, Eastbourne, & in London* (taster price £40*) For further information and to arrange an appointment, call Ann on 07436 810181

INTRODUCING

Jeunesse isn't a random collection of products. They offer a select family of personal care and nutritional items, featuring breakthrough sciences you won't find elsewhere. Their Youth Enhancement System (YES) was carefully developed to combine powerful benefits into a mutually complementary and cohesive system. A system of breakthrough skin-care and nutritional supplements, YES enhances youth by working at the cellular level. When used together, YES products target the very health of your cells to keep them young and vital. YES does this in four ways:

Stem Cell Technology:

Adult stem cells support our natural ability to renew, restore and rejuvenate our skin and body. LUMINESCE™ was developed by a world-renowned cosmetic dermatologist, and uses this breakthrough patent-pending stem cell technology to obtain incredible results.

Detoxification:

Pro-Pectin™ is a natural apple pectin, supporting the elimination of unwanted contaminants from the body.

Defend and Enhance:

RESERVE™ nutritional gel includes a unique antioxidant, Resveratrol, that is known to support the activation of a gene related to healthy longevity. Infused with antioxidants of other super-fruits, RESERVE™ defends cell membranes from environmental damage and fortifies cell health for the future. AM& PM Essentials™ contain potent vitamins, minerals and over 70 nutrients that support healthy cellular function and delay premature ageing.

Telomere Lengthening:

Nobel Prize winning research reveals that shortened telomeres (which are the protective end caps to our DNA) are one of the fundamental reasons we age. FINITI™ contains patented nutrients shown to maintain and lengthen short telomeres.

the
**YOUTH
ENHANCEMENT
SYSTEM**
from Jeunesse



to find out more please visit
globalantiaging.com/youthfulsynergy

SPA A THOUGHT

by Nick Hordern & Frances Barnes

Think of a massage, then double the benefits. Swim in the pool followed by a deep-tissue rub-down, in a brand new state-of-the-art spa with panoramic ocean view as you cruise from the UK to Spain. Not only do you benefit from a first-class treatment, you'll also experience (launch date: Spring, 2017) a £225 million new ferry that will be the most environmentally-friendly and cleanest to operate in UK waters. It will also be the first from the UK to use liquefied natural gas, emitting 25 per cent less carbon dioxide during combustion than marine fuel oil and burns with no smoke. With 2,474 passengers, 189 crew members, the new ferry will have 675 cabins, some with balcony, plus spa, pool, cinemas, reading lounge, restaurants, and observation area. Brittany Ferries has come a long way since disgruntled Breton farmers formed a conglomerate to combat prohibitive tariffs, to despatch, in 1973, a first cargo of artichokes and cauliflowers from Roscoff to Plymouth. Today, Brittany Ferries is the market leader in the Western

Channel and supplies attractive ferry-inclusive motoring holidays to France and Spain.

You are made to feel that you own the spa at the hugely popular Le Clos du Colombier in Burgundy's delightful Cote d'Or village of Pommard, where you can guarantee privacy in the sauna, Jacuzzi, followed by a dip in the outdoor swimming pool. Thanks to the owners' vision, you can rent the sauna and pool for your own private session. Le Clos, a former wine-grower's mansion, is the brainchild of Philippe and Veronique Barthelmebs: "We've both travelled widely, and always dreamt of owning our hotel. A 'private' spa was priority and the house seemed to be just waiting for us," says Melbourne-born Veronique. "The TV and telephone are downstairs, not upstairs in the rooms. Peace and relaxation are the aims," she adds. We dined at the highly-regarded La Table d'Olivier Leflaive located in a 17th-century building in picturesque Puligny-Montrachet. Classical guitarist Leflaive, whose family have been wine-makers for 18 generations, including a fabulous Puligny-Montrachet,



gave us no less than 14 wines to taste-test as we consumed our gazpacho, chicken, cheese and chocolate mousse - a memorable bacchanalia! The next day, we enjoyed a picnic lunch at the invitation of the Scots-born 14th Duchess of Magenta in the vineyards of Abbey de Morgeot. Planted by Cistercian Burgundy monks in the 12th-century, the 22-acre vineyard produces superlative wines, such as the world-beater Chassagny-Montrachet. The Duchess, who owns the beautiful Chateau de Sully, says that the vineyard practices a sustainable viticulture where grapes are hand-picked and organic enrichments are used. Chemical fertilisers, though, are outlawed.

We were honoured when Wellbeing was invited by Bernard Emie, the French Ambassador to the Court of St James', to his official residence in London's Kensington Palace Gardens, 'Billionaire's Row', to meet Philippe Augier, Deauville's



pictured: Le Clos du Colombier



Mayor, widely-known as 'le JFK des politiques français'. The dynamic, hands-on Mayor and his team, extolled his city's virtues (featured Wellbeing, July-August, 2010) issuing a personal invitation to visit. Deauville, founded in 1860 by a consortium led by the Duc de Nemours, Napoleon 111's illegitimate half-brother, displayed his preference when he built the racetrack before the church; again this year, the resort hosts the prestigious World Equestrian Games, held every two years prior to the Olympics, from August 23-September 7, 2014. The Mayor emphasises that the chic resort also provides hotels, meals, and sports activities

year-round at budget prices. Luxuriate in the thalasso-spa as horses train on the adjacent beach, a slice of joie de vivre! That triggered memories of another honour I experienced similarly in London yet in stark contrast to Augier's friendly reception, was Nelson Mandela's CBI Press Conference 21 years ago at Centrepoint, in which the Nobel Laureate appealed for investment to continue in the new apartheid-free South Africa. Mandela, who spent 18 of his 27 years imprisonment in Robben Island, would be South Africa's President in six months, and was treated by two BBC reporters with open hostility

and scepticism, doubting his 'Rainbow Nation' cabinet could succeed - one lady, who is a household name today, led the attack. If the intention was to provoke the African leader in saying something rash, it did not work, and seemed a far cry from the objective and helpful reporting embodied in Wellbeing's leitmotif, mens sana in corpore sano. My question received the longest answer yet not one word appeared in the next day's Press. My timely intervention, received warmly by Mandela, saved it from being the shortest Press conference in history! If only the BBC, oblivious to the sense of occasion, had 'spared a thought'..

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 Olivier Leflaive, 21190 Puligny-Montrachet – +33 (0)3 80 21 37 65 contact@olivier-leflaive.com
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 Deauville Airport, 14130 St-Gatien-des-Bois +33(0)2 31656565 information@aeroportdeauville.com

ACUPUNCTURE REJUVENATION



Our faces reveal the natural processes of ageing - as well as revealing the state of our health, both physically and on deeper levels.

Facial rejuvenation acupuncture works by correcting signs of ageing in the skin through local treatment as well as treating spe-

cific underlying causes of manifestation of the ageing process particular to each individual. Through this holistic approach it restores, promotes and maintains natural beauty, vitality and harmony - not only in the face, also throughout all levels of one's being. Facial rejuvenation acupuncture

is gaining popularity in the West due to an increased understanding that beautiful skin must be addressed both internally and externally.

Facial acupuncture acts like an 'Acupuncture Facelift' and being virtually painless with no major side-effects it is a safe and natural alternative to Botox or surgery. More people are now choosing facial acupuncture to restore health and improve wellbeing in addition to making them look younger.

Historically, facial rejuvenation was used by the Emperor's concubines in China to keep themselves youthful and radiant! For thousands of years, the Chinese have known that beauty comes from within. The Chinese discovered channels of energy (Qi) flowing within the body and found ways to liberate and unblock this energy so it could treat disease and improve wellbeing. This ancient wisdom works both from within and without - promoting skin rejuvenation by increasing circulation of blood and lymph.

The treatment involves the expert application of

- MORE THAN JUST A FACIAL!

specialised hair-thin needles which are inserted in particular energy points and muscles on the face, neck, ears and body. The specific points used are identified by the practitioner for each individual in order to help unblock energy channels (meridians) and liberate trapped energy which can result in disease and premature ageing processes. Stimulation of facial muscles helps improve muscle tone, dermal contraction and elasticity with increased collagen production. These processes help eliminate fine lines in the face and diminish larger wrinkles. They also reduce bags under the eyes through improving the metabolism and extraction of excess fluids to eliminate puffiness. By enhancing facial circulation of blood and lymph, there is enhanced removal of toxic waste products and provision of a balance of nutrition improving skin radiance, moisture and colour.

Facial acupuncture has been used to excellent effect for helping individuals with skin problems such as dry skin, large pores, acne, and puffiness as well as sagging jaw lines, double chin,

deep naso-labial folds and drooping eyelids. A study published in the Journal of Clinical Acupuncture showed that of 300 participants who had received a full course of facial acupuncture 90% reported marked skin improvements.

As a consequence of its holistic approach, which addresses deeper layers of one's being, the benefits of facial rejuvenation acupuncture aren't fleeting - indeed they can last for several years. These benefits extend from improved complexions and skin which looks healthier and younger, to general health improvements such as feeling better in one's energy, sleep and mood.

Says Anna de Moor:

"In my personal practice I have reported that clients have stopped suffering from pre-existing health conditions such as hayfever, headaches, painful periods and moodswings, and I generally find that people have improved energy, appetite and relief from aches and pains. Individuals often describe improved self-image and a feeling of increased balance

in their body, mind and spirit as well as feeling enabled to implement lifestyle improvements. Facial rejuvenation acupuncture achieves inner and outer health through bringing your natural beauty to the surface."

To book your Facial Acupuncture appointment or a free 20 minute consultation, please call Anna on 07799 207671, or at the Equilibrium Health Centre on 01273 470955

For more information please visit Anna's website: annademoor.co.uk

FANTASTIC
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A black and white photograph of smoke swirling against a black background. The smoke is captured in various stages of movement, creating intricate, ethereal patterns of light and shadow. The smoke appears to be rising from the bottom and spreading outwards, with some wisps curling back on themselves. The overall effect is one of dynamic, fluid motion.

Passive smoking

**‘hinders children’s
oral health’**

Young children exposed to passive smoking are more at risk from tooth decay and problems with their oral health development.

According to scientific research, children exposed to second-hand smoke experienced slower development in their oral health compared to those not around smoke, the extent of which depended on how much smoke they were exposed to.

Previous research into the effects of passive smoking on children identified a significantly higher risk of developing tooth decay, the largest non-communicable disease worldwide, compared with those not around second-hand smoke.

The research takes on extra significance given the Labour plans to ban smoking in cars carrying children as part of the Children and Families Bill, a plan backed by Lords on 29 January.

The Royal College of Physicians reported that almost two million

children in the UK live in a household where they are exposed to cigarette smoke, with almost 8,500 hospital admissions due to second-hand smoking.

Smoking was banned in England in workplaces and most enclosed public spaces in July 2007 following similar legislation in Scotland, Wales and Northern Ireland. The Government also launched a review of tobacco packaging in England following the Australian precedent to move to standardised packaging.

Chief Executive of the British Dental Health Foundation, Dr Nigel Carter OBE, stressed the importance of introducing the plan to ban smoking in cars.

Dr Carter says: "Banning smoking in private cars is another positive step in the attempt to curb the increasing incidence rates of mouth cancer and the general improvement in oral health. Smoking is the single biggest cause of mouth cancer in the UK, while second hand smoking has also been linked to the disease. This

proposal can only have a positive benefit for both drivers and passengers – especially children.

"As incidence rates are forecast to hit 60,000 in the next decade, we need to find ways to reduce the alarming growth in mouth cancer. Smoking and tobacco use is the leading cause of mouth cancer. Even though the number of people smoking is falling, around one in five people stick with the habit.

"By further limiting the amount of exposure young children have to second-hand smoke, hopefully we will see continued improvements in children's oral health figures, as well as a reduction in the number of mouth cancer cases."

Are you getting your needs met

Human beings are social animals. We need other people to survive and to thrive. How many people, and what sort of contact we need varies from person to person, though we all have relational needs. In our culture we tend to set a value on some things above others and create social norms that are not always useful to us. Often people stay in unhappy relationships for a range of reasons, while others can judge themselves negatively for not being in a long-term relationship.

Most people have a range of different people in their life. It is rare for human beings to have no one. Generally we have friends, lovers, family, colleagues, neighbours, pets and random people we say hello to in the street (or is that just me?)

From this range of people hopefully we get our relational needs met at least to some degree.

Erskine, Moursand, and Trautmann, in their book 'Beyond Empathy' talk of our

eight relational needs. They focus particularly on the therapeutic relationship, and I like to think more widely about these. I really like this piece of theory because it helps me to think both about my own life and my own needs, and of those I work with. I invite you to consider your own life and how, and from whom you get these needs met, or if there are needs that you are not getting met - how that impacts you.

The need for the other to initiate - in all satisfying relationships, at times we need the other to take the lead. This is an interesting one as often in relationships people fall into habits of one or the other being the active initiator and the other being more passive. Do you have balance in your relationships?

The need to express love - again an interesting thought that this might be a human need. If I think of myself I feel this is a need, and I wonder if it is a need for everyone. Human beings seek out lov-

ing relationships; we know that. For me, I know I like to express my love for others.

The need for security - this is about trust and survival. We need to feel that our world is familiar and predictable to some degree and that we are safe. This is why things like moving house, death of a loved one or divorce can be hugely stressful for us.

The need for valuing - we all need to be valued, cared about, and thought worthy even if we don't think these things about ourselves. This and the next one are often issues that people bring to therapy, as even when people are valued they don't always allow themselves to know it.

The need for acceptance - the need to be accepted - again a very common issue, that people don't feel accepted and don't accept themselves. This can often be about what we have experienced in the past and ideally we have people in our lives who truly accept us for

in your relationships?

who we are. Of course for this to happen we need to really show people the reality of us rather than adapt to who we think others want us to be.

The need for mutuality - the need to be with someone who has walked in our shoes. We need to be able to identify with and feel similar to, at times. I think this is about human connection, it is comforting for us to know that others have experienced similar things to us.

The need for self-definition - people need to express who they are and be acknowledged and respected

for their own uniqueness. We do this in a range of ways; how we dress, how we present ourselves, what we say to people. It's a phase that teenagers go through - really showing who they are that is different from their parents - and maybe it is an ongoing need.

The need to make an impact - to be able to make an impact on the other. Some people need to make more impact than others and we can see this in a range of behaviours. If you tell someone something shocking and they do not react it is not very satisfying to our systems - we need to know

that we can impact the world and other people, and be responded to.

I don't know if I fully agree with all of these as human needs, though I do love the ideas and to think about them in a way that can enhance my life and others. Are these needs for you, and are you getting them met, and by whom? If not, maybe you could consider how you might get what you need for your own quality of life.

Leilani Mitchell Dip. Couns. CTA (P) UKCP Reg. Psychotherapist, TSTA (P) Chair of UKATA (United Kingdom Association for Transactional Analysis)



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

For more information please visit thelinkcentre.co.uk

Resisting the pressure to be 'happy'

"Tears are words that need to be written." Paulo Coelho

We live in a culture where there is often an unspoken pressure to be happy, upbeat or positive. Sometimes this message is explicit, as in 'You just need to think positive!' or 'Don't feel sorry for yourself, cheer up!' We may even hear this kind of exhortation after the death of someone close, if we have not bounced back to normal after a couple of months - "You just need to let go and move on!". I think there is a danger that, in following this cultural norm, we disconnect from legitimate feelings that do not fit in with this belief, such as sadness, grief, emptiness or melancholy. Yes these 'negative' feelings are part of being human. The risk is that if we disconnect from these uncomfortable feelings we also feel less connected to all our feelings, including those of joy or excitement.

We are using record levels of anti-depressants, not to mention alcohol, food, TV and other substances/activities to distract ourselves from darker feelings.

In his book 'Against Happiness' en.wikipedia.org/wiki/Against_Happiness Eric G. Wilson criticises the modern Western culture of striving for happiness.



He points out that much of the world's art and creativity has its origins in dark feelings. "I am afraid that our...culture's over-emphasis on happiness at the expense of sadness might be dangerous, a wanton forgetting of an essential part of a full life."

This is not to say that there are not times in life when it may be necessary or helpful to 'think positive' and Wilson stresses that he is not trying to romanticise clinical depression, which is a deeply distressing condition. Nor is he questioning the importance of joy, exuberance or satisfaction in one's life, which often arises spontaneously. His target, rather, is the superficial notion of happiness which seeks to exclude any troubling feelings and instead try and create a world where only 'positive' feelings are allowed.

My training is in transpersonal, or 'soulful' psychotherapy. This is a therapy that takes a holistic or spiritual perspective on a person's experience and does not see pain as something to automatically try and eradicate.

James Hillman, an American psychologist and author who built on the ideas of Carl Jung, argued in favour of soul in his essay 'Peaks and Vales' jung-boulder.org/peaks-and-vales.html According to Hillman it is our soul that connects us to the messy realities of life, including failures, defeats and difficult feelings. Soul also makes itself felt through our psychopathologies - our obsessions, addictions, depressions and other symptoms. While we may want to get rid of these 'problems', if we can pay attention to them, look beneath them, we may discover that they are communicating something to our conscious selves about a part of us that needs to be honoured or acknowledged. Similarly, feelings like sadness, grief or emptiness can spur us to make a bigger place in our lives for nature, art or human connection. Or these feelings may simply need to be felt, with no obvious outcome sought.

Patrick McCurry offers counseling therapy to individuals and couples. He is based in both Eastbourne, and East London. For more details please visit patrickmccurrycounselling.co.uk or chrysaliscounselling.com or phone 07891 295649

Live your life purpose in times of economic austerity

Research shows we're happier when we have a sense of purpose, our life has meaning beyond ourselves and we feel we're making our unique contribution to the world. When we focus on our passions, talents and strengths, I believe we're most likely to be successful and experience the highest rewards. As the challenging economy continues, here are my top suggestions.

There's no going back You may think you've taken a step in the wrong direction though once you've defined where you want to be, your subconscious is on the case. You may have taken the 'scenic route' though keep your dream in mind and you're not lost.

Do whatever it takes You may dream of being a Celebrity Chef though the only work available is in the local café. Ditch the ego and have patience! There are plenty of successful role models who've had mundane jobs. We never know how our experiences contribute to our success until we look back.

Define yourself by your purpose Thinking about yourself in terms of the life you want will help you focus on where you're going and influence your approach to your current reality. How can you make the best of your current situation? Imagine your boss/colleagues/customers being

interviewed in the future when you're living your dream - what would you like them to say about you?

Avoid the blame game Taking the lack of opportunity personally or blaming redundancy/the economy/that boss will take you on a path of negative thinking, which can often become a self-fulfilling prophecy.

Be flexible and adapt Redundancy has been the impetus many have needed to follow their hearts. Opportunities exist in every economic situation. Perhaps your niche is in providing a service more cost effectively or in saving people money? Keeping the key elements of your dream, acting with integrity and staying true to your values, can you tailor your offering to better meet people's needs?

Don't believe all you hear There are still wealthy people and people are still spending money. The recession may have no adverse impact on you or your purpose, and may even make it easier to achieve. Watch your energy and don't let it be contaminated by the negative thinking of others.

Take an international perspective Economies and markets vary. The skills you are unable to market in the UK may be highly sought after elsewhere. Moving somewhere with a lower cost of living might help you get your business idea off the ground. Learning how people in different countries use limited resources to solve the problems you're facing can help you move forward. And with technology you can base yourself in one location whilst reach-

ing people in another.

Follow your passions When we engage our passions we have the most Soul Sanook (fun), can lose track of time and find fulfilment. Our dream lives will be full of passion, though it's important we engage in our passions until then. This could be the way we approach our work, volunteer our time or find lower cost versions of our hobbies. A recent client who loves horses, though isn't in a position to afford her own horse or lessons, is volunteering at a charity providing horse riding for children with disabilities.

Invest in you Use this time to learn and develop your skills. Read up to keep ahead in your field or offer your services free of charge to gain experience. Build up your skills, energy, ideas and possibly savings. Prepare, research, plan and get organised so you can spot opportunities that best fit you, and you're ready to launch when the time's right.

Mind the gap There maybe a gap between your current reality and where you want to be. Identifying too strongly with your current reality may feed your negative thinking leading you to believe your life has no purpose, conversely living as if it's only your dream that's important could lead you to miss out on your present life. Try to find the balance where you can stay present in the here and now, whilst keeping your dream alive as your guidance and inspiration.

Debbie Reeds
www.soulsanook.com
www.sea-sky.co.uk

Getting healthy for Spring



After the wettest winter since 1910, it's no surprise that we're all desperately looking forward to the arrival of spring and sunnier climes. If you're not feeling your best, get yourself in tip-top condition in time for spring with the following health and fitness tips. In this post, we'll take a look at fighting common vitamin deficiencies and thinking outside the box when it comes to finding a new exercise regime.

FIGHTING DEFICIENCIES

Even wondered why you can't seem to stop fidgeting? Or why you're always stifling a yawn, no matter how much you nap? Although stress is largely accountable for the everyday

health problems we experience, things could be greatly heightened by something as simple as a vitamin or mineral deficiency. Depending on your diet and lifestyle, any number of deficiencies could be causing you to feel less than your best. However, lacking in magnesium and iron are some of the most common deficiencies – and some of the simplest to treat. Lots of people suffer from mouth ulcers, especially during the winter months. In fact, the NHS estimates that one in five people suffer from recurring ulcers, attributing stress and anxiety as the most common causes. However, a diet lacking iron could also play a part. If you find yourself suffering from mouth ulcers, taking an iron

tablet could help to reduce your likelihood of developing these painful sores. If you can, find a multivitamin that also includes B12 as this deficiency has also been linked to mouth ulcers. We lose magnesium when we're particularly stressed and consuming large amounts of caffeine and sugar; the impact of which can include symptoms like fidgeting, anxiety and heart palpitations. Getting more leafy green vegetables into your diet can help with this, while it's also a good idea to incorporate a magnesium vitamin supplement into your daily routine. You can buy a range of vitamin supplements, including magnesium, online at Pharma Nord, which offers worldwide delivery.

EXERCISE OUTSIDE THE BOX

It's understandable to feel a certain sense of frustration when reading the same lifestyle articles again and again, promoting exercises that we're all familiar with. These so-called 'helpful tips' and 'handy guides' often do little more than point out the glaringly obvious, like walking instead of taking the bus, as a way of keeping fit. Opting for an exercise that's a little more unique and original will keep you a lot more focused on getting fit than walking to work or pounding away on the treadmill every night. Once you've found something that you enjoy, you'll find it considerably easier to get motivated and stay on top of your fitness.

The latest fitness craze to arrive from across the pond is Aqua Spinning. In addition to the fantastic cardio workout you get from cycling, swapping the gym for the pool means that you'll also be getting in some effective resistance training.

If you're reading in America, locations are numerous, while readers in the UK are limited as to where they can sample this new fitness trend. Hydrofit in London is the UK's first facility, offering jogging and cycling in private water cabins.

FROM COUCH POTATO TO WONDER WOMAN

Feeling weak and lacking in energy? Skin ageing before your eyes? Memory not what it used to be? You could be low in baddie-busting CoQ10! Want a natural remedy to help get you from couch potato to Wonder Woman? You need Quest's new super-hero, Ubiquinol Qu10!

Coenzyme Q10 or CoQ10 is a vitamin-like substance, present in every cell in our body. But although the body makes its own CoQ10, levels have been found to decrease from the age of 20 onwards!

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- Youthful skin – quenches free radicals that damage our cells and age the skin!
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My Wedding Cyprus

Cyprus - the island of love! North Cyprus is becoming one of the most popular wedding destinations in Europe. With breath-taking scenery, over 300 days of sunshine a year, fabulous venues, and outside the Eurozone, its popularity is not surprising.

Cyprus is the third largest island situated in the Mediterranean and just 40 miles south of the Turkish coast. Turquoise seas and impressive mountains; it makes a stunning wedding location. It has been home to the Knights Templar and Richard the Lionheart. Due to its copper, it was once one of the wealthiest areas in the Med. With its crusader castles, turtle hatching grounds, wild donkeys, untouched beaches in the Karpaz, wild orchids, the spectacular Kyrenia harbour and the ancient kingdom of Salamis, Cyprus has something to offer everyone that visits. With the cost of an average UK

wedding being quoted now as £20,000, it's not surprising that more and more couples are looking to escape to more exotic and affordable destinations.

Weddings in Northern Cyprus are approximately a third of the cost of a similar UK wedding! What could be more romantic than exchanging vows on the 'island of love' the birthplace of Aphrodite, the goddess of love, who is said to have risen from the waves rolling into the beautiful Cypriot coastline.

Wedding planning company 'My Wedding Cyprus' is committed to delivering your dreams. As professionals in their field with a wealth of experience, knowledge and understanding, they work with the bridal party from the early planning stages right through to the special day.

"My Wedding Cyprus specialises in weddings abroad" says wedding planner Claire Morley. "As your wedding planner we

can help with as little or as much as you would like us to. From traditional to vintage, beach to restaurant, intimate to grand, each wedding we do is very different; our aim is to take your dream and turn it into a reality." Popular wedding venues include the Bellapais Abbey. The monastery dates to the early 13th century and provides a stunning backdrop for wedding photographs. Beach weddings overlooking the sparkling Mediterranean are also a favourite. The possibilities are endless.... Travel to North Cyprus from the UK can be directly into Ercan, North Cyprus. For information visit cyprusparadise.com Alternatively fly into Larnaca in the Republic of Cyprus; transfer time into Kyrenia is 90 minutes.

My Wedding Cyprus

T: 0542 875 5204 Cyprus

T: 01865 52 2758 UK

info@myweddingcyprus.com

www.myweddingcyprus.com



Water - the elixir of life!

Water is absolutely essential for a healthy body. It has energy and provides energy, and is the building block of all living creatures. We are made up of 70% water. Ideally drink two litres of water a day. Mineral water from the depths of the earth is regarded as the healthiest type of water. Tap water, on the other hand, is clean though low in minerals. Improve the quality of the water you drink by 'magnetising' it and help bring it back to its natural state. Magnetising water changes the properties including density, viscosity and the Ph levels increase. Drinking a glass of warm magnetically ionised water first thing in the morning and last thing at night

can help detox the system and flush out the kidneys. As well as keeping your body hydrated, using magnetised water helps prevent degenerative diseases as it passes into every internal biological system in the body.

Magnetised water:

- tastes better
- may help reduce heartburn
- can help regulate the body's Ph levels
- can reduce the acidity and bile in the digestive system, helping expel toxins
- can be used for bathing (great for eczema and psoriasis sufferers)

How can I magnetise my water?

Insert an Energetix MagnetStick into your glass, stir and leave for 60 seconds. This will turn your water into a drink to be savoured. Alternatively place your glass, cup or bottle on a Magnet-Coaster. Or the Magnet-Animal Steel Pebble can be used in several ways:

- place it in your animal's drinking bowl for them to achieve the optimum benefit
- use in a jug of water for all the family to benefit
- pour the water from the jug into the kettle or iron - no more furring!
- use the water from the jug to water your plants - magnetised water has less surface tension and may dissolve more nutrients than harder water. These extra nutrients flow to and are more readily absorbed by the roots, stimulating their growth. In addition to faster growth, the extra nutrients allow a higher proportion of plants to thrive, increasing crop production from 15-20% or more.

To learn more about the use of magnetised water, email Chris Mutch on mutchhealthier@gmail.com phone 07989 566197 or visit www.mutchhealthier.co.uk

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SUMMER OF LOVE



Join the Revolution and Be the Summer of Love 2014. If you are into self-development, self-empowerment, yoga, meditation and wellbeing then you should be planning a visit to the Mind Body Spirit London Wellbeing Festival 23-26 May. This May sees the awesome Mind Body Spirit London Wellbeing Festival roll into London for a four day festival celebration of self-exploration, self-expression, music, workshops and community. A gathering of a global tribe, all looking to lead a better, healthier, empowered lifestyle. This year's Festival will feature some of the most inspirational, motivational

speakers, musicians, artists and performers from across the globe as well as a whole host of exhibitors presenting wellbeing products, organic food, lifestyles choices, therapies, jewellery, holistic retreats, treatments, divinations, yoga, meditation, supplements and healing. The festival also features 3 dedicated workshop spaces, live music, the popular Wellbeing Studio, two pop up temples, the Mantra Lounge, the Love Dome, A 360 degree cinema and creative art exhibitions. So ditch your work mind and come explore your play time in a celebration of our positivity and hunger for community, personal growth and change.

Workshop Leaders include: Ruby Wax. Sonia Choquette. Michael Neil. Barefoot Doctor. John Parkin. Robert Holden. Jonathan Cainer. Sandy Newbiggin. Rev Peter Owen. Richard Rudd. Chloe Goodchild. Princes Martha Louise. Dr David Hamilton. Meir Schneider. Kyle Gray and many more.

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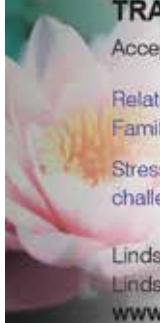
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What's On

March

1st

10am-12noon,

Stepping into Spring Yoga workshop, finding your roots, all welcome, St Leonards on Sea, £15, contact Nicola Smith 07930 442639 bodywisdom.org.uk

4th

5.45-6.45pm,

Beginners Pilates,

7-8pm,

Improvers Pilates,

8.15-9.15pm,

Advanced Pilates, St Michael's Church Hall, High St, Lewes, 5 weeks £45, with Jan, Equilibrium, 01273 470955 equilibrium-clinic.com

4th (& 15th May (Wednesday)),

7pm, Local Support

Networking Forum,

The Link Centre,

East Sussex, free,

leilani@thelinkcentre.co.uk

thelinkcentre.co.uk/84.html

15th/16th (or 3rd/4th May)

9.30am, Introductory

TA Course (TA101),

The Link Centre,

East Sussex, £150,

leilani@thelinkcentre.co.uk

co.uk/thelinkcentre.co.uk/ta101.html

26th - 28th

3 day personal development Intuitive Horse retreat, Hastings, 07825 036301 intuitivehorse.co.uk

March - May,

2 Saturdays and

6 evenings, Multi-

Level Certificate in

Counselling Skills,

The Link Centre,

East Sussex, £395,

leilani@thelinkcentre.co.uk

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April

9th - 11th

3 day personal development Intuitive Horse retreats, Hastings, 07825 036301 intuitivehorse.co.uk

13th

10.00am-4.30pm,

Movement, Meditation and the Magic of

the Breath. Come to

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07773 061309,

handwork@tiscali.co.uk

east-bourneshiatsu.co.uk

21st - 25th

5 day personal development

Intuitive Horse retreat, Hastings,

07825 036301

intuitivehorse.co.uk

24th

12noon-1pm,

Lunchtime Outdoor

Tai Chi, Huggets

Green, West Quay-

side, Newhaven, £7

(£6 concs) Equilib-

rium 01273 470955

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26th

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explore the subject of successful healing, £80, for bookings and information please visit www.attuned-healing-crystals.com/workshops.htm

28th

4-5pm, Tai Chi for Improvers

5.15-6.15pm Tai Chi

for Beginners

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Mondays

2-3pm, Gentle Exercise and Relaxation

(Rooted in Qigong),

Natural Fitness

Centre, Eastbourne,

£7, first session

free, Nick Neter,

01323 732024 info@naturalfitnesscentre.co.uk

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4.45-5.45pm,

Elemental Qigong

and Meditation,

Natural Fitness

Centre, Eastbourne,

£7 per session (£35

for 6 sessions), Nick

Neter, 01323 732024

info@naturalfitnesscentre.co.uk

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5.45-8.30pm,
(first Monday of the month - 3rd March, 7th April), Seated Acupressure Massage, Natural Fitness Centre, Eastbourne, 15 minute (£5) and 30 (£10) minute treatments available, free 10 minute tasters, 01323 732024 info@naturalfitnesscentre.co.uk Walk in or booking available
6-9pm (most Mondays), The Human Touch, affordable therapies for all, St Peter's Church Hall, West Street, Shoreham, BN43 5WG, 30 minute sessions for £10
6.30-7.40pm, Foundations of Yoga, 6 week courses, St Leonards on Sea, £40, open to complete beginners and those wanting to review the principles of a yoga practice, contact Nicola Smith, 07930 442639 bodywisdom.org.uk

Tuesdays

9.30-10.30am,
Community Yoga

Class, St Leonards on Sea, drop in £7 (£27.50 for 5 classes), all levels welcome, contact Nicola Smith, 07930 442639 bodywisdom.org.uk
6.15-7.15pm, Qi-gong and Meditation with Nick Neter, St Luke's Parish Centre, Stone Cross, £6.50 per session, first one free, 07773 061309 eastbourneshiatsu.co.uk handswork@tiscali.co.uk

Wednesdays

11.30am-12.30pm,
(every Wednesday except 2nd of the month), Gentle Exercise and Relaxation (Rooted in Qigong), WRVS, Russell Centre, Eastbourne, £4, first session free, Nick Neter, 01323 412279 eastsussexdc@east-bournewrvs.org.uk
1-5pm,
(Weds 5th, 12th, 19th & 26th), Allergy Clinic, Equilibrium Health Centre, 16 Station St, Lewes, with Robin Ravenhill, 01273 470955 equilibrium-clinic.com

Fridays

10am-2pm,
(2nd Friday of the month - 14th March and 11th April), walk in Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter, Oya and Machiko, St Luke's Parish Centre, Stone Cross, 30minute treatment or more for a donation (from £10), some places bookable, 07773 061309, handswork@tiscali.co.uk eastbourneshiatsu.co.uk
10am-6pm,
(Fri 7th, 14th, 21st, 28th), Aromatherapy & Reflexology Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45, with Dafna & Rachel, 01273 470955 equilibrium-clinic.com
2pm-6pm,
(4th Friday of the month - 28th March and 25th April), walk in Shiatsu Clinic (Japanese holistic bodywork therapy), with Nick Neter and Ben Trowell, Yogalife Studio, Eastbourne, 30 minute treat-

ment or more for a donation (from £10), some places bookable, .07773 061309 handswork@tiscali.co.uk eastbourneshiatsu.co.uk

Saturdays

9am-2pm,
(3rd Saturday of the month - 15th March, 19th April), walk in Shiatsu Clinic (Japanese holistic bodywork therapy), Natural Fitness Centre, Eastbourne, with Nick Neter MRSS and Darren McCarthy MRSS, some places bookable, 30minute treatment or more for a donation (from £10), Nick Neter, 01323 732024 info@naturalfitnesscentre.co.uk eastbourneshiatsu.co.uk
9am-5pm,
(Sat 1st, 8th, 15th, 22nd & 29th), Massage Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45, with Steve, Dafna & Rachael, 01273 470955 equilibrium-clinic.com

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