

Wellbeing

The state of feeling healthy & happy

Your health and lifestyle magazine

TRAVEL

**Relaxation vs
Adrenaline**

THERAPIES

Which one for you?

THIS MONTH

Horoscopes

NATUROPATHIC

Diagnosis

FITNESS

PERSONAL TRAINER

nutrition
MIGRAINES

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EDITOR'S WORD

www.wellbeingmagazine.com

The **summer** is definitely on it's way and with it the **optimism** that the sunshine brings. Now is a good time to **evaluate** your health and fitness regime. Perhaps you have let those New Year resolutions slip by or perhaps it's time to adjust them to push yourself even further. Many years ago I came across a Japanese philosophy CANI (Constant And Never-ending **Improvement**) I make sure every day I do just one thing that moves me further forward. I hope that this month's edition gives you a few ideas on how you can improve your **health** this month. Enjoy & be inspired

Rachel Branson

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THIS MONTH'S CONTRIBUTORS

KATE ARNOLD

Kate is our resident nutritionist who shares her insights and knowledge



CARL MARTIN

Personal Training Manager at Equinox Kensington.



ANNA PARKINSON

Author of 'Change Your Mind Heal Your Body'



Other Contributors:

Melanie Arnold
Michael Lingard
Patrick McCurry
Debbie Reeds

HEAD OFFICE
Haywood Media
2 The Hall, Turners Green Road
Wadhurst, East Sussex TN5 6TR
Tel: 0800 881 5375
www.haywoodmedia.co.uk

PUBLISHER
Lesley Hallows
lesley@wellbeingmagazine.com

EDITOR
Rachel Branson
rachel@wellbeingmagazine.com

WEB DEVELOPER
Richard Branson
Website
richard@wellbeingmagazine.com

ASSOCIATE TRAVEL EDITORS
Frances Barnes & Nick Hordern

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would like to experience?

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from the following modalities I offer:

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Vibrational Facelift



Ann Rambaut

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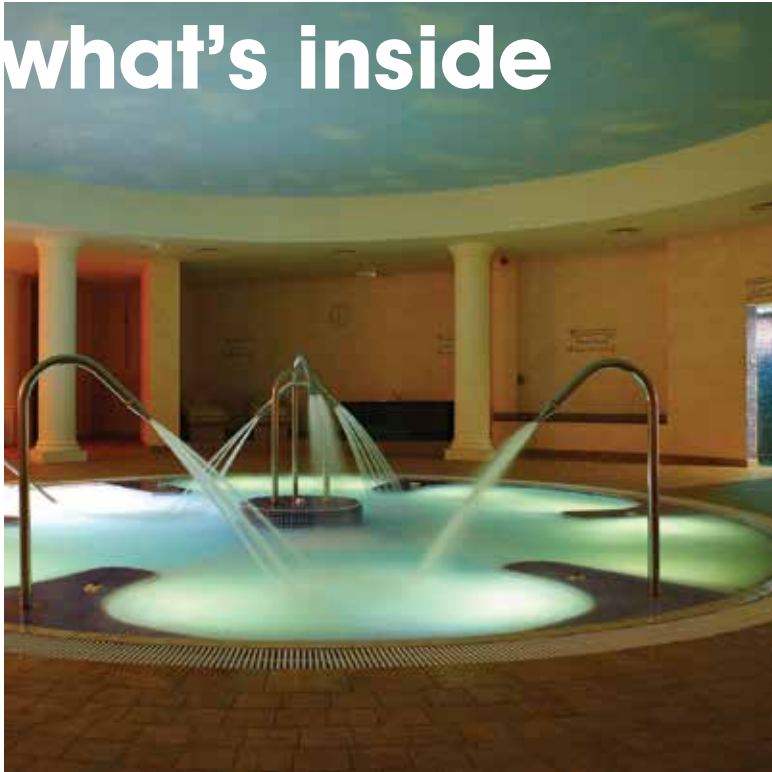
01323 411 900

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www.annrambaut.com



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LOCAL WELCOME



Welcome to our May / June issue, arriving at what is often an uplifting and hopeful time of year - longer days, lighter nights, nature bursting into colour, perhaps holidays on the horizon, fun, laughter, and the hope of some long, lazy sunny summer days ahead.

There may be weddings and gatherings having been planned for ages, at last arriving on the calendar page after much anticipation and now ready to be enjoyed.

After months of organising and preparation, and the holiday / wedding / event being close at hand with everything in place and ready to go, it may be now that you suddenly realise that you've neglected yourself along the way - eek! You haven't quite got around to losing the weight you wanted to, or haven't managed to take time out just for yourself, so that you can enjoy what you've so

carefully organised, rather than feel frazzled and less than fully present.

Through the pages of this issue, there's a wealth of experience from our members and contributors - experts in their own field, who are passionate about sharing their skills and knowledge to help you live a healthier and more balanced lifestyle so you can enjoy to the fullest the people, places and events that are important to you.

If you need support to help you bring your life into balance - mind/body/spirit - work/rest/play - then please look through the following pages and I hope you'll be guided to what you need most, to help you enjoy and experience all that your life has to offer.

Please remember to share the magazine with loved ones, and that it can also be read online at wellbeingmagazine.com Until next time, I wish you a happy and healthy start to the summer.

Lesley

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

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



Eastbourne's Local Running Shop

Tempo is a specialist running shop run by Wes Mechen and Faye McClelland. Faye McClelland is an international paratriathlete, the four time World Champion and is hoping to achieve success in the Rio Olympics 2016. Wes can sadly not claim to compete on an international stage, though has achieved success on a more local level and most importantly...loves to run!

Their aim is to improve the running experience of runners of all abilities by providing customers with the opportunity to have their technique analysed, gait assessed and to test out running shoes on the in-store treadmill. They carefully select shoes based on testing, reviews and personal experience. Tempo provides shoes, clothing, nutrition and accessories from leading expert run brands. Staff can provide advice and guidance on training along with hand-outs and information that can be taken away with any purchase, free of charge.

The Tempo running shop also provide a free social run every Monday at 6pm, meeting at the premises. Everyone is welcome regardless of ability or experience, it's an opportunity to run with like minded people and have a chat!

www.temposhop.co.uk

Read the latest newsletter from Tempo -
temponewsletter.weebly.com

INTERVIEW QUESTIONS WITH FAYE McCLELLAND

How did you get into triathlon?

It was in 2003 when working as a Fitness Instructor I first heard of the sport. I was interested in participating though couldn't swim front crawl very confidently, so I took part in a team relay sprint event with work colleagues and completed the run section only. It gave me such a buzz that I decided to get some swimming lessons under my belt and the following year I competed in my first sprint triathlon. Proceeding this, I took part in a series of recreational triathlons as I enjoyed the challenge & it kept me fit. In 2009, after returning from a years travelling overseas, I first heard about Paratriathlon and the prospects of a GB Paratriathlon Team forming. This was a real incentive to get fit again and so that summer I took part in my first Paratriathlon race at the Rother Valley British Paratriathlon Championships. I have been competing in Paratriathlon ever since.

Do you have a role model in sport, if so who and why?

It's hard to say, as there are many inspirational athletes that I look up to, including my fellow Paratriathletes. However, if I had to choose one, it would be Tanni Grey-Thompson. She has persistently shown sheer determination and self belief to triumph in five Paralympic games, not forgetting repeatedly winning the wheelchair London Marathon a total of six times.

What is your ultimate goal in triathlon?

Paratriathlon has now received Paralympic status in Rio for the first time. I would love to come away with a gold medal around my neck and add it to my World titles.

Power of the Wave

Finding your Flow with Holistic Pulsing -

“BODYWORK THAT ROCKS!”

As a massage therapist, bodyworker, yoga teacher or dancer do you ever find yourself getting ‘stuck’ in your work; stuck in the body, stuck in the head, stuck in a particular dynamic? If so, how do you get things moving again?

Both personally and professionally, I know the value of encouraging movement, flow or vibration within my client’s body and acknowledge the healing potential of accessing and honouring these rhythms of the body by letting go of our agenda and trusting in the quiet power of Being.

Holistic Pulsing provides us with a basic framework to access movement in the moment. It offers tools without prescription and enables an effortless releasing of deep-seated tensions, accessing the language of the body without the need to involve the analytical mind.

This simple form of hands-on work uses a core technique and initial protocol to work the back, front and sides of the body, and as we become more adept we can allow

this ‘pulse’ or rocking rhythm to come alive in our hands, so that both giver and receiver are able to experience ease, flowing breath, receptive joints and deep connection with themselves. I use it as a therapy in its own right and whenever appropriate, integrate its principles effectively into my Thai Massage, Zero Balancing and my yoga practice.

Holistic Pulsing as is experienced today was developed in the 1970 by Curtis Turchin, a postural integration bodyworker inspired by Trager’s rhythmic rocking work. It has its roots in Hawaiian Shamanism and in this country has been developed by facilitators like Silke Zeihl and Guy Gladstone from the Open Centre. It continues as a living, developing modality.

Bodywisdom School’s *Power of the Wave* workshops are an introduction to the beauty and simplicity of Holistic Pulsing, they serve to give body and energy workers and all movement teachers an experience of accessing and utilising the different rhythms of the body to augment their existing work.

**The next introductory day is on Sunday 8th June
at Unity Yoga Studio Brighton from 10am-4pm, £45-65 (sliding scale)
Contact tutor Nicola Smith for more details
Nicola@bodywisdom.org.uk 07930 442639**

Nicola Smith is a bodyworker and teacher with over 15 years experience of working with the bodymind. She co-founded Bodywisdom School offering Traditional Thai Massage training and post-graduate workshops in related energy work practices

www.bodywisdom.org.uk

Life planning

Your life - is it turning out the way you expected? Are you fulfilling the life you dreamt of? Whilst our lives may take twists and turns unimagined and our paths meet with people unforeseen, is there a flow to your life that is taking you in the direction you desire?

Whilst the finer details of our life expectations may vary from one person to the next, the majority of us seek some basic needs - nourishment, shelter, safety, good health, love, friendship, fulfillment, a sense of belonging and contribution, perhaps a feeling of independence and that we have some control. How we fulfil our particular needs and colour in the picture will contrast from person to person, and can change direction often through the course of each lifetime. Aside from having our basic needs met, what is it that gives us a feeling of independence and control? Not control in the sense of overpowering others, though more in the sense of feeling that we can help shape and direct life in the way we want it.

Although it has often been said that money cannot buy happiness, whilst we live in a society that uses money as an exchange of energy, the majority of us perhaps would like just that bit more - please! Financial abundance can help contribute to a feeling of independence. There are many paths to help achieve financial success, and provide more in our bank balances, though quite often these paths lead to unbalance in other areas. We may work our socks off and enjoy greater remuneration, yet have no spare time or energy to enjoy the fruits of our labours. We may plan and regularly save for our futures though not have enough to enjoy the now. We work, we get paid, we live, we save, we plan - all of this on a linear basis. Unless we have an independent source of income, what happens if one day we cannot work? How long will our nest egg support us?

There is another way; it's been around for some time now, and has been adopted by many companies as an ethical and sound basis for helping create financial freedom and healthier life balance. It is an ethical system in that there is no glass ceiling, the system thrives on the basis that

people help each other, the product or service offered should be of good quality, and whilst you can't sit back on your laurels and let others do the work for you, if you are prepared to partake, work, share with integrity, there are no limits to what you can achieve. You dream your dream and go for it! There is no particular skill or qualification needed other than an open mind, a friendly manner, a willingness to learn, integrity, and a commitment to partake in your own success. The system is simple in that it is easy to follow - follow and learn in the footsteps and with support from people who are already achieving success. That is not to say it is easy - there will be challenges, and learning curves, though stick with it and you will become a richer person, not only in the monetary sense, though through your own personal development, by contributing to the success of others, and your inevitable sense of fulfilment. In the long run you will evolve a life of financial freedom and independence, which in turn buys you the precious time you deserve to enjoy the people and life you love.

There are many companies adopting this model of working. Here are just a few. Take a look, and contact if you'd like to know more without any obligation on your part. Each company, whilst offering a different product, provides the opportunity and tools for building financial security.

Energetix - www.mutchhealthier.co.uk
contact - mutchhealthier@gmail.com

Arbonne - www.arbournesouthern.myarbonne.co.uk
contact - suelewis14@tiscali.co.uk

Jeunesse - www.globalhomebusiness.com/youthfulsynergy/home - contact - youthfulsynergy@gmail.com

It is illegal for a promoter or a participant in a trading scheme to persuade anyone to make a payment by promising benefits from getting others to join the scheme. Do not be misled by claims that high earnings are easily achieved.

preventing MIGRAINES

Words: Kate Arnold



During the recession years of 2008-2011, Google searches for migraines and headaches went through the roof. Since then, this pattern has continued, with more people sicker than pre-recession. Migraine headache is one of the most common health conditions in the world, regardless of the economic climate and is also one of the top twenty causes of disability among adults.

A recent study found that expectation plays a very important role in how you respond to migraine treatment. The placebo effect has accounted for more than 50 percent of the therapeutic value of medications used. Like most health issues prevention is key and preventing recurring headaches begins by avoiding the triggers. This month we look at the triggers for migraines and headaches.

MIGRAINES MORE THAN JUST A PAIN IN THE HEAD?

Migraine is more prevalent than diabetes, asthma and epilepsy combined. There are estimated 20 million sufferers in the US and 8 million in the UK with 190,000 migraine headaches suffered every day. That's an awful lot of pain on any scale. People googling migraines during the recession years rose 193 percent. Stress certainly plays its part.

Naturally, there are a wide range of headaches. Compared to other types of headaches, migraines are still in the minority. Headaches, in general, may result from chemical, environmental, emotional, or physical sources, and/or any combination thereof. They could be caused by anything from food allergies, sensitivity to scents or perfume, emotional stress and jaw clenching, hormonal fluctuations, or a shortage of blood or oxygen to your head caused by poor posture.

Electrosensitivity could also be part of the problem, so take note of where you are and what gadgets are nearby when symptoms strike. A migraine headache is characterized by intense throbbing or pulsing, typically in one area or side of your head, and is commonly accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Due to its profoundly debilitating nature, this may be one instance where you could justify popping a pill for instant relief. Unfortunately, migraine medications have a particularly poor efficacy rate. Most migraine drugs tend to work only 50 percent of the time, in 50 percent of people. They may also cause severe side effects. However this is certainly a condition that can be managed with the appropriate medication taken at the appropriate time. Prevention though has to be a preferred choice.



POTENTIAL MIGRAINE TRIGGERS

Fortunately, there can be other ways to treat migraines rather than pharmaceuticals. Learning how to prevent them from occurring in the first place is your best bet. First, you'll want to make sure you avoid potential triggers. While there are many potential triggers (and what triggers a migraine for one might not trigger it in another), the following are some of the most commonly reported. Many people experience migraine when they eat certain foods, especially:

wheat, dairy food (inc. eggs), sugar, artificial preservatives, chemical additives, cured or processed meat, alcohol in general, red wine and beer, artificial sweeteners, caffeine and MSG. Also changes in sleeping cycles - both missing sleep and oversleeping can trigger a migraine.

Some women experience migraines before or during their periods, during pregnancy or during menopause. Others may get migraines from hormonal medications like birth control pills or HRT. Allergies play their part - including food allergies, and chemical sensitivities, dehydration and/or hunger and low blood sugar. Stress - any kind of emotional trauma can trigger a migraine. Physical exertion, extremely intense exercise or even sex has been known to bring on a migraine. Bright lights, fluorescent lights, loud noise, strong smells, weather changes and changes in altitude.



Kate's Case Study

The Diet Connection

I remember many years ago I had a client who had suffered from migraines for forty years. We tried everything and nothing helped for about four weeks. She had been having weekly injections for the pain and the condition had blighted her life. She had initially told me she took no artificial sweeteners, but on our second consultation I noticed a tube in her bag, and she thought that the sweeteners she had were not artificial and had been using them daily for guess how many years - yes forty! She stopped immediately and her migraines were gone in about two months. This client was initially very upset as she had been told that the sweeteners were safe to consume, and just had not realised the connection. There was much reflection on forty years of needless injections but six years on she is still migraine free. What we consume may be paramount in the treatment of headaches and migraines.

There is plenty of research to back up the food allergy/migraine link. Back in 1979 The Lancet showed that sufferers of migraines with food antigen antibodies had profound relief when put on an elimination diet. In 2010 a randomised double blind cross over study found that a six week long diet restriction produced a significant reduction in migraines with auras.

These are some of the top migraine inducing foods, identified in medical literature:

- Wheat
- Gluten
- Yeast
- Corn
- Eggs
- MSG
- Cheese
- Red Wine
- Chocolate

If you think you might have a food allergy, I suggest a food diary and an elimination challenge. Simply remove all foods that you think contain something you are reacting to, and see if your symptoms improve the next few days. You may need to avoid the suspected food for a few weeks. To confirm the results, reintroduce the food and drink on an empty stomach. If the suspected food is the culprit you may feel symptoms within an hour. The food and symptom diary is an essential part to recovery.

Headaches and Nutritional Deficiencies

Low levels of Vitamin D may play a role in headaches. According to research in 2010 at The American Headache Society, 42% of chronic migraine sufferers were deficient. The study also showed the longer you suffered from chronic migraines, the more likely you are to be vitamin D deficient. Other vitamin deficiencies linked to headaches include vitamin B2, B6, B12 and folic acid. A 2004 study in The European Journal of Neurology showed that high doses of Vitamin B2 can help prevent migraine attacks.

Magnesium can also be a helpful supplement for headache and migraine

sufferers as fresh veg helps relax blood vessel constriction in your brain. Some of the best drugs used to treat migraines are calcium channel blockers and that is how magnesium works. Please do not self prescribe vitamins if you do suffer from migraines and headaches - get expert help and advice otherwise you could make your symptoms worse!

Stress reduction works on 25% of migraine sufferers- that's a high percentage. Choose whatever works for you, meditation, yoga,

biofeedback mechanisms etc.

Migraine can be complex but ensure you have the basics covered first. You may need to be referred to a neurologist at some point if they continue, however a food and symptom diary is an essential tool to understand how your body works and what environmental factors may trigger the pain. Ten per cent of my patients are headache and migraine sufferers. A high proportion of these will find relief through diet and lifestyle changes.

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

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

Kate Arnold, Nutrition, Consultant BA (Hons) Dip IDN PG Cert MBANT

 twitter.com/kanutrition  facebook.com/Kate-Arnold-Nutrition

t. 01323 737814 e. katenut@aol.com



www.katearnoldnutrition.co.uk

Which Physical Therapy would assist me?



As the weather improves we tend to become more active and may overdo the gardening, the fitness training or just rushing around being out and about. Maybe your place of work is causing you some work related aches and pains. So there you are feeling stiff and in pain - who do you go to see? Your GP first, a physiotherapist, an osteopath, a chiropractor, a sports injury therapist, a masseuse, an acupuncturist, or a choice of many others - a myriad of therapists with an even greater wealth of treatments to offer. Confusing isn't it?

Word of mouth is always best

My first suggestion would be to heed word of mouth - from someone who has experienced treatment with a particular therapist or who knows someone who has. If you're not sure whether

you would be best served being treated by a particular therapy, then speak to the therapist concerned and they can advise you. As for me, I'm more than happy to give over the phone advice as to which therapy would assist, be that with me or another therapist.

Who am I?

I am a chartered physiotherapist with not only my traditional physiotherapy skills to offer, along with a wealth of experience in both the NHS and private sector. I am trained in several other therapies - Acupuncture, Craniosacral and Bowen Therapy. More recently, along with my business partner Carina Lindström, we have developed two very powerful treatments - Deep Relax Body & Mind and the Vibrational Facelift, both of which are becoming more

recognised and well received.

Physiotherapy unusual!

Over the years I have come to integrate my skills and so will often use a combination of the therapies I'm trained in - all light touch techniques - thereby proving a client with a more personalised treatment specific to their needs.

If you have tried more conventional treatments in the past and have not progressed as you would have liked, then feel free to give me a call on 07436 810181 - Ann Rambaut

**I continue to offer a
30 minute treatment of
the 2 new therapies at a
discounted price of £30
and £40 in Eastbourne
and London respectively
www.annrambaut.com**

Had enough of being overweight?



No matter how hard you have tried in the past, The Metabolic Weight Loss Programme could just be the answer to resolving your weight problem once and for all.

It can be extremely soul destroying when you just can't seem to shift your excess weight, no matter what you do. If you have reached the stage where putting on any more weight is simply not an option for you, then read on.

Improving your health

Being overweight is no laughing matter when the physical strain on your body is starting to take its toll on your health. Your GP or your family may have expressed their concern and urged you to slim down – all very well if only you knew how to!

Help is at hand to resolve your weight problem. Rachel and her team have helped over 3000 clients of all ages and from all walks of life to slim down successfully. Many come to see her as a last resort and are delighted to have achieved, and successfully maintained, the weight they want to be.

A workable programme that's easy to follow

The Metabolic Weight Loss Programme is based on a simple four-stage eating plan: The first two stages deal with weight loss, while the last two stages deal with weight maintenance. This highly successful tried and tested programme is easy to stick to and more importantly, it works.

The expected average weight loss of clients is 7-14 lbs. a month. As you can imagine, clients are more than happy with this motivating weight loss, especially for those who have struggled with their weight for so long.

Feeling and looking better

As the weight falls off, time after time clients remark how well they feel, how young they feel and how much more energy they have. Typical health

improvements include blood pressure, cholesterol, mental alertness, skin conditions and even fertility. Clients often comment on just how impressed their doctors or consultants are with their weight loss and health improvements.

One-to-one support for weight loss and maintenance

Clients welcome the very personalised support provided. Time and again, clients comment that they couldn't have lost the weight without the support and encouragement of Rachel and her team.

Is there hope for you?

Yes, definitely!

"Thank you Rachel – the best programme. Not only have I lost more than my target weight but the inches dropped off, my skin looks great and my confidence has had a major boost. I am wearing clothes that I would never have dreamed of wearing and I can hold my head high once again. Everything about the programme makes sense, is easy to follow and the support from Rachel is superb. Thank you very, very much."
Anita East Grinstead

**For a free consultation,
absolutely no obligation call**

**01342 327396 / 01892 576263
www.rachelrickettsweightloss.co.uk**



personal training **vs** self-training

The incredible results from personal training vs self-training have now been shown in a groundbreaking UCLA study published by Equinox.

Carl Martin also offers tips for self-motivation on your self-training days:

Make training fit into your day;

If you are a morning person, get in, get out and go to work. If you are more of an evening person then finish on time and get to the gym. Don't make it more difficult for yourself, make a time of the day you can commit to and stick to it.

Rope in a friend; Whether it is a work colleague, friend, boyfriend, girlfriend, or even someone you meet at the club. Get someone to commit to coming with you and work out together. I guarantee you will be more motivated.

Establishing a goal; If you have something you are working towards, whatever it may be you are more likely to keep up motivation levels if you have a reason to do it with a target in sight. SMART (Specific, Measurable, Attainable, Realistic, Timely) will help you achieve your goals but remember after a period of time, assess where you are, evaluate what has happened, what changes your body has undergone and then re-evaluate your situation based on all of the information you have.

It is something that we have known for years, but now it is official – having someone push you to your limits while you are training increases body mass and muscle strength compared to exercising on your own. A groundbreaking, three-month study at UCLA's David Geffen School of Medicine in California, found that the Personal Training regime at Equinox had a dramatic impact on fitness levels. The study reports that during a 12-week period, those who had a personal training session three times a week:

- Increased their lean body mass by 3.3 pounds, while self-trained group saw no change.
- Increased muscle strength by 42% vs. 19% in self-trained group.
- Increased muscle power by 10% vs. 0.1% in self-trained group.
- Increased VO2 Max by 6% vs. a 3% decrease in self-trained group.

Carl Martin, Personal Training Manager at Equinox Kensington said

"The UCLA study has shown how the dramatic effect that the motivation from a personal trainer can have. People who train with a personal trainer saw a 42% increase in muscle strength in a 12-week period compared to 19% of those who self trained - the results speak for themselves. Even five minutes of encouragement or advice from a member of staff or a Personal Trainer on the gym floor can help boost results."





NATUROPATHIC DIAGNOSIS

If we start off with the premise that health is not just the absence of disease, rather an abundance of vitality then strictly speaking - are any of us in optimum health? And whilst most of my patients come to see me with an already established diagnosis there are others who, whilst not unwell enough to see a GP, just “don’t feel right.” How then do we determine a cause not to mention a treatment plan? What detective work can a naturopath use to gain some insight into the possible reasons for this malaise?

Taking a case history is one obvious and important way of attempting to identify an underlying issue, however in addition there are clever pointers to be found in the nails, face, eyes and tongue that may collectively hint towards a body system to look at in more detail.

Tongue

When we look at the tongue we are taking into account the size, texture, colour, coating, shape and ‘mapping’ - organs of the body being represented on specific parts of the tongue. For example:

- Bright red indicates inflammation, infection and general heat in the body
- Pale pink denotes coldness or a deficiency of vital force
- Purplish indicates poor circulation, stagnation and general congestion
- A smooth sore tongue can point to a deficiency of iron, niacin, riboflavin, B12 or B6
- A tongue that deviates may indicate paralysis of the 12th cranial nerve
- A shallow midline crack in the tongue stopping before the tip indicates some kind of stomach deficiency.

Eyes

In iridology we study the iris (or coloured) part of the eye which can reveal different aspects to the health of a person. The basic colour not only relates to our core constitution and a susceptibility to certain ailments, and within the iris itself we look at the structure of the fibres, openings in those fibres, contraction and furrow lines, areas of cloudiness and hyperacidity and a whole wealth of other information requiring closer inspection. On a very basic level the core constitutions are:

Lymphatic - these eyes are blue and people with blue eyes have a tendency for hyper-responsive complaints: hyper-acidity, inflammations, allergies, irritable bowel, arthritis, ear, nose and throat complaints. Foods to avoid for lymphatic types include mucus forming foods like dairy and refined carbohydrates such as white flour products and processed foods, as these

affect the pH of your tissues and break down to form acidic wastes which are often implicated in inflammatory conditions. Lymphatic people mostly benefit from dry skin brushing, yoga and regular detoxification.

Hematogenic constitution

- these eyes are pure brown and people with them have a tendency for blood related disorders (circulatory), anxiety, stones and diabetes. However, unlike the reactive lymphatic types, the hematogenic has a slow and gradual build up to disease and has therefore the tendency to only find problems in later life thereby potentially missing early warning signs. Foods to avoid here are sugar and saturated fats with an emphasis on choosing circulatory stimulants like cayenne, ginger and garlic and exercises that strengthen the heart - all cardiovascular work is indicated here; dancing, swimming, jogging etc.

Mixed biliary - these eyes have mixed colour (green/hazel) and people with them may have problems associated with a sluggish digestion, there may be a reduced supply of digestive enzymes from the liver, gallbladder and pancreas leading to bloating, belching, constipation and candida. The avoidance of dairy and saturated fats is again recommended for this type; juicing is

good so as not to overload the system whilst still intaking high quality nutrition and eating smaller more frequent meals. Supportive exercises here might be certain yoga postures which can aid or "massage" digestive organs and gentle walking after meals.

Nails

Our nails can point to certain imbalances also and are often used in conjunction with tongue and eye analysis:

- Vertical ridging - often indicates poor absorption of Vitamins A, B and C as well as possible calcium, magnesium, zinc and EFA's.
- Pale - when hands are outstretched our nails go white and once relaxed usually change back to pink; if they stay white, this may suggest anaemia.
- Brittle - B12 deficiency, silica, calcium, iron deficiencies; associated with hypothyroidism
- White spots - Zinc or Vitamin A deficiency
- Spoon-shaped nails (concave and brittle) - severe iron or zinc deficiency.

Face

The correlation between face and body organs have been used in China for routine diagnostics for thousands of years:

- One deep line on the forehead - small intestine issues, problems with digesting and assimilating nutrients
- Dry, red forehead - bladder weakness, urinary infections etc
- Vertical line between the eyebrows - stomach deficiency
- Two vertical lines (either side of the stomach line) on the forehead - liver problems and suppressed anger
- Cracks around the mouth - possible B and Iron deficiency
- Blue-black shadows under eyes/bags - kidney and adrenal exhaustion.

There are many other indicators of certain imbalances and they are only pointers which, when taken together and within the context of a consultation may enable a naturopath to refer for blood testing or to recommend supplementation, changes in diet and herbal protocols. These would benefit your specific constitution to not just prevent a condition from worsening or even taking hold in the first place, though to optimise feelings of wellness, radiance and positive good health.

For consultations please contact on Melanie Arnold
07840 202930 or
melanieherbalist@tiscali.co.uk

LIFE GETTING YOU DOWN?



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ANNA PARKINSON, author of

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**Email anna.parkinson@homecall.co.uk
or call Anna on 0781 806 1605**

The remarkable wisdom of your BODY

by Anna Parkinson

The remarkable truth is that your body has a language and it is communicating with you all the time. Most of us have learned not to listen to our body's innate intelligence, considering other parts of our intelligence more 'important.'

But this innate intelligence, the so called autonomic functioning of you as a living being, is responsible for 95 % of the way you operate: the way you walk, talk, digest your food, sleep, reproduce. It is the operation of your body as a living organism that we take entirely for granted while we get on with our lives.

Of course there's nothing wrong with that, except that when we understand that there is a connection between our body's intelligence and the way we think from day to day (that 5 % of our intelligence which we call our conscious mind) then we find that we can be healthier, and happier.

This language may appear over simple but it actually addresses the most profound issues of your life. The accuracy of your body in pinpointing tensions that arise from the way you live your life is eerily accurate. A skilled healer will help reflect those tensions back to you and set you on the path of resolving the situation. But here, in a nutshell, are some of the messages your body may have for you:

Do you have problems with your back, your feet, your legs or teeth? Consider how comfortable you are with the work you do, your financial situation, your life at home or your relationship with your mother. All of these are fundamental to your sense of security and the problems you have had in these parts of your body point to tension in one or more of these areas that needs to be resolved.

Some back pains relate more to the lumbar region and indicate tension about sexuality or nourishment. You may have issues with your reproductive organs which indicate the same thing, or a tendency to over indulge or be over restrictive when it comes to food or sex. These tensions point to difficulty in expressing your deepest feelings or being uncomfortable with them.

Problems with your digestion where that relates to your stomach, liver or duodenum suggest tension about your sense of power or freedom to be yourself.

Skin problems indicate that you have been overly concerned about other people's perception of you.

WELLBEING BODY

Difficulties with eye sight also originate from tension in this part of your body. Short sighted people can be over analytical and focused on their internal worries. Long sighted individuals expect to become less important in their environment and see less to look forward to.

Breathing difficulties, problems with your lungs, and tensions in your heart or blood pressure indicate a difficult situation with someone very close to you. You may find it difficult to comfortably give or receive love. Are you feeling lonely, or have you had a tendency to keep people at bay?

Pains and problems around your neck or shoulders, trouble with your ears or your arms and fingers suggest you have not been expressing your true self in what you do or say. You may have been giving yourself reasons not to set goals for what you really want, or not allowing yourself to have what makes you happy. Are you listening to your own interests?

Problems with your nervous system suggest a sense of disconnection from your father and a consequent feeling of isolation. You are likely to have a difficult relationship with authority, feeling unrecognized and unimportant. Frequent headaches or migraine indicate a deep dissatisfaction about the way you are living your life. You sense you are not spending your life doing what you were born to do.

For more information about incorporating this understanding into your life see: 'Change Your Mind Heal Your Body' by Anna Parkinson. For workshops or appointments to overcome and heal problems in your life see www.annaparkinson.com

OVERCOMING ANXIETY

If you suffer from fear and anxiety, this is the workshop for you. Also if you have problems with money, work or your mother or physical problems with feet or teeth.

Sun 11 May, Biddenden; Sat 24 May, London

TACKLING ADDICTION

Overindulgence can be a painful trap, suppressing but also exaggerating emotional pain. Learn to release old pains and acknowledge your native strength.

Sun 8 June, Biddenden; Sat 14 June, London

EMBRACING YOUR POWER

Discover how to improve your self-image, release anger, increase your confidence, and strengthen your will.

Sun 13 July, Biddenden; Sat 19 July, London

HEALING THE HEART

Uncover the profound creative energy of your heart. Develop your power to improve your relationships, remove the influence of old love affairs, and open to new ones.

Sun 17 August, Biddenden; Sat 23 August, London

FIND INSPIRATION

Determine the difference between success and happiness in your life. Discover your pattern for setting goals or holding yourself back and how well you know what makes you happy.

Sat 13 September, London; Sun 14 September, Biddenden

SETTING A COURSE -

Clearly understand the lessons of your past and how they have guided you to your life's mission. Secure a clear sense of purpose for the next phase of your life.

Sat 18 October, London; Sun 19 October, Biddenden

£70 per day (Kent); £80 per day (London)
50% discount on final workshop if you attend 6

ENQUIRIES & BOOKING:

gunda.cannon@gmail.com

tel: 01580 755 828 or

anna.parkinson@homecall.co.uk

tel: 0781 806 1605

Keep your mouth shut

and live a long and healthy life!

George Catlin, an American born 1796, is famous for his remarkable record in paintings and notes of native Indians though his great genius has been almost ignored till recent years. In his book entitled "Shut Your Mouth & Save Your Life" written in 1870 he details his assertions that the bad habit of modern man of mouth breathing was the cause of much of his disease and disfigurement. This was based on his close observation and questioning of thousands of native Indians & white immigrants.

It has taken almost one and a half centuries for modern research in medicine to recognise the validity of this concept. Today there is a growing number of specialist orthodontists and health workers who say the same thing based on sound scientific evidence.

On 5th October 2012 there was a Conference in New

York of the American Association of Physiological Medicine & Dentistry discussing this association. Since then an increasing number of orthodontists are adding breath training to their regular practice services, especially with young children whilst their cranial structures are developing. You may like to read the blog "Beautiful children breathe through their nose" on the website referred to below.

Much of the success of the Buteyko Method of training is due to the elimination of mouth breathing, advice against over-eating, the encouragement of more physical exercise and advice on quality sleeping. The ideas are so simple to teach or learn that they have been dismissed by mainstream medicine that increasingly puts its faith (yes, I use the word "faith" intentionally) in drug therapy or other intensive medical interventions. The truth is there is little profit

to be made from simple remedial systems that could threaten the profitability of our international pharmaceutical companies and the vast industry built on the management of disease, if the public were better informed of their existence.

Visit our main site www.buteykokent.co.uk for more information & perhaps you might like to download George Catlin's book at www.members.westnet.com.au/pkolb/indians.pdf Bear in mind it was written almost 150 years ago, and you may find the style of writing strange, however bear with it as it contains a wealth of thought provoking material.

Meanwhile "Shut Your Mouth and start on the road to better health!"

Michael Lingard BSc DO
BBEC
lingard@buteykokent.co.uk

relaxation vs adrenaline

Two different kinds of adventures to get the blood pumping

It's always wonderful to spend time with family and friends but sometimes it's fun to organise a little treat, making your time together that little bit more special. Whether it's relaxing in a spa or swinging through the trees this month we have tried and tested three great venues that we guarantee will put a smile on the face of your loved ones.

Relaxation Day

Whittlebury Hall, offers everything from relaxation in their Heat and Ice experience, to shaping up in the gym and fitness classes. As well as the Day Spa you can play their championship golf courses, 4 loops of 9 holes each with their own unique character, playable in any combination, so you don't have to play the same round of golf twice!

Our stay was to enjoy the award-winning Day Spa, one of the largest in the country with 23 treatment rooms and a choice of more than 60 treatments delivered by a team of skilled therapists. The highlight has to be the Heat and Ice Experiences which includes The Caldarium, Sauna, Sanarium®, Aromatherapy Crystal Steam, Hydrotherapy Pool, Tepidariums, Experience Showers & Foot Spas and Ice Cave.

We booked the Escape & Spa Stay from just £99pp which included

Overnight Accommodation
Full English Breakfast
Three-course dinner in Astons Restaurant
Full use of our Heat and Ice Experiences on our day of arrival

Full use of the Spa and The Leisure Club facilities
This overnight escape also included the choice of one of the following treatments; a 25 minute energising Express Facial or Soothing Back, Neck and Shoulder Massage.

Whittlebury Hall has a wonderful selection of day and overnight packages and with prices starting at £69 you will definitely find a package to suit your budget.

Here is a little selection of the packages available.

The Day Spa Relaxation Day

package, from just £79* for two, you can treat a friend or spoil a loved one and take them away for the day to be pampered in style.

The Day Spa Top To Toe Day,

from just £99 per person*, this great value top to toe pamper day offers all you need to indulge with friends or family and includes four treatments.

Indulgence Days from just £99pp* Choose from our exclusive Clarins, ESPA, Elemis or Jessica day spa packages offering all the indulgence you deserve, allowing you to escape and unwind. Each one includes two indulgent treatments.



Escape & Spa Stay from just £99pp.* This overnight escape includes the choice of one of the following treatments; Energising Express Facial or Soothing Back, Neck and Shoulder Massage.

Escape & Spa Stay Plus from £129pp* which includes your choice of 50 minute treatment from either an ESPA Skin Radiance Facial or Clarins Rebalancing Massage.

So indulge this Summer and take advantage of their stay spa and day spa breaks!

*Terms and conditions apply, see website for full details.

Top Tips for enjoying your stay

* Remember to take your own poolside shoes as they are a requirement. If you don't have them you will need to purchase some at the reception (although they make a nice memento of the occasion.)

* You may want to have additional treatments so add these in when booking. The basic is 25 minutes which is a bit short unless you have other treatments planned.

* chilled fruit water is available throughout the day but all other drinks and snacks (other than lunch) are extra so budget for the extras.

What we thought of our stay

- * Excellent value for money
- * Lots to keep you entertained throughout the day
- * Wonderful evening meal
- * Huge selection of treatments available.
- * Friendly and helpful staff
- * Accommodation was excellent.

www.whittleburyhall.co.uk



Adrenaline Day

Tree Top Adventure, Snowdonia & Zip World Penrhyn are not for the faint hearted. After arriving late on the Friday night with an overnight stay at The Royal Oak Hotel, Betws-y-Coed my day started with a short drive to Zip World at Penrhyn.

Zip World boasts the longest and fastest zip line in Europe reaching speeds of up to 100 mph.

Located in the most dramatic of settings – Penrhyn Quarry which is nestled amongst the mountains of Snowdonia, North Wales. The zip wire takes you 500ft above the mountain lake.

The Zip World site contains two specially constructed and spectacular zip lines, the first will take you down to the bottom of the quarry, this was a great way to get a feel for the zip wire before hurling myself off the the big one. Once at the bottom of the first zip wire I was picked up in a specialised vehicle and taken on a tour of the quarry, then up to the top

to experience the 100 mile an hour zip wire back to the start. The scenery is breath taking and the experience is certainly unlike anything I had done before.

After a leisurely lunch my next adventure was the Tree Top Adventure, Snowdonia. The Tree Top adventure consists of 30 obstacles including balancing beams, zip wires, ropes bridges and parachute simulator.

Having been to places like Go Ape before I know what to expect, however the addition of the PowerFan and Skyride where the highlight of the day.

Towering over 31m (100ft) high is the Tree Top Tower, home to “PowerFan Plummet” The worlds’ highest powerfan parachute simulator. Standing on the platform is a real opportunity to over come fear and get the adrenaline pumping. It’s a great way to experience that feeling of free falling in a very safe environment.





The Skyride is Europe's highest and first 5 seater Giant Swing which left me feeling exhilarated as I was hoisted over 80 ft high into the air then released to swing out over the magnificent Conwy Valley. This was a great trip whether travelling on your own or with friends and family, stag weekends, birthdays or just as a weekend break it offers everything for the adrenaline junkie!

Top Tips for enjoying your stay

- * Make sure you are wearing suitable clothing, the zip wire is a long way up a mountain.
- * Enjoyed a Fish & Chip lunch at the Spinnaker, Betws-y-Coed
- * If you are travelling a distance a one or two night stay makes the days adventure a great short break.



What we thought of our stay

- * Spectacular scenery
- * Good value for money
- * Friendly staff
- * Adrenaline fuelled adventure

Zip World, Penrhyn

www.zipworld.co.uk
 Inc. Little Zipper, quarry tour and Big Zipper £50 per person (group discounts available)

Tree Top Adventure,

Snowdonia
www.ttadventure.co.uk
 Adventure Course + PowerFan Plummet + Sky Ride Adult £42
 Child under 16 £37

The Royal Oak Hotel,

Gwydr Forest Park, Snowdonia National Park, Holyhead Rd, Betws-y-Coed, Gwynedd, LL24 0AY
www.royaloakhotel.net

Have you ever thought working with to help you through life's challenges?

At Intuitive Horse we work with both adults and children, helping them explore their different emotional and behavioural states through experiential learning with a horse.

Here's an example of one of our sessions with an 11 year old girl. She came to get some help as she was struggling to communicate with her father about how she was feeling regarding her relationship with him. Her parents are separated, and she hadn't seen her father often and felt he was quite dismissive of her. She was also feeling slightly pressured to be a certain way within her peer group, so that she fitted in.

We discussed what she would like to explore in her

session with the horse, and she said she wanted to find a way to express how she was feeling. She entered the arena with the horse loose in it. With her intent in mind I asked her to see if she could find a way to relate to and express herself around the horse. She wandered around the arena, whilst the horse kept to the opposite side and kept glancing at her though didn't make any attempt to go over. After some time she came back to me and we discussed how she was feeling. She was feeling awkward and couldn't find a way to express herself to the horse, which made her feel self-conscious and insecure - the same feeling she had when she was around her Dad. I suggested she go back into the arena and see if she could express herself through using her body rather than trying to think of

a way. Tentatively she went back over to the horse and tried.

They both stood by each other for a while, the girl became aware of her breath and her feet on the ground she then turned to the horse and looked straight up it's nose which was towering above her head. After a while she started to move around the arena focusing on her body and her senses; she began to feel connected. The horse started to follow and happily walked along next to her whilst she skipped and moved around the arena in an easy fashion. Wherever the girl walked the horse followed and when she stopped the horse stopped. She stopped once again, and this time bent down and started to draw a pattern in the sand. The horse stood behind her wait-

about a horse



ing then very deliberately took a side step closer to her so it stood with its tummy half over the girl, similar to how a mare would stand over her foal whilst it rested.

After the session the girl was so happy and buoyant in herself - she said she felt lighter and free, like she could just be herself. This session really highlighted the transition in life she was going through. Although she had been struggling to express herself around her father since she was young, she was becoming more

aware of this because of her situation with her peers. It became apparent how she'd been feeling that she had to act differently around different people. This is a stage many young people go through and they often lose their own identity in the process of trying to fit in and be 'normal'. They then spend many years of their life, if not all of it, trying to get back to who they really are.

The horses are fantastic at helping people reconnect with themselves whether they are a child or adult.

The horse mirrors back your internal state, your behaviours and highlights your incongruencies. They give you an honest reflection of where you are at in yourself, and help to peel back the masks you have laid over yourself over the years, helping you find the real you - the you at your core.

If you would like to find out more then please visit our website www.intuitivehorse.co.uk or call Emma direct on 07825 036301



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Cystic Fibrosis: Parasites: Lupus: Glandular Fever
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INTRODUCING *the* Youth Enhancement System *from Jeunesse*

Whilst in their own search for anti-ageing solutions - in California, 2009 - Wendy Lewis and Randy Ray stumbled across some amazing and life-changing scientific breakthroughs. While enjoying the benefits from these technological advances, they also found a passion for sharing these remarkable discoveries, which are now gaining increasing popularity around the globe, and fast becoming leading products in the anti-ageing arena.

Backed by a scientific advisory board, their innovative skincare and nutritional products have now been welcomed by people wanting to 'age youthfully' in over 92 countries around the globe - and expanding - in just four years!

Jeunesse have evolved a holistic and synergistic product range for inside and out - products that cleanse, detox, repair, rejuvenate, restore, defend, enhance, moisturise, and support.

There's been growing interest in anti-ageing products for some time now and, rather than slow down, the trend is projected to increase exponentially during the next decade. The current ages of those born in the baby boom years, and the disposable income available in contrast to previous generations, is playing a major influence on this rising

trend - 'Whilst we can't stop the clock, we can at least seek to be more energetic, enjoy better health and vitality and be the best we can whatever our chronological age - youthful ageing!'

Jeunesse have a range of nutritional and skincare products all of which excel in themselves, as well as working coherently within a whole system. Many of us already have an array of lotions and potions lined up (eternal youth in a jar!) and cupboards full of vitamins and minerals.

It can be an expensive pursuit - the pursuit of youth! If you're dissatisfied with what you've already tried, and want to experience something new, you'll be happy to hear that Jeunesse, unlike most products offered on the high street, offer a 30 day money back guarantee, so you can buy and try with confidence.

Already tried products from the high street, and disappointed? Interested in trying something else, though don't know where to start? You may not wish to chuck everything you have out of your cupboards, so why not start



by trying some key products that will begin working for you, and then as and when you need to replenish your old stock, you can consider adding other Jeunesse items to your range?

For skincare there are two important items that will have dramatic effects and you can immediately integrate with your skincare routine - the Luminesce™ 'cellular rejuvenation serum' and the Luminesce™ 'ultimate lifting masque'. It is perhaps fair to say that the 'cellular rejuvenation serum' is the star of the show in the Luminesce™ range, which is based and developed from the findings of a world-renowned cosmetic dermatologist in Beverly Hills. Best known for his ground breaking work with adult stem cell technology, he constantly strives to develop new and better methods of achieving natural cosmetic results. As an original thinker and innovator, he developed a way to use the natural rejuvenatory abilities of our own adult stems cells for a phenomenal non-invasive cosmetic effect - the technology of which is now exclusive to Jeunesse.

The Luminesce™ 'cellular rejuvenation serum' gently transforms your skin and minimizes the appearance of fine lines and wrinkles, to help you look younger and healthier, helping restore life to tired skin. Of the Luminesce™ skincare range, the serum contains the highest percentage of growth factors and is therefore the ideal product to introduce into your skincare routine.

The Luminesce™ 'ultimate lifting masque' is a fabulous way to achieve an instant facial pick-me-up, combining the natural powers of tara and chicory to instantly lift and hydrate the skin whilst reducing the appearance of fine lines and wrinkles - great before a special day or night out! Naturally it would be great to use the whole Luminesce range for maximum benefits, though these two key products are a good place to start.

We're no doubt already familiar with the term 'beauty comes from within'. Whether this refers to what we think and how we behave - whether we greet life with a sunny disposition or a frown and a glare - or whether it is a reflection of what we put inside - good nutrition or poor - it is apparent that it is important to encourage good nutrition and healthy disposition if we want to remain vibrant, youthful, and nice to be with! Often a less than sunny disposition can simply be related to stress, burn out, tiredness and lack of good nutrition, rather than personality. There is ample evidence to demonstrate how a nutritionally impaired and unbalanced lifestyle can contribute to dullness in mind, body and spirit. When we're

at our lowest peaks, we lose vibrancy and often have short fuses! This is often mirrored in our faces and we may look older than we are.

Jeunesse offer a range of nutritional products that help us age youthfully from the inside out - whether we want to cleanse and detox, support and enhance, restore and rejuvenate - they've got it covered! We'll take a look at each product in more detail during the coming issues. In the meantime, if you're interested to know more then please visit the website to read about the secret of longevity, looking and feeling younger, 3 reasons for ageing, the science behind youthful ageing, as well as viewing many exciting before and after photos!

**[www.globalantiaging.com/
youthfulsynergy/home](http://www.globalantiaging.com/youthfulsynergy/home)**

**or email [youthfulsynergy@
gmail.com](mailto:youthfulsynergy@gmail.com)**



TALKING ABOUT STRESS



From busy mums in the café to executives in the boardroom, stress is an accepted part of life. For some it's a desirable badge of success, others recognise the way stress blocks enjoyment of life and stores up health problems. So what is it? And how can we transform the stress of our lives?

Stress is the gap between where we are and where we want to be. It represents a lack; we lack time, skill, motivation, control. Stress is a re-banding of fear, it is acceptable to refer to 'stress' whereas to have 'fears' can sound weak. Though underlying the stress will be a fear - what if...(you fill in the blank)....? Although it might not be comfortable to admit we are afraid, facing our fear can actually be a liberating experience. By seeing it clearly, it may lose some of its power. We can examine the fear by asking ourselves: Is what we're afraid of a likely consequence or outcome

of the action/non-action we're taking? Are there other more likely consequences/outcomes? Could we lessen our fear's impact by having an alternative plan?

Once we have some practical actions in place, we feel more in control and the fear subsides. For example - What if I miss this deadline? My fear is I'll be fired, I'll go bankrupt and then my family will be out on the streets. Is this likely? Probably not! Are other outcomes more likely? Yes, my boss would probably be really concerned and we'd have to have a meeting.

Could I lessen its impact? Yes, by having insurance and/or savings I could reduce the risk of going bankrupt. By updating my CV and making sure my skills are up to date I'd be prepared if I lost my job. And building the relationship with my boss would make talking to him/her about my deadlines easier. Getting better at time management would

help avoid the situation in the first place.

We can get addicted to the adrenaline stress releases in our bodies so, like changing any habit, we need to replace old habits with new ones and give them time to embed.

Stress may be based on day-to-day situations such as this the tight deadline mentioned above or it might be the big picture, deeper stress that comes from not being true to ourselves in our work or relationships. Keeping up an act causes stress. In this case it is important to get back in touch with your passions and your creativity so you can be truthful with yourself and others.

I hope this has given you some ideas. If you'd like to talk about your stress, do get in touch
Life Coach Debbie Reeds
Debbie@soulsanook.com
07702 737019



Can we find meaning in depression?

Depression is, understandably, usually regarded as an extremely negative experience.

After all, it is painful to feel and can rob us of our enthusiasm, energy and enjoyment of relationships. Many people come to counselling and therapy because they feel dissatisfied with life, have unhappy relationships or are stressed in some way. Underneath these symptoms there is often a depression.

In our culture we tend to try and get rid of depression when it appears, using pills or pragmatic advice such as 'take more exercise' or 'count your blessings'. While for some there may be a role for anti-depressants or practical tips, sometimes we need to go a bit deeper and look at what the depression may be trying to say.

What lies beneath the depression? A therapist working in a soulful way, while acknowledging the pain a depressed client is feeling, does not automatically

try to 'fix' the client by trying to take the painful feelings away. Instead, he or she is curious about what may underlie the depressed feelings. For example, in some cases it could be a buried anger that has never been acknowledged by the client and has now been turned inward in the form of depression. Or it could be related to extremely painful experiences in childhood that have never been truly mourned.

Depression may also be a symptom that we are pushing down - literally 'depressing' - a part of ourselves that needs to be heard or honoured. For example, if we are living a life that is really in line with what our parents approved of rather than what we ourselves longed for, those unmet needs may result in depression.

Suppressing the life force

While it may be possible to understand some of what may be causing a depression, that does not mean it will necessarily lift quickly. A therapist working in a soulful way must be prepared to be with his or her client as they struggle with depressed feelings, resisting the temptation to "rescue" the client with false reassurances. At times we do not know what is beneath the depression and we simply need to accept and sit with it in a compassionate way, trusting that it is there for a reason. This compassion can help heal, over time, even if our ego is desperate for the pain to disappear more quickly.

Patrick McCurry offers counselling for individuals and couples. For more information please visit patrickmccurrycounselling.co.uk or phone 07891 295649



Caring for an older parent

Mum having a fall, Dad having a stroke, Gran developing dementia... all events that suddenly make us leap into action as individuals or families.

But how can families cope when they live a distance from their ageing relatives? Equally, when elderly relatives are living close by, we will still worry about them during the night, or during the day when they are alone.

The specialist advice website www.myageingparent.com

has published an online guide to the types of support and services which are now available to keep an eye on our loved ones – including the latest generation of support technologies that will help transform the way Britain looks after its ageing population in the years to come.

“We are very much at a crossroads,” says the website’s owner Deborah Stone. “On the one hand, we have moved away from what was the norm - large families living within close proximity. Modern living has changed

this to smaller ‘nuclear’ families, with multiple generations, geographically spread across the world, leading hectic lives. On the other hand, we are ageing rapidly as a society and facing ever rising costs to care for that ageing population. Telehealth and telecare are being held up as the ways to bridge that gap. But which ones really work?

The first thing to understand is that nothing replaces direct contact: personal calls and visits give you and your family first hand knowledge and understanding.

"However, that is not always possible... so how do we know, rather than hope, that our loved ones are OK each day?"

"There are some tremendous gadgets and Internet technologies that promise great things, but for the older audience, introducing technology can be a barrier."

Here is myageingparent.com's selection of ways to keep in touch:

Mobile phones

These can be a boon in everyone's life, especially when going out, but we don't all have the manual dexterity and eyesight needed to use a mobile phone comfortably. Check out simple phones from people like Doro. These can have a small selection of important numbers, or an emergency button which contacts a list of people that you set up.

Smartphones and tablets

While encouraging older people to start using email, Facebook, Skype etc offers enormous benefits, patience may be needed if the person has no background in computers. Focus on one thing at time over a

reasonable period and keep re-enforcing the operation. Think about using the grandkids to introduce the technology: They may well be more successful than you! Tablets are generally easier for older people to use, as they are more intuitive.

Telephone monitoring

There are call services available, like "3rings", which will get in touch with a person on a regular basis during the course of each day to check the person is well - and send the family text or email updates or alerts.

Personal alarm monitors

These are excellent for those prone to falls. Loved ones wear a pendant or wrist strap with a red button that can be pressed in an emergency. This is linked to a call centre and, if necessary, they will contact emergency services.

Clever new products are now being added all the time, and which can monitor the home (for CO2, room temperature, fire or water) or the person's vital signs (body temperature, movement or heart rate) and let the carer or care service know.

Fall detectors

An increasing number of devices and apps will send out alerts if a fall happens - either in or outside the home, providing alerts and GPS positioning.

GPS monitoring

For families concerned about someone with dementia, GPS trackers can have boundaries set and alerts sent should your loved ones go outside the house or garden for instance. While there have been concerns expressed about the "Big Brother" aspect of this, many families will welcome the peace of mind these provide.

Concludes Deborah:

"We obviously now have the technology to keep an eye on mum or dad 24/7, but there are some caveats about how and when you introduce these into someone's life.

It's important to recognise that a service that gives YOU peace of mind may send a signal to your parents that you feel they are getting old and need care.... this may not necessarily be how they see themselves, so do tread carefully! None of this can ever replace a face to face visit."

www.myageingparent.com

How to use

CHIA

seeds *by Wikaniko*

Last issue we looked at the many benefits of including Chia seeds in our diets. Though how, exactly, can we use them? They're easy to incorporate (your recommended daily intake of Chia is 1 - 2 tablespoons per day):

A healthy start to the day

- Grind seeds, add to hot milk to make a "porridge"
- Mix into yoghurt.
- Want a crunchy breakfast? Add half to one tablespoon of seeds to crunchy toasted muesli, add milk, fruit juice, soy or nut milk and eat immediately. The chia seeds will retain their crunch.
- Blend into smoothies.
- Add whole seeds to diluted fruit juice to make Chia Fresca.
- Make a "lassie" by blending seeds, yogurt and fruit juice.
- Add to beaten eggs, soak for 10 minutes and make an omelette or a frittata.
- Mix ground seeds with butter, peanut butter or Nutella for a nutritious spread.
- Whisk a dessertspoon of chia seeds into coconut water. This is especially good on a hot day for keeping hydrated and an excellent idea for athletes (it's so effective and healthy I feel it will soon be marketed as a sports drink!)

Dinners

- Add to soup to thicken.
- Mix with Worcestershire or bbq sauce and brush over barbecued

meats.

- Add seeds to stews to thicken, or throw some into a stir fry.
- Make a thin batter of ground chia seeds and milk and cook in a slow oven to make crackers.
- Stir into cooked lentils.
- Cook brown rice in vegetable stock and stir seeds through when rice is cooked.
- Mix ground seeds with ground beef to make meatballs, or soak in an egg to bind a hamburger mix.
- Mix chia seeds that have been soaked in milk through mashed potatoes.
- Make a pasta sauce by blending chia seeds, cooked cauliflower and vegetable stock.
- Add ground or whole seeds to your favourite stuffing mixture.
- Add ground chia seeds to your favourite fish cake recipe.
- Sprinkle over a salad, or sprout the seeds to use in salads.
- Add to salad dressings.

Desserts

- Add to apple juice to make "sago".
- Grind seeds and mix with flour, milk and eggs to make pancakes.
- Make Chia pudding by adding whole seeds to milk, nut milk or soy milk.
- Pureed fruit, chia seeds and a little fruit juice is a good topping for ice cream or top a cheesecake with chia seeds soaked in fruit juice to make a gel topping.

- Add a desert spoon of black seeds to a green jelly mix for "frog spawn jelly" or to custard to make "polka dot custard" - great for kids!

Baking

- Mix 1 dessertspoon of seeds with quarter cup of water to make egg substitute for baking cakes.
- Add to a cake batter to make a heavy poppy seed like cake.
- Add ground chia seeds to flour when making bread.
- Make chia pan bread by combining chia seeds, eggs, milk, flour and baking powder. Cook in a heavy based pan with a lid on.
- Add whole or ground seeds to biscuit cookie mixes.
- Toasted ground chia seeds mixed with honey and cinnamon - great base for a cheesecake.
- Cinnamon, ground chia and butter is great on hot scones.
- Spread a mixture of honey, cinnamon, dried fruit and ground chia on to filo or puff pastry sheets, roll up and cook in a hot oven.
- And you can simply eat Chia seeds whole and raw as a snack.

Adding Chia to your diet costs from as little as 50p per day. Buy your organic Chia Seeds from Wikaniko and get a healthier lifestyle, instantly!

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You can read about the benefits of Chia Seeds here - wellbeingmagazine.com/nutrition/health-benefits-chia-seeds/

Eve Peacock HOROSCOPES

TAURUS

A creative month and a nice diplomacy with others showing when Venus enters Taurus on 28th May.

LEO

Planning a trip or even an early holiday indicated for May, followed by a sociable June with friends/family.

SCORPIO

Saturn retrograde until July 20th will clear the last of the obstacles blocking progress and encourage freedom.

AQUARIUS

A shift away from work issues this Spring/early Summer to more emphasis on who and what you love.

GEMINI

Sun entering Gemini on 20th May helps you let go of heartache with new romantic links highlighted from 23rd June.

VIRGO

Scorpio's Full Moon on 14th May helps you to come to terms with what is no longer viable. Be strong.

SAGITTARIUS

Sharing ideas in May and a Sagittarius Full Moon on 13th June highlights relationships and commitments.

PISCES

May's Full Moon helps you move on from negative influences and Neptune in June re-establishes focus.

CANCER

May is a little unpredictable but the Sun entering Cancer on 21st June gives a lovely sense of wellbeing and optimism.

LIBRA

April's eclipses shone a laser beam of clarity for Libran's. Continue this trend for May/June of being true to yourself.

CAPRICORN

An introspective May leads you to a quiet decisiveness in June especially with colleagues.

ARIES

Your natural leadership skills come to the fore in May but more interaction with others needed in June to accomplish goals at work.

New shop opening in the Labyrinth, 7 Mark Lane, Eastbourne on Monday 2nd June 2014.

Clairvoyant Tarot and Palmistry readings available. £5 off - mention Wellbeing Magazine.

Eve has appeared several times on ITV's This Morning and writes regularly for Spirit & Destiny. She is the Astrologer for Sussex Life and the Psychic agony aunt for Golden Times

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Eye has appeared several times on TV's This Morning & writes regularly for Spirit & Destiny. She is the Astrologer for Sussex Life & the Psychic Agency Aunt for Golden Times

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What's On

May

3rd/4th

9.30am

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

6th

6-7pm

Beginners Pilates
Improvers Pilates
St Michael's Church Hall, High St, Lewes, 9 weeks £81 with Fiona & Tabitha, Equilibrium 01273 470955 www.equilibrium-clinic.com

14th

7pm

Local Support Networking Forum, The Link Centre, East Sussex, FREE, leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk/84.html

25th (& Sun 1st June)

10am-5pm

Reiki Level 2 Certificated Course, with Reiki Master Sue Hall, Equilibrium Health Centre, 16 Station St, Lewes, Equilibrium 01273 470955 www.equilibrium-clinic.com

28th - 30th

3 day Intuitive Horse retreat, Hastings, £280, www.intuitivehorse.co.uk 07825 036301

June

2nd

Eve Peacock, Psychic, new shop opening in the Labyrinth, 7 Mark Lane, Eastbourne, Clairvoyant Tarot & palmistry readings available, £5 off with this magazine, 07807 637784, www.evepeacock-visions.co.uk

3rd

5-8pm
Guided Learning & your Bodywork practice, Bexhill, £50pp, Bodywisdom School of Thai Massage & Equine Affinity offer this short workshop specifically for body & energy workers, to register your interest contact

Nicola@bodywisdom.org.uk

4th - 6th

3 day Intuitive Horse retreat, Hastings, £280, www.intuitivehorse.co.uk 07825 036301

7th

10am-1pm
Thai Yoga Massage Taster Workshop, open to anyone wanting to work more creatively with movement & healing touch, St Leonards on Sea, £25pp / £45 per pair, contact Nicola Smith, 07930 442639 www.bodywisdom.org.uk

8th

10am-4pm

Power of the Wave - finding your flow with Holistic Pulsing, experiential workshop open to all bodyworkers, yogis, dancers & teachers who are interested in finding more playful & profound movement within their practice, Unity Yoga Studio, Brighton, £45-65pp, contact Nicola Smith 07930 442639 info@bodywisdom.org.uk

July

2nd - 4th

3 day Intuitive Horse retreat, Hastings, £280, www.intuitivehorse.co.uk 07825 036301

26th

EMDR (Eye Movement Desensitization Reprocessing), The Link Centre, East Sussex, £80, leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk/203.html

August & September

30/31st August & 6/7th September

Multi-Level Certificate in Counselling Skills, The Link Centre, East Sussex, £415, leilani@thelinkcentre.co.uk www.thelinkcentre.co.uk/201.html

Mondays

2-3pm

Gentle exercise & relaxation (rooted in Qigong), The Natural Fitness Centre, Eastbourne, £7 (first session FREE), Nick Neter, 01323 732024, info@naturalfitnesscentre.co.uk

eastbourneshiatsu.co.uk

4.45-5.45pm

Elemental Qigong & Meditation, The Natural Fitness Centre, Eastbourne, £7 per session (£35 for 6 sessions), Nick Neter, 01323 732024

info@naturalfitnesscentre.co.uk

eastbourneshiatsu.co.uk

5.45-8.30pm

(first Monday of the month - 12th May (5th is a Bank Holiday) & 2nd June Seated Acupressure Massage, with Ben Trowell & Nick Neter, The Natural Fitness Centre, Eastbourne, 15 minute (£5) & 30 minute (£10) treatments available (FREE 10 minute tasters), walk-in or booking available, 01323 732024

info@naturalfitnesscentre.co.uk

6-9pm

(most Mondays)
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sessions are available), St Peters Church Hall, West Street, Shoreham, BN43 5WG, for further information call Mary 07796 518667 or visit www.facebook.com/thehumantouch1

6.30-7.40pm

Foundations of Yoga, 6 week courses, St Leonards on Sea, £40, open to complete beginners & those wanting to review the principles of their yoga practice, Nicola Smith, 07930 442639 www.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, Nicola Smith 07930 442639 www.bodywisdom.org.uk

6.15-7.15pm

Qigong & Meditation, St Luke's Parish Centre, Stone Cross, with Nick Neter, £6.50 per session, (first one FREE), 07773 061309 handswork@tiscali.co.uk eastbourneshiatsu.co.uk

Wednesdays

11.30am-12.30pm

(every Wednesday except 2nd of the month)
Gentle exercise & relaxation (rooted in Qigong), WRVS, Russell Centre, Eastbourne, £4 (first session FREE), Nick Neter, 01323

412279 eastsussexdc@eastbournewvws.org.uk

1-5pm

Weds 7th, 14th, 21st & 28th May
Allergy Clinic, Equilibrium Health Centre, 16 Station St, Lewes, with Robin Ravenhill, Equilibrium 01273 470955 www.equilibrium-clinic.com

1-5pm

4th, 11th, 18th & 25th June
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Thursdays

12noon-1pm

1st, 8th, 15th, 22nd, 29th May
Lunchtime Outdoor Tai Chi, Huggets Green, West Quayside, Newhaven, £7 (£6 concs) Equilibrium 01273 470955 www.equilibrium-clinic.com

12noon-1pm

5th, 12th, 19th, 26th June
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Fridays

10am-2pm

Monthly on 2nd Friday of the month - 9th May & 13th June
Walk-in Shiatsu Clinic (Japanese holistic bodywork

therapy) with Nick Neter, Oya & Machiko, St Luke's Parish Centre, Stone Cross, 30 minute treatment or more for a donation (from £10), some places bookable, 07773 061309

handswork@tiscali.co.uk eastbourneshiatsu.co.uk

10am-6pm

2nd, 9th, 16th, 23rd, 30th May
Aromatherapy & Reflexology Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Dafna & Rachel, Equilibrium 01273 470955 www.equilibrium-clinic.com

2-6pm

Monthly on 4th Friday of the month (23rd May & 27th June)
Walk-in Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter & Ben Trowell, Yogalife Studio, Eastbourne, 30 minute treatment or more for a donation (from £10), some places bookable, 07773 061309 handswork@tiscali.co.uk eastbourneshiatsu.co.uk

10am-6pm

6th, 13th, 20th, 27th June
Aromatherapy & Reflexology Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Dafna & Rachel, Equilibrium 01273 470955 www.equilibrium-clinic.com

Saturdays

9am-2pm

Monthly on 3rd Saturday of the month (17th May & 21st June)
Walk-in Shiatsu Clinic (Japanese holistic bodywork therapy), The Natural Fitness Centre, Eastbourne, with Nick Neter MRSS & Darren McCarthy MRSS, some places bookable, 30 minute treatment or more for a donation (from £10) 01323 732024 info@naturalfitnesscentre.co.uk

eastbourneshiatsu.co.uk

9am-5pm

3rd, 10th, 17th, 24th & 31st May
Massage Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Steve, Will, Dafna & Jade, Equilibrium 01273 470955 www.equilibrium-clinic.com

9am-5pm

7th, 14th, 21st & 28th June
Massage Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Steve, Will, Dafna & Jade, Equilibrium 01273 470955 www.equilibrium-clinic.com

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