

Wellbeing

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Your health and lifestyle magazine

UTAH

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Mormon temples

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Posture gadgets

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Breathe through
their nose

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EDITOR'S WORD

www.wellbeingmagazine.com

Having spent a week in the US visiting **health** companies and grass farms I have been reminded what an amazing industry I work in. The city of Salt Lake City is home to some of the worlds largest **nutraceutical** giants. New health discoveries, new ingredients and new technology ensures that the health and wellbeing industry is **thriving** and adapting to our ever changing needs. The US also reminded me that there are two very extremes of people those that take **responsibility** for their health and those that still live blissfully unaware of the dangers of their diet and lifestyle. I am pleased to say that you fit into the first category. Enjoy & be inspired.

Rachel Branson

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from the following modalities I offer:

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Acupuncture - Deep Relax Body & Mind -
Vibrational Facelift



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LOCAL WELCOME

Many of us are looking forward to our summer holidays, whether they be taken away from home, or planned as a 'staycation' in the comfort of our own surroundings. Wherever and however you're choosing to spend your time this summer, I hope that the weather stays kind, and that you're able to take some time out and away from the hustle and bustle of everyday life. Our July/August issue contains interesting articles as always (perhaps a good holiday read!) and lots of information and advice to help you and your loved ones stay in tip top condition. Check out the pages written by our regular experts and newer



contributors, and perhaps find something different to try that appeals to you. Remember to take a look at our Therapy Rooms and What's On listings too. Incase you're not already aware, we have even more articles available online at wellbeingmagazine.com and a host of help and information in our directory wellbeingdirectory.com Whatever the summer holds for you, may it be a good one!

Lesley

To include editorial in our next issue please contact lesley@wellbeingmagazine.com to find out more
To list your business with our online directory visit wellbeingdirectory.co.uk



At last, after months of waiting the Brighton Open Market is open! The community project run by the Brighton Open Market CIC, is a covered development of permanent shops, cafes and pop up stalls. Open Monday to Saturday, 45 permanent traders and dozens of temporary traders will be offering fresh local produce and a range of other market products and services. One such stall will be 'Brighton Naturally', a natural lifestyle and wellbeing store. With fresh homemade healthy cakes, nutritious raw food snacks, raw chocolate and superfood smoothies, we aim to bring nutrition, taste and convenience together while delivering awareness of superfood nutrition, health and

wellbeing benefits. Our lifestyle products are all made from sustainable materials: hemp clothing, bamboo soft furnishings and natural beauty products to name a few - an Aladdins cave of discovery into the world of natural fibres and environmental solutions to modern day living. Products of knowledge and wisdom for adults and children, with Louise Hay books and CDs among other great authors. Products supporting innovation in building eco-communities with natural sources. Wellbeing products and handmade gifts. Looking for something original, innovative, natural and interesting? Then come along to 'Brighton Naturally' and you'll find it! 'The vision for the new open market is to have at its heart, fresh nutritious, local quality food; a market that will reflect current concerns over health and environmental sustainability.' CIC Joanne Harris, Project Manager for The Hyde Group, overseeing the development, said "We're really excited about the prospect of the new market opening and cannot wait for Brighton Open Market CIC to throw open the doors and welcome in the local community to what promises to be a vibrant and thriving new market space".

www.brightonopenmarket.co.uk

'Brighton Naturally' a part of the TEC Collective
www.teccollective.com

Intuitive Horse is based at New Coghurst Farm near Hastings, East Sussex. It's a family run farm; hay-making, sheep grazing and the Intuitive Horse work make up daily life at the farm. Intuitive Horse was developed as a result of years of experience working with horses and teaching people how to ride. It was observed that a horse's behaviour would change from person to person and that the horse tended to respond directly to a person's emotional state, regardless of riding ability. For example, when a horse is 'acting up' and appears to be naughty it is more than likely responding to the feelings of its rider (or else expressing discomfort) and much like an infant who can't speak it makes it's behaviour louder to get our attention.

Having witnessed the positive impact horses can have on someone's life, we sought to provide a stimulating learning experience and now offer a range of Intuitive Horse programmes including private one on one sessions, workshops and 3 & 5 day retreats. All work with the horses is done from the ground (no riding is involved) so absolutely no previous experience with horses is necessary.

Most of the horses living at Intuitive Horse initially came for some form of rehabilitation. This was often after all other avenues of care and treatment had been exhausted. However they got here, they are all doing well and now have a permanent residency at Intuitive Horse where they work with people on many different levels. None of our horses are over-worked and all have a special programme which ensures their needs are met at all times.

Who might find this work beneficial?

Anyone! Male, female, adult or teenager, even family groups

Why might someone consider booking onto a retreat or 1-1 session? Perhaps they're:

- Looking to experience something new
- Have a love of horses, nature and the outdoors
- Looking for something to help relax and unwind
- Interested in their personal development and wellbeing
- Interested in horses / have a horse and are interested to learn more about the horse / human



relationship without riding

- Looking for some 'ME' time
- Have a specific issue they want to address

How can Intuitive Horse help? Intuitive Horse:

- Helps people with fears of horses/animals
- Helps de-stress
- Aids personal reflection
- Helps you find answers to personal situations you may be feeling a little lost with
- Helps to quieten the mind
- Gives you tools to take away and use in every day life that help towards managing self awareness of your behavioural and emotional states
- Provides an opportunity to relax and slow down from the fast pace of life
- Helps you gain confidence and self-esteem

Can Intuitive Horse help with conditions and disorders?

This work can be very helpful for people with specific conditions, and can support and complement therapies you might already be receiving. A consultation over the phone to gain an understanding of your situation first is essential. We have worked with people experiencing OCD, stress, depression, grief, anorexia/eating disorders, anxieties, schizophrenia, sexual abuse, people with low self-esteem, special needs and would be happy to work with anyone with conditions not already listed (please note, you do not have to be receiving any other form of therapy, though if you are seriously struggling with any of the above we have observed how beneficial it can be to work with us as well as receive therapy from another source - we are very happy to discuss this with you in confidence by phone).

Intuitive Horse - seeing you for who you really are!

07825 036 301

www.intuitivehorse.co.uk

How WEIGHT TRAINING can help you achieve your fitness goals!

Michael James is a fully qualified fitness weight training coach, with Powersport International instructor certificates.

Michael started weight training at the age of 16, covering fitness training, shape and tone, body building, and nutrition. After starting his training at the Harrow Leisure Centre he moved on to continue his training at Daves Gym in Harrow, with top British Heavyweight Champion, John Fisher. Later Michael joined the English Federation of Body Builders and continued further coaching at The Apollo Health Club in the West End for 5 years, training many members - male and female - in the use of free weights and modern gymnasium machines. Michael is now concentrating on personal one-to-one coaching and specialist women's



circuit training course with small groups, pairs and single classes. He covers all levels from keep fit to competition standard, fitness for all sports, muscle shape and tone, weightloss, diet and nutrition. If you'd like to learn correct technique and form, and for a fully detailed and personalised service please contact Michael on 01323 371918 Michael is based in Eastbourne, though offers coaching locally and further afield, and can even coach in the comfort of your own home if preferred.

M J R Coaching



The Human Touch *continues to grow and evolve...*

We've moved location and now open every Monday (except for Bank Holidays) from 6 till 9 pm. Our new location is at The Shoreham Centre, Pond Road, Shoreham by Sea, BN43 5WU - shorehamcentre.co.uk There's a car park directly behind the centre in North Street and it's free to park there after 5pm. The move allows for further expansion of the project as we take on more therapists and provide even more therapies, still at the amazing price of £15 for a 30 minute session or £10 for concessions! We're delighted to welcome Olivia Wragg onboard. Olivia will be providing reflexology, leaving Mary free to provide Angel Card readings. We're taking the team on the road over the summer, to outdoor wellbeing events - watch our Facebook page for all event listings and at the end of June log on to our new website which we'll be launching then thehumantouchshoreham.com We continue to provide you with weekly updates on our facebook page so please visit us at facebook.com/thehumantouch1 You can leave messages on the page, add feedback and testimonials after treatments, ask questions and request bookings. You can also do all of this with a call/text to Mary on 07796 518667

We are grateful for all of the love and support shown so far and we ask that you keep on liking our Facebook page, keep sharing our page, keep talking about us, get involved, come and experience the diverse range of therapies on offer. Iridology, Indian Head massage, Reflexology, Reiki healing, Homeopathic consultations and remedies, Animal healing (for your pets), Craniosacral therapy, Angel Card Readings.

This project is For The People, From The People, To The People - We are there every Monday

Keep your Back Fit & Healthy this Summer!

Health Tips provided by Lushington Chiropractic

Don't let aches and pains stop you from enjoying yourself this Summer. Lushington Chiropractic offers award winning chiropractic treatment, with a reputation for a warm welcome and effective results. They will personally tailor your treatment and have you running around again in no time!

Research shows that over half of us regularly suffer with backaches, neck pain or headaches, so we thought it was about time to ask our local award-winning chiropractors at Lushington, in Eastbourne town centre, for some advice.

Doctor of Chiropractic, James Revell, from the clinic shares his insights: "When I started in practice over a decade ago people used to just ignore the niggles and aches, waiting for them to build up into major problems. However there's been a real shift in people's awareness. People are looking after their bodies better than ever. The key is to listen to your aches and stiffness and act before they get out of control. Prevention is better than cure and will often stop you from needing treatment. People are finally starting to realize they can't get a 'replacement spine' so they're looking after themselves now before it's too late."

His top 6 top tips are:

- 1. Sitting:** Support your low back when sitting and avoid crossing your legs. It's a difficult habit to change though crossing your legs, and especially curling up on the sofa, will twist your spine
- 2. Sleeping:** On your back is best for your spine. If you really want to sleep on your side, then put a pillow between your knees so you don't twist into the recovery position. Sleeping on your front is worst for your spine. It twists your neck and strains your low back all night long.



3. Keep active! Make the most of the summer by getting outside. Get into the habit of taking a brisk walk daily. I always suggest practical or fun exercises because we're more likely to stick to them if they are easy to fit in our busy day.

4. Water: Experts recommend we should have about 6 to 8 glasses a day. Feeling hungry can sometimes be sign that your body is dehydrated and you need more water. Keeping hydrated will be good for your back too. It's keeps the discs in your spine well hydrated, reducing the risk of injury.

5. Listen to your body: Pain is a warning. If something is hurting, don't ignore it.

6. Ice: (no I don't mean in the gin and tonic!) If you're achey use an ice pack, wrapped up for 5-10 minutes to calm any swelling. Although hot baths feel nice they rarely help. The heat from a bath or hot pack can often worsen the swelling associated with an injury.

Finally James adds: "Remember to congratulate yourself when you reach your health goals or you stick to a new habit. You need to celebrate your achievements. If you make it all hard work you'll never stick to it."

On Wednesday 23rd July, Lushington have their famous summer Open Day from 11am until 3pm. See their website www.chirocare.co.uk for the list of talks, free tasters and special guest visitor, or call Lushington Chiropractic on 01323 722499 for details and to let them know you're coming.





great benefits of
SEX

Words: Kate Arnold

The sun is shining, England is in full bloom and I think it's time to talk about sex! This month's article will cover ways to improve your libido, drugs that affect your sex drive and why kissing can boost your immune system.

Low libido is a very common complaint among both sexes and it's an everyday symptom of many people I see in my clinics, but not one that is openly talked about without embarrassment! Often difficult to discuss... I'll outline why it can happen and what to do about it. Sex is a wonderful way to stay happy healthy and fit with a better functioning immune system. Overall, it's a win, win situation!

GREAT BENEFITS OF SEX

In our 21st century consumer society life, we seem to be surrounded by sex, on TV, the internet, and in advertising and it seems to be getting worse. Sex sells, it always has and it undoubtedly always will. However looking at sex within a relationship we have to acknowledge how beneficial it can be not only to our relationship but our physical and mental health. Sex could and in my opinion should be included as part of a healthy lifestyle. Research has shown that couples who have sex weekly have a 30 percent increase in immunoglobulin A, an antibody that fights infection. Sex can also reduce stress, for physiological and emotional reasons, reduce blood pressure and can even reduce low density lipoprotein ("bad") cholesterol.

Here are some other potential benefits of regular sex.

1. Can increase feelings of motivation due to endorphin release.
2. Can improve memory due to increased blood flow to brain.
3. A natural increase in oestrogen can improve the appearance of our hair, skin and nails.
4. Can help tone your abs, glutes and any

other muscle in your body you are using!

5. May help lower blood pressure which may in turn lower your risk of heart disease.
6. Give you a better physical response to stress.
7. Potentially raise your immune system with an increase in IgA.
8. Better sleep patterns.
9. Women may have more predictable, regular and less painful periods.
10. Sex can burn off 100 calories every half hour!
11. May boost self confidence and self esteem
12. Can improve intimacy in a relationship - more oxytocin is released which helps you feel bonded to your partner.
13. Strengthens pelvic floor muscles.

WHAT CAUSES A LOW LIBIDO?

1. Some medications (see below)
2. Depression. Libido and depression share a complicated link. Depression can change the body's biochemistry and therefore reduce libido. It's also harder to feel sexual when you're depressed. Some medications commonly used to treat depression may also lower libido as a side effect.
3. Stress. The body reacts to stress by releasing adrenaline and cortisol. Chronic stress, in particular, can interfere with your body's hormone levels, and result in a low libido. The arteries can also narrow and restrict blood flow in response to stress, which can also lead to erectile dysfunction. Stress can also reduce your libido by distracting you and taking your mind off sexual desire.
4. Low self esteem/confidence. It's hard



to feel sexy when your self-confidence is down or when you have an unhealthy body image. Someone who feels unattractive is less likely to want to engage in sex. Fears of rejection may also come in to play.

5. Erectile dysfunction. Low libido is a common emotional side effect of ED. Once a man experiences ED, he may get anxious. His confidence is shaken, and he might be afraid it will happen again. His libido shuts down to preserve his ego.
6. Illness. From a streaming cold or flu to more serious illness, when you are not feeling well, sex is often the last thing on your mind.
7. Menopause. Women may experience a low libido during menopause for a number of reasons. Oestrogen levels drop suddenly during these years, causing vaginal tissue to become dry. That, in turn, can lead to discomfort and pain during intercourse and discourage a woman's sexual desire. Menopause can also lower testosterone, the hormone that boosts libido in women as well as men.
8. Fatigue and lack of sleep can hinder sexual activity. Let's face it, the last thing you feel like is sex if you are knackered all the time. Try and get some good quality sleep and see how you feel after some good zzzz's.
9. Alcohol or drug use. While a little alcohol can help lower inhibitions, too much can impair your nervous system and lead to fatigue, making it difficult to become aroused. Other drugs can decrease your sex drive as well. For example, marijuana suppresses the pituitary gland, which regulates the production of testosterone.
10. Lack of time. Have you ever been too busy for sex? The hectic schedules of daily life can put your sex life on the back burner. Some people assume there will be time for sex at the end of the day when there is nothing else going on but often you have left it too late or are too tired. But unless you make time for each other and for intimacy, it may not happen. Eventually lack of sex can lead to low libido.

11. Libido can be directly influenced by low testosterone levels. Therefore, low libido is often caused by low testosterone levels - a hormone imbalance. Low testosterone can be caused by injury, inflammation, or tumors in the testicles.

Medications that can reduce libido

Often lowered libido can be directly due to medication. These medications you may have to be on long term so it is a good idea to discuss this with your GP. Not all people will get these side effects, but it is worth reviewing with your GP if you think you have lowered libido being on a certain medication.

Anti-depressants
Birth control pills
Prostate drugs
Baldness drugs
Antihistamines
Anti seizure medication
Beta blockers



Kate's Tips

HOW TO BOOST YOUR SEX DRIVE

Diet affects the libido in numerous ways. Some of the effects are simple to understand. Getting enough to eat provides the energy to function sexually. Too much to eat can kill the desire! Diet also affects sexual response in several lesser known ways, involving hormone production, blood flow, lubrication and other symptoms of arousal. Just by watching what you eat you can notice a difference in sexual response. So how do we increase our sex drive?

1. Get enough exercise - this can increase some sex hormones.
2. Try anti stress techniques if you feel that excess stress is hindering your sex life.
3. Try and get enough sleep.
4. Diet is also important: Choose a wholegrain diet with specific emphasis on Vitamin B6. This vitamin and mineral work for every part of the female sexual cycle, helping produce adequate levels of sex hormones. Zinc is found in oysters, lamb, nuts, egg yolks, rye and Vitamin B6 is found in cauliflower, watercress, broccoli, muesli, sunflower seeds, and lentils. You need approximately 15mg zinc daily and 60 mg of Vitamin B6.
5. Omega 3 is also important for healthy hormone functioning so try and eat 2-3 portions of oily fish per week, and you can include hemp, flax, soybeans, walnuts, almonds and organic eggs.
6. For good quality sperm, men need to stop smoking, reduce excess alcohol, avoid stress and coffee.
7. Oxidative stress (an imbalance between free radicals and our ability to detoxify them) has now been shown to have an affect on our hormones.

Try and include antioxidants in the diet, these include:

Vitamin A - carrots, sweet potatoes, dried apricots, squash and watercress

Vitamin C - green vegetables, peppers, kiwi fruit, tomatoes, citrus fruits and berries

Vitamin E - nuts, seeds, oily fish avocados, beans, and sweet potatoes

Selenium - Brazil nuts, sesame seeds, tuna, cabbage, and whole grains

The Benefits of **KISSING**

In a 2011 Kinsey Institute Study in Illinois, it was found that kissing was an important predictor for relationships satisfaction.

Not only does it use thirty facial muscles but reduces cortisol and stress hormones and raises oxytocin.

Holding hands and kissing

reduces levels of the stress hormone cortisol, thereby lowering blood pressure and optimizing immune response.

A passionate kiss has the same effect as belladonna in making our pupils dilate. Two-thirds of all people turn their head to the right when kissing. Evolutionary psychologists have discovered that men are far

more likely to prefer sloppy tongue kisses than women. The exchange of saliva could provide a reproductive advantage for males.

During an open-mouthed kiss, a man passes a bit of testosterone to his partner. Over weeks and months, repeated kissing could enhance a female's libido, making her more receptive to sex.

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

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Retreating -

The pace of modern life is relentless. We can shop during the night, search the internet 24/7 and pay our bills on the move. At work many of us are under increasing pressure, and at home economic and relationship pressures continue.

Add to this the expectations we have of ourselves to achieve, look good and be super-parents and we have a toxic stressful entanglement of a life. When we come to do things differently, more authentically, there can be considerable resistance. Resistance from all those who expect us to continue regardless and from those who invested in the idea that 'if you don't change, I don't need to either'. We also have the temptation of things we do that help us block out our feelings, like alcohol or over-eating, and distractions that keep our focus scattered. As a result, many find it impossible to make any significant changes to their lives and decide to postpone until they are earning more, have more time, the children are older, they meet the right person etc. Just as we need to pull back the arrow before shooting, one solution to this problem is to retreat. Having recently returned from holding retreats in rural Tenerife, I have been amazed by the transformations made. Participants

achieved significant change in just a few days, releasing old patterns and forming new habits. Time away from day-to-day demands meant time to reflect, to reconnect with their true selves and with nature. This highlighted for me our need to relax in order to do deep work. When the part of ourselves that loves control and fears change is dominant, our intuition has little say. We need to loosen up, tune into our flow & create some space to tap into our creative energy so we can play with what is possible and how life could be. This is why there is a long tradition of artistic groups going on retreat together in order to enhance their creativity. The clarity we find without distractions is enhanced by the different perspectives we gain from changing our environment. Taking a step back enables us to see the bigger picture. If you're feeling a retreat might be good for you, here are some tips...

We are all individuals. The yoga retreat your best friend loved may

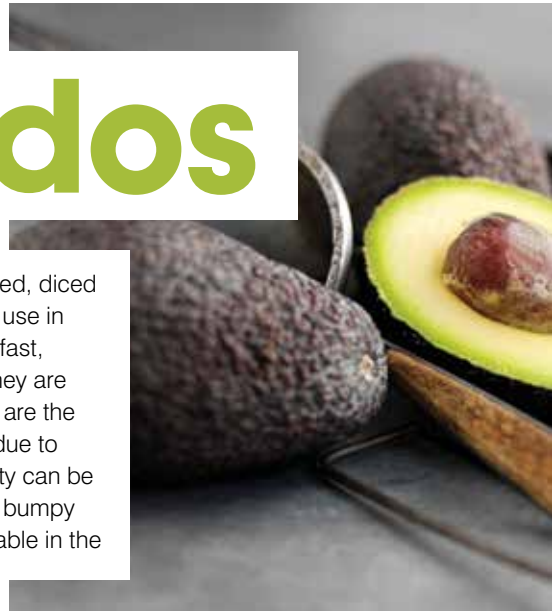
not be for you. Follow your heart's desire, even if this means being unsociable.

Be clear whether you're having a retreat or going on holiday. To get the most from retreating you need focus, support and structure. You can do this yourself, however experienced sensitive facilitators will be able to help guide you to deal with the things you might otherwise avoid. Often when we are away we resolve to do things differently, on our return though, faced with the same pressures we find little has changed. The retreats we run at Sea Sky Training combine deep transformation, extensive action planning and practice to make sure when you get back you'll not only feel different, you'll also have the approach and skills to do life differently.

We are now planning our next retreats and would love your input. Please visit us for details - [Debbie Reeds - Facilitator sea-sky.com](http://DebbieReeds-Facilitator.sea-sky.com)

Peruvian Hass Avocados

Avocados are versatile: you can eat them mashed, diced or sliced. They are a healthy ingredient you can use in a plethora of summer dishes, on toast for breakfast, in cakes and even as a nutritious baby food – they are not just for making guacamole. Hass avocados are the most popular variety of avocado in the world – due to their creamy texture and nutty flavour. This variety can be easily identified by its purplish black colour and bumpy skin. Hass avocados from Peru are widely available in the UK from May until late September.



Peruvian Hass avocado brownies

Adding mashed Peruvian Hass avocado to the recipe gives these brownies a rich flavour and fabulously moist texture.

Preparation: 15 minutes Cooking time: 25 minutes Makes 12

1 Peruvian Hass avocado, halved, pitted and peeled

- 250g plain chocolate, broken into pieces
- 150g butter, cut into pieces
- 3 eggs
- 150g caster sugar
- 60g self-raising flour
- Pinch of salt

Cook's tip: Freeze the brownies for up to 3 months in a rigid container or freezer bag.



Peruvian Hass avocado, chicken and potato baby purée

The ideal food for weaning your baby! Peruvian Hass avocado makes a perfect ingredient for baby food – it is very healthy and contains all the vitamins your baby needs.

- 1- Preheat the oven to 180°C, fan oven 160°C, Gas Mark 4. Grease and line a rectangular baking tin measuring approximately 25 x 20cms.
- 2- Melt the chocolate and butter together in a large heatproof bowl positioned over a saucepan of gently simmering water, ensuring the bottom of the bowl doesn't touch the water.
- 3- Meanwhile, mash the Peruvian Hass avocado to a smooth puree using a fork.
- 4- Whisk the eggs and sugar together for 2-3 minutes until light and airy, then add the Peruvian Hass avocado puree and whisk again until smooth.
- 5- Add the flour and salt to the melted chocolate mixture, stirring gently until combined.
- 6- Pour the mixture into the prepared tin and bake for 25 minutes in the centre of the oven.
- 7- Cool, then cut into 12 pieces.

Preparation: 10 minutes Cooking time: 25 minutes Makes 2 servings

- 1 Peruvian Hass avocado, halved, pitted and peeled
- 100g skinless chicken breast
- 2 medium-sized potatoes, peeled and cut into chunks
- 2 tsp whole milk

- 1- Steam the potatoes and chicken for 25-30 minutes, until tender.
 - 2- Put everything into a blender or mini food processor and blend to a smooth purée.
- Serve.

Cook's tip: Add a little extra milk to give a consistency that your baby will like.



Savoury Peruvian Hass avocado muffins

These delicious savoury muffins are perfect for breakfast or brunch – and they're great for packed lunches or picnics too.

Preparation: 20 minutes Cooking time: 25 minutes Makes 8 muffins

For the muffins:

- 200g self-raising flour
- 4 eggs
- 125ml whole milk
- 80ml vegetable oil
- 50g sun dried tomatoes, chopped
- Salt and pepper
- 80g feta cheese, cut into 8 chunks

For the topping:

- 3 Peruvian Hass avocados, halved, pitted and peeled
- 200g soft cheese
- Squeeze of lemon or lime juice

1- Pre-heat the oven to 200°C, fan oven 180°C, Gas Mark 6. Line a muffin tin with 8 paper muffin cases.

2- In a large bowl, beat together the flour, eggs, milk and oil, using a hand whisk to give a smooth batter. Stir in the sun-dried tomatoes and season with a pinch of salt and pepper.

3- Spoon the mixture into the muffin cases, then push a feta cheese cube into each one, making sure the pieces are covered by the mixture. Bake in the oven for about 25 minutes until risen and golden brown. Cool.

4- Meanwhile, mash or blend 2 Peruvian Hass avocados to make a smooth purée, then beat in the soft cheese and lemon or lime juice until smooth and creamy. Spoon on top of the muffins and serve at once, garnished with thin slices of avocado.

Cook's tip: If you're making the muffins for a packed lunch or picnic, put the topping into a separate container for spreading on top later

Peruvian Hass avocado, pink grapefruit, pomegranate and prawn salad



Refreshing, colourful and healthy, this is a wonderful salad that makes the most of creamy Peruvian Hass avocados.

Preparation: 15 minutes
Serves 4

- 2 Peruvian Hass avocados, halved, pitted and peeled
 - 2 handfuls of rocket
 - 2 pink or red grapefruit
 - 200g peeled cooked prawns
 - 100g pomegranate seeds
- Dressing:
- 2 tbsp pomegranate molasses*
 - 3 tbsp olive oil
 - Salt and pepper

- 1- Share the rocket between 4 serving plates.
- 2- Peel the grapefruit with a sharp, serrated knife to remove all the pith, then slice into segments. Arrange on the salads. Slice the Peruvian Hass avocados on top, then share the prawns between the portions. Sprinkle the pomegranate seeds over the top.
- 3- For the dressing, whisk together the pomegranate molasses and olive oil. Season with salt and pepper, then spoon over the salads.

Cook's tip: *Pomegranate molasses is sold at most major supermarkets and delicatessens. It has a fruity, zesty flavour that works beautifully in salad dressings, though you could use lemon juice in this recipe.

Thanks to Avocados from Peru for sharing their recipe ideas





ATMOSPHERE

Conscious Body Mind & Being

Your mind & your body can be your closest friends & your greatest assets, & help you create a more enjoyable and fruitful life no matter what your age!

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

Ann Rambaut and Carina Lindström together as a team complement each other with different professional backgrounds and life experiences which, in turn, have led them to create and evolve exciting ways to access and benefit the body-mind-being. The ideas around Atmosphere came to life during 2010, and the Company was established in 2011. It has since expanded worldwide with the head office being in London. Together Ann and Carina have created treatments that are taking the Spa industry by storm. Both ladies travel the world, giving and teaching these modalities.

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

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

The Body Flow and Ultimate Body Bliss Tuning into the body and using advanced light touch techniques, this treatment creates an ease and flow of the body movement and oneness with the mind. Attention to the human body brings healing and regeneration!

Based in Eastbourne and also expanding business in London, Ann is a Chartered Physiotherapist. Following her initial training she has trained in, and integrated, many of the following modalities into her treatment programmes - Acupuncture, Craniosacral Therapy, Visceral Manipulation, and Bowen Therapy. **The Ultimate Body Bliss technique** is one Ann has developed herself. Ann has been focusing on bringing these treatments to individuals. Most people come to Ann to receive assistance in relieving a wide variety of aches and pains. When the new modalities are integrated into treatment it is amazing the positive results that have been experienced in addition to an improvement in those symptoms which the client originally sought treatment for!

"I love running these processes on people; its an honour to witness the changes brought about. Recently a client mentioned that she hadnt car-

ried out a self abusive habit for almost a week (previously and for many months before it was several times a day and rising) - the joy of it was that she had just lost the desire to do it!" Ann Rambaut

All the treatments are carried out with the client fully clothed, and are all light touch techniques.

Ann Rambaut practices at The Waterside Hotel, Eastbourne & The Charterhouse Clinic, Marylebone. Fees in Eastbourne are £45 per treatment. For more information please visit annrambaut.com and atmos-phere.com or contact Ann on aepr291@gmail.com
t: 01323 411900 m: 07436 810181

Through awareness by the mind of the body, we remember who we really are!

"I met with Ann so that I could learn more about Atmosphere, and find out what the buzz was behind these revolutionary new treatments. Ann's experience and down to earth approach lay a good foundation and credence to the development and evolution of Atmosphere with Carina. After chatting a bit more about the treatments and background philosophy, I was delighted to be invited to experience them. Fully clothed, I lay back on the therapy couch and closed my eyes whilst Ann began first the Deep Relax Body & Mind, followed by The Vibrational Facelift. The treatments focused on various hand placements around the head, face and shoulders. As the first treatment started Ann and I had continued to chat. Within a relatively short time though I felt myself drifting off - not to sleep, though rather to a very relaxed place - and Ann sensed this, so our conversation took a natural pause throughout the remainder of the session. As Ann continued to work her, what seemed like, magic I continued to stay in this very relaxed yet aware state, which I understand to be the Theta state! On the physical level, apart from the relaxation, I remember feeling 'something going on' in my jaw area ... I spoke with Ann about this afterwards and she explained that a lot of tension can be stored in the jaw area and my body was simply releasing this. I didn't want the treatments to end, though when they eventually did I felt as bright as a spring bunny! And when Ann asked me to take a look in the mirror, I saw a very refreshed face with a lifted look, particularly around the eyes. I'm impressed with the treatments, the experience and the results. The treatment itself seems very simplistic treatment, from my point of view, yet no doubt contains a very profound wisdom. On a practical level I liked the fact that both the treatments could be taken with clothes and make-up on, and therefore could slot nicely into a day's busy schedule, and leave me feeling refreshed without being dishevelled. I will definitely be booking up for more treatments. (Lesley - publisher)

footnote to the above: since my first session, I've continued as promised. Apart from the profoundly relaxing experience during treatment, I'm astounded not only at how my face seems to 'come alive' after a treatment - eyes lifted and a rested look to my face - though I'm amazed at how the treatment seems to waken me up inside - I might come to the session feeling slightly frazzled or mind numb with so much going on, yet leave feeling much more 'awake' inside! It's as if my mind has been washed and seems more crystal clear!

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BOBO'S JUICERY

Jo Symes was diagnosed with a number of allergies and intolerances resulting in exhaustion, anaemia and asthma. She met with Dr Susan Oaten BSc, PhD, who helped her realise the benefits of eating a more natural, plant based diet and from this, BoBo's Juicery was born. With a range of six different flavours, including: Mind Blowing (banana,

buckwheat, date water, hemp seeds, Himalayan pink salt and Ho Shou Wu); Feels So Raw (celery, coriander, cucumber, parsley, romaine and spinach) and Worn Out (apple, chia seeds, pineapple, maca and pH9 filtered water), there is a juice for every taste. BoBo's Juicery delivers directly to their customers. bobosjuicery.com
020 7584 7805

FITO'S ORGANIC PINEAPPLE CAPSULES.

New research, published last month, has found that a natural substance found in pineapples, normally associated with weight loss, may act as a powerful natural pain killer...

Bromelain is a natural chemical found in pineapples which has become associated with potential weight loss benefits. So it appears bromelain may provide a cheap and simple pain relieve alternative; welcome news for those looking for genuinely effective natural remedies. Obviously eating fresh pineapple is the best, but you can also take different supplements that could help including Fito's Organic Pineapple Capsules.



Are you looking to feel amazing in your skin?
To have clarity of mind? And to be blissful in
creating your life exactly how you would like it to be?



can help you get there!

discover

the Deep Relax Body & Mind,
the Body Flow & Ultimate Body Bliss,
& the Vibrational Facelift

annrambaut.com

atmos-phere.com

"I don't understand how this treatment works - but it does! I have a demanding job that has brought particular stresses in the past few weeks. Yet I have felt on top of things, and I'm sure I have made better decisions thanks to the sense of deep calm that Ann's treatment imparts. It's astonishing to me that a treatment that works almost instantaneously can also have such long-lasting effects." Lorraine G

"I just wanted to say how marvellous the recent light touch technique you used on me was. I had been feeling very stressed with house moving etc and after you worked your magic on me I felt completely relaxed. Added to that, I wanted to calm myself before I had a wisdom tooth removed a few days later. It definitely did the trick as I couldn't believe how relaxed I felt during the very unpleasant procedure; not at all nervous! I will definitely have more treatments after my house move, as it is something we all need to get us through difficult times. Also, I liked the fact it was completely non invasive." Angela R.



Pictured Salt Lake City, Utah

SLC

Salt Lake City, Utah wasn't on my wish list of cities to visit, in fact I knew very little about the city before I arrived. The only thing I had heard was that it was the headquarters of The Church of Jesus Christ of Latter-day Saints and Mormon community, but other than that this would be a mystery tour.

My trip was because of a company I had been working with. Communication with them by email and phone had been challenging because of

the 7 hours time difference so it seemed a trip to the US had become unavoidable. We arrived in the evening and flew into the city just as the sun was setting, the view from the air was breathtaking, I hadn't realised how big the mountains were or that there would still be snow. It was June and the weather was reporting over 80F, I hope I had packed the right clothes.

Salt Lake City was the home to the 2002 winter olympics and boasts some of the best winter

sports and amazing powder snow conditions. Although the season was over I knew I would be visiting Park City to see the resorts.

The scenery was spectacular, the city nestles in a mountain valley with the Wasatch Mountains to the east and north. Although the mountains tower above us I was reminded that Salt Lake's official elevation is 4,330 feet/1,320 meters above sea level. The city is situated on land once covered by the prehistoric Lake Bonneville. This ancient lake existed within

Pictured Temple Square



UTAH

portions of Utah, Nevada, and Idaho, with an elevation rising from 4,200 feet to 5,200 feet (1,280 meters to 1,585 meters) at some points. The eastern and northern portions of the city are located on a series of terraces, or former beaches, which are known locally as "the benches."

Our guide for the next couple of days greeting us at the airport and drove us about 15 minutes to the centre of the city and to our hotel The Red Lion. It wasn't quite the greeting we had hoped for as our hotel was

under renovation and we were informed that there was no carpet in our corridor, too tired to complain we made our way to our room. As it happened the carpet appeared the following day and the hotel turned out to be in the perfect location for visiting the city sights.

The purpose of our trip was to visit a health supplement and food company as well as a farm and manufacturing facility for grass powders. Our guide Henrique explained the importance that the humidity of Utah plays in the creating of the

supplements and because of these conditions Salt Lake City is now home to many of the world's largest nutraceutical giants.

The drive to the visit the alfalfa and grass farms was long and as Henrique described 'quite uninspiring'. It was a long drive, just over two hours travelling across desert in temperatures reaching nearly 100F. You have to keep very hydrated in these temperatures and because we were now 5,000ft above sea level, the dry conditions and heat can cause headaches and nose bleeds!



Pictured Midway, Utah



How could anything possibly grow out here, but as we approached the farms the tractors were busy harvesting the grasses. The grasses were then juiced and turned into powder within a couple of hours of the harvest, the smell was a heady mixture of warm, sweet grass and the powders we tasted where amazing, very different to the usual dried grasses I had tried before. They where using a new technique enabling the powders to be classed as raw and one of the techniques we would be using for our own powders. The farms are irrigated using the melted snow from the mountains, giving them just enough water each month to grow the grasses.

Our work now over we set out on a drive to Park City, taking in the beautiful mountains and seeing the numerous ski resorts that would welcome ski enthusiasts from all over the world. We passed through Midway and a town of swiss style homes and chalets, it was hard to believe we were in the mountains of Utah. Even throughout the summer they have walking, cycling and horse back riding. Something I promised myself I would do the next time I come back to Utah.

Salt Lake City was quite a surprising little gem, it's not a large city, in fact after a day and half we covered most of the city on foot. The city was founded in 1847 by Brigham

Young, Isaac Morley, George Washington Bradley and several other Mormon followers, who extensively irrigated and cultivated the arid valley.

Although Salt Lake City is still home to the headquarters of The Church of Jesus Christ of Latter-day Saints (LDS Church), less than half the population of Salt Lake City are members of the LDS Church today. However the influence they have on the city is obvious as Temple Square stands proud with it's amazing temple, tabernacle, offices and stunning conference centre which seats over 15,000 people and has a roof top garden of over 4 acres. The Salt Lake Temple, took 40 years to complete. Construction



Pictured Alfalfa growing, Utah



started in 1853, and the temple was dedicated on April 6, 1893 becoming an icon for the city and serves as its centerpiece. Over the four days we stayed at the city Temple Square was full of young brides and families who had travelled from all over the work to marry in the temple. It is estimated that some days can see up to 150 weddings taking place.

Our guide and his family were part of the Mormon congregation and it was inspirational to hear how they work together for their community. His youngest daughter was just about to return after being away for two years on her mission and his wife had just completed two

years of her five year assignment in serving the Women's Relief, helping women and young girls all over the world. The Mormon community appears to have had a peaceful influence on the city, young couples hold hands without any embarrassment (I can't imagine the young teenagers of my home town openly looking this content and in love at such a young age), family units were large sometimes as many as 7 children in tow, but all were well behaved and smartly dressed. At a free open air concert in one of the many parks a couple of elderly friends started to waltz, families and children laughed as the fiddles and banjos played Irish gigs and country melodies.

On our last Saturday afternoon we sat in an open air shopping centre and watched the children playing in the water fountains. As a street musician played on the keyboard a father and daughter put down their shopping bags and started to dance, then later a young couple not more than 17 or 18 started a waltz.. it was all a little bit surreal...

Salt Lake City was a friendly, clean, pleasant, safe and happy place to visit, there is huge choice of outdoor activities to try from hiking to cycling, horse riding to skiing.. if it wasn't on your wish list of places to visit it might just be worth taking a look, I promise you will be pleasantly surprised.
www.visitutah.com

Why your therapist can't take you further than they themselves have travelled



One of the most important issues when choosing a therapist is finding one who has travelled their own path and faced, if not completely worked through, their own difficult issues. They don't need to have everything perfectly resolved, even if that were possible. Though they do need to have done the hard work of looking at themselves in their own therapy. This may involve becoming more aware of what they project onto others, realising that they suppress certain feelings like anger or vulnerability, gaining some understanding about their own blind spots and learning to cultivate some love and acceptance. The danger of seeing a therapist who hasn't done their own work to a deep enough level is that certain areas of the client's life may subtly become "off limits", at an unconscious level, in the therapy room.

I remember one therapist whose client told him that whenever she brought up anything to do with her sexuality, the blood drained from his face and she got the non-verbal message it was not ok

to talk about this subject. He was unaware of this until she gave him the feedback. This story shows the importance of therapists having done their own work in therapy, and also continuing to be curious about where their blind spots might be because it is never possible to become completely free of them. This ongoing work can be done by the therapist in their own therapy or in clinical supervision.

I was reminded of the importance of this area recently when reading a book by child expert, Margot Sunderland, about using stories to work therapeutically with troubled children. She says it can be tempting for some adults to make the story have a happy ending, even though the child has left the ending unresolved. For example, the listening adult may say, 'No, don't leave the little peanut in the gutter - let's find it a nice home to go to.' This is an example of the adult's need to make everything all right, when maybe by leaving the peanut in the gutter the child is trying to communicate his feelings of

hopelessness. "This is a common problem when the... listener (usually out of conscious awareness) is running away from her own hopelessness, despair, grief and so on."

So, seeing a therapist who has not done enough of their own psychological work can make the therapy less rich and less effective. Instead of unconsciously giving permission for the client to bring whatever they need to, the therapist can turn into an advice dispenser or a rescuer who needs the client to behave a certain way.

How I work

I am a Psychosynthesis counsellor. This means that as well as giving you practical help, I also work in a soulful way. This involves seeing painful experiences and problems as important influences that shape our character and can, ultimately, bring wisdom and self-knowledge.

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STOP *slouching*



I remember as a child my parents constantly telling me to put my shoulders back. Now as an adult I don't think I have ever managed to get the perfect posture, although there was a time when taking regular yoga classes, my back strength was much better and I seemed to hold myself in a better pose.

Now as I spend many hours at a desk I am more aware of the terrible posture positions that I find myself in by the end of the day. My back feels weaker and when I walk it is noticeable that my shoulders are much more rounded than they should be, I even appear to limp at times!

I know that more exercise and getting back to my regular yoga classes is the answer but I was interested to see what other tools were available to me to help straighten and retrain my body.

The first product I tried was the **bac<** **Shoulder Brace** (RRP £34.99) designed by experts at The London Spine Clinic to alleviate and prevent back pain. It was easy to put on, (a bit like putting on a ruck sack) although at first the elastic straps seem a little uncomfortable on the bare skin so I decided to try it over a t-shirt. In the winter this would be easy to disguise but in the summer you would have to dress carefully

for it not to be seen. It certainly helped in situations like sitting at a desk as it helped to keep my shoulders back which is usually where I struggle to sit up straight. I'm not sure I would wear it all day and to go out in but wearing it while working at the computer was certainly a great place for me to use it.



bac< **Shoulder Brace** (RRP £34.99) Available in three sizes it helps maintain a strong posture, available to buy in selected Boots stores, www.boots.com and www.backpainhelp.com



The next product was **The Posture Wand™** £24.95 plus £5.95 for delivery, created by Michele Paradise, a former catwalk model. The idea is to place the stick across your back for 20 minutes a day to improve your body through muscle memory. Although it says you can use it which working on your laptop I struggled to type on the key board so it didn't really work to use at my desk. I could see that using it while watching TV or just walking round the house would work although it would be difficult to do jobs as the arms need to stay by the side. As I never have a spare 20 minutes to just sit this probably isn't going to work well for me, but if you like to sit and read, watch TV or have a desk job that doesn't involve typing then 20 minutes a day using this would be easy to achieve. theposturewand.com



LUMObac delivers real-time posture and body movement feedback, enabling you to make small, incremental changes that can have an impact on your health. The LUMObac sensor gives an immediate, gentle buzz when you slouch, nudging you to sit up straight. You can track and compare your daily activities like steps taken, running, sitting, standing, and sleeping. \$149 + shipping available from lumobodytech.com

Why is Good Posture important?

- Keeps bones and joints in the correct alignment so that muscles are being used properly.
- Helps decrease the abnormal wearing of joint surfaces and decreases the stress on the ligaments holding the joints of the spine together.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- Prevents backache and muscular pain.
- When sitting up straight, we are more likely to remember positive memories or think of something positive in general.
- Keeping your rib cage in a good position means your digestion can work that bit easier.
- Improved posture will certainly help your breathing. Shallow breathing is very common in those suffering health issues. As posture improves, muscles relax, and the respiration system can improve; this can have so many knock of effects for your health and wellbeing.
- Working on your posture consciously until it becomes normal and natural to carry yourself well, can make a huge contribution to your stomach and back muscles, and this will really help if you need to slim.

Being fit and healthy will directly impact on your posture. Yoga, Pilates, Tai Chi and the Alexander Technique are recommended for good posture. Relaxing will also help your posture by eliminating overall tension, so make time for yourself to fully relax your body. This might be gentle swimming, or a massage, just do whatever it takes to look after your mind and body!

Family

Why Ancestors

Are you feeling stuck in your life? Are there issues at home or at work that just won't go away, however carefully you think them through and try to resolve them? Have you ever thought of attending a Family Constellation?

Family Constellations, developed in the 1980s and 1990s by German philosopher and psychotherapist Bert Hellinger, use a systemic approach to working with individual issues that can also be applied to businesses and organisations. The types of issues that people bring to a Family Constellations workshop are the same as those presented to coaches, counsellors and psychotherapists. The obvious difference in the approach is that Family Constellations consider issues and challenges, not to mention hopes, dreams and aspirations, from a multi-generational perspective. This work draws on our most

basic sense of belonging to a group. This is our inheritance from the animal world and it is still with us in the form of an internal compass that tells us when we belong - or when that sense of belonging feels threatened - in relation to groups and systems. The approach pays a great deal of attention to certain patterns that appear over generations in a family. Hellinger observed that groups or systems have certain ordering forces that govern them. When we are in accord with these forces, love flows and group/family/system members thrive. When we are out of alignment with these forces, sometimes called 'The orders of love', we can usually see one or more people in a system suffering. Short-term and solution-focused, Family Constellations create a dynamic snapshot of the system to which we belong by illuminating the relationships between the

various elements within it. A system usually contains both ancestral (trans-generational, familial) and sociological (cultural and historical) elements unique to every individual or issue under consideration. By paying attention to the contexts that shaped our parents, grandparents



Constellations: Matter

and great grandparents (and therefore ourselves), a map of the entire system can be constructed. From this perspective we are more able to see how things are or were and to see clearly where we are systemically entangled with people and events, including those belonging

to wider familial, historical and cultural events. In this way the core of seemingly intractable issues can be accessed and a new vista of connections and possibilities opened as time and space are condensed in front of us.

What happens in a Family Constellation?

In a group of between 8 - 16 people a 'living map' is created in relation to the issue under consideration, using members of the group who come to support the work or map out an issue of their own. Using the group's members to 'stand in' as parents, grandparents and events, a unique pattern is set up that condenses time and gives clues to the relational and spatial patterns of the system's members, thus creating a three dimensional image of the issue under consideration. We don't need the actual people to be present, whom, of course, we can't change, but we can

remember their unrealised potential and their essence in a new and fresh way that supports the restoration of systemic order and balance. By reaching further back into the lives and circumstances of previous generations we can see the bigger picture and a place in it for ourselves that is free from prior limitations and unnecessary suffering.

Once the constellation is set up, with the guidance of a skilled facilitator it can be 'read', enabling dynamics, entanglements and loyalties that were previously hidden to be seen clearly. Primarily the approach works with internal memories, images and stories of the people, places and events that shaped our lives and the lives of the generations preceding us. In the initial stage of a Constellation it is common to identify trans-generational attitudes that, although deeply loving and generous, are ultimately unhelpful. These attitudes



often transgress the ordering forces that govern systems; for example, guilt and merit belong with those who earned them and cannot be assumed by anybody else. Respectfully handing back guilt to those to whom it belongs is one key theme in Family Constellations, as is including, remembering or honouring people who have been forgotten, ignored, locked away or insufficiently grieved. The facilitator uses various rituals, reordering of the spatial arrangement within the Constellation and healing sentences to resolve

entanglements with previous generations. Sentences like, 'I'll follow you', 'I'll go in your place' or 'Rather me than you' are examples of a blind love that entangles us. Instead, resolving sentences like, 'I see your burden and I honour it' or 'With respect I'll leave it with you', facilitate the process of disentangling identifications by leaving difficult fates with those to whom they belong and bringing the Constellation's, and the issue holder's, orientation to the present and future instead of the past.

Family Constellations are, metaphorically, more like homeopathy than surgery. Gratitude, modesty and serenity are important qualities that emerge naturally in most constellations. It is a gentle, soulful method that creates living experiences of something new rather than cognitive insights alone. Any successful intervention in a Family Constellation will be appropriate, strengthening and enduring. Rather than being about individual change the process enables us to live well within systemic limitations.

© John Harris 2014

John Harris facilitates Family Constellations workshops in London and Eastbourne. His next Eastbourne workshop is on Saturday 27th September. Please visit www.livingmaps.co.uk or email John on info@livingmaps.co.uk for more information.



Who Attends a Living Maps Workshop?

Workshops are suitable for anybody regardless of their experience of Systemic coaching.

The approach provides deep levels of resolution for personal issues such as, though not limited to, relationship difficulties, addictions, mood and behavioural issues, eating disorders, and family ruptures.

It is also effective in illuminating new directions, structures or futures for businesses or organizations.

In addition to those bringing an issue, others may come to act as support people or to be representatives.

Counsellors and therapists may come with their clients in order to augment therapeutic work. People from the helping professions may also attend in order to explore the benefits of this systemic approach.

Saturday 27th September - East Sussex

One Day Workshop



www.livingmaps.co.uk

info@livingmaps.co.uk

eco-friendly BEDROOM



The term eco-friendly used to create images of boring, bland and dull materials. However, we can assure you that's not the case today, thankfully!

More and more people have become in favour of eco-friendly materials. To fulfil this need on the market, designers have been sourcing materials that will appeal to these environmentally savvy customers and have created many beautiful options to choose from.

When incorporating a more eco-friendly vibe within our bedrooms, many of us are quick to change to energy-efficient light bulbs or change to bed linen made from recyclable materials. However, the range of eco-friendly materials has expanded a great deal.

Instead of having those thick carpets or laminate flooring, both of which can wear easily, opt for cork. Usually found in your favourite bottle of wine, this material is great for floors.

Cork is harvested from the bark of the cork oak tree. What makes this source renewable is the trees are not cut down and the bark will

grow back every three years. If you're intent on making your house into a home, cork has anti-microbial properties that reduce allergens in the home and act as a natural insect repellent.

Plus, decorating your home isn't cheap and choosing cork floors can save you some money as the material can last 10 – 30 years.

When painting you can feel nauseous, dizzy or suffer from bad headaches, especially if you fail to open enough windows. With eco-friendly paints you'll no longer suffer while coating your bedroom in a fresh lick of paint.

These types of paints can be found at ECOS organic paints, and are water based so they're free from all solvents, VOCs, pesticides, herbicides and toxins.

They may be water based but they boast maximum colour-pigment content for higher opacity and greater depth of colour.

As well as having no chemicals you can select from a range of matt, gloss and satin finishes, so you can protect yourself from any toxins and ensure your home looks exactly how you want it.

To complete your new eco-friendly bedroom, the finishing touch is furniture. Wren Living has an extensive range of bedroom furniture that's 100 per cent environmentally sourced. 20 per cent is from local woodland being sustained by the Forest Stewardship Council, 40 per cent is sourced from nearby sawmills and the other 40 per cent is from recycled materials.

If interior design is something you like to leave to the professionals, Wren Living has a selection of gloss, wood or matt bedroom furniture sets for you to choose from. This allows you to purchase the perfect furniture that will complement the paint, flooring and the rest of your bedroom design.

Thanks to wrenliving.com & ecosorganicpaints.co.uk



beautiful children breathe through their noses!

Over 150 years ago an American artist George Catlin, observing the native and immigrant populations, noticed how well formed and fine featured the indigenous people were and how ugly and sick many of the immigrants seemed. He decided it was because the American Indians never let their children breathe through their mouths, always teaching them to nose breathe, whereas it was usual to see the immigrants mouth breathing. The immigrants often had crowded or misaligned teeth and poor facial features. He wrote a book on the subject "Shut your mouth and live a healthy life"

It has taken 150 years for modern medicine to recognise he was right. Now there is a growing group of orthodontists who rarely extract teeth or use braces with young children but teach them to breathe correctly, through the nose. They get good results! The bonus is that these same children will be healthier because of their improved breathing,

less likely to suffer asthma, panic attacks, hay fever, skin problems etc because they are not mouth breathing.

The rationale underpinning these results is easy to understand. When we mouth breathe our tongue lies on the bottom of the mouth; when we nose breathe it presses up on the upper palate 24/7 maintaining a wide dental arch as well as encouraging normal lower jaw development.

Try it for yourself! We are told just a few grams will move a tooth anywhere if applied 24/7, this is how braces work! The tongue applies some 30 grams pressure most of the time if you nose breathe.

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



BEFORE (8 1/2 years)



AFTER (12 years)

The photo on the left was before beginning nose breathing, after learning how to breathe correctly through the nose the facial features and dentition develop normally on the right.

Eve Peacock HOROSCOPES

CANCER

With Mercury direct from 1st July and entering Cancer on the 13th, communication breakdowns should no longer be an issue. Romance is also well-starred with Venus planet of love entering your sign on 18th July until 12th August.

LEO

A lot of activity for you this Summer Leo, starting with Jupiter the bountiful planet entering your sign on 16th July; the first time for 12 years. The good news it will stay for a year and traditionally means a year of good luck!

VIRGO

After being a little reclusive this year July is the start of you accepting some of those invitations and getting out and about. All this networking may cross over into your working life in August with good results as your confidence is infectious.

LIBRA

If you have felt in a rut concerning your ambitions and long held dreams of a career change, July/August influences are aiding you to make changes if you wish. It is the time to believe in yourself again and of your talents and gifts.

SCORPIO

Saturn goes direct on 20th July and Mars enters Scorpio on the 25th. A lot of testosterone energy around continues into August which for both genders means the same, a new romantic link should be around the corner for the single and more importantly the willing.

SAGITTARIUS

July and specifically around the 12th's Full Moon highlights the eternal conflict for you; do you play it safe or take a chance? This applies to work, relationships and even finances. Over the years Sagittarians become risk adverse. Remember what it was like to just trust.

CAPRICORN

Slow, moving Pluto is still retrograde in Capricorn with little ill-effect this Summer and the Full Moon on 12th July brings things to a head but with clarity and purpose after. August sees you more assertive and decisive.

AQUARIUS

Aquarians have been feeling misunderstood since May and are often not the most tactful of signs, but tensions recently do stem from a reluctance by others to see your side of things. Try to compromise around the Aquarian Full Moon on 10th August.

PISCES

With the Sun in another water sign Cancer until 22nd July Pisces should feel more balanced than they have for a while. Though for the sign that gets bored quicker than most, a restlessness is creeping in this August.

ARIES

Emphasis on work now and even many Arians starting new ventures. You can gain an advantage up until the Full Moon on 12th July which makes you in a better position for negotiations in August.

TAURUS

You feel strongly about a particular issue this Summer but be aware of not imposing your will too forcibly. You could do with a break away; even if you think that people can't cope without you, you must learn to delegate and trust.

GEMINI

Thankfully Mercury going direct in Gemini on 1st July should make all those petty irritations and frustrations disappear. Annoyingly though you still are struggling to get your point across with one particular person.

You can visit Eve in her new shop in the Labyrinth, 7 Mark Lane, Eastbourne.
Clairvoyant Tarot and Palmistry readings available. £5 off - mention Wellbeing Magazine.
Eve has appeared several times on ITV's This Morning & writes regularly for Spirit & Destiny. She is the
Astrolger for Sussex Life and the Psychic agony aunt for Golden Times
www.evepeacock-visions.co.uk T: 07807 637784

LIFE IN TRANSIT



Life in transit can be enhancing to the dialogue of a couple. Equally, it can become a threat and create lack of trust. A whole other life takes place while either or both sides of the couple are on separate travel conveyor belts. As familiar to the one travelling as the life in their home, yet unknown to the partner other than by shared vignettes. By plane, train, car, motorbike, bicycle or foot people conduct a parallel life away from their home. Their partner may or may not hear about people encountered fleetingly or daily on the journey. Where to have coffee, buy the daily paper, which seat to go for, which section to sit in, the weather for the rider or walker, becomes a part of groundhog day which can be reassuring and comforting but not shared except in description.

When a couple first meets, these encounters and observations can be intimately shared but as time goes by this sharing can be withdrawn either from a sense that the other is not really interested or from a need to have a part of life kept in a private compartment. It is these changes which need to be watched and taken care of and yet respected with trust that they are a necessary part of the growth of the couple. Having individual lives within the boundaries of trust is part of each person's sense of self and the anecdotes told and heard can fertilise their ongoing life in an intimate way.

Clare Ireland. www.coupleworks.co.uk

▷ 40 WELLBEING

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What's On

July

11th

5pm-8pm

Buteyko Breath Training Courses, £75, Hawkhurst, Kent, 01580 752852, info@buteykokent.co.uk www.buteykokent.co.uk to request more details

14th

2pm-5pm

Buteyko Breath Training Courses, £75, Hawkhurst, Kent, 01580 752852, info@buteykokent.co.uk www.buteykokent.co.uk to request more details

16th

7pm

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

23rd

11am-3pm

Summer Open Day at Lushington Chiropractic, 30 Lushington Road, BN21 4LL, Eastbourne, see their website for the list of talks, free tasters and special guest visitor, www.chirocare.co.uk or call 01323 722499 for details and to let them know you're coming

26th

10am

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

August

2nd

9am-12.00pm

Buteyko Breath Training Courses, £75, Hawkhurst, Kent, 01580 752852, info@buteykokent.co.uk www.buteykokent.co.uk to request more details

30th - 31st

(2 weekends)

Multi-Level Counselling Skills, The Link Centre, East Sussex, £410, Leilani@thelinkcentre.co.uk, www.thelinkcentre.co.uk/201.html

September

8th

6-7pm

Beginners Pilates 7.15-8.15pm Improvers Pilates St Michael's Church Hall, High St, Lewes, 10 weeks £90, with Fiona & Tabitha, Equilibrium, 01273 470955 www.equilibrium-clinic.com

15th

5.15-6.15pm

Tai Chi for Beginners, Equilibrium Studio, 33 Cliffe High St, Lewes, 10 weeks £80 (£70 concs), 01273 470955 www.equilibrium-clinic.com

27th

Family Constellations one-day workshop in Eastbourne, for more information please visit www.livingmaps.co.uk or email John at info@livingmaps.co.uk

Mondays

10am-7pm

(7th, 14th, 21st & 28th July)

Natural Lift Facials Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45, with Kim, 01273 470955 www.equilibrium-clinic.com

2-3pm

Qigong & Meditation, gentle exercise and relaxation (Rooted in Qigong), The Natural Fitness Centre, Eastbourne, £7, first session Free, Nick Neter, 01323 732024, info@naturalfitnesscentre.co.uk www.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 www.eastbourneshiatsu.co.uk

5.45-8.30pm

(first Mon of the month - 7th July & 4th August) Seated Acupressure Massage with Ben Trowell and Nick Neter, The Natural Fitness Centre, Eastbourne, 15 (£5) and 30 (£10)

minute treatments available, free 10 minute tasters, walk in or booking available, 01323 732024, info@naturalfitnesscentre.co.uk

6-9pm

The Human Touch, affordable therapies for all, (iridology, Indian head massage, reflexology, reiki, homeopathic consultations & remedies, animal healing (for your pets), craniosacral therapy, angel card readings), The Shoreham Centre, Pond Road, Shoreham, BN43 5WU, 07796 518667, www.facebook.com/thehumantouch1

6.30-7.45pm or

8-9pm

(7th September)

Scaravelli Yoga, Equilibrium Studio, 33 Cliffe High St, Lewes, 12 weeks £108 with Jane, 01273 470955 www.equilibrium-clinic.com

Tuesdays

6.15-7.15pm

Qigong and Meditation with Nick Neter, St Luke's Parish Centre, Stone Cross, £6.50 per session, first one Free, 07773 061309 www.eastbourneshiatsu.

co.uk handwork@tiscali.co.uk

Wednesdays

11.30am-12.30pm

(every Weds 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@eastbournewrvs.org.uk

1-5pm

(Weds 6th, 13th, 20th & 27th Aug) Allergy Clinic, Equilibrium Health Centre, 16 Station St, Lewes, with Robin Ravenhill, 01273 470955 www.equilibrium-clinic.com

Thursdays

12noon-1pm

(starts 7th Aug)

Lunchtime Outdoor Tai Chi, Bay View Gardens, adj Hillcrest Centre, Hillcrest Rd, Newhaven, £24 for 4 weeks, Equilibrium, 01273 470955 www.equilibrium-clinic.com

12noon-1pm

(starts 4th Sept)

Lunchtime Outdoor Tai Chi, Bay View Gardens,

adj Hillcrest Centre, Hillcrest Rd, Newhaven, £24 for 4 weeks, Equilibrium, 01273 470955 www.equilibrium-clinic.com

Fridays

10am-2pm

(2nd Fri of the month - 11th July & 8th August)

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, handwork@tiscali.co.uk www.eastbourneshiatsu.co.uk

10am-6pm

(Fri 8th, 15th, 22nd, 29th Aug)

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

2pm-6pm

(4th Fri of the month - 25th July & 22nd August)

Walk in Shiatsu Clinic (Japanese holistic bodywork therapy) with

Nick Neter and Ben Trowell, Yogalife Studio, Eastbourne, 30 minute treatment or more for a donation (from £10), some places bookable, 07773 061309, handwork@tiscali.co.uk. www.eastbourneshiatsu.co.uk

Saturdays

9am-5pm

(Sat 2nd, 9th, 16th, 23rd & 30th Aug) Massage Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Steve, Dafna & Rachael, 01273 470955 www.equilibrium-clinic.com

9am-2pm

(3rd Sat of the month - 19th July & 16th August)

Walk in Shiatsu Clinic (Japanese holistic bodywork therapy), The 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, www.eastbourneshiatsu.co.uk

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