

Wellbeing

The state of feeling healthy & happy

Your health and lifestyle magazine

TRAVEL

Memories &
magic moments

LEMON

DETOX

Tiffany's
story

BACK TO SCHOOL

Remedies to help
you avoid the bugs

HEALTHY EATING
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nutrition
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EDITOR'S WORD

www.wellbeingmagazine.com

As we put this issue to bed, I am reminded that we first launched Wellbeing Magazine **8 years ago**.

Over the 8 years we have covered many amazing **therapies**, featured some truly inspiration products, reviewed spas, **adventure** and life changing holidays and hopefully **inspired** many of our readers to try something new. Wellbeing has organised events, worked with companies to create workplace events and I have even launched a new food range called **Zingology**. It has certainly been an amazing **journey** and look forward to the next 8 years and all the adventures that it may bring. Enjoy & be inspired.

Rachel Branson

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Post Card



What a lovely summer we've had!
Whatever summer held for you, hope it was a good one, and that you were able to take some time out of busy schedules, and relax, have fun, have time for yourself, time with family and friends, time to do your own thing...

As this issue launches, it coincides with the start of a new school year and new beginnings in many ways for many people. Hopefully refreshed from the summer holidays, you're ready and prepared for the changing season. This can be a good time to think about any changes you wish to make, in particular how you look after yourself in the coming months. As always, we have plenty of tips to help keep you healthy in mind, body & spirit!
Until next time, with my best wishes,
Lesley

To our Wellbeing Magazine
readers and members



Remember that you can read our magazine online at wellbeingmagazine.com
And to view our online directory visit wellbeingdirectory.co.uk

Are you a therapist looking to add a new dimension to your treatments?

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Atmosphere



Conscious Body, Mind & Being



The continued progress of The Human Touch

"We are delighted to report that Mary, our project leader, has gained a place in The School for Social Entrepreneurs! The time in the school will enable Mary to learn in a supported environment. The course content will enable her to help The Human Touch to continue to expand into a successful small business offering affordable therapies for all, affordable workshops and affordable meditation sessions. Keep following her progress here in the Wellbeing magazine! We're excited to be celebrating our launch on 9th November from 12 noon till 5pm at The Shoreham Centre. As part of the launch we'll be hosting a Winter Wellbeing Day, with a market hall full of stands and health related products, healthy food and juices, a raffle offering amazing prizes, demonstrations on the main stage, talks and workshops, and taster sessions of a variety of complementary therapies. Entry will be £2.50. Talks/workshops will be £3. Therapies will be £5 for a 20 minute taster session.

Remember that we're currently open every Monday (except for Bank Holidays) from 6pm till 9pm, at The Shoreham Centre, Pond Road, Shoreham by Sea, BN43 5WU

We have now signed 2 new therapists; Sharon offers aromatherapy back, neck & shoulder massage, and Gail will start on 1st September offering Indian head massage. More therapists are coming forward so watch this space for news! All the treatments are available on a drop in basis/by appointment. For further information or to arrange an appointment contact us by text/phone on 07796 518667 or visit us at our Facebook page and leave a message at [facebook.com/thehumantouch1](https://www.facebook.com/thehumantouch1) or visit our website at thehumantouchshoreham.com"

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brighton and sussex medical school

Leading oncologist appointed as new head of Brighton and Sussex Medical School

The University of Sussex and the University of Brighton have appointed Professor Malcolm Reed, a leading academic surgical oncologist, as the new Dean of the Brighton and Sussex Medical School (BSMS).

Professor Michael Farthing, Vice-Chancellor of the University of Sussex, said: "We are delighted that Malcolm has agreed to lead the further development of BSMS, which is one of the most successful, popular and highly rated medical schools in the country. "He is a distinguished clinician, teacher and researcher from another of the UK's leading medical schools, and an experienced senior academic and clinical manager. "Malcolm's clinical academic expertise in cancer surgery will be invaluable as we continue to build our academic capacity and strength in cancer medicine and surgery. "He is an ideal person to develop the research portfolio of BSMS through closer engagement with researchers in both universities and with clinicians in our partner NHS trusts." Professor Julian Crompton, Vice-Chancellor of the University of Brighton, said:

"I am delighted with the appointment of Professor Reed, who has an outstanding track record both as an academic and as a surgeon. He is one of the leading researchers in the field of oncology and has a major interest in the treatment of breast cancer. "Professor Reed was an exceptional candidate and I know he is the right person to take the Brighton and Sussex Medical School forward and to build on its achievements to date in what is its tenth anniversary year. "I wish Professor Reed every success and look forward to working with him in the coming years."

Professor Reed qualified in medicine from the University of Sheffield in 1981. Following postgraduate surgical training in the UK and a period of research at the University of Louisville in Kentucky, he returned to Sheffield for Higher Surgical Training. He became Senior Lecturer and Honorary Consultant in 1992 and was appointed to the Foundation Chair in Surgical Oncology at the University of Sheffield in 1999.

In 2003 he became Head of Academic General Surgery and is currently Head of

the University's Department of Oncology. The Department has an annual turnover of approximately £15 million, with 50 academic faculty and a total of more than 200 staff.

Professor Reed has a long-standing track record in cancer research, with more than 200 publications. His main current areas of clinical research relate to the surgical management of breast cancer, with particular emphasis on breast cancer in older women. His research also covers other important aspects of breast cancer diagnosis and treatment including projects evaluating the variation in the treatment of breast cancer.

A Fellow of the Royal College of Surgeons (FRCS), Professor Reed undertakes clinics and ward rounds as well as surgical procedures including breast reconstruction and complex soft-tissue sarcoma surgery.

Professor Reed, who will take up his appointment in autumn 2014, said: "I am delighted to be joining the team at BSMS and look forward to helping the Medical School build on its superb achievements during its first ten years.

"I have been impressed by the extremely positive atmosphere and collaboration between the two universities and the NHS trusts and this will help us meet the challenges ahead. "BSMS graduates report that they are very well prepared for their roles in the NHS and beyond and our aim will be to maintain this high standard and to build on the reputation of the school for excellence in research and teaching."

The Universities of Sussex and Brighton have appointed Professor Reed as a permanent replacement for the founding Dean of BSMS, Professor Jon Cohen, who stepped down from his post in December 2013. Professor Gordon Ferns, previously the Deputy Dean, has been Acting Dean since January 2014. BSMS was created and launched in 2003 as part of a new generation of medical schools developed in the UK. It is an equal partnership between the Universities of Sussex and Brighton together with NHS organisations throughout the south-east.

Phil Mills, Press Officer, University of Brighton, 01273 644756



University of Brighton



University of Sussex



B12

deficient

Words: Kate Arnold

I cannot begin to tell you the importance of Vitamin B12 and the problems of not getting enough in your diet can have on your health. About twenty years ago my levels were so low that every time I touched a hard surface it would feel like cotton wool. My sensory touch sensations had vanished, together with shaky nery tingly legs and an inability to feel the soles of my feet at certain times. The issue with Vitamin B12 is that so many of the deficiency symptoms are similar to other serious diseases, like depression, alzheimers, anxiety, mental illness, psychosis, MS, memory loss, and cardiovascular disease to name a few.

It's not a new problem and not a difficult one to solve, but still it goes unnoticed. Usually it's missed because it is not routinely tested and the lower end of the reference range is too low. Therefore many people will be walking around with "normal" B12 levels when in fact the very opposite is true. The reference ranges change and have changed in recent years. "Normal" values are 200 - 900 pg/mL but it can vary - I have seen reference ranges of 190-600 pg/ml. As most of you know who read my newsletter, I have a real problem with differing reference ranges. It is often assumed that most people will get the same deficiency symptoms with the same result. A borderline result for someone will be giving them symptoms when perhaps it wouldn't for someone else. In my twenty years experience, borderline B12 results need to be treated. It is interesting therefore that in Japan and Europe reference ranges start at 500 pg/ml. So the reference range issue starts to look slightly ludicrous. Maybe co-incident but Japan has a low level of dementia and alzheimers but that is an entirely different newsletter! My levels by the way when I was symptomatic were 150pg/ml, one doctor told me I was fine, another gave me an injection immediately and within two days the symptoms disappeared.



What is vitamin B12 and why do we need it?

Vitamin B12 is a nutrient that helps keep the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells. Vitamin B12 also helps prevent a type of anemia called megaloblastic anemia that makes people tired and weak. Two steps are required for the body to absorb vitamin B12 from food. First, hydrochloric acid in the stomach separates vitamin B12 from the protein to which vitamin B12 is attached in food. After this, vitamin B12 combines with a protein made by the stomach called intrinsic factor and is absorbed by the body. Some people have pernicious anemia, a condition where they cannot make intrinsic factor. As a result, they have trouble absorbing vitamin B12 from all foods and dietary supplements. Vitamin B12 synthesis is known to occur naturally in the human small intestine (in the ileum), which is the primary site of B12 absorption. As long as gut bacteria have cobalt and certain other nutrients, they produce vitamin B12.

People at risk

There are groups of people who are more at risk of B12 deficiency than others. These include:

- Vegetarians and vegans
- Non meat eaters
- People over 60
- Users of Proton Pump inhibitors (PPI's) or acid suppressing drugs
- Type II diabetes sufferers using metformin
- Ulcerative colitis, crohns, IBS, gastritis or hypochloridia (low stomach acid)
- Alcoholics and heavy drinkers.
- Parasitic infections
- SIBO - small intestinal bacterial overgrowth

Where can I find Vitamin B12 in food?

- Canned pilchards
- Canned salmon
- Crab
- Fish - white, Tuna, Sea Bass
- Steak
- Lamb
- Soya Milk
- Liver
- Eggs
- Pork
- Milk
- Marmite
- Plain yoghurt
- Clams
- Swiss Cheese



Symptoms of Vitamin B12 deficiency

- Extreme fatigue
- Low mood
- Blurred vision
- Dizziness
- Mood swings
- Weepy
- Irritability
- Agitation
- Snappy
- Tingling or numbness in hands and feet
- Depression
- Dry skin
- Unexplained hair loss
- Gastritis
- Loose stools
- Weakness of limbs
- Constant headaches
- Neuralgia
- Sore tongue
- Bleeding gums
- Cracks at the corners of the mouth
- Loss of taste
- Shortness of breath
- Palpitations
- Anxiety
- Panic attacks
- Confusion
- Delusion
- Alopecia
- Lemon yellow complexion
- Mild jaundice

Pernicious anaemia

This is a condition caused by too little Vitamin B12 in the body. It is a form of Vitamin B12 anaemia. It is diagnosed using family and medical history, a physical exam and diagnostic tests and procedures. The most common cause of PA is the loss of stomach cells that make intrinsic factor. Intrinsic factor helps the body absorb vitamin B12 in the intestines. The loss of parietal cells may be due to destruction by the body's own immune system. Therefore PA is seen as an autoimmune disease. It can cause permanent damage to nerves and other organs if it goes on for a long term without being treated. It also raises the risk of developing stomach cancer.

Common signs are feeling tired and weak, tingling and numbness in hands and feet, a bright sore tongue and a lemon yellow tinge on the skin. It is easy to treat and often injections and diet changes will keep you non symptomatic. However it is a life long problem and needs life long treatment. PA affects half a million people in the UK and some people do not get access to enough injections. Martyn Hooper, executive chairman of the Pernicious Anaemia Society says that people with PA are suffering

needlessly as many patients need more than the three monthly injections that are currently available and are having to buy in vials from Europe or North America where vials are available over the counter.

New evidence is forming that low levels of B12 can be linked to alzheimers. A recent study of 271 Finns found that those with the greatest level of B12 were least likely to be diagnosed with dementia. Vitamin B12 is also vital to break down homocysteine (I will be writing more about that in another news-letter) - this can raise the risk of both strokes

and alzheimers and yet it is still not routinely tested on the NHS. Another recent trial found that brain shrinkage which has been associated with alzheimers was slower in older people taking higher doses of Vitamin B12.

Vitamin B12 is particularly low in the elderly. Personally I would love to visit all nursing and retirement homes and test everyone's B12 levels and see how they respond after injections if the levels are low. The problem with Vitamin B12, like Vitamin D is.. Well nothing.. It's cheap, but you don't make millions of dollars in profit by its production!

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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Your Life, Your Choice, Your Health!

Abraham Lincoln said "It's the life in your years that count, not the years in your life".

One of the most common problems that affects our quality of life are those little aches and pains we get. We've always suffered more as we get older, though increasingly people are taking their health into their own hands. After all it's your life, so why not make sure you're getting the best out of it!

Are you limited by arthritic aches? Do you get shoulder pains? Or have you had enough of an achy hip? Are you fed up of sciatic nerve pain? Or are headaches holding you back? Do you want to do something about these problems rather than just relying on endless painkillers?

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Aches and pains can be difficult problems, which is why it's best to speak to an expert. If you have a muscle, joint or nerve problem, then speak to a specialist. The Chiropractors at Lushington Chiropractic take the time to get to the root of the problem and hope to give you the quality of life you deserve.

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A satisfied patient: Catherine Funder

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tips for healthy eating

Words Rachel Branson

As a parent I was adamant that I was going to do all the right things when it came to getting my daughter to eat fruit and vegetables!

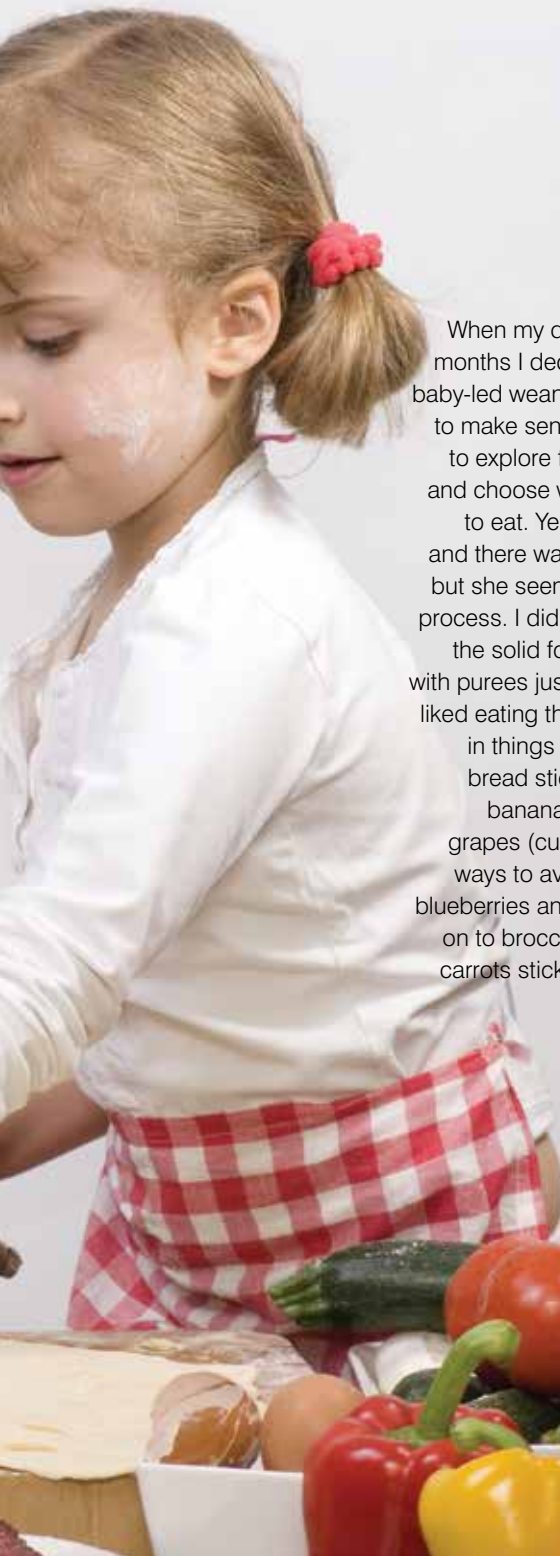
There was and still is so much much confusion about when to introduce foods, what type of foods, whether to puree or try baby-led weaning... It's not easy when we are bombarded with conflicting advice. Advice from parents, advice from friends, books, magazine articles, advertising. One minute it's 5 a day and then it's 7 a day, eat dairy, don't eat dairy... so what is the correct advice?

I think most of it is common sense and with all the stories about the addictive effects of sugar I think the first major decision is to avoid as much processed sugar as possible.

I know at her nursery some parents don't allow their children to share in the birthday cake celebrations and while I understand the thought process I think denying a child the opportunity to share and join in a celebration is a little

sad and perhaps leaves the child wondering why they can't join in. Perhaps instead of avoiding sweet treats completely, look at some healthy alternatives that use natural sugars, like honey, agave, stevia and maple syrup. I recently made some delicious chocolate avocado brownies, raspberry protein balls and carrot and beetroot cakes for a school fete... they went down a treat and were all using good ingredients, like raw cacao instead of chocolate, fruit and vegetable powders for colouring and flavouring, dates for sweetening and avocados instead of cream.





When my daughter was 6 months I decided to try the baby-led weaning, it seemed to make sense to get them to explore foods, textures and choose what they want to eat. Yes it was messy and there was lots of waste but she seems to enjoy the process. I didn't just choose the solid foods, I mixed it with purees just because she liked eating them but added in things like cucumber, bread sticks, houmous, banana, strawberries, grapes (cut in half, length ways to avoid choking), blueberries and then moving on to broccoli, cauliflower, carrots sticks, sardines on

toast, quinoa, rice and pasta. There are some good books telling you what to introduce and when as certain foods should be introduced as they get a bit older.

She never really liked meat and even now she isn't really interested but occasionally she will eat some lamb meat balls or chicken goujons. I don't stress over what she is eating and if she refuses or says she doesn't like it (even if she has never tried it before) I ask her to try it and then if she still doesn't like it she leaves it, but I will still keep presenting it and gradually over time it gets introduced into her meal times.

Occasionally I wonder if she is getting all the right nutrients, I have tried vitamin supplements in the past but I think getting a colourful diet is much easier than trying to sneak vitamin powders into her food and drink.

We make carrot and beetroot juices and then freeze them into ice lollies, I mix Zingology strawberry and raspberry powders into natural yoghurt and porridge and sprinkle beetroot powder on to salads. She still won't drink the green drinks although I successfully made a pineapple, spinach, kale and mint green drink which I froze into ice lollies! zingology.co.uk

She does have sweets but they are limited, all the party bag, christmas and easter treats get put into tins in the cupboard and occasionally she is allowed to pick a treat and we negotiate on how many sweets she can choose, but it is never more than three. It's now July and we still have sweets left from Christmas and Easter and she rarely mentions them.

Food shopping is treated as a special occasion. I do a lot of mine online with Ocado and then once or twice a month we go food shopping so that she can choose her food for dinner and healthy snacks. Interestingly she now chooses fruit like cherries, apricots and blueberries and vegetables like peppers, sweetcorn, carrots and broccoli and we never go down the sweets aisle! I will never forget the excitement of giving my daughter a corn on the cob to unwrap. She didn't know what

was inside and she shredded all the outside leaves off onto the kitchen floor and was so excited to see that there was a sweetcorn inside, then we cooked it for dinner and has loved corn on the cob ever since.

Drinks are an area that I see as a problem for many parents. My daughter has never had a fizzy drink, there is no need for high sugar drinks, they rot the teeth and are full of sugar. She has always had water, occasionally milk or coconut milk (Koko) and then we buy Rocks organic blackcurrant juice. We make carrot, apple and beetroot juice and if we go out for a meal she has a bottle of apple juice (pressed and not from concentrate). I have a dislike for most children's drinks, full of sugar, made from concentrate and not a single good thing about them. I know that at some point she will be given fizzy drinks but even now when she is given a carton of juice that is sugar laden she doesn't drink it and if she is thirsty she asks for water.



Have I got it right? I don't know but I know that meals times aren't stressful, there is rarely a battle over food, she seems healthy and happy and knows when to stop eating when she is full. She likes fresh fruit and vegetables, it might not be an extensive range of foods but that will build over time as she learns to explore and her taste buds mature.

I have enjoyed the process of making new recipes, trying new foods and taking her food shopping. Even though our garden is the size of a postage stamp we grow herbs

and the occasional fruit and vegetable... We might only have two figs this year but she now knows what a fig is and last year we only managed to get one successful pumpkin but it's the excitement of seeing it grow, picking and eating it that gets her interested in new foods. A few weeks ago I saw her out in the garden with the neighbours children getting them to try the salad burnet and telling them that it tasted like cucumber, the three children tried the rocket, mint and lemon balm laughing and giggling as they picked and smelt the leaves...



Tips to get your child to eating fruit & vegetables without the tears

1. A food needs to be presented about 10 - 20 times before a child will try or accept a food, don't expect them to love it the first time they see it and don't give up just because they didn't like it.
2. Don't force them to eat, encourage them to try and negotiate on how much they need to eat.
3. If they like certain foods make a meal including a few of the things they love and then introduce a new food to try.
4. Take them shopping and show them all the amazing fruit and vegetables available, get them to choose something for dinner, take it home and ask them to help prepare it.
5. Sometimes they might not like food cooked so try and offer it raw. Just because you are having a sunday roast doesn't mean you can't offer raw carrots instead of cooked!
6. Encourage them to grow fruit and veg in the garden, it's amazing to see them eat the things that they have grown.
7. If you don't have a garden then take them fruit picking or pick blackberries from the hedgrows.
8. Try fun ways to introduce fruit and veg, we use Zingology fruit and vegetable powders and then bake cakes or stir them into yoghurts or porridge.
9. Don't exclude treats but do limit them. Try and have healthy treats made with good ingredients, natural sugars, nuts, seeds, dates, coconut and raw chocolate.
10. Try rice or coconut milk instead of cows milk on their cereal especially if they can't handle dairy.
11. Try quinoa, brown rice and brown pasta instead of the refined white.
12. Visit a health food store and see what healthy alternative there are such as nut butters, rice cakes, protein bars and snacks, protein powders for fruit smoothies.
13. Serve water with the meal, try juicing and if you do want juice buy something like Rocks or Zingology powders.
14. Avoid fast food places like MacDonalds and KFC there are plenty of local cafes and restaurants that can offer fresh, healthy and tasty foods.
15. Most of all have fun with your food and drinks.

Magnetic Therapy – Benefit or Placebo?

The benefits of the use of magnets for pain relief and a re-balanced body have been documented for thousands of years, and yet there is little concrete scientific proof. In ancient Egyptian times it is possible that the original idea stemmed from the unusual effects of natural lodestone. Cleopatra placed one on her forehead to prolong her youthfulness and beauty.

Whilst magnetic therapy is recognised as an alternative medicine, doubt remains as to its' authenticity. However a real turning point was reached, indicating that something might be happening, after gold-standard double-blind trials were run when none of the trial subjects knew who was being treated with what - and the results began to support some of the earlier claims. Ongoing research in prestigious establishments all over the world are continuing to find evidence of proof that it works.

Whilst there are many hi-tech studies and trials documented for transcranial magnetic stimulation (TMS), where people with depression had specific areas of their brain stimulated by magnets and found profound results, tests have also been carried out for other conditions such as schizophrenia, where the magnetic stimulation

found 70% of the patients appeared to benefit for up to a year and sometimes longer.

Researchers at the Peninsula Medical School in Plymouth found that osteoarthritic pain was helped by wearing a magnetic bracelet compared to a 'dummy' one. "Pain from osteoarthritis of the hip and knee does decrease when wearing magnetic bracelets", they reported. In a study at the University of Washington a magnet was placed on the shoulder of a patient who had suffered chronic pain for many years due to a spinal injury and after an hour the pain had reduced by 50%. They conclude that whilst it is unclear how or why, research on animals shows that it has an impact on the blood which stimulates the movement of magnetic fields through the tissue. In fact a particular provider of Magnetic Collars states as part of their sales pitch "tested on humans for animals".

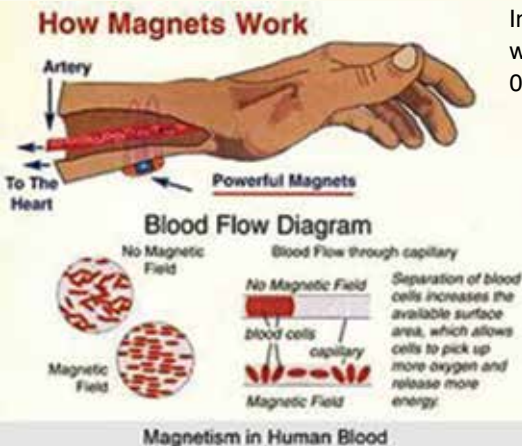
Of course the advantage of trying this as an alternative is that it is a completely safe, risk free, drug free and a non-invasive way of giving a chance to improve quality of life. (It is advised that the magnets are not used in conjunction with a pace-maker or whilst pregnant.)

Chris Mutch

Independent Distributor, Energetix Bingen

www.mutchhealthier.co.uk

07989 566197



* Some references taken from Independent News & Media (UK) Ltd

Disclaimer: Whilst unable to make claims of a 'cure' it is known that wearing a magnet does improve health and wellbeing. It is NOT advised to replace conventional medication without consulting a doctor.

The Gift of Imperfection

I was surprised to hear classical dancer Akram Khan chose, as one of his Desert Island Discs, a recording of a homeless man singing a religious song. However it made sense when Khan explained that there is a huge focus on perfection in the classical music and dance world. Hearing the homeless man's song he appreciated the power of imperfection. Khan said: "He doesn't sing in perfect tune, but there's a truth. His words have weight because he's living it, he's lived it. And it's coming from a very deep place."

Many people who come to therapy are burdened with inner expectations that they should be perfect or meet certain standards. Often these kind of messages, and these inner standards, are absorbed in childhood from parents or parental figures. Though this can cause problems. If we are so attached to the need to be perfect (or very accomplished) in what we do, we can become paralysed and not try new things. Frequently for these kinds of people there is a fear of being seen to make mistakes. It is as if they live their life with an unseen audience, constantly commenting on their failures.

Swiss psychotherapist Alice Miller identifies this perfectionism as a defence against deeper feelings of unworthiness. In her famous book, *The Drama of Being a Child*, Miller describes this perfectionism as grandiosity, arguing that a person whose feelings were not truly valued as a child can seek esteem by achievements and admiration. "The person who is 'grandiose' is admired everywhere and needs this admiration; indeed he cannot live without it. He must

excel in everything he undertakes." If he fails, "the catastrophe of a severe depression is imminent."

I think this message is relevant to all our lives - can we allow ourselves to make mistakes, to be imperfect? After all, there is very little personal growth or development without mistakes. The risk is that if we try to maintain our image too tightly, we avoid situations that are out of our comfort zone.

In a sense, it is in our imperfections that our humanity lies because when we allow ourselves to be imperfect we show vulnerability. What Akram Khan admired in that homeless man's singing was nothing to do with technical achievement, rather the connection with another human being's deeper feelings and experience.

Patrick McCurry offers counselling in both Eastbourne and East London. Please visit www.patrickmccurrycounselling.co.uk for more information



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MEMORIES & MAGIC MOMENTS

by Nick Hordern & Frances Barnes



Robert F. Kennedy at the Ambassador Hotel in Los Angeles

IN THE MIDI – A ROMANTIC ROUND-UP OF TRAVEL

New journeys always evoke past ones for me. Just now, a visit to the Languedoc region with its famous Pont du Gard had me recalling another beautiful bridge under light blue skies. Suddenly I was back in San Francisco, a very young ad exec, at the iconic Golden Gate, and about to experience a career-changing moment. Passing the bank of elevators operated by elegant Orientals in shot-silk kimonos, I checked out of the Mark Hopkins on Nob Hill. I was visiting

a branch office and before flying back to New York, I took a trolley-car down the steep slope to Fisherman's Wharf, where I saw a crowd massing. I had my Rolleiflex, and found myself snapping Bobby Kennedy, my Senator from New York, a dogged fighter for Civil Rights, who glad-handed us all. On my way in to my New York office the next morning, I noticed a sombre mood - I learned of the politician's shocking post-midnight assassination in LA's Ambassador Hotel. It was as if I had taken Wellbeing's crash-course

in self-motivation seminar, the incident announcing a radical change in direction. I thought, if Kennedy's voice was stilled – mine wouldn't be, however minor. A book published by Doubleday and a career in journalism took off. Visiting Languedoc-Roussillon in southern France, which has its own ancient tongue and roll-call of martyrs, the UNESCO World Heritage 2,000-year-old Roman site of the Pont du Gard, is as iconic as the Golden Gate behind RFK that fateful day, for it also 'built bridges' to its citizens.



L'Artemise, Uzès

LANGUEDOC/ ROUSILLON

EasyJet flight from Gatwick (dep. 11.35am GMT) to Montpellier (arr. 2.20 pm Cont.) takes under 2 hours. Built before the Christian era, Pont du Gard, architectural masterpiece, Roman aqueduct's superb engineering, the bridge has three tiers of arches spanning River Gard. La Begude St Pierre, a mile from the bridge, is a former 17th-century coaching inn and is the perfect place to relax. The 4-star hotel

has 23 rooms, terraces and olive trees, an open-air swimming pool, and restaurants that offer French and Mediterranean cuisine as a speciality. Le Castellans, in the heart of Collias, is a charming hotel with a brand new spa which offers massages, Turkish baths and other treatments. Maison d'Uzes' 5-star 12-roomed hotel, restaurant & spa features hammam, roman bath, massages, etc. The 17th-century listed building in the heart of the medieval

Uzès with honey-coloured walls and old beams offers Michelin-starred fine dining prepared by Chef Garcia. Ranked in the top 35 hotels in the world. A 16th-century farmhouse that once belonged to the Bishop of Uzès, the hotel has 8 guest rooms/suites, swimming pool and a luxury spa located in beautiful vaulted cellars and includes a hammam, Jacuzzi, massage room, plunge pool and gym. Exquisite food by Michelin-starred Restaurant Artemise – incl. seasonal dishes.



Above photo: Nick Hordern Hotel le Clos,

BURGUNDY

Hotel le Clos, Montagny-les-Beaune, is a beautifully refurbished 4-star 18th-century farmhouse lovingly restored by Alain and Christine Oudot. There are 24 guest rooms yet we were overwhelmed when the owners offered us no less than a cottage to ourselves! After a sound night's sleep, we walked across the gravelled courtyard passing an ancient picturesque well, agricultural implements and a wine-press before entering Reception replete with ancient beams, stone flooring and open fireplace. We had breakfast on an open terrace among guests who were obviously no strangers to a favourite hostelry, and sat out in their lovely orchard planning our next visit to the Abbey de Morgeot vineyards and then

on to the stunningly beautiful 365-roomed with moat with drawbridge in southern Burgundy Chateau de Sully, a castle owned by Scots-born Duchess of Magenta, also the 9th Marchioness de MacMahon. We enjoyed a veritable feast of a picnic lunch in the Abbey de Morgeot vineyard hosted by Amelie MacMahon, the 4th Duchess, whose refreshments included one of their wines, the superlative Chassagny-Montrachet. Hearing the Duchess was from North of the Border, we speculated if we were going to meet an independent, rather fiery 'gone native' Margaret Rutherford – instead we got a fine-boned and flame-haired Deborah Kerr. We learned the bizarre tale how the castle was saved from destruction from French revolutionaries.

A predecessor, Charlotte MacMahon, was seemingly at death's door when a rampaging mob arrived at her gates, set on reducing the stately pile to rubble. Fearlessly, the elderly lady told them they were trespassing and should leave. Six months later, presuming that the old Dowager was no more, the rebels were astonished to be told she was alive. (In fact, she had died the night before). A quick-witted estate manager, Claude Beaune, placed the old lady's corpse in a trough filled with brandy, so that when the mob entered her boudoir, they found the resurrected Charlotte propped up in her bed with a lace cap, curtains drawn and obviously poorly. Thwarted yet again, the rebels retired never to return!

Hotel Le Trophee, Deauville



Burgundy Chateau de Sully



Deauville

NORMANDY

Brittany Ferries offer a wonderful service to the Continent for the foot traveller. FB says: I was car-less in Caen. But was I bothered? The region is a hub of efficient and brilliantly linked public transport – the perfect way to find your feet in Normandy. I travelled in luxury from Portsmouth to Caen return with cabin. Bus Vert buses link up Ouistreham port with the Bus Terminal and bustling rail station in the city centre. My destination was Deauville and I chose to continue on the Bus Vert, plying the scenic coastal route in great comfort and style. Hotel Le Trophee is (FB) "A Michelin-starred centrally located hotel, with its 24-hour health club, sauna, steam room and outdoor heated swimming pool. In the heart

of the chic coastal resort with its fabulous shops (Chanel started here), there are many ways to keep fit such as tennis, golf, swimming, sailing and attractions as La Toques racecourse, George Clooney stays during the International Film Festival."

LANGUEDOC

Easyjet Gatwick-Montpellier easyjet.com

La Begude St Pierre 30210 Vers-Pont-du-Gard

www.hotel-begude-saint-pierre.com

Hostellerie le Castellas 30210 Collias www.le.castellas.com

Maison d'Uzes 30700 Uzes www.lamaisonduzes.fr/uk/

L'Artemise Chemin de la Lauze, 30700 Uzes

www.lartemise.com

Uzes Tourist Office 30700 Uzes +33 (0)4 66 22 68 88

BURGUNDY

Hotel le Clos, 21200 Beaune, +33 (0)3 80 25 97 98

hotelleclos@wanadoo.fr;

Chateau de Sully 71630 Sully

NORMANDY

Brittany Ferries, reservations@brittanyferries.com

Hotel Le Trophee 14800 Deauville +33 (0)2 31884586

information@letrophee.com

What is all this Mindfulness stuff?

How could it help me?

The practice of Mindfulness has become progressively well-known over the last few years. Whereas in the past mindfulness meditation was often associated with spirituality, it has become increasingly seen as a way of managing the stresses of our modern lives. Now it is used not only to reduce stress, though also has been used in mental health settings to help people manage chronic depression and anxiety. However mindfulness is not just for people with problems, it has also been found to enhance overall quality of life.

What does mindfulness actually offer us? In the last 20 years a considerable amount of research has been done into mindfulness, both in terms of benefits to our health and also into how it actually changes the structure of our brains and the resulting advantages this has to our sense of wellbeing. One of the earliest findings in terms of our physical health was that mindfulness helps improve our immune system. Perhaps this is not so surprising, in that we know that our immune system is impaired by stress and that mindfulness is an approach that seeks to change our relationship with our stressors and thus reduce their impact. However, studies on the impact of mindful-

ness on the brain have come up with some interesting findings. Here I will briefly outline 3 of these findings and their proposed implications:

- Reacting versus responding - mindfulness has been discovered to change the structure of 2 areas of the brain that are linked with our ability to respond appropriately to a given situation. The Amygdala (involved in emotional memory and the flight/fight response) has been shown to reduce in its density, whereas the hippocampus (involved in long-term memory) has been shown to increase in density. The implication here is that rather than being hijacked by emotional reaction to a given situation, we can take a more considered response based on our past experience.
- Managing relationships - the above implication is also supported by this second finding. Here, there is a thickening in the pre-frontal cortex. This is an area of the brain that is associated with our planning and reasoning capacities, including the ability to think before we act. However, this area is also associated with social abilities. This includes our

capacity for intuition, to attune and empathise with others and ourselves, and manage our own emotions. All of which help in creating harmonious relationships with others.

- Shift towards happiness - the last finding is concerned with the activity in the brain rather than its structure. Here mindfulness has been shown to shift the brain activity towards the left - known as the "left shift". Such activity is associated with a greater sense of happiness, as well as creating an "approach" mindset, where people move towards their challenges rather than seeking to avoid them.

At this time our understanding of the brain is just beginning, however, these initial findings regarding mindfulness and the brain indicate that mindfulness has far reaching effects in terms both how we are in the world and our sense of wellbeing.

Words - Mark Head

Mark Head MSc (TA Psychotherapy), BSc Hons (Psychology), CTA (P), UKCP Reg. Psychotherapist, TSTA (P), Chair of the Accreditation and Assessment Committee for UKATA (United Kingdom Association for Transactional Analysis). Mark is an internationally qualified trainer, supervisor and Psychotherapist and a Mindfulness trainer. He is Director of the Link Centre www.thelinkcentre.co.uk - a training centre based in Newick, Sussex that offers courses in personal and professional development as well as longer term courses in Counselling and Psychotherapy. Mark's passion is to facilitate people's self-awareness to enhance their quality of life.

The Link Centre are running an 8 week course in Mindfulness-Based Stress Reduction, commencing on 28th October. For more information please email leilani@thelinkcentre.co.uk or visit thelinkcentre.co.uk/189.html

"Paying attention in a particular way, on purpose, in the present moment and non-judgementally"



Silent problem of vaginal dryness

Vaginal dryness can be a silent problem, as women may feel embarrassed to talk about it with their friends or health care providers. Some may also feel that there's nothing that can be done about it. They couldn't be more wrong.

It is important to stay feeling sexy and vibrant and enjoy lovemaking throughout the lifespan. Having a healthy and happy sex life has been shown to prolong life and a sense of well-being. The special connection that we share when enjoying love play

with a partner releases Oxytocin – the hormone of love.

Understanding the causes of vaginal dryness, and more importantly, what you can do about it, will allow you to maintain confidence in yourself and your sexuality – no matter what stage of life you are in.

Vaginal dryness is a common problem for women throughout their lifetime, and not only after the menopause, but also during pregnancy, medication, stress phases

or caused by wrong intimate hygiene. It can, and often does, lead to discomfort “down there” and painful sex. It may feel as though your body has betrayed you as you experience pain where once you felt only the most wonderful pleasure.

It's easy to see how a cycle of avoidance could begin leading to loss of one of the most basic elements of joy and self-expression. Experiencing pain during foreplay or sex can lead to anticipation of further pain, not pleasure and enjoyment with your lover. Tension



as we know, increases painful stimuli and so rather than being the wonderful, enjoyable expression of love that you once knew, sex becomes something to avoid or simply tolerate.

The Closer study in the US found that 58% of women surveyed who had vaginal dryness reported that they avoided intimacy with their partner as a result. It's not hard to see how this could lead to your lover feeling fearful that s/he is causing you pain or rejected and unloved, or both.

When the delicate balance that keeps love play juicy and fun has been altered it can affect your sense of self, your relationship and your ability to enjoy lovemaking with

freedom and spontaneity. Dryness of the vagina may be a temporary effect, or as a result of medical conditions and/or their treatment or medications – there are a host of different reasons why this can happen.

Either way, you don't need to suffer alone or in silence. There are plenty of things that you can do!

The lubricant manufacturer pjur for example offers a great variety of personal lubricants, even for highly sensitive skin. Many doctors, sexual therapists and pharmacists recommend the pjur med lubricants www.pjurmed.co.uk.

Breast care nurse Maggie Walsh says for instance: *"I am pleased to be able to recommend pjur med products to women suffering with vaginal dryness. The products are made with natural ingredients and are gentle and safe. It is good to be able to offer a simple solution that can improve their quality of life."*

Available from Boots and Lloyds Pharmacy



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 everyday 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

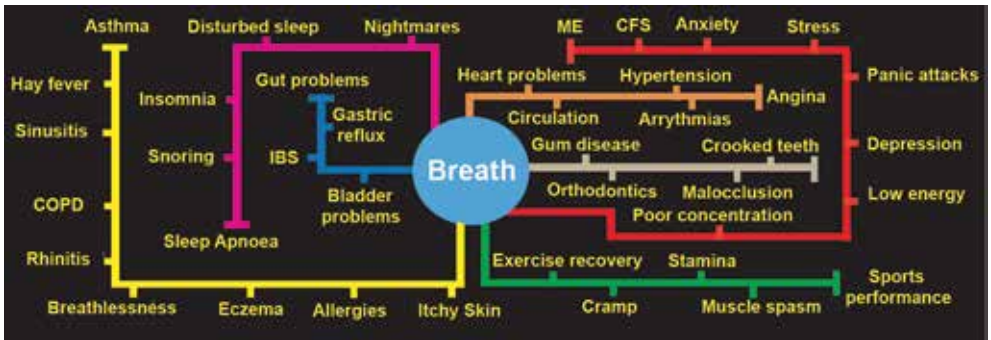
Can Intuitive Horse help with conditions and disorders? This work can be very helpful for people with specific conditions, and can support and complement therapies you might already be receiving. A consultation over the phone to gain an understanding of your situation first is essential. We have worked 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 036301 - intuitivehorse.co.uk

The Breath Connection

'better breathing means better health'



The above map shows just some of the conditions linked to our poor breathing habits.

Breathing is the most vital and most social activity in our lives. Professor Konstantin Buteyko claimed over hundred modern diseases were associated with dysfunctional breathing, and did you realise that with every breath you take you inhale some of the exhaled air of every living man and animal on the planet! We don't all eat from the same plate, we don't drink from the same well, however we do all breathe from the same atmosphere.

Despite the above it is unlikely that your doctor has ever checked your breathing unless you arrived with a respiratory illness; apparently in today's modern medicine it appears it doesn't matter how you breathe so long as you do! This is not that surprising, as it is only in recent years that medical training began to incorporate nutrition into the syllabus in any significant way.

We are seeing the results of this omission in the rise of childhood obesity that has reached almost epidemic proportions. At least diet and nutrition is now on the medical agenda, though breathing is still largely ignored.


The most common respiratory dysfunction is chronic hidden hyperventilation that is already a 21st century epidemic, as over 75% of us in the West suffer to some degree from this health problem and yet it is rarely diagnosed and even when it is the patient is not given the support and training they need to break this bad habit.

I know you probably believe your breathing is normal; well you've been doing it since you were born and you have never had a problem with it have you? Why not check it out today?

Watch this short YouTube video that shows you how to measure your breathing in just a minute <http://www.youtube.com/watch?v=cSErLKCISWg>

The great news is that we can all learn how to improve our breathing in just a few weeks and once you have re-trained your breathing it stays good without further work. The benefits of better breathing may be more energy, better sleep, better concentration, less anxiety, and a general, calmer, more healthy life. There are many ways of learning to improve your breathing; only one has been subjected to many clinical trials and shown to be very effective and that is the Buteyko Method. Google Buteyko to find out more or visit our website to download a free app for smartphone or computer that will get you started learning how to breathe better. Or download free leaflets that explain the breath connection to all the above conditions on the map above.

Michael Lingard BSc DO BBEC
Buteyko Educator
www.buteykokent.co.uk



Use these tips and your life plan can make the difference between plodding along and living the life of your dreams.

1. Your plan must have meaning for you: Writing SMART objectives and focusing on their achievement might give you a sense of moving forward though soon you will feel empty. Having a Life Plan is not just about having objectives. It is about having an aim that has meaning for you. Understanding your Life Purpose will enable you to create your life from a more fulfilling perspective, with more satisfying results. This isn't necessarily about religion or a spiritual approach, it's about a truthful exploration of yourself, your innate talents and passions.

2. Remember control is only an illusion: Let's imagine you plan a journey in a less developed part of the world. You do your research, look at timetables and make a schedule. You can be pretty sure things will not go exactly to plan however, rather than being upset about the unpredictability, you'll be pleased you spent time planning. This has given you the background knowledge and the awareness so you can adapt to new situations whilst building in as many of the experiences you want to have. A good plan will help you with life's unpredictable twists and turns though don't get too attached to your ideas of how things should unfold; allow for a few surprises!

3. Your plan should inspire you: Thinking small might mean your plan is easier to implement though it won't embody the bold expression of your uniqueness and so won't make your heart sing. This is a way of checking back to see if your plan reflects your Life Purpose. Your plan should excite you. I usually suggest writing your plan down so you can refer back to it - it doesn't actually have to mean anything to anyone else but you. So use your own language and images that you relate to. You might want to present it as a mind-map, video or multi-media experience. Whatever is more you!

4. It plays to your strengths: Your plan builds on the strate-

7 tips

for successful life planning...

gies you use to best effect, your unique attributes, skills and passions. Just because someone else achieved great results with a specific approach doesn't mean this is the right one for you. There often things that we see as weaknesses which can be turned to strengths in different situations. Your plan needs to draw on your past as this is where you find information about your strengths and winning strategies, however you also need to start afresh without any limiting beliefs you might have picked up on the way.

5. It starts from where you are now: If you are now out of integrity, if you are uncomfortable with an aspect of your life

or feel you are not being true to yourself, this must be addressed before you can move forward with the more sexy parts of your plan. It includes paying off debts and completing the past. You should still make a plan based on your dreams as this will inspire you, however you need will to start by 'cleaning up' your current reality as this will pave the way for future success.

6. It has integrity: Integrity shows up as in how you implement your plan. Being true to yourself and acting with authenticity often means that others might not approve, especially if your plan takes you in a very different direction. The temptation then is to amend

your plan (and yourself) which takes you off track.

7. It's a living document: Not cast in stone though regularly consulted, reviewed and updated. It's integrated with the daily systems you use such as your diary, and calendar. You invest time and attention in it on a regular basis.

With these tips, you're well on the way to successful life planning. I hope you're now convinced that a Life Plan is not only worth having, it's worth investing the time and energy needed to get the right plan for you.

words: Debbie Reeds
Soul Sanook Life Coaching
www.soulsanook.com



Beat the bugs

Your guide to the latest and most effective remedies

It's September, the new school year has just begun and you are already juggling complex after-school schedules and conjuring up novel lunch box ideas that won't disappoint. But with the new school term, comes those perennial classroom health horrors every parent dreads. Soggy sandwiches, verrucas and stinking PE kits are firmly in the naughty corner, but fret not, help is at hand!


BrightStart – the smart choice for clever kids

These tasty orange flavoured droplets are great for fussy eaters, who may not be getting their RDA of vitamins. BrightStart is a brand new Vitamin D3 which contributes to brain, eye and heart health as well as central nervous system, bones, teeth, immunity and

muscles. Unlike other children's vitamins, BrightStart is free from preservatives, alcohol, sweeteners, sugar and artificial colours and flavours. BrightStart is £7.99 available from all good health stores and online at www.questexcellence.com Suitable from 1 month to 5 years.

SwimSeal – for little swimmers everywhere

We all know swimming is an essential life skill, however children can easily be put off this activity for life if they start experiencing problems in their ears, caused by trapped water. SwimSeal, originating in South Africa, has been uniquely developed by Ear, Nose and Throat (ENT) specialists to prevent water getting trapped in the ears, which can cause discomfort, pain and can even lead to Swimmer's Ear. Two to three drops of SwimSeal in each ear creates a natural barrier



to external infection. SwimSeal's unique formulation contains tea tree oil and medical liquid silicon and are the only drops in the UK market which naturally coat the ear canal. SwimSeal is £7.99, available from Boots and Superdrug. For babies, children and adults

Meet the new lunch box favourites

Mix it up a bit with Chi's new 100% natural Chocolate Coconut Milk, this dairy free delight is ideal for the lactose intolerant, £1.79 from Whole Foods. Crisps are a snack-time staple so go for a healthier option with Verobica's Snacks new Crunchy Creatures, baked corn snacks with 40% less fat than regular corn chips and free from artificial colours, flavorings and gluten free. 89p from Tesco's stores nationwide.

Combat tummy bugs and sniffles before they begin

Over 70% of the body's immune system is concentrated in the intestine, that's why it's

so important to top up your friendly bacteria with probiotics. ProVen Probiotics are the most clinically researched probiotics brand with over 6 blind studies to their name. Top up your child's friendly bacteria to help maintain immune and intestinal function with ProVen's new chewable blackcurrant Child Probiotic with A-Z Multivitamins. Suitable for 4 years onwards, £5.95 from www.provenprobiotics.co.uk

Vanish Veruccas's in one easy step

As another year of school begins, PE classes and after-school sessions at the pool are sure to increase the occurrence of verrucas and warts. Carnation Footcare's new Verruca & Wart Remover Freeze Spray removes verrucas and warts with just one application, rapidly freezing the affected area with no need for gels, creams or plasters. This spray will leave your child's feet free from warts and veruccas within 10-14 days, £10.50 from www.carnationfootcare.co.uk

How to clean your home and not wreak havoc for the planet!

The eco2life multi-surface cleaner is just one of the rapidly biodegradable, fully refillable green cleaning products from Planet Earth. "We're committed to delivering eco friendly cleaners that really work and offer real environmental benefits."

So how can we do this? "Simple. We removed as much of the heaviest and bulkiest part of a cleaning product - all the water - that we could. The result; eco friendly household cleaning products that are lighter, smaller and easier to transport, reducing the environmental impacts on the planet. We've applied the same approach to our packaging too, aiming to minimise the amount of card and paper we use, while ensuring that what we do use contains virgin fibres from a mixture of FsC and PEFC managed sources and that these are widely recyclable. Like many other eco or green products we do need to use plastic bottles. But our bottles are different from other eco cleaning products found in the

UK. They're made to last! The trigger has been tested to over 10,000 sprays - that's a lot of cleaning!

We believe in going the extra mile, doing things differently, reducing the amount you need to buy through things like our 'Small Wonder' refills. 'Small Wonders' are at the heart of our refillable cleaning products and our major point of difference with other green cleaning products. They are tiny bottles of cleaning solution that you simply dilute with ordinary tap water. In short, we believe we offer one of the best eco friendly household cleaning products available in the UK today. Don't forget we also produce a refillable floor cleaner, refillable glass cleaner and refillable bathroom cleaner."

For more information visit the Eco Market Stall shop - wikaniko.com/ecomarketstall - view the presentation, and see the other eco2life products available.



VIRGO - While the Sun is in your sign until 22nd September take time to get to grips with career options. There could be an opportunity that you have not given attention to. Venus entering on 5th September increases your likeability factor and October sees you benefitting financially through others.

LIBRA - A lot of planetary activity in your own sign may see you retreating inside yourself as many demands are made on you. This historically is the time, leading up to your birthday, when you examine your direction in life and start to delete from your world anything that is no longer productive.

SCORPIO - September still sees you re-grouping from a fairly tumultuous time, with October finding you acting on all those choices you have been weighing up. The partial solar eclipse on 23rd October with the Sun, Moon and a conjunct Venus all meeting in Scorpio creates a romantic, harmonious influence for all the signs and especially for you.

SAGITTARIUS - Mars enters your sign on 13th September and brings with it a need for activity, though be careful about being a bull in a china shop with all that physical energy. The solar eclipse on 23rd October may make you quite thoughtful and loving and thinking about your future in terms of significant others.

CAPRICORN - A late Summer holiday is well-starred though you very rarely pick a vacation where you just chill out, preferring more of an adventurous trip. Pluto direct in your sign and Mars entering on 26th October adds to that drive for action, and you should be manifesting some positivity with finances in October.

AQUARIUS - Leading up to the Solar Eclipse you appear to be examining your life and needs and wondering if you may be happier elsewhere. A lot of Aquarians will be considering a move this Autumn or at least making the decision now and possibly acting on it early next year.

PISCES - The Full Moon in Pisces on the 16th Sept will bring things to a head for a relationship, either moving it to the next stage or leaving it all together. October finds you happier as you know where you stand and gain more perspective. Don't undo the good work by being too impulsive.

ARIES - The total Lunar Eclipse in Aries on 8th October should be significant for you as you make final decisions in work and relationships. Conditions leading up to this event in September may make you nervy and edgy so take the time to relax and recharge your batteries.

TAURUS - So much activity this Autumn for all the signs with 2 eclipses, though Taurans manage to breeze through relatively unscathed and wondering what all the fuss is about. Continuing that theme, stay away from drama especially in October when someone could be playing mind games.

GEMINI - After a sociable Summer Gemini is starting to get ready for hibernation! Well not quite, though you are certainly slowing down and stopping to smell the roses. Time to appreciate what you are grateful for so the Universe can send you more of the same.

CANCER - Emphasis on leisure pursuits and interests now, with some of you looking at further study or evening classes. Many Cancerians have addressed health and fitness issues this year. Catching up with friends/family that you may have unintentionally neglected lately is also well indicated.

LEO - Jupiter has started to get comfy in Leo and is making its presence felt in a positive way. Many brave Lions have struggled in the last couple of years with a lot suffering loss of some sort. With Jupiter you can reinvent yourself with all your new-found wisdom and maturity.

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Tiffany Jackson-Bieeu, aged 33 from Nottingham
Weight before dieting – 22 stone / size 26
Weight now – just under 15 stone – size 16

Lemon Detox

I started the Lemon Detox (lemondetox.com) earlier this year because my weight loss had slowed down since I stopped running as much and because I became aware that I was eating without realising it, when making kids dinners etc. Whilst everyone said that my size suited my bubbly personality, I wanted to feel more normal and shop in normal shops rather than plus size shops. I don't want my children to suffer with being overweight and I want to be a good role model for them.

I have always been overweight, at 14 I was 14 stone and it just crept up, When I got married at 19 I was 16 stone and then it began to come on quicker, having my own home and I really enjoyed baking when I had spare time and lots of takeaways when I didn't. Then 2 children in 2 years meant that I didn't lose my baby weight before I was pregnant again, so after the second baby I was up to 21 stone and a size 26.

I've tried Slimming World (I left when they told me that diet coke was better for me than freshly squeezed vegetable juices!). Weight Watchers (just too time consuming). Juicing in general, I love and still incorporate into my diet.

When I was overweight, I always dreaded summer. Travelling became a nightmare as I would always struggle to sit in an aeroplane seat and it stopped me wanting to go anywhere. You feel everyone is looking at you and it's really soul destroying and embarrassing. If we went somewhere abroad, I was constantly hot, sweaty and uncomfortable and I always struggled with what to wear, as I would want to hide my body but not feel

restricted or overheat in my clothes. It just wasn't enjoyable for me.

The last holiday we had abroad was in 2010 to Sardinia. We would always have to search for secluded beaches otherwise I would just feel uncomfortable. After this holiday I couldn't face another trip away while I was fat. I wanted to take my kids away and be on the beach with them, enjoying ourselves rather than hiding myself away. I felt desperate to feel like a normal person who could just behave normally and not struggle so much with what could wear. All these things become such an issue when you go on holiday.

Over the last 18 months, I have lost 7 stone in all and my life and my self esteem have changed beyond recognition. The Lemon Detox has been a major part of my weight loss journey, as it helped re-programme my eating habits and enabled me to gain control over my snacking. I realised that so much of what I was eating I really didn't need and it taught me to eat more mindfully.

Initially I followed the Lemon Detox relaxed programme, where I ate one healthy meal a day and replaced remaining meals with the Lemon Detox formula. Then I followed the detox in conjunction with the 5:2 regime for around 9 months, which really worked for me. As my diet habits changed more and more for the better, the weight continued to come off."

This year we haven't decided as yet if we will go abroad due to work commitments. However, I am planning to wear a bikini for the first time in my adult life. And I can't wait.

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What's On

September

10th - 7pm

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

10th,11th,12th

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

15th - 5-6pm

Tai Chi for Beginners, £80 (10 weeks), Equilibrium Studio, 33 Cliffe High St, Lewes, 01273 470955

16th - 6-7pm

Pilates for Beginners & Improvers, suitable for all levels, £90 (10 wks), St Michael's, High St, Lewes, 01273 470955

7.15-8.15pm

Pilates for Improvers & Advanced, for students with experience, £90 (10 wks), St Michael's, High St, Lewes, 01273 470955

20th - 11am-4pm

Connecting Relationships, Chelsea Theatre, London, Join us to discover more about relationships through movement and contact, with Debbie Reeds & Lawrence O'Connor, 07702 737019, www.sea-sky.co.uk

22nd - 6.30-7.45pm

Scaravelli Yoga, suitable for all levels £108 (12 weeks), St Michael's, High St,

Lewes, 01273 470955

8-9pm

Scaravelli Yoga, Suitable for all levels £102 (12 weeks), St Michael's, High St, Lewes, 01273 470955

24th,25th,26th

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

27th

Family Constellations workshop, Eastbourne, please visit livingmaps.co.uk or email John Harris on info@livingmaps.co.uk

27th-28th

2 day, Understanding Self and Others (TA101), The Link Centre, East Sussex, £160, Leilani@thelinkcentre.co.uk, thelinkcentre.co.uk/ta101.html

28th (& 5th Oct)

10am-5pm

Reiki Level 1 Certified Course, 2 day course, £300, Equilibrium Clinic, 16 Station St, Lewes, 01273 470955

Through Sept

Lushington Chiropractic are offering readers of Wellbeing Magazine half price consultations, usually worth £49.00, offer ends September 30th, to book call Lushington Chiropractic on 01323 722499 and mention the Wellbeing Magazine offer

October

1st, 2nd, 3rd

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

2nd

Horsewisdom, an Equine Guided Learning Workshop for all Bodyworkers & Therapists interested in deepening their tangible experience of working with the energy body, Little Dunks Farm, Kent, £90, for more information contact 07930 442639, info@equineaffinity.co.uk

4th - 9.30am-

12.30pm & 2-5pm

Walk-in Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter & Shiatsu College, Hastings, at The Well Being Centre, Stone Cross, BN24 5BS, 30 minute treatment or more for a donation (from £10), some places bookable, 07773 061309, handwork@tiscali.co.uk www.east-bourneshiatsu.co.uk

12th - 9am registration

10k run, 2 lap quick out and back along Eastbourne promenade, starting and finishing by the Holywell cafe, entry closing date 4th Oct subject to availability, contact the Tempo shop, 67 Susans Road, Eastbourne, BN21 3TG, for application form and to pay, £10, proceeds from race will go

to the RNLI of Eastbourne and the Special Olympics www.temposhop.co.uk

24th Oct - 9th Nov

Brighton Early Music Festival's 2014 theme of cities, musical centres and the journeys between them. Three weekends from 24th October - 9th November, for more information please contact Cathy Boyes, Festival Producer, cathy@bremf.org.uk www.bremf.org.uk or phone 01420 86267

28th - 6pm

Mindfulness-Based Stress Reduction (8 weeks), The Link Centre, East Sussex, £285, Leilani@thelinkcentre.co.uk, thelinkcentre.co.uk/189.html

November

9th - 12noon-5pm

Winter Wellbeing Day, a market hall full of stands & health related products, healthy food & juices, a raffle offering amazing prizes, demonstrations on the main stage, talks & workshops, and taster sessions of a variety of complementary therapies. Entry £2.50, talks/workshops £3, therapies £5 for a 20 minute taster session, The Human Touch

15th - 11-4pm

When Commitment is Sexy, London, mixing up theatre games, life coaching questions, movement, story tell-

ing, reflection, improvisation and lots of other fun stuff, we will explore the often loaded concept of commitment, with Debbie Reeds & Lawrence O'Connor, 07702 737019, www.sea-sky.co.uk

19th-23rd

Bodywisdom Advanced Thai Massage Intensive; Pregnancy and Back Pain course, deepening our intuitive touch and developing skills for working our partner in the side-lying position, cost £350-395, contact info@bodywisdom.org.uk

30th - 10.30am-4.30pm

Power of the Wave: Holistic Pulsing for Shiatsu and Thai Yoga Massage Practitioners, other bodyworkers are welcome, we will be working primarily at floor level, £40-60, contact nicola@bodywisdom.org.uk

Mondays

2-3pm

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

4.45-5.45pm

Qigong & Meditation, The Natural Fitness Centre, Eastbourne, £7 per session, £35 for 6 sessions, Nick Neter, 01323 732024, [\[naturalfitnesscentre.co.uk\]\(http://naturalfitnesscentre.co.uk\) \[www.eastbourneshiatsu.co.uk\]\(http://www.eastbourneshiatsu.co.uk\)](mailto:info@natu-</p></div><div data-bbox=)

5.45-8.30pm

1st Sept & 6th Oct Seated Acupressure Massage, The Natural Fitness Centre, Eastbourne, with Nick Neter, Ben Trowell & Mary Jones, introductory 15 (£5) & 30 (£10) minute treatments available, walk in available though booking advised, 01323 732024, info@naturalfitnesscentre.co.uk

Tuesdays

9.30-10.30am

Community Yoga Class - Movement, Breath, Stillness, St Leonards on Sea, drop in £7/ £27.50 for 5 classes, all levels welcome, contact Nicola Smith, 07930 442639, www.bodywisdom.org.uk

6.30 to 7.30pm

October only, New Class, Qigong & Meditation with Nick Neter, The Well Being Centre, Stone Cross, BN24 5BS, £6.50 per session, first one free, 07773 061309, handwork@tiscali.co.uk www.eastbourneshiatsu.co.uk

6.30-7.40pm

Fundamentals of Yoga I 6 week courses, St Leonards on Sea, £42, open to complete beginners and those wanting to review the principles of their yoga practice, contact Nicola

Smith, 07930 442639, bodywisdom.org.uk

7.45-9pm

Fundamentals of Yoga II 6 week courses, £42, open to more experienced practitioners who would like to engage more deeply with principles of their yoga practice, contact Nicola Smith, 07930 442639, www.bodywisdom.org.uk

Wednesdays

11.30am-12.30pm

every Wednesday except 2nd of the month Gentle exercise & relaxation (Rooted in Qigong), WRVS, Russell Centre, Eastbourne, £4, Nick Neter, first session free, 01323 412279, east-sussexdc@eastbournewrvs.org.uk

1-5pm

Allergy Testing Clinic, Equilibrium Clinic, 16 Station St, Lewes, 01273 470955

Thursdays

8am-9pm

Osteopathy, Chinese Massage & Thai Massage Clinic, Equilibrium Clinic, 16 Station St, Lewes, 01273 470955

Fridays

9am-6pm

Massage & Reflexology Clinic, Equilibrium Clinic, 16 Station St, Lewes, 01273 470955

10am-2pm

2nd Friday of the month - 10th October (no

walk-in in September) Walk-in Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter, Oya & Machiko, St Luke's Parish Centre, Stone Cross, 30minute treatment or more for a donation (from £10), some places bookable, 07773 061309, handwork@tiscali.co.uk www.eastbourneshiatsu.co.uk

2pm-6pm

26th Sept & 18th Oct 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, handwork@tiscali.co.uk www.eastbourneshiatsu.co.uk

Saturdays

9am-2pm

20th Sept & 18th Oct Walk-in Shiatsu Clinic, Natural Fitness Centre, Eastbourne, with Nick Neter MRSS & Ben Trowell, some places bookable, 30 minute treatment or more for a donation (from £10), Nick Neter, 01323 732024, info@naturalfitnesscentre.co.uk www.eastbourneshiatsu.co.uk

9am-5pm

Massage, Sports Injury & Acupuncture Clinic, Equilibrium Clinic, 16 Station St, Lewes, 01273 470955

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