

# Wellbeing

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*Your health and lifestyle magazine*

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Honeymoon**

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# EDITOR'S WORD

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I love this time of year the crisp cold mornings, crunchy Autumn leaves and the anticipation of all the winter **festivities**. It's a time for meeting up with family and friends and for reflecting on the year. Family, **health**, work and dream goals are always high priority and in each area I like to use the Japanese philosophy of **CANI**, Constant And Neverending Improvement. This ensures that as I reflect each December I can be sure I have made some **improvements** along the way. I hope you find some ideas to help you make some **positive** changes as we move into 2015.

Enjoy & be inspired.

*Rachel Branson*

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# LOCAL WELCOME



Welcome to our last edition of 2014 which we trust you'll find full of help, advice, inspiring, and perhaps new ideas to help you through the winter months ahead and the festive season too - whatever that means to you. Whether it's nutritional advice about the health benefits of herbs, why you should eat your greens, is organic better or even how to 'eat yourself pregnant' it's all in this read! Help is at hand with a great offer for half price consultations from one of our popular chiropractic clinics, and we've some tips and advice to help you get 'winter ready'.

Although 'tis the season to be jolly' this time of year can often prove otherwise, what with all the extra 'things to do' on top of an already long 'to do' list! Added to which, life events don't just stop because it's Christmas - sadly people still become ill, we have to say goodbye to loved ones, and relationships can become fragile or break down. We've some practical advice

contained in these pages which you may find of help if you need advice and support.

And if you get the chance to take time out you may be interested in browsing at a local wellbeing fayre or attending a concert in November, taking up some of our offers to help you relax, recharge and beat the bah-humbug, or even start planning some treats for the New Year - whether it be getting to know yourself better courtesy of our four legged friends, or even planning an action packed honeymoon if you've wedding bells on the horizon!

As well as the informative articles, remember to check out our Therapy Rooms and What's On pages at the back of the magazine to find therapies and classes near you, and see what's written in your stars for the end of this year!

I hope the remainder of 2014 and the start of next year will be a time full of peace and joy for you and your loved ones. Until next time...

*Lesley*

Remember that you can read our magazine online at [wellbeingmagazine.com](http://wellbeingmagazine.com)  
And to view our online directory visit [wellbeingdirectory.co.uk](http://wellbeingdirectory.co.uk)

# Brighton, and Beyond...

Having taken early retirement after travelling worldwide with British Airways, Colin chose to focus his two passions - photography and the 'great outdoors' - closer to home! And his passions demonstrate an obvious innate talent, which is being readily sought after!

Popular as his photographs have proved to be, you can now find Colin's photographic images printed onto canvases and a range of greetings cards. And latest to his range is his glossy new Calendar called 'Brighton and Beyond 2015' - a stunning collection of iconic images from around Brighton and Sussex. The

calendar, which would make the perfect gift for friends or family, at home or abroad, is priced at £7.99 + £1 p&p per item within the UK (slightly more if being posted overseas).

Where can you see Colin's work? He can be found most weekends at many of Brighton's well known Craft Fairs, under his banner of 'C J Thompson Photography'. His Calendar 'Brighton & Beyond 2015' and many other items can be purchased from his online shop - [www.cjthompsonphotography.com](http://www.cjthompsonphotography.com)

Alternatively you can contact Colin by emailing him directly at [cjthompsonphotography@hotmail.com](mailto:cjthompsonphotography@hotmail.com) Furthermore, City Books, Western Road, Brighton are now stocking Brighton & Beyond 2015, so if you're quick you might find it there!



Colin is donating 50p from every Calendar sold this year to The Argus Appeal Community Chest, which supports local charities around Sussex.

# SEVENTEEN BRIGHTON 9 YEAR OLDS LEARN AN ENDANGERED INSTRUMENT AS PART OF SCHOOLS MUSIC PROJECT!

Seventeen Year 4 pupils from Westdene Primary School had their first lesson on the bassoon (an orchestral instrument which is now something of a rarity) last month as part of Watercycle - a major new music project being run by Brighton Early Music Festival and the Orchestra of the Age of Enlightenment, in partnership with SoundCity: Brighton & Hove, the city's Music Education Hub.



Watercycle is an orchestral journey inspired by water, taking place with the Orchestra of the Age of Enlightenment in 9 different settings across the country during 2014/15.

The project encompasses teacher training, primary and secondary school workshops, and workshops for excluded groups and community groups, as well as orchestral concerts.

Thanks to generous funding from the Mark Williams Foundation, the project in Brighton has a specific bassoon focus, and pupils at Westdene are benefitting from a term's free lessons on the instrument, funded by

SoundCity. Westdene Music Co-ordinator Emma Bright says: "this is an amazing opportunity for our Year 4 pupils. We currently have 17 children learning the bassoon all funded by SoundCity. They are thoroughly enjoying their lessons with Lucy Keyes from Brighton & Hove Music Service and practising hard for their first public performance in December". Peter Chivers from SoundCity commented: "the bassoon is a fantastically versatile instrument that plays a vital role in many music groups. However it is not always an obvious choice, with a decreasing number of children choosing to learn. We are





pleased to be working in partnership to bring this exciting opportunity to the children and hope the project will have a lasting impact by significantly boosting the number of children playing bassoon in the city.”

As part of the project, the Orchestra travelled to Brighton for three concerts on Friday 17th and Saturday 18th October. On 17th October they brought their acclaimed classical club night The Night Shift to a sold

out Marlborough Pub & Theatre, and on 18th October young Brighton music lovers were treated to two OAE TOTS concerts for 2-5 year olds and their families.

Brighton Early Music Festival continues until 9th November with 26 events in venues across Brighton & Hove.

For full details and ticket booking please see [www.bremf.org.uk](http://www.bremf.org.uk) or call 01273 709709.

*Brighton Early Music Festival 2014 is funded by Arts Council England, Brighton & Hove City Council, The Dutton-Downing Trust, The Fenton Arts Trust, The Stanley Picker Trust and the Angus Allnatt Charitable Foundation. In addition to the main Festival, BREMF organises education work throughout the year, reaching over 1500 children each year in Brighton & Hove schools, as well as running three choirs. The Festival's 2014 education work is supported by Southern Water, The Garfield Weston Foundation, The East Brighton Trust, and the Mark Williams Foundation. Brighton Early Music Festival is a Registered Charity No. 1097288 and a company limited by guarantee, registered in England No. 4741864.*





## The health benefits of herbs

Kate Arnold



Since I had a duodenal ulcer in my early twenties I have always been a little wary of herbs and spices, as officially I wasn't allowed to eat them. However over the years I have understood more how they work and how beneficial they can be to the body and immune system. Additionally when you cut the junk out of your diet, food can taste bland to some people so herbs and spices have a great role in getting you to eat more healthily.

I remember particularly as a child discarding the parsley garnish to the side of a plate of fish and chips. How far we have come since then! I have several window boxes with all sorts of herbs and have grown a selection of rosemary, basil, parsley, sage, thyme and oregano. Apart from the fact that herbs can be pricey to buy in the supermarkets, picking them as and when is a joy, and I add them to literally everything!



## **BOLD BASIL**

The king of herbs for me is Basil - I just love it and would put it on everything if I could - the smell alone is enough to get my taste buds working. If a kitchen has only a few herbs in its possession basil is likely to be one of them. Its fragrant essence combines well with rosemary and thyme in meat, fish and vegetables dishes as well as soup. It is of

course one of the main ingredients in pesto along with pine nuts and parmesan cheese. More than sixty varieties have been identified falling into three types: sweet, purple and bush. All offer a subtle difference in taste and it only takes a few leaves to transform a simple dish. Basil plants are easy to maintain indoors and out. To dry basil leaves warm your oven to 140 degrees while placing a single layer of basil leaves on a baking sheet.

Turn the oven off and leave for 20 mins (you don't want them to bake!). Sort into airtight bottles or zip lock bags away from the sunlight. My favourite dish has to be tricolore, the Italian flag: buffalo mozzarella, tomato, avocado, and basil.



### Health benefits of Basil

- Basil is considered one of the healthiest herbs. It's best when fresh exuding a sweet earthy aroma.
- Basil also contains Vitamin K essential for blood clotting - just 2 tbsp of basil provide 30% of the recommended daily allowance.
- Basil also provides Vitamin A which contains beta carotenes, powerful antioxidants that protect the cell linings to a number of body structures, including blood vessels, helping avoid free radical damage. This can help prevent cholesterol in blood from oxidising to prevent heart attacks and strokes.
- Other vitamins and minerals include iron, calcium, manganese, magnesium, Vitamin C and potassium.
- Basil also has antibacterial properties and contains DNA protecting flavonoids. It is the flavonoids and volatile oils in basil that give it the most health benefits.

## ROBUST ROSEMARY

I have two favourite herbs - this is what I have in my window boxes at the moment and the smell is awesome. It's also called Dew of the Sea and Old Man. Rosemary is actually related to the mint family and resembles lavender (you see that now!) It has thousands of uses, is extremely hardy and easy to grow which means I can't kill it! Add an entire sprig to vegetable soups for a bright unique flavour. My favourite recipe is squash soup. With only two ingredients squash and rosemary (water, salt and pepper as stock), it's the most basic recipe I do and it's delicious. For me fresh is far superior than dried and it can be refrigerated in a bag for several weeks.



### Health Benefits of Rosemary

- One of the most common medicinal uses for rosemary has been for improving memory and prevent brain ageing.
- Rosemary contains antibacterial and antioxidant rosmarinic acid and alpha pinene that are known to have anti-inflammatory, anti-fungal and antiseptic properties.
- It also contains manganese, iron, potassium, fibre, copper calcium and an abundance of B vitamins useful for DNA synthesis and for women just prior to conception.

- Rosemary is a rich source of antioxidants and anti-inflammatory compounds which are thought to help boost the immune system and improve blood circulation.
- Laboratory studies have shown rosemary to be rich in antioxidants, which play an important role in neutralizing harmful particles called free radicals.
- In Europe rosemary is often used to help treat indigestion - Germany has approved it for the treatment of dyspepsia.

## TERRIFIC THYME

Thyme herb is packed with numerous health benefiting phyto-nutrients (plant derived compounds), minerals and vitamins that are essential for wellness. Thyme originally is native to southern Europe and Mediterranean regions. Botanically, it belongs to the family of Limiaceae of the genus of thymus, which includes many subspecies among which the most popular variety is *Thymus vulgaris* or French thyme. Roast carrots with honey, lemon juice and seasoning for 25 mins and add thyme when warm. Delicious!



### Health benefits of thyme

Thyme contains thymol, one of the important essential oils, which has been found to have antiseptic, anti-fungal characteristics. Other oils include carvacolo, borneol and geraniol.

Thyme contains many flavonoid phenolic antioxidants like zeaxanthin, lutein, pigenin, naringenin, luteolin, and thymonin. Fresh thyme has one of the highest antioxidant levels among herbs. Basically there is lots of good "stuff" in them.

The leaves are one of the richest sources of potassium, iron, calcium, manganese, magnesium, and selenium. Potassium aids the cells and body fluids that help control heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is required for red blood cell formation. Thyme is also a rich source of many important vitamins such as B-complex vitamins, beta carotene, vitamin A, vitamin K, vitamin E, vitamin C and folic acid. Thyme provides 0.35 mg of vitamin B-6, about 27% of the RDA. Vitamin B6 helps increase GABA (a neurotransmitter in the brain) levels in the brain, which helps you cope with stress.

Vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals. Vitamin A is a fat-soluble vitamin and antioxidant that is required for maintaining healthy mucus membranes and skin and is also essential for vision. Consumption of natural foods rich in flavonoids like vitamin A and beta-carotene helps protect from lung and oral cavity cancers.

Does your mood get low in Winter? Do you get more coughs and colds? Are you not feeling on top of your game physically? A lifestyle and health MOT might be the answer! Call 01323 737814 for a free 15 minute chat to assess your needs and goals, for a healthier you!  
[www.katearnoldnutrition.co.uk](http://www.katearnoldnutrition.co.uk)

## FUN HERB FACTS

- Fresh herbs contain more antioxidants - substances that fight cancer and heart disease - than some fruit and vegetables
- Growing a pot of basil in the kitchen may smell good to us but it doesn't to nuisance flies and mosquitoes who are repelled by the aroma
- Mint leaves or oil deters ants and so a few scattered leaves in your cupboards can prove a useful, natural solution
- Chives have a beneficial effect on the circulatory system, lowering blood pressure
- Dill is effective for the treatment of colic, gas and indigestion
- A Royal Herb-Strewer was a popular profession in England in the days before proper drainage and medicines were the norm. Herbs were used for their deodorising and healing properties. A herb strewer's primary duty was to distribute herbs and flowers throughout the royal apartments in order to mask the rather unpleasant aromas of the city
- Herbal seeds have been found in pre-historic cave dwellings dating back as far as 500,000 years ago. Our ancestors have always used herbs in cooking and health remedies
- The Egyptians studied herbs and used them in medicinal and religious functions as far back as 3500 B.C. The Chinese began the organised study of herbs in 2500 B.C. Written records in China have survived enumerating the uses of herbs that date from 100 B.C.
- Dill was once an important herb in witchcraft, and a purported aphrodisiac, it has a distinctive sour flavour that makes an interesting and sometimes unexpected statement in cooking. Parsley is a natural breath freshener, particularly in combating the potency of garlic
- Ancient records reveal recipes for herb infused oils and creams in the tombs of legendary beauties such as Cleopatra

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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## **THE RAZOR'S EDGE - MOMENTS OF TENSION AND CRISIS IN A RELATIONSHIP!**

How do we deal with very strong feelings towards our partner - anger? resentment? jealousy? vulnerability?

The great thing about romantic partners is that they manage to push our buttons like nobody else, and that's why relationships can be so difficult. If we can trust that these challenges can also teach us something about ourselves, we may be able to stay with our feelings in a non-blaming way.

John Welwood, a Buddhist-influenced psychotherapist, describes in his book 'Journey of the Heart', the moments of tension and crisis in a relationship as the 'razor's edge'. He means that these moments of maximum tension are the times when we are being invited to trust the rawness of our feelings in a non-judgmental way. It is very tempting in these moments to retreat into a 'I'm right, you're wrong' position, or a place of certainty in which we feel we know what 'should' be happening in our relationship or how we 'should' be behaving.

For example, if we are worried about our partner leaving us we may desperately try to make things better and become the 'good husband' or 'good wife'. Or we may go to the other extreme and vent our anger in an uncontrolled way.

Staying on the razor's edge, however, is about giving up our attempt to fix the relationship and opening ourselves to our conflicting feelings - the part of us that is angry at what is happening and the part that is sad or vulnerable or still feeling loving.

So, our partner does something that hurts and angers us. Can we allow ourselves to stay in the uncertainty of conflicting feelings? Can we honour our anger as a legitimate emotion while also allowing ourselves to be in touch with the part that wants to re-connect? The anger may be signalling that this is an important issue to me and I don't want to be a pushover, though at the same time if I hold onto my anger at the expense of other feelings I can cut myself off from the other person.

Welwood says: "Only by accepting all that I feel at this moment - 'I'm angry at you and I still love you,' do I come back to the sharp edge of the present moment." By staying in this place where we don't know what to do, though are trying to stay open to our feelings, can stop us falling back into old patterns of blaming our partner, justifying ourselves or denying our anger.

by Patrick McCurry

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# is **ORGANIC** ACTUALLY BETTER FOR YOU?



Dr Sally Norton, UK  
Leading Health & Weight  
Loss Expert, Founder  
of [www.vavista.com](http://www.vavista.com)  
shares her thoughts with  
Wellbeing Magazine.

As a doctor, I am a bit of a sceptic. I like to see hard and fast evidence that something is better before I recommend it (my patients wouldn't expect anything else) and I haven't seen that much hard and fast evidence behind "organic".

A survey by the Soil Association found that people buy organic food for various reasons. A third to a half of respondents buy

organic to help care for the environment and nature, for perceived better taste or animal welfare.

The most common reason for buying organic, however, given by over half of respondents was healthy eating and avoiding chemical residues.

So, this week, I have been delving into the research to find out whether that is justified... **Is organic food**

## **actually better for our health?**

Well, it should be. Organic agricultural practices mean avoiding chemical fertilisers – using instead crop rotation and natural nitrogen sources like clover, composted manure and seaweed. Pesticides are severely restricted and routine use of antibiotics and other drugs is banned. That means we



should be ingesting far fewer chemicals ourselves.

A recent study has shown that non-organic food is more likely to contain antibiotic-resistant bugs than organic food (which presumably hasn't been exposed to such high levels of antibiotics). Antibiotic resistance is an increasing problem facing us all – we may lose some of our ability to treat serious infections. This study suggests that non-organic farming methods could be contributing to the crisis.

A study from Newcastle University, published just a few months ago, has suggested that organic food contains 19 to 69% more antioxidants (important for health) than non-organic food, and lower levels of toxic metals and pesticides. In fact, they said that 'the increased levels of antioxidants are equivalent to one to two of our recommended five portions of fruits and vegetables a day.' That suggests that if we eat organic, we can get the same '5-a-day' benefits with fewer portions – or even better, continue with our 5-a-day, or ideally more, and get increased benefits than if we eat non-organic.

That, however, assumes that these additional anti-oxidants actually translate to measurable health benefits – which remains unproven.

The researchers also found much higher levels of cadmium, a toxic metal, in conventional crops. Pesticide residues were four times as likely to be found on conventional crops than on organic food. Whilst these levels were still well below regulatory limits, the researchers noted that cadmium levels can build up in the body over time. Also, pesticide limits are set individually, not for the multiple chemicals in use on many, non-organically produced crops.

Sounds pretty convincing, but critics point out that these differences between non-organic and organic produce have not been proven to influence health and also note that there was some evidence that organic cereals have less protein than other crops. What's more, the findings of this study are in contrast to an earlier review by the Food Standards Agency, which found no benefit to eating organic – though it reviewed just 11 relevant studies and noted that they were of variable

quality and that more research was needed.

Any other health benefits to organic? Another recent study caught my eye. It has shown that organic milk has a better ratio of omega 3 to omega 6 than conventional milk – which may be worth switching to organic for. Organic meat may have higher levels of omega-3 too, as the animals are free-range and more often grass-fed rather than grain-fed. A diet high in grain leads to an omega 6:omega 3 ratio in the meat of close to 10:1, rather than the 3:1 that is recommended and is found in grass-fed animals. Meat from grass-fed animals also appears to have higher vitamin and antioxidant levels.

Whilst organic food may contain more anti-oxidants and fewer chemical residues than non-organic food, it is usually more expensive too – between 50-200% more. That's understandable to a degree – it costs more to care for livestock properly rather than factory farm them. However, if that then means that people buy or eat fewer organic foods due to cost, they will get less of their potential benefit overall.

## **So, what is the Vavista verdict on the science?**

The evidence is a bit sparse, I have to say. And a lot of the conclusions are contradictory, or non-committal at best. However, I am not really surprised. As you might imagine, one manufacturer's organic product may be nothing like another. We are more likely to buy a product with buzz-words like 'organic' and 'anti-oxidant' without checking the product or label properly, as we assume it must be healthy. It is good for sales, so for some less scrupulous manufacturers, 'organic' will be more about profit – they may not necessarily be producing the quality of food we expect from the 'organic' label. In contrast, other farmers or manufacturers may be producing far better products, lovingly-tended vegetables, well-cared-for livestock, but not have the manpower, infrastructure or finances to go through the rigorous assessment process that enables them to actually label their products as organic. What's more, some standards, such as the Soil Association's Organic Standards for Food and Drink may be more robust than EU regulations.

So, the range of so-called organic products will vary widely – and the benefits of such products are therefore more difficult to ascertain.

That also means that taste can vary – whether organic tastes better or not is very subjective. A carrot freshly picked from my garden (where the occasional slug pellet may occasionally be spotted!) tastes better to me than an organic version shipped from a distance away and stored for days. One organic product can even be very different from another. To my surprise, a bag of organic spinach bought from a local supermarket turned into water and a bit of a slimy mess when cooked – in stark contrast to my 'Abel and Cole' veg-box spinach, which remained succulent and delicious. Just having organic on the label, therefore, is not necessarily an indication of a good all-round product.

However, if farmers and manufacturers adhere to the principles of organic farming we can be pretty sure that we are supporting the environment and community by buying organic – which is another big benefit.

Even the critics of the studies showing health benefits to organic food production admitted that such methods of farming did help to address the significant problem in the UK of soil degradation and excess fertiliser polluting rivers.

Organic practices are important in maintaining hedgerows, ponds and other natural habitats, keeping animal welfare as a high priority, strengthening local communities and paying our farmers a fair price. Usually, organic farmers and producers reduce packaging and processing too – another benefit to the planet.

What's more it has been shown that plant, insect and bird numbers are 50% greater on organic farms so we are looking after our native wildlife, too.

Regardless of health benefits, that is worth the additional cost, if you can afford it.

If you are struggling to make ends meet, however, there are other things you can do to get ensure that the food you eat is as nutritious as possible, without relying on organic:

### **Choose local and buy in season**

Without travelling miles your food will be fresher, need fewer preservatives and you may be able to check the provenance of the food if you buy from farmer's markets or local producers.

### **Frozen food**

Frozen veg may retain nutrients better than 'fresh' that has been harvested days or weeks before it reaches you.

### **Preparing food**

Non-organic food may contain a lot of pesticide residues on its skin so ensure you wash it thoroughly. Peeling will reduce those residues further – though sometimes at the expense of nutrients. Foods that you would ordinarily peel anyway before eating – think pineapple, avocado, bananas – may be the ones you don't spend the 'organic' premium on, if you are cutting costs.

### **Cooking**

The way you cook your food, whether organic or non-organic, can help retain nutrients – microwaving or steaming means that the nutrients are not lost in the water.



### **The bottom line?**

Be a savvy shopper – organic labels are an enticement to buy but you still need to check that you are buying a good product.

Buying organic is likely to be better for you. The evidence is definitely pointing towards increased nutrients and lower chemical residues in organically produced food. Whilst it remains unproven that the differences between organic and non-organic produce equate to long-term health benefits, it is highly unlikely that this could be proven in a high quality study anytime soon.

I am not sure that I want to wait 10 years or more for irrefutable evidence to build up, so I will buy organic

whenever I can and wherever it makes sense, for the sake of the environment as well as for my family.

I will buy locally produced food wherever possible to reduce the time spent in transit leaching nutrients, and try to make sure that my meat and dairy comes from animals reared on grass not grain.

Most importantly, I would encourage focusing on the quality, not the quantity of food that we eat. Surrounded by all-you-can-eat buffets, buy-one-get-one-free offers and price wars between supermarkets, we think we are getting value-for-money....but is this at the expense...of our health, our waistline and our environment?

# 'Families - we need

words: Debbie Reeds

Despite much of the openness in our society, death is still a subject that feels like treading on egg shells. We think that it's easy to fuel fears, offend and stir up things our relatives would prefer not to remember or face. If we have not considered our own feelings about death, we might feel awkward about saying the 'right' thing.

A recent death in our complex family prompted many discussions. When close family are grieving and processing official notifications, thinking through and financing a funeral can be quite a burden. We all know we are supposed to have made wills, set up powers of attorney and provided for our funerals, but how many of us have actually got round to this? Would it make a difference to think of this as a gift of compassion to our loved ones?

Perhaps it might also make a difference to know information is readily available and you do not always need the expense of a solicitor. In fact, organising this recent funeral highlighted the businesses involved in death and how easy it is to assume you need to go down the predetermined path 'the professionals' present to you.



The natural death movement (which has parallels with natural birth) is all about taking back ownership. We have the choice whether or not to involve a funeral director, to prepare the body ourselves, to take a religious perspective, hire a Celebrant or have our relative's body at home. In our research, we came across many myths and scare stories however, speaking to the experts at the mortuary and burial ground, we were encouraged and supported. We found deep appreciation for those who work behind the scenes doing great work that is rarely seen or appreciated; they could not have been more helpful.

An independent funeral may or may not be your preference, but the point is that we have a choice. And if we don't choose, a choice

# to talk about this!'

will be made for us. You might say that really isn't your concern as you won't be around to experience your funeral though another message, brought home by our recent experiences, was of the potential the ceremony has for bringing families together and healing. This is part of your legacy.

For us, the practical involvement of the family was a deeply transformative experience: the sons from two different marriages carrying the body and co-ordinating lowering it into the ground; all those who wanted to be invited to speak at the graveside; and the physical work of filling the grave, as well as being able to choose the religious focus. For others transporting the body in a camper van or by motor bike gives an appropriate send off. Or maybe being buried in your favourite spot in the garden would give comfort. The more personal for you and your family, the better.

Since this event, we have had several conversations with family members that have deepened our relationships. Most are relieved to be able to share their funeral ideas whilst they are fully alert. Deciding who will be responsible for your affairs may bring

family tensions to a head, and it is useful to have support within and outside the family.

I work with clients to untangle and resolve a range of family relationship problems and the process is usually much less challenging and painful than you anticipate. If you have these family tensions, they will probably be on your mind during the festive season. Take this opportunity to seek resolution and get talking now before things fester or it's too late.

I'm learning that the main message of death is - don't delay, live life to the full and express all the love we feel. Whatever our beliefs we don't absolutely know what's next so why not experience all the joy you want whilst you're here?

For resources to help with your family discussions see [www.soulsanook.com/death](http://www.soulsanook.com/death)

**Debbie Reeds**  
**Soul Sanook Life Coaching**



## Piled on the pounds? Blame your air miles!

Frequent flyer? Noticed a little extra paunch of late? Your jet-lagged gut could be to blame. Scientists in Israel have discovered a strong circadian rhythm amongst the organisms that live in our gut, which seems to become disrupted when we change time zones.

### Is your gut bacteria jet lagged?

Microbes in the gut of mice and humans were put into different time zones, scientists believe they can tell the time, not from sunlight as we do, but by what we eat. These microbes respond to our changing eating patterns

and adjust their cycles to match meal times. They found that when mice were put into different time zones, they ate more erratically, put on weight and developed metabolic problems associated with diabetes.

### Probiotics to counteract weight gain

Dr. Eran Elinav from the Weizmann Institute of Science in Rehovot, Israel says *“our discovery could enable probiotic or antimicrobial intervention in people who have lifestyles they can’t change, to compensate for the time shifts”*

New clever probiotic especially for travellers ProVen Probiotics’ new Travel Probiotic, helps maintain a balanced intestinal microflora for people on the move.

Each vegan capsule contains 12.5 billion of the extensively studied Lab4 group of friendly probiotic bacteria, together with ginger, glutamine and aloe vera. This combination of ingredients is designed to help maintain a balanced flora and improve intestinal comfort when travelling.”

Travel Probiotic is £6.95 from [provenprobiotics.co.uk](http://provenprobiotics.co.uk) and all good health stores



## Lushington News...

**New Lady Chiropractor joins award winning clinic!** Lushington Chiropractic is delighted to introduce their newest member to the team, Dr Victoria White DC, MChiro, MA (Oxon), LRCC. Dr White has this to say about her short time at the clinic "I love being here at Lushington Chiropractic, working with such a fantastic team and meeting wonderful guests".

## I think we can all agree, Winter is here!

This winter why not make the decision to tackle those common problems that affect our quality of life, those little aches and pains we get. Maybe you have picked up a back injury gardening this summer, or maybe you have some achy muscles from a new sport you have embarked on. 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! Thousands of Eastbourne residents have already found an expert solution with Chiropractic care at Lushington Chiropractic. Aches and pains can be difficult problems, which is why it's best to speak to an expert. 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, and will take time to answer all your questions. They believe in specific and gentle health-care, personally tailored to your needs.

**It's your life, your health and your choice!**

This November Lushington Chiropractic are offering Half Price Consultations (usually worth £49.00) Offer ends 30th November. To book a half price consultation call

Lushington Chiropractic on 01323 722499. Please bring this article with you to claim your half price consultation.

**Lushington Chiropractic**  
EXPERT GENTLE EFFECTIVE

**Award Winning Chiropractic Treatment**

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- ✓ Professional team
- ✓ Excellent patient satisfaction
- ✓ Massage and other therapies
- ✓ Money back satisfaction guarantee
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- ✓ Free parking

30 Lushington Road,  
Eastbourne, BN21 4LL  
OR

Find us on  
**Facebook**

"My only regret is that I didn't come sooner,  
like 10 years ago"  
A satisfied patient: Catherine Funder

Chiropractic is a well known treatment for back and neck pain but, we actually help all kinds of pain from joint pain to headaches and arthritis.

**01323 722499 • www.chirocare.co.uk**

Whilst 99% of couples who choose a traditional wedding take a honeymoon, only 1 in 4 go on their dream honeymoon. There also appears to be an emerging trend towards more experiential honeymoons for pursuing richer cultural experiences. From activity adventures in Asia to wellness spa retreats in the Caribbean.

For all newlyweds who want more than a fly-and-flop honeymoon, specialists in healthy holidays, Health and Fitness Travel, have recently launched their new worldwide collection Healthy Honeymoons™.

After all the hard work in the lead up to the wedding, couples are concerned that they won't be able to maintain their healthy living and newlywed physique whilst on honeymoon. The growing trend in health and fitness holidays are now transitioning to the honeymoon travel market. As attitudes change among newlyweds, with more not content to laze pool or beachside; insight and knowledge from Health and Fitness Travel experts on how to plan a dream healthy honeymoon will have couples starting married life in better shape.







# healthy HONEYMOONS

Escape on a Cultural Wellness Honeymoon and discover the local traditions of your dream destination through a choice of tours and excursions, before recovering on a break at a secluded wellness retreat. Give a healthy twist to a honeymoon classic with oceanfront fitness classes on a Beach Wellness Honeymoon, or combine romance and rejuvenation with a couples massage on a Luxury Spa Honeymoon.

For the honeymooners with energy to burn Honeymoon Activity Holidays offer fitness classes, land and water sports galore. On an Adventure & Wellness Honeymoon, dare-devil couples in search of high-octane excursions can recover in luxury after days spent white-water rafting or zip-lining.

Couples, who enjoy working out together and don't want to throw in the towel on fitness after marriage, will love Fitness Honeymoons.

Whereas Yoga & Pilates Honeymoons are a fantastic way of entering married life in a bubble of tranquillity; enhance your practice together in beautiful beach front destinations or amidst tropical jungles. The exclusive Ultimate Luxury Wellness Honeymoons offer newlyweds extravagance at its finest, with incomparable 5\* health retreats. On a tailor-made Healthy Multimoon there's no need to compromise, with the chance to combine multiple destinations and pursuits into one healthy honeymoon.

Healthy Honeymoons will prepare newlyweds to embark on the journey that is married life, not in sickness, but in health. With incomparable and unforgettable memories for the holiday of a lifetime, newlyweds will return home feeling healthier, fitter and spiritually richer with these exclusive Healthy Honeymoons.



**Best for All-Inclusive Spa & Wellness, Vietnam: Fusion Maia**

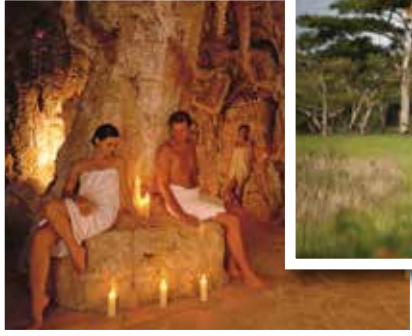
Located in Vietnam along one of the world's most beautiful beaches, this healthy honeymoon destination is perfect for couples looking to relax on a luxury all-inclusive holiday. Ideal for newlyweds looking to refresh in a tropical paradise on a beach wellness honeymoon, the indulgent spa offers two daily inclusive treatments for couples to enjoy. Embrace the romance by taking full advantage of the breakfast 'any time, any place' philosophy and enjoy your meal in the privacy of your own villa or on the exquisite white sandy beach. Relax in the exclusive Fusion Lounge, before soaking up the local culture on a wellness honeymoon to remember.

**Best for Adventure & Wellness, Costa Rica Discover Recover™**

Begin newlywed life discovering the stunning tropical rainforests and unspoilt coastlines of Costa Rica on a healthy honeymoon. From white water rafting through a national park, to zip-lining and hiking across the unique volcanic landscapes, you will love the adventures you share together on this exciting activity holiday. Before heading home to married life, relax in total luxury on your honeymoon retreat. Unwind with indulgent spa treatments, or enjoy a refreshing surf together in the Pacific Ocean. You are sure to find an adventurous activity that excites both of you on this luxury honeymoon.

**Best for All-Inclusive Health & Fitness, St. Lucia: The BodyHoliday Fusion Fitness**

Visit the stunning paradise island of St. Lucia and escape on a luxurious health and fitness honeymoon. Set in a secluded cove amidst spectacular natural waterfalls and tropical rainforests, this fitness retreat is an idyllic location for active couples in search of an all-inclusive healthy honeymoon. With a huge variety of exciting activities, including golf, water sports and tennis, and an award-winning revolutionary wellness centre, this wellness honeymoon has everything you need to leap into married life fighting fit. Absorb glorious views of the moonlit Caribbean Sea as you and your partner enjoy supper on the beach by candle light.



**Best for Mountain Biking & Hiking, Italy: Adler Thermae Active Fitness**

Explore the rolling scenic hills of Tuscany, Italy, as you embark on romantic mountain biking and hiking excursions together at this breath-taking wellness retreat. Embedded within Tuscany's national park, this healthy honeymoon invites you and your partner to enjoy the great outdoors in this picture-perfect location on bike or by foot. Breathe in the fresh air as you cycle through the natural beauty of the Tuscan countryside on your honeymoon, or hike to nearby medieval villages to enjoy some cultural and culinary delights. Unwind at the end of an active day in the spa's exquisite thermal pools, said to contain natural healing powers.

**Best for Ultimate Luxury Spa Safari, South Africa: Karkloof Safari Spa**

Close your eyes and escape to a haven of relaxation, as you forget the outside world and retreat to this luxury all-inclusive safari honeymoon. With stunning wildlife right on your doorstep, unlimited spa treatments and exquisite nutritious cuisine, enjoy the freedom of no time constraints or planning. The intimate nature and personalised service at this luxury retreat makes it a truly sensuous honeymoon getaway. Venture outdoors on a romantic hike or even a fishing trip for a taste of an unforgettable adventure and wellness honeymoon. With a range of hydrotherapy facilities, massages & wraps available, this honeymoon will leave you feeling romantically re-energised

7 nights at Fusion Maia from £2,285pp. Price is all inclusive, including a wellness programme, return flights and transfers.

10 nights with Costa Rica Discover Recover™ from £2,425pp. Price includes breakfast, an adventure & wellness programme, return flights and transfers.

7 nights at The BodyHoliday from £2,295pp. Price is all inclusive, with a fitness & wellness programme, return flights and transfers.

5 nights at Adler Thermae from £1,095pp. Price includes an activity programme and return flights.

7 nights at Karkloof Safari Spa from £5,450pp. Price is all inclusive, with an activity & wellness programme, return flights and transfers.

For advice, guidance and booking visit: [www.healthandfitnesstravel.com/healthy-honeymoons](http://www.healthandfitnesstravel.com/healthy-honeymoons) or call 0203 397 8891



# Stress Management on your Smartphone!

There are many systems and methods promoted to take control of stress in our lives, usually involving training courses away from the workplace at inconvenient times.

We at The Breath Connection have developed an App for smartphone or computers, the “MyButeyko App” that you can use to train yourself to reduce the impact of all stresses you meet in your life.

The common factor that accompanies stressful situations is the triggering of the fight or flight response. This primitive automatic response puts the body on high alert physically and mentally ready to deal with the potential life threatening event. Usually the event is not in the least life threatening but our body does not take the risk and assumes any trigger could be a danger. The fight or flight response can cause over a thousand physiological changes in our bodies and most of them we have little or no control over such as release of adrenaline, increased histamine production, increased output of corticosteroids, increased sweating, raised blood pressure, suppressed immune system, etc. However, there are three reactions we can take conscious control over with practice

and they are: muscle tension, mental tension and breathing.

By progressively learning to reduce muscle and mental tension and our breathing rate all the other physiological reactions are also reduced, so damping down the effect of any stress. Your training can be done wherever you are, on your smartphone or on a computer, each exercise may take less than ten minutes and is recorded on your smartphone.

If you are connected to a MyButeyko Registered educator they will immediately be able to see your results and feedback support and comments. You will also be able to track your progress yourself on a graph on your phone. Although you may use the app alone for training we recommend you connect with a qualified Buteyko Educator to receive support and monitoring to ensure rapid progress.

Please visit our website [thebreathconnection.com](http://thebreathconnection.com) to learn more and to download the free MyButeyko App

Michael Lingard BSc. DO. BBEC. Buteyko Educator



Here at The Human Touch we are happy to tell you that we continue to expand, and currently offer a wide range of 'affordable therapies for all' from our lovely team of nine complementary therapists.

So please do drop in to see us at our weekly clinic at The Shoreham Centre, Pond Road, Shoreham, BN43 5WU - our new day and time being Wednesdays from 1.15 to 4.15 pm. We can provide you with Homeopathic consultations (including remedies), Facial massage, Swedish massage, Indian Head massage, Deep Tissue massage, Manicures, Pedicures, Deep Cleansing facials, Craniosacral therapy, Zero Balancing, Hand Reflexology, Angelic Reiki, Crystal Reiki, Animal healing for your pets, Angel Card Readings, and Shiatsu will be provided when our guest therapist Clive Gilbert is available. Our Homeopath Sarah Pearce will be offering an extra service of acute diagnosing and remedies; this is ideal for all of the common winter ailments.

All our treatments are £15 (£10 for concessions). You can contact Mary for an appointment by leaving a message on our Facebook wall at [www.facebook.com/thehumantouch1](http://www.facebook.com/thehumantouch1) or by text or phone to 07796 518667 Please visit our website for more in depth information at [www.thehumantouchshoreham.com](http://www.thehumantouchshoreham.com) Please note we'll close for our winter break, last session being 10th December, and re-open on 7th January.

Our project leader Mary has embarked on her new exciting adventure and attending the School For Social Entrepreneurs - more news to follow in the next edition!

The Human Touch Wellbeing Fayre is taking place on 8th November, at The Shoreham Centre - from 12 - 5pm. Please come along and visit; there's plenty to do, see and experience: Taster Therapies: 20 minutes for £5 Zero Balancing, Hand Reflexology, Metamorphic Technique, Angelic Reiki, Crystal Reiki, Indian Head Massage, Facial Massage, Mini Manicures and more! Healthy food from Rawgeous, and Bliss Out meditation (please bring your own yoga mat), talks and workshops. We look forward to welcoming you there!



# The Faces of **FITNESS**

Despite the popularity of D.I.Y fitness, courtesy of a prevalent number of trending YouTube videos, many individuals prefer more personally tailored fitness instruction so that they can be sure they are performing moves correctly, reducing the risk of injury or experience a fully supported fitness or weight loss plan. But who are the faces of fitness currently seen as the icons for providing the right fitness facts, working on weight and helping with health?

## **HEALTH HEROES**

America's the home of several health heroes, many of whom have become household names even on this side of the pond...

### **DR. MEHMET OZ**

An American doctor with superstar influence, Dr. Oz has had a positive health impact on the US medical community as well as millions of individuals who view his show and read his prolific writings on a wide



range of health issues, including magazine columns, his books and his newly released magazine.

### **ARNOLD SCHWARZENEGGER**

The world's best known body-builder / actor / politician is also seen as a fitness guru. With his own range of nutrition supplements, Arnold is also Executive Editor of US hit health magazine Muscle and Fitness and his recent front cover photo shoot shows that, even at 66, he's a prime picture of health.

### **MICHELLE OBAMA**

Not just The First Lady of the United States, Michelle Obama is also known as the

First Lady of Health. With an enviable physique of her own, she is also a leading force in the Let's Move initiative to reduce ill health, obesity and sedentary habits of America's youngsters. Michelle is so dedicated to the cause that she has even appeared as a guest on Sesame Street to get her fruit and veg diet focus across to her young audience.

### **ALWYN COSGROVE**

Alwyn Cosgrove has gained international acclaim not only as a conditioning and fitness trainer, but also as an author and health writer for Men's Health magazine as well as being an entrepreneur and motivational speaker. Having successfully beaten stage



IV cancer twice, his health and fitness guidance at his Results Fitness gym is highly respected. His gym classes, based on the latest research from medical journal are highly sought-after as “a fitness laboratory” (BBC magazine, 2013).

### SCOTT COLBY

The man the US credits as one of the pathfinders in the popular “boot camp” trend, Scott Colby was one of the first to bring boot camp health-focussed fitness programmes to the fitness industry.

### LOU FERRIGNO

Also a famous face courtesy of his role as The Incredible Hulk in the late 70s, Lou Ferrigno combines roles of body builder, actor and personal trainer to several stars of the US movie and

music industry. Having excelled in all of these areas, this ex-Mr. Universe and Mr. America is one of America’s all round good guys who is regularly featured in health magazines. He also features in his own Incredibly Fit Workout DVD, whilst he and his wife are also the faces behind Ferrigno Fit, a community which endeavours to teach others “to find happiness through health.”

### HOME GROWN GURUS

Back on home turf, there are also several names which stand out in the health and fitness crowd...

### JAMIE OLIVER

Our Jamie’s come a long way since 1999’s The Naked Chef. With his food revolution, the Jamie Oliver Food Foundation and the 2010 TED prize for his tireless campaigns to improve school cafeteria meals both home and abroad, Jamie is seen as the home-grown guru who is making healthy diet issues food for thought on an international scale.

### DAX MOY

With previous military and bodyguard careers, Dax Moy is now the leading fitness trainer in the UK, who is credited with creating

high standards in the personal training side of the fitness industry. With a combination of personal training programme, public speaking and writing books he has also become a very successful entrepreneur and business building guru.

### JOANNA HALL

Described as “the UK’s most influential woman in fitness” by Cosmopolitan Magazine, qualified Sport Scientist and Diet & Movement specialist, Joanna Hall is also the founder of the extremely popular Walkactive Club. This motivational and health focussed trend sees participants walking their way to improved body shape, posture and fitness, in an approach which is highly acclaimed for targeting the health and fitness of many age groups.

Of course, there are many more besides, but the fact that there are so many faces for fitness across various aspects of body care demonstrates that there’s bound to be a popular face which fits your favoured route to fitness. If you’d like to discuss your fitness goals in more depth please get in touch with The Factory Gym at [info@factorylondon.com](mailto:info@factorylondon.com) or on 020 7272 1122.

**PRESS RELEASE** 17th October 2014



# Brighton Cooking School Entrepreneur -

Children's cooking school; Cookery Doodle Doo has launched a new range of authentic chef clothing specifically for young cooks. The stylish chefs' whites and aprons have been designed to the same professional standards as adult clothing - just smaller! They are made in a family run workshop in the UK, and have been inspired and mess-tested by lots of the school's young bakers. Founded in 2011, Cookery Doodle Doo's cooking teachers have run classes for hundreds of children over the last few years and tailored the range to encourage budding young foodies and build their confidence in the kitchen.

Cookery Doodle Doo founder Katie Elfer said "We're really proud of the chef clothing range - lots of the children love watching Master Chef and the Great British Bake Off and they want to look the part too. Our students have been the inspiration for this range and many of the kid's even drew me designs that they had dreamt up - some of which have made the final cut! It's really rewarding seeing little ones develop an understanding and love for homemade food, and dressing the part can be great fun and practical when it gets a bit messy!" Not content with the usual plain white chef cloth-



Photography by Mi Elfverson





## Launches Kid's Clothing Range

ing, original printed fabrics were designed to feature animals getting busy baking cakes, kneading bread and making milkshakes to appeal to children. Katie's son Finley, 6, said "Mum says I'm a cheeky monkey so I think that's where the idea came from. I like the monkey one best because I like making banana milkshakes too!"

### Local Businesses Working Together

The Brighton-based business was keen to use local companies and models for the launch photography and was struck by the generosity of local people to give support. Katie Elfer said "The children you see in the photos are all local kids - many of

whom are students of the school! The backdrop for the woodland photography was at St Annes Well Garden where we needed to store my kitchen table overnight in the Garden Café! The cooking shots were taken in the Caribou Café and Morelli Zorelli's Italian Pizzeria in Hove where the owners couldn't have made us and the kids feel more welcome.

The clothing range is now available to buy online from the cooking school's website [www.cookerydoodledoo.com/shop](http://www.cookerydoodledoo.com/shop) and local independents wishing to stock the range in time for Christmas should get in touch.





# Why you should eat your greens!

Plants are amazing! They do something we can't do. Every day of their lives they perform what seems an almost nuclear energy process as routine. They combine the common gas, carbon dioxide, with water using high energetic photons to make carbohydrates, the stem, leaves & fruit of the plant! That huge old oak tree in the field is made almost entirely from water and the carbon dioxide exhaled by animals and people over the years. This amazing alchemy comes at a price however. The plants use high energetic light photons in this process that result in dangerous, potentially damaging, waste particles called "free radicals" that can destroy the plant.

## FREE RADICALS CAN DAMAGE YOUR DNA & ALL BODY CELLS

Fortunately for the plants they have evolved over millions of years their own protection against these harmful

particles. They produce a whole range of chemicals called anti-oxidants that can mop up the free radicals and make them harmless. They produce far more than they need for their own protection. That's how they have survived to now.

## FREE RADICALS ARE NEUTRALISED BY ANTIOXIDANTS

Animals, and that includes us humans, also produce these damaging free radicals throughout our lives; it's just one of the side effects of metabolism, body chemistry and other chemical stressors. However animals don't produce those protective agents like the plants in any significant quantities.

When the cows or sheep eat grass or other plant food the surplus antioxidants in the plants mop up the free radicals in the animal; the plants not only provide the animal's food for energy and growth, they also provide this remarkable protection against the

harmful effects of free radicals. If we eat only animal food that contain little or no antioxidants, and often a fair amount of free radicals, we no longer get the protection of the antioxidants and are at risk of damage to our DNA and all other cellular structures.

By eating plant foods we protect ourselves from this serious health hazard. This is why we should eat our greens like Mum told us! A whole plant diet will give us that extra protection and all the nutrition we need, without the risk of adding more dangerous free radicals from animal based food to our own natural load - though that's another story! You can obtain more information about this from "The China Study" by Colin Campbell; an excellent book to make us all think again about our eating habits.

words: Michael Lingard BSc. DO. BBEC. Buteyko Educator



# *Intuitive Horse*

Intuitive Horse offers a unique experience for people who are interested in self-development and like horses. Our work is Equine Assisted Personal Development and we pay particular attention to providing an experience which involves 'being' and learning how to quieten the mind down. Intuitive Horse is not your normal riding establishment, in fact we don't offer any riding, all the interaction with horses is done from the ground.

We have a herd of 13 horses who live outside all year round. When people come to work with our horses they either work with one horse or with the whole herd in their environment. By be-

coming aware of how horses communicate and function within a herd we start to learn the language of the felt sense, one that exists in us all though which we aren't necessarily in touch with. As horses don't have a vocal language to communicate they are sensing us all the time; this teaches us to come away from the mind and find a balance between the felt sense and mind. Horses can very quickly sense incongruences in us and this gets reflected back to us in a very honest and clear way, as horses do not have a hidden agenda or sit there and judge you - they simply respond! We offer experiences with our horses both in a 1-1 form

and with the whole herd. You may like to come for a one off session or book a course of sessions to work through. We also run 3 & 5 day retreats as well as 1 day workshops. No horse experience is necessary and we welcome people with fears around horses.

To find out more please visit our website [www.intuitivehorse.co.uk](http://www.intuitivehorse.co.uk) Alternatively call Emma on 07825 036 301 or email [info@intuitivehorse.co.uk](mailto:info@intuitivehorse.co.uk)

**We offer vouchers in £10 & £20 denominations - a perfect Christmas gift for a loved one!**

A smiling pregnant woman with dark hair, wearing a pink short-sleeved top, is holding a yellow heart-shaped vegetable ring in her right hand. Her left hand is resting on her pregnant belly. The background is a bright, out-of-focus kitchen.

## Eat Yourself PREGNANT

Fertility expert and midwife to the stars, Zita West has launched her latest book, *Eat Yourself Pregnant*. With nutritious, healthy and easy to follow recipes, this new book is also packed full of fantastic advice to help couples conceive.

### **Is your body baby ready?**

Nutrition plays a huge role in fertility and conception, so Zita has devised a few simple questions to see just how baby ready your body is. This isn't a diagnosis, but has been designed to make you think about where the

weaknesses lie. Food – and all the things it's related to, from your digestion to your gut health – plays a crucial role in optimising fertility. This is where preparing to make a baby begins, at the basics – the way your whole body works.

### How healthy is your digestion?

- I frequently burp or suffer with flatulence.
- I suffer from bloating and/or abdominal pain especially after eating.
- I suffer from irritable bowel syndrome.
- I regularly take antibiotics.
- I frequently suffer with constipation and diarrhoea.
- I have food allergies or intolerances.
- My stools are pale in colour or float.
- I frequently suffer with heartburn.

Answering true to four or more statements could mean that your digestion may be influencing your chances of conceiving. Look at ways to improve your nutrient absorption (that is, the health of your gut). You may also need a detox.

### How toxic are you?

- My urine is dark and strong smelling.
- I have bowel movements less than once a day.
- I suffer with headaches, fatigue, muscle aches and/or concentration problems regularly.

- Even one cup of caffeine makes me feel jittery.
- I drink more than 14 units of alcohol each week and sometimes I binge drink.
- My diet includes large fish such as swordfish or tuna more than once a week.
- I regularly take medications, including pain killers.
- I drink bottled water from plastic containers, or unfiltered tap water.
- I eat lots of processed foods and foods containing lots of additives.
- I use chemicals such as those in some perfumes and cleaning agents.

If you answered true to five or more statements, you may benefit from a cleanse.

### How stable is your blood sugar?

- I get jittery or irritable and I suffer from headaches if I skip a meal.
- I crave sweet things at around 4pm.
- I feel sleepy in the afternoon.
- I regularly wake in the night.

If you answered true to three or more of these statements

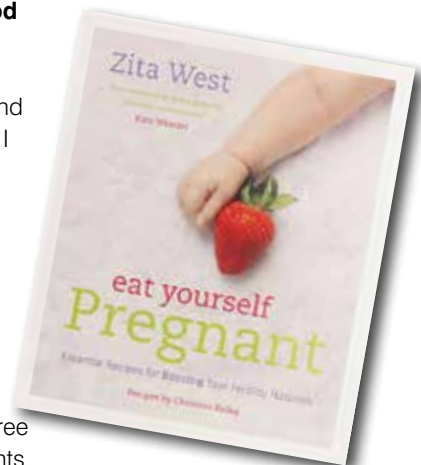
follow a diet to balance blood sugar.

### What's your acid-alkaline balance?

- I eat a lot of red meat and/or follow a high-protein diet.
- I eat sugary foods four or five times a week.
- I drink alcohol, fizzy sodas or caffeinated drinks four or five times a week.
- I eat fewer than two portions of fresh vegetables daily.

If you answered true to two or more of these statements, you may need to increase alkalisng foods, such as green leafy vegetables, in your diet.

[www.zitawest.com](http://www.zitawest.com)



# Christmas - how to avoid burnout or feeling bah-humbug!

by Ann Rambaut

When this edition of Wellbeing magazine is being published the Christmas catalogues will already be coming through the doors and the shops will have the decorations up. What feelings, thoughts and emotions stir up inside you? I like Christmas though personally am not too keen on the way it seems to be overcooked by the time we reach the first week in December. The stress of Christmas shopping, the planning, the sending Christmas cards and so on, the costs and the time involved in preparations on top of everything else we have to do all take their toll. Yes I do sound a bit bah-humbug! However, I have a couple of treatments at my finger tips which could assist in offering you a more relaxed and enjoyable time.

**THE DEEP RELAX BODY & MIND** - a light touch technique where the hands are placed mainly on the head. It creates major ease and change by assisting the brainwaves to slow down into the Theta state, which is the equivalent to deep meditation. The average treatment is given over 45 minutes. The beneficial effects of the treatment are many and have been described in words such as: 'calming, clarity, refreshing, motivated, release of aches and pains, improved sleep' and much more.

**THE VIBRATIONAL FACELIFT** - the hands are placed mainly on the face, head, neck and shoulders. This is a non-invasive technique designed to imbue the skin cells with fresh energy and a fresh lively flow of oxygenated blood and lymph, as well as to open nerve pathways throughout the head.

It has been reported that the techniques create an uplift in the whole body as well as lifting the face and giving a youthful glow. Great to receive before a big occasion or presentation (as is the Deep Relax Body & Mind)!

Both the above treatments work well together and may be given as a combination. Why not give them a try at a special pre-Christmas rate of £40 per treatment (saving £5) or £75 (saving £15) for two booked treatments paid in advance (any combination). Please mention this offer and Wellbeing Magazine when booking. (This offer is applicable for customers taking their appointments in Eastbourne only.) Please see the Atmosphere website for video examples of before and after tasters: [www.atmos-phere.com](http://www.atmos-phere.com)

Ann Rambaut, Chartered & Registered Physiotherapist - in association with Atmosphere Cbmb - [annrambaut.com](http://annrambaut.com) & [atmos-phere.com](http://atmos-phere.com) contact Ann on [aep291@gmail.com](mailto:aep291@gmail.com) 01323 411900 or 07436 810181

I am a chartered physiotherapist by training, and if you require any advice or treatment regarding any other condition please don't hesitate to contact me. More information may be found on my own website [www.annrambaut.com](http://www.annrambaut.com)



# Eve Peacock Horoscopes

## SCORPIO

NOVEMBER FINDS PEOPLE AROUND YOU HELPFUL AND SUPPORTIVE TOWARDS YOUR GOALS AND AMBITIONS, AND WITH SATURN LEAVING YOUR SIGN ON 23RD DEC FINALLY AFTER 2 AND HALF YEARS OF CRITICISM - AN EARLY XMAS PRESENT. FREE TO BE YOU AGAIN!

## SAGITTARIUS

EVEN THOUGH THERE IS FUN TO BE HAD AND SOCIABLE TIMES, THE TAURUS FULL MOON AND SATURN ENTERING YOUR SIGN ON 23RD DEC FOR 2 & HALF YEARS, THE OVERALL INFLUENCE IS OF HARD WORK, DISCIPLINE AND RESPONSIBILITY.

## CAPRICORN

A FAMILY ORIENTATED TIME THOUGH WORK IS NEVER TOO FAR FROM YOUR MIND DURING DEC AND EVEN OVER THE FESTIVE PERIOD. A NICE BONUS IS THE AWARENESS OF RESPECT FROM OTHERS ESPECIALLY WORK COLLEAGUES.

## AQUARIUS

SATURN IN SCORPIO FOR MOST OF THIS YEAR HAD A KNOCK ON EFFECT TO YOU AND CREATED DISHARMONY WITH OTHERS, AND ALSO LEFT YOU FEELING DOWNRIGHT IRRITABLE AT TIMES. THE PRESSURE IS OFF FROM 23RD DEC.

## PISCES

AS YOU LOOK BACK OVER THE YEAR EVEN WITH ITS CHALLENGES, 2014 SHOULD HAVE BEEN THE TIME WHERE YOU FOUND OUT WHO YOU ARE. THE TAURUS FULL MOON ON 6TH NOV SEES YOU HONEST AND SELF-CONFIDENT.

## ARIES

GIVE A SHOW OF STRENGTH ON THE NEW MOON OF 22ND NOV, EVEN IF YOU'RE NOT FEELING CONFIDENT, YOU WILL WIN ADMIRERS AND RESPECT IN THE WORKPLACE. DEC FINDS YOU NOSTALGIC AND SENTIMENTAL.

## TAURUS

YOUR YEAR CHANGED FOR THE BETTER WHEN PLUTO WENT FORWARD IN CAPRICORN IN SEPT. YOU FOUND YOUR FEET AGAIN AND THIS NOV / DEC IS TURNING ALL THOSE TOUGH LESSONS INTO POSITIVITY.

## GEMINI

THE ECLIPSES OF OCT WILL HAVE BROUGHT CHANGE AND EVEN UPHEAVAL IN YOUR SOCIAL LIFE AND RELATIONSHIPS. THE TAURUS FULL MOON ON 6TH NOV IS A PEACEFUL ONE FOR YOU ENCOURAGING HARMONY.

## CANCER

PLUTO IN CAPRICORN THIS YEAR GAVE CANCERIAN THE CHANCE TO ADDRESS LONG-BURIED FEELINGS AND THE OPPORTUNITY TO HEAL FROM THE PAST. THE NEW MOON ON 22ND NOV IS ABOUT LOOKING FORWARD.

## LEO

SINCE JUPITER'S ENTRY INTO LEO ON 16TH JULY IT HAS BEEN WORKING TOWARDS BRINGING ENERGY AND LUCK FOR YOU. THIS ONCE IN 12 YEARS GIFT NEEDS TO BE CAPITALISED ON NOW WITH COURAGE AND OPTIMISM.

## VIRGO

THE END OF THE YEAR SHOULD BE SMOOTH SAILING FOR YOU WITH THE TAURUS FULL MOON QUITE PLEASING AND CALM. DEC SEES YOU WANTING AN ANSWER FROM SOMEONE IMPORTANT BEFORE PROGRESSION TAKES PLACE.

## LIBRA

YOU HAVE KEPT A LOW PROFILE FOR MOST OF THE YEAR BUT NOW FEEL YOU HAVE SOMETHING TO PROVE IN A GOOD WAY. DEC FINDS YOU STRATEGISING AND REDEFINING PLANS. YOU CAN ACHIEVE ANYTHING NOW.

[www.evepeacock-visions.co.uk](http://www.evepeacock-visions.co.uk) 07807 637784





# ARE YOU WINTER READY?

The nights are drawing in, the heating is on and the temperatures outside are dropping. Hand in hand with the biting cold comes a battle with dry skin, cracked lips and a lack of energy. In fact nearly half the UK population experience dry skin, especially during the winter.

But winter doesn't need to mean that your wellbeing takes a backseat. Nelsons share some top tips for helping you through the winter months.

If hibernating isn't an option stay energised with Spatone® Apple\*, a natural iron supplement which helps keep iron levels topped up to reduce the inevitable winter tiredness. The iron is combined with natural apple concentrate, a source of vitamin C, which helps the absorption of iron. Keep a sachet handy in your bag to take when you're out and about on frosty mornings or throughout the day.

The harsh winter conditions often play havoc with our skin and lips. Revitalise dry hands with Nelsons® Calendula Cream which helps gently soothe hands of the effects of the weather. The cream contains natural Calendula which is famous for its skin conditioning properties whilst also being gentle enough to be used

every day. From dry hands to cracked lips, no amount of layers can stop your face from being exposed to the elements. Let RESCUE® Balm, an intensive moisturising lip balm, soothe dry lips. The combination of natural flower essences, including the cleansing essence of Crab Apple, makes this product a daily essential for hydrated lips.

The shorter hours of daylight and long nights can often affect your sleeping pattern. If endless thoughts are causing you sleepless nights try RESCUE Night® Liquid Melts for a recuperating night's sleep. These easily dissolvable capsules melt on your tongue to help encourage a restful sleep.

Summer pedicures may be long forgotten but don't let pampering be a thing of the past. Spend chilly winter evenings relaxing and soaking away aches with Nelsons arnicare® Arnica Bath & Massage Balm. This sweetly scented balm, containing Arnica Montana, will both soothe and relax whilst leaving your skin feeling hydrated and nourished.

RESCUE Night Liquid Melts - £8.45, RESCUE Balm - £6.30, Spatone Apple - £10.55, Nelsons Arnicare Arnica Bath & Massage Balm - £8.15, Nelsons Calendula Cream - £5.09. Available from Boots, Holland & Barrett, independent pharmacies and health food stores, grocery stores nationwide and online at [www.amazon.co.uk](http://www.amazon.co.uk).

*\* It is important to follow a varied and balanced diet and healthy lifestyle. Food supplements should not be used as a substitute for a healthy balanced diet.*

# Therapy ROOMS



Welcome to the Therapy Rooms, where you will find solutions and ideas to support your health and wellbeing. We encourage you to contact our clinics and therapists to find out how they can help you to improve your health, fitness and knowledge. Enjoy and be inspired.



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*Paul Skene Keating*



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# What's On

## NOVEMBER

3rd

5.45-8.30pm - seated Acupressure Massage 15 (£5) and 30 (£10) mins treatments available, Natural Fitness Centre, Eastbourne, walk-in and booking available, Nick Neter, 01323 732024, [www.naturalfitnesscentre.co.uk](http://www.naturalfitnesscentre.co.uk)

8th

12-5pm - The Human Touch Wellbeing Fayre, The Shoreham Centre, Pond Rd, Shoreham by Sea, BN43 5RW, entry fee £2, for more information 07796 518667, [www.thehuman-touchshoreham.com](http://www.thehuman-touchshoreham.com)

10th

6.30pm & 7.45pm - Fundamentals of Yoga I & II, 6 week course, St Leonards on Sea, suitable for complete beginners and those wanting to clarify the foundations of their practice, £40/term, contact [nicola@bodywisdom.org.uk](mailto:nicola@bodywisdom.org.uk)

14th

10am-2pm - walk-in Shiatsu Clinic, the holistic Japanese bodywork therapy, St Lukes Parish Centre, Stone Cross, donations from £10 for half hour treatment, Nick Neter, 07773 061309, [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

15th

9am-2pm - walk-in Shiatsu Clinic, the holistic Japanese bodywork therapy, Natural Fitness Centre, Eastbourne, donations from £10 for half hour treatment, Nick Neter, 01323 732024, [www.eastbourneshiatsu.co.uk](http://www.eastbourneshiatsu.co.uk)

15th

11am-4pm - When Commitment is Sexy, London, mixing up theatre games, life coaching questions, movement, story telling, reflection, improvisation & lots of other fun stuff, we'll explore the often loaded concept of commitment, with Debbie Reeds & Lawrence O'Connor, 07702 737019 [www.sea-sky.co.uk](http://www.sea-sky.co.uk)

22nd

10am-1pm - Family Massage Skills Workshop, St Leonards on Sea, learn and share some simple hands-on relaxation for all the family, £40/pair (£35 early booking) contact [nicola@bodywisdom.org.uk](mailto:nicola@bodywisdom.org.uk)

28th

2.15-6pm- walk-in Shiatsu Clinic, the holistic Japanese bodywork therapy, Yogalife Studio, Enterprise Centre, Eastbourne, donations from £10 for half hour treatment, Nick Neter, 07773 061309, [www.eastbourneshiatsu.co.uk](http://www.eastbourneshiatsu.co.uk) (please note - no walk-in in December)

29th

10am-5pm - free Chakra Readings, at the Brighton Naturally Wellbeing Store, Brighton Open Market

Through NOVEMBER-Lushington Chiropractic, Eastbourne, are offering half price consultations, [chirocare.co.uk](http://chirocare.co.uk), [info@chirocare.co.uk](mailto:info@chirocare.co.uk), to book your appointment please call 01323 722499,

mention Wellbeing Magazine & bring this magazine along to your appointment

## DECEMBER

1st

5.45-8.30pm - seated Acupressure Massage 15 (£5) and 30 (£10) mins treatments available, Natural Fitness Centre, Eastbourne, walk-in and booking available, Nick Neter, 01323 732024, [www.naturalfitnesscentre.co.uk](http://www.naturalfitnesscentre.co.uk)

3rd

7pm - Wellbeing Networking Forum, The Link Centre, Newick, £free, [Leilani@thelinkcentre.co.uk](mailto:Leilani@thelinkcentre.co.uk), [www.thelinkcentre.co.uk/84.html](http://www.thelinkcentre.co.uk/84.html)

12th

10-2pm - walk-in Shiatsu Clinic, the holistic Japanese bodywork therapy, St Lukes Parish Centre, Stone Cross, donations from £10 for half hour treatment, Nick Neter, 07773 061309, [www.eastbourneshiatsu.co.uk](http://www.eastbourneshiatsu.co.uk)

13th

11am-12pm & 3-4pm - Raw Chocolate Workshop, make your own Raw Chocolate for yourself or as a gift, learn about the many health benefits of Cacao & the other superfoods used in chocolate making, at Brighton Naturally Wellbeing Store, Brighton Open Market, workshop cost £5, includes all chocolate making ingredients, please call Constandia on 07939 642917 to book your place

20th

9am-2pm - walk-in Shiatsu Clinic, the holistic Japanese bodywork therapy, Natural Fitness Centre, Eastbourne, donations from £10 for half hour treatment, Nick Neter, 01323 732024, www.eastbourneshiatsu.co.uk

20th

11am-12pm & 3-4pm - Crystal workshop, make your own unique crystal jewellery & learn the properties of the crystals & how they work, at Brighton Naturally Wellbeing

Store, Brighton Open Market, workshop cost £8, includes crystal jewellery making parts, please call Constandia on 07939 642917 to book your place

## JANUARY

24th

6 weekends over 7 months, Diploma in Supervision (for experienced practitioners), The Link Centre, East Sussex, £1615, Leilani@thelinkcentre.co.uk, www.thelinkcentre.co.uk/diploma-in-relationship-based-supervision.html

24th-25th - Mindfulness of Touch, Hastings, a creative and practical exploration of developing our conscious, therapeutic and healing touch, open to both novice and practitioner, £100/weekend, contact nicola@bodywisdom.org.uk for info

31st Jan / 1st Feb  
2 day Understanding Self and Others (TA101), The Link Centre, East Sussex, £160, Leilani@thelinkcentre.co.uk, www.thelinkcentre.co.uk/ta101.html

## Mondays

2-3pm - gentle Exercise and Relaxation Class, rooted in the practice of Qigong, Natural Fitness Centre, Eastbourne, £7 per class, first one free, Nick Neter, www.naturalfitnesscentre.co.uk

7-8pm (for the Meditation based group)  
8-9pm (for the Holistic Healing Clinic)  
Mellow Mondays, weekly Stress Relief & Wellbeing Group, and Clinic, Sussex Multiple Sclerosis Treatment Centre, Southwick Recreation

Ground, Croft Avenue, Southwick, BN42 4AB, £5 for the Group, £5 minimum donation per treatment in the Clinic, David Rees, david@davidreeshealing.com, 01273 251134 or 07582 781331, davidreeshealing.com

## Tuesdays

9.30-10.30am, Yoga: breathing, movement and stillness, Southwater Community Centre, St Leonards on Sea, all welcome, £7 drop-in, contact Nicola 07930 442639

6.15-7.15pm - Qigong and Meditation, St Lukes Parish Centre, Stone Cross, £6.50 per class, first one free, Nick Neter, www.eastbourneshiatsu.co.uk

## Wednesdays

Every Wednesday (except 2nd one of the month)

11.30am-12.30 pm - gentle Exercise and Relaxation Class rooted in the practice of Qigong, WRVS, 24 Hyde Rd, Eastbourne, £4.00 per class, first one free, Nick Neter, eastbourneshiatsu.co.uk

## Fridays

6-7pm (for the Meditation based Group)  
7-9pm (for the Holistic Healing Clinic)  
Feel Good Fridays - weekly Stress Relief & Well-Being Group, and Clinic, Friends Meeting House, 34 Mill Road, Worthing, BN11 5DR, £5 for the Group, £5 minimum donation per treatment in the Clinic, David Rees, david@davidreeshealing.com, 01273 251134 or 07582 781331, davidreeshealing.com

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