

Wellbeing

The state of feeling healthy & happy

Your health and lifestyle magazine

TRAVEL

Embracing Change

EVENTS

Wellbeing &
Happiness Show

READY FOR 2015?

- * Transcendental Meditation
- * Have you found your tribe?
- * Create a bushier brain
- * Horoscopes for 2015

FITNESS

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nutrition
CANDIDA

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EDITOR'S WORD

www.wellbeingmagazine.com

The Christmas celebrations are behind us and as we welcome the **New Year**, this is a perfect opportunity to reflect on the previous year and make plans for **future**. There is a saying that "if you always do what you have always done, you will always get, what you have always got!" So if you look back and wish things were a little **different** then perhaps it's time to **change** old habits and try new things. If you need a helping hand then why not drop in to the Wellbeing & **Happiness** Show in Lewes and meet some of your local therapists and practitioners to help you on your way. (page. 23)

Enjoy & be inspired.

Rachel Branson

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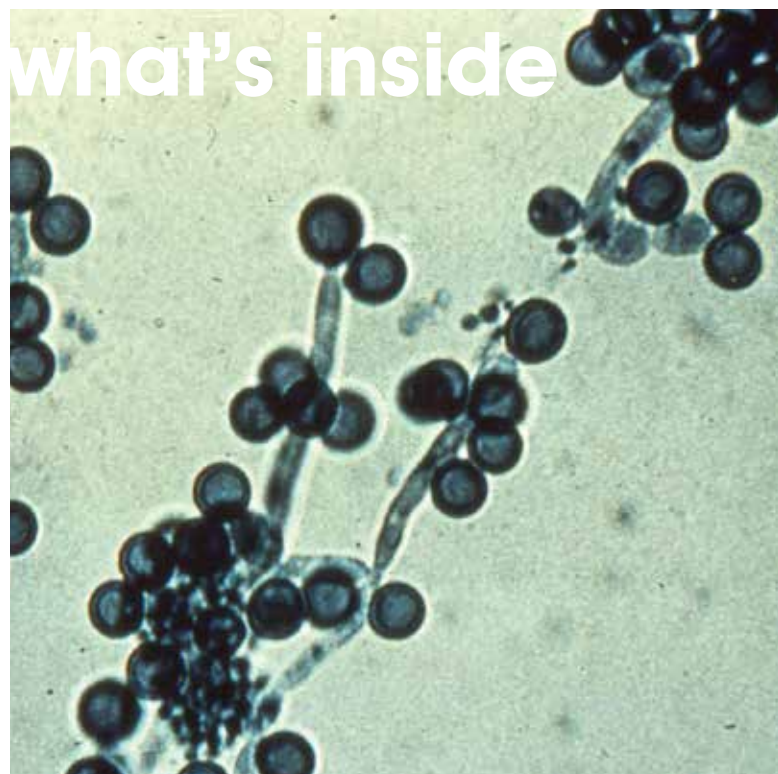
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LOCAL WELCOME

Happy New Year!

I hope this issue finds you well, happy, and raring to go this coming year - ready to make those changes you may have been promising yourselves; to tune your lives into the frequencies that suit you best. As always, we've plenty of tips, advice and resources for you to explore that may help you towards better physical, emotional, and spiritual health and fitness.

There are plenty of dates for your diary in our What's On pages, and you'll find a handy centre page pull out guide to the Wellbeing and Happiness Show which is coming to Lewes very soon!



Until next time; wishing you all the very best for the New 2015,

Lesley

The Wellbeing & Happiness Show is taking place in Lewes on Saturday 31st January & Sunday 1st February. What a great way to help kick start your healthy new year! There'll be lots of exhibitors, talks & demonstrations to give you food for thought & maybe inspire you to try something new!

The organisers of the event are giving away some free entrance tickets for Wellbeing Magazine readers - 5 lucky winners will receive an adult + guest day entry ticket, and 5 will receive a family day ticket. What they'd like to know is

'Apart from your family, friends and pets, what makes you happy?'

Let us know your answers by **Friday 23rd January**. Please email your answers to **lesley@wellbeingmagazine.com** - we'll pass your answers on. Remember to let us know if your entry is for the adult or family ticket. Winning tickets will be forwarded by email.

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

The Human Touch ...



Now located in the main hall of The Shoreham Centre, open on Wednesdays from 1.30 to 4.30 pm, The Human Touch continues to grow and evolve. We're pleased to announce that Claudia Burnett, a Metamorphic technique practitioner, has now joined our team, and we're looking forward to continuing to provide our local community and beyond with a diverse range of 'affordable therapies for all' throughout 2015.

We've begun to create the outreach part of the project, providing our services as a team to local wellbeing events. We attended the Pamperganza event in November, raising funds for The Big Smile, Gambia, for Lancing & Sompting Lions and for St Barnabus Hospice by donating a percentage of our fees from taster treatments of Zero Balancing & Metamorphic technique and from mini Angel card readings.

Our project leader Mary has begun teaching meditation to students in an alternative education setting in

Brighton. Mary will be training in Laughter Yoga in spring time 2015, and she will then grow the meditation session to include laughter yoga.

Gift vouchers are now available for purchase; the vouchers match the cost for treatments in the clinic - £15 for 30 minutes (£10 - concessions). For further information about the clinic, to book for a treatment, purchase a gift voucher, book Mary for the meditation class in your community setting, or to book the team for your wellbeing event call Mary on 07796 518667 or leave a message on our Facebook page at facebook.com/thehumantouch1 For more information about the project itself please visit our website thehumantouchshoreham.com





Be Present! *with Intuitive Horse*

At Intuitive Horse we offer unique experiences whereby individuals can come and interact with our horses (no riding involved) and work on their personal development. Whether you have a specific concern you want to work on or something more general, or even just want the experience of being with a horse, Intuitive Horse can accommodate you!

As we begin the new year many people start thinking about their new year resolutions. Often we hear a lot about dieting, stopping drinking, or getting fit; a lot of focus on the physical though what about our emotional wellbeing? Horses are great at helping us get in touch and get real with our emotions. At Intuitive Horse we focus on helping a person become present to their emotions and help provide tools to work with them rather than suppress them. Horses help us quieten our minds and learn to become present in the moment. The present moment is a horse's reality; they don't have the ability to day dream or become consumed by their thoughts! By following the language of the horse we are able to learn tools and techniques to join them in this way of being. This experience with a horse leaves

a strong impression giving you a tangible experience, which in turn makes it easier for you to carry on practising even when you aren't with the horses. It is more than just an intellectual technique; you participate in the present moment and the horses let you know when you're present and when you're not, often to the subtlest of levels!

Intuitive Horse is running a 4 week course in January, February and June called 'How to 'BE' with a horse and in turn yourself'. Each session is 2 hours long and we keep the group numbers small. Over the 4 weeks you will learn how to 'be' with yourself and through that recognise that being isn't just about sitting down and doing nothing - being is a way of life! We also run self development 3 & 5 day retreats throughout the year as well as 1-1 sessions, and combine Intuitive Horse with Pilates on some of our 1 day workshops. For more information, dates and to book please call Emma on 07825 036301, email info@intuitivehorse.co.uk, or visit our website intuitivehorse.co.uk

No horse experience is necessary, and people with fears around horses welcome

Yes I know it's cliché, but...

NEW YEAR, NEW YOU!

Have you, or someone you care about been putting up with pain for too long? Let 2015 be the year you finally decide to get it sorted. Did you know that almost eighty percent of us suffered with muscle and joint aches last year? With the cold weather at it's most severe, Winter is the worst time of year for people who suffer from muscle aches and joint pains. Instead of suffering, why not make 2015 the year you visit the multi award winning Lushington Chiropractic?

This New Year, Lushington Chiropractic wants to help - therefore we are offering a full Chiropractic Consultation worth £49, completely FREE of charge during the month of February!

Let's make this year one to remember. To book your consultation call Lushington Chiropractic on 01323 722499

Please bring this article with you to claim your free Chiropractic Consultation - this special offer is only valid for Wellbeing Magazine readers.

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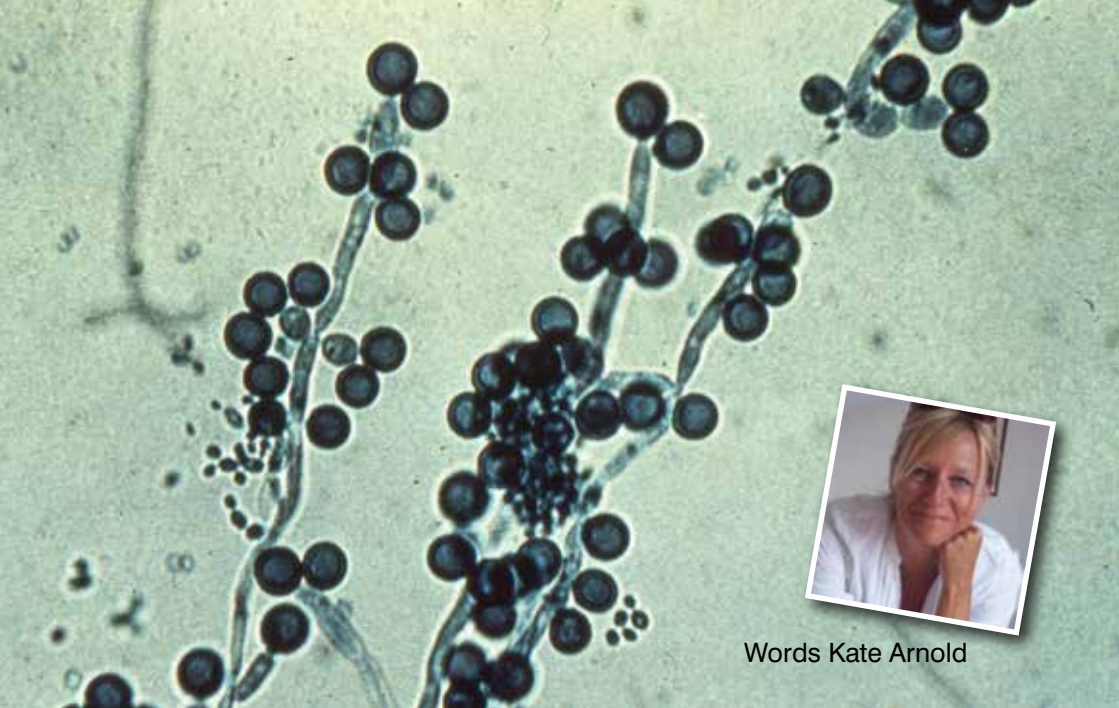
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"I'd only regret it that I didn't come sooner, like 10 years ago!"
A satisfied patient, Catherine Purdie

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.

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On a different note, the whole team at Lushington Chiropractic would like to say a huge thank you to all those who voted for us in the Sovereign FM Business of the year award. We are honoured and truly grateful to have won!



Words Kate Arnold

Is it really Candida or something else?

In the last 18 years of being a nutritionist I have seen hundreds and hundreds of patients who consider themselves “riddled” with Candida, who follow anti candida diets in the hope that their considerable long list of unrelated symptoms will disappear. I have not written on this subject before mostly because at best it is controversial but also it’s endless. Most GP’s will not recognise Candida as a systemic illness, but a localised yeast infection in the mouth, genital area, or as fungal infections on the skin and scalp. In its extreme state, with lowered immunity Candida can present with serious life threatening symptoms, this was particularly seen in the 1980’s in Aids patients due to their extremely lowered immune systems. As Candida is an opportunist it will grow where

it can. The question mark however is over whether humans can have an overgrowth of yeast in the gut and whether this can then migrate through the blood stream and cause systemic symptoms. Much of the so called “ME” or chronic fatigue syndromes seen in the 1990’s saw a plethora of therapists diagnose Candida as the one size fits all problem for patients with seemingly complex symptoms that were not responding to orthodox treatment. This month I will be covering the realities of what Candida is, and how it manifests, how to test for it, and what to do if you feel you are suffering with the condition.

What is Candida?

Candida is a genus of yeasts and is the most common cause of fungal infections



worldwide. Many species are harmless commensals (living in a relationship in which one organism derives food or other benefits from another organism without hurting or helping). Commensal bacteria are part of the normal flora in the mouth. Systemic infections can occur in the bloodstream and major organs of immunocompromised patients. *Candida albicans* is the most common fungus that lives in the mouth and the GI tract. Antibiotics can promote yeast infections, including gastrointestinal *Candida* overgrowth, and potential penetration of the GI mucosa. While women are more susceptible to genital yeast infections, men can also be infected. Certain factors, such as prolonged antibiotic use, increase the risk for both men and women. People with diabetes or impaired immune systems, such as those with HIV, are more susceptible to yeast infections.

Treatment commonly includes:

- Nystatin
- amphotericin B, caspofungin, or fluconazole for systemic infections
- fluconazole or caspofungin for oral or esophageal infections
- topical azole for vaginal infections

How do you get *Candida*?

Almost everyone has *Candida Albicans* in their gut, and a proportion of us may have Candidiasis, (an overgrowth of *Candida*). *Candida Albicans* may start to cause trouble when there is some change in your body that allows it to overgrow. This change could be anything from a few courses of antibiotics, a prolonged diet rich in carbohydrates and sugar, or even something as common as a lengthy period of stress at work. So if you suspect that you have an overgrowth, the first place to look is your lifestyle to find



what could have caused this imbalance. Antibiotics? Oral contraceptives? A diet high in sugar and carbohydrates? Alcohol and drugs? Stress? Or all of the above? Eliminating all of these risk factors is a crucial step in tackling your Candida problem. If you have diabetes or are immunosuppressed for any reason, you are certainly more susceptible to this condition.

Is Candida Always Bad?

Is Candida a bad thing? Ordinarily it isn't - the *Candida Albicans* population is kept under control by the friendly bacteria in our gut. However, when your immune system is low, Candida can start to multiply and may quickly take over. Candida is such a difficult condition to diagnose because it can affect each sufferer in a different way, on a different part of their body, in a way that may even be unique to that person. For this reason, Candida is often misdiagnosed and the

symptom is treated instead of the underlying cause. Patients often have to diagnose themselves because the symptoms of Candida are so confusing, and often the diagnosis is not accurate. For every 100 hundred people I see that tell me they have Candida only 10% actually do have this condition. Looking at the list of symptoms you can see why there is much confusion and misdiagnosis. This is the long list of symptoms that Candida may potentially cause, however as you can see many of these symptoms can be caused by other illnesses.

Inability to focus, Poor memory, Brain fog, Irritability, Anger, Dizziness, Depression, Crying spells, Panic attacks, Low libido, Persistent extreme fatigue, Hyperactivity, Cravings for sweets and alcohol, Insomnia, Poor coordination, Acid reflux, Bloating, Flatulence, Nausea, Diarrhoea, Constipation, Stomach cramps, Indigestion, Burping after meals, Mucus in stool, Hemorrhoids, Itching anus, Acne, Cysts, Hives, Night sweats, Psoriasis, Eczema, Dermatitis, Fungal infections of the nails & skin, Athlete's foot, Body odor, Thrush, Swollen lower lip, Halitosis, Metallic taste in

mouth, Bad breath, Canker sores, Bleeding gums, Cracked tongue, Persistent cough, Mucus in throat, Sore throat, Sinus congestion, Chronic post-nasal drip, Flu-like symptoms, Hay fever symptoms, Sinusitis, Asthma. Eye pain, Itchy eyes, Sensitivity to light, Blurred vision, Bags under eyes, Ringing in the ears, Ear infections, Recurring yeast infections, Recurring UTI's (urinary tract infections), Cystitis (inflammation of the bladder), PMS & menstrual irregularities, Fungal rash, Frequent colds and flu, Allergies, Sensitivities to food, fragrances and chemicals, Inability to lose weight, Water retention, Weight loss.

Candida and your diet

As many of you who read my articles will know the modern diet is high in sugar. Since yeast needs sugar to thrive and multiply, a reduced sugar diet may reduce some symptoms. This would also include high GI foods that convert to quick release sugar eg white rice and alcohol. A healthy immune system should be able to keep Candida at bay. However, a diet rich in sugar may depress your immune system, leaving it vulnerable allowing the Candida yeast to proliferate. The anti candida diet eliminates mouldy, yeast containing foods, which can include sauces, coffee, tea, packaged and processed food. However I have a problem with anti candida diets and after nearly twenty years of seeing my patients suffering I think its time to speak out. A diet is a diet, so fundamentally any diet you are on, you have to be on for life otherwise the problem is still there, this goes for weight loss as well. The anti candida diet has made many of my patients feel unwell in the long term, mental health issues can rear due to the fundamental lack of all B vitamins in the diet, which can lead to anxiety, depression and quite frankly neurosis. I have seen

women who are eating nothing but rice cakes and tahini in the fear that every food contains sugar - even the humble baked bean becomes a no-no! When you reach this point you have to ask yourself what is really happening. If you do have a candida infection, and I say "if" get that eradicated first. A yeast free diet does not eradicate the yeast already present. It is also a whopping leap to say that the anti candida diet is the magic bullet. Removing junk food, processed food, sugar, coffee etc may make you feel better anyway just because you are now on a healthier diet. However when you get to the stage of not being able to eat a bowl of porridge as it feeds the yeast as a patient told me last week, we know we have gone too far. I have also specifically not talked about alternative ways to eradicate Candida, ie grapefruit seed extract, caprylic acid etc because mostly they don't work.

What do to if you suspect you have Candida?

The first point is to get a proper diagnosis with proof that this is indeed what your symptoms are due to, and no this does not mean getting hooked up to vega machines and other such nonsense. There are now orthodox blood and stool tests which can be used to detect Candida and more often than not they are negative. If the symptoms are mostly gut related it may be an intestinal permeability issue which is a totally different problem and needs to be treated by a professional.

Overview of Candida

As I have said, I have issues with so called Anti Candida diets. Patients swear by them and how much better they feel. However this could be nothing but coincidence for

many people because if you change your diet from a high sugar, high carbohydrate, junk food diet to a diet low in sugar, you may very well feel better anyway. Blood sugar will be balanced, certainly there is now scientific evidence that a high sugar diet can "feed" a yeast overgrowth - this often happens in diabetes. The problem is unless you stick to an anti candida diet all your life, the problem is still there. In my clinics, the figures speak for themselves. For every 100 people who are convinced they have candida, only ten really do have this which is proven with a stool or blood test. That is a very low proportion. What they find is that the bloating, gas, wind, aching, brain fog may indeed come from intestinal permeability or Small Intestinal Bacterial Overgrowth, lactose intolerance, fructose intolerance, low gut flora, bad intestinal bacteria, parasitic infections, or an underactive thyroid. The problem with the symptom list is they are very similar.

I would love to tell my patients that lactose intolerance gives you a blue finger, SIBO gives you a purple finger, Candida gives you a green finger and parasitic infections give you a red finger. Unfortunately the problem with diagnosis is that all the symptoms they present are fairly non specific and similar. Find the cause, don't treat the symptoms is always my motto. You simply cannot be on a diet for the rest of your life, be it weight loss, GAPS, FODmap, specific carbohydrate, or anti candida - you need a life. If indeed you do have candida then this needs to be eradicated. So if you have done, or are on an anti candida diet, and doing ok but as soon as you stop, the symptoms come back, something somewhere is wrong.

If you suspect you have Candida or are interested in being tested please contact Kate Arnold on 01323 737814 or email her at katenut@aol.com

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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www.katearnoldnutrition.co.uk

The Breath Connection & Orthotropics

The Breath Connection and The Clinic for Facial Orthotropics based in Purley, London will be working together to promote healthy teeth, normal facial development and better health through better breathing.

All children who are habitual mouth-breathers will have a malocclusion. The mouth breathers' maxillae and mandibles are foreshortened. Palatal height is higher, overbite is greater in mouth breathers. Overall, mouth breathers have longer faces, with narrower maxillae and foreshortened jaws.

The tongue plays a large part in influencing cranial and maxillary growth. When a child is new born the forward thrusting of the tongue to express milk from the mothers breast is the force that drives the horizontal or forward growth of the maxillae. The tongue is ideally in contact with the roof of the mouth at rest and during the sub-conscious swallow. In this position, the tongue exerts a lateral force, which counterbalances the inward force exerted by the buccinator muscles. This is what maintains the integrity of the developing maxilla. The moment the child is a mouth breather, and the tongue drops to the floor of the mouth, the buccinators continue to push inwards and cause the upper arch to collapse. In the chronic mouth breathing child the tongue falls from the roof of the mouth and no longer provides support for the upper arch.

Breathing through the mouth causes or contributes to the following dental problems: dental decay, gum disease, malocclusion (teeth not fitting together properly when the mouth is shut), anterior open bite (prominent

top teeth), reduced dental arch space (narrow roof of the mouth) greater potential for relapse of orthodontic correction, TMJ dysfunction (where the jaw bone hinges onto the cheek bone).

When the mouth is closed the tongue is normally pressed lightly upwards onto the palate, this constant small pressure ensures the correct development of the upper jaw. If however the mouth is kept open for breathing, the tongue falls to the floor of the mouth and the palate may develop with a high arch and reduced space for the upper teeth. If this kind of breathing is habitual, the face becomes more narrow or elongated compared with that of nose breathing siblings. (Champagne 1991, Rubin 1980)

The Breath Connection does not treat any condition specifically but teaches clients how to correct the dysfunctional breathing that is invariably associated with most health problems. By normalising the person's breathing the body is better able to function, most symptoms are reduced, energy is increased, there are usually improvements in: immune system, body oxygenation, circulation, digestion, sleep, concentration and frequently less medication is needed for their condition.

Orthodontic Dental Problems Gum Disease
Sports Performance Physical Exercise Improvement
Asthma Sinusitis Hay fever Rhinitis
Stress Anxiety & Panic Attacks
Chronic Fatigue Syndrome / ME
Circulation Angina Hypertension Arrhythmias
Insomnia Snoring & Sleep Apnoea

words: Michael Lingard BSc DO BBEC

For further information please visit:
www.thebreathconnection.com
www.orthotropics.co.uk



BEFORE (8½ years)



AFTER (12 years)



Where to Embrace Change for a Healthy New Year

Get back on the wellness wagon and kick start your New Year's resolution as Health and Fitness Travel, select the best health spas, detox retreats and fitness breaks to help you start 2015 in optimal well-being. Whether you're looking to learn a healthier lifestyle, lose weight, quit smoking or beat insomnia, begin your wellness journey on a luxury healthy holiday this New Year and learn to break bad habits long-term.

Where to Learn a Healthy Lifestyle: The Philippines **The Farm at San Benito**

Nestled amidst a tranquil haven of tropical jungle in the Philippines, this life changing healthy holiday will provide you with the knowledge you need to learn a healthier

lifestyle. At the centre of this wellness retreats philosophy; detoxifying treatments, raw nutrition, fitness activities and emotional guidance, will provide you with the fresh start you need. Shape-up with circuit training and aqua aerobics, before unwinding with yoga and an indulgent menu of detoxifying spa treatments. Be inspired on this holiday with nutritious meals from the award-winning restaurant and enhance your well-being with food preparation classes, where you'll learn healthy eating habits you can continue at home. Health and Fitness Travel offers 7 nights at The Farm from £2,240pp or £2,590 for single occupancy. Price includes full board, a choice of programmes, return flights and transfers.

Where to Beat Stress: **India Ananda Stress Management**

Start your New Year on a healthy de-stress holiday and banish anxiety in the peaceful tranquillity of India's Himalayas. Begin your lifestyle overhaul on this healthy holiday with professional wellness and fitness consultations to ensure your stress is targeted long-term. Revel in the peace of the enchanting landscape with daily sunrise yoga classes, pranayama and meditation, before relaxing with Ayurvedic treatments at the luxury spa. Unwind with an aroma cocoon, revive with a grounding salt scrub or re-connect with Reiki. Make the most of educational lectures and workshops



India Ananda



SHA, Spain



Grand Park, Austria

on this wellness holiday to return home feeling inspired and informed to make the small changes needed for a healthier stress free lifestyle.

Health and Fitness Travel offers 5 nights at Ananda from £2,265pp or £2,830 for single occupancy. Price includes full board, a de-stress programme, return flights and transfers.

Where to Lose Weight: Austria Grand Park Weight Loss

Fight the festive bloat and begin your New Year's resolution to lose weight by escaping to Austria on a luxury weight loss holiday. With stunning views of the surrounding mountains, this healthy holiday provides a peaceful environment in which to reach your weight loss goals. With the help of a nutritionist and your personalised weight loss plan, comprised of a basic

diet and daily fitness classes, including yoga and Qi Gong, you will be whipped back into shape in no time. Pamper yourself after your hard work on this spa retreat with luxury treatments, including daily Gastein water treatments, a skin renewing fruit peel and a total body lymphic massage.

Health and Fitness Travel offers 7 nights at Grand Park from £1,595pp or £1,715 for single occupancy. Price includes full board, a weight loss programme, return flights and transfers.

Where to Stop Smoking: Spain SHA Anti-Tobacco

Quit smoking in a natural and healthy way by escaping on a luxury healing holiday in Spain. A favourite amongst

celebrities, kick the bad habit this New Year with the guidance of medical and wellness experts on a healthy holiday that will transform your life. Complement your wellness break with a prescribed healthy diet, relaxing yoga and meditation sessions, and healing spa therapies, including acupuncture and oxygen therapy sessions. With a personalised post treatment health plan, this wellness retreat will ensure you keep your New Year's resolution and quit smoking for good.

Health and Fitness Travel offers 7 nights at SHA from £3,325pp or £3,815 for single occupancy. Price includes full board, anti-tobacco programme, return flights and transfers.



Where to Solve Digestive Problems: UK Grayshott Spa Optimal Health

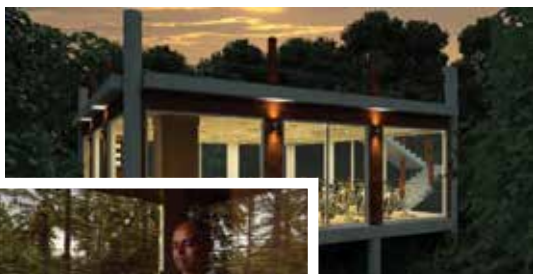
If you are tired of battling with digestive problems such as IBS and bloating, start the New Year afresh on a healthy break when you escape to this luxury wellness retreat in Surrey. Causing other health issues, such as backache and sleep difficulties, banish unwanted digestive problem symptoms and embrace change with this luxury spa retreat. Created with the latest scientific knowledge, this wellness break includes personal health consultations, blood analysis, education lectures and post departure plans to help you keep your New Year's resolution. Complement your stay with daily guided walks, yoga and specialist spa treatments, including abdominal massages and hydro bath sessions to encourage detoxification.

Where to Enhance Sleep & Beat Insomnia: Thailand Kamalaya Sleep Enhancement

Beat insomnia and enhance sleep this New Year with this luxury wellness holiday on the paradise island of Koh Samui. Integral to a healthy mind and body, improve and regulate your sleeping patterns on this healthy holiday with a sleep enhancement consultation, body bio-impedance analysis and naturopathic lifestyle consultation. An ideal spa holiday escape, tackle life's stresses and unwind with holistic Ayurvedic massages, Asian hand and foot massages and Shirodhara. Enhance relaxation and sleep easy with complimentary access to the steam caverns, personal meditation, Pranayama, yoga and Reiki, to address the issues which are causing your insomnia.

Where to Detox: Italy Adler Thermae Detox

Cleanse your body of the unwanted toxins accumulated during the festive feast season and escape to the Tuscan hills for a reviving detox holiday this New Year. With a medical consultation on arrival, a nutrition plan with set meal times and detoxifying spa treatments (including hydro massages and aqua detox foot-baths) cleanse and refresh your body on this well-being escape. Embrace change on this healthy holiday and enhance your detox whilst making the most of your beautiful surroundings with complimentary Nordic walking and yoga classes. With benefits from increased energy levels to kick-starting weight loss, return home from this detox retreat rejuvenated and ready for the New Year.



Where to go for Better Ageing: Switzerland La Réserve Genève Better Ageing

Age gracefully in health and wellness this New Year by escaping on a luxury anti-ageing holiday. Located on the stunning shores of Lake Geneva, amidst ten acres of beautiful parkland, enhance your well-being with anti-ageing treatments based on the latest scientific advances at this luxury wellness retreat. With biological and genetic testing, healthy nutrition, better ageing massages and balneotherapy, leave this wellness retreat feeling revived and youthful. Take part in complimentary fitness classes and enjoy daily personal training sessions to boost your health and fitness, whilst Medical doctors conduct physical health evaluations and diet check-ups to enhance your well-being.

Where to go for Mindfulness: India Shreyas Silent Retreat

Embark on a spiritual journey on a meditation retreat of self-discovery this New Year and learn how to fully unwind your mind, body and soul. Spend your days in tranquillity and escape the stresses of everyday life with private Pranayama sessions, yoga nidra and candle meditation, as you learn mindfulness and awareness on this wellness break in India. Discover deep relaxation with rejuvenating Balinese, Swedish and Thai massages at the luxury spa and enjoy group classes. An ideal meditation retreat for those seeking a renewing wellness break; return home ready to tackle the New Year head on with a new healthy mindfulness.

Where to Get Fit: St.Lucia The BodyHoliday Fusion Fitness

Kick start the New Year in peak shape at this all-inclusive health and fitness retreat in sunny St. Lucia, perfect for a singles holiday. Hidden amongst tropical jungle, this stunning beach-front retreat is an ideal escape for a fitness holiday. Work up a sweat with a mixture of private cardio, strength and sport workouts, including box fit, TRX training and tennis, to set you on track for a fitter and healthier you. Embrace change on this fitness holiday with mind and body sessions, such as yoga or Tai Chi, before soothing sore muscles at the luxury spa with a sports massage or reflexology.

For more information and prices visit healthandfitnesstravel.com or call 0203 397 8891



There's a common idea that when we become adults we must be independent and rational. We must not behave 'childishly' by needing others too much or being "too emotional". But how nice it would be, as adults, if we were able to receive the empathy that many children get!

If a child is extremely anxious about something, such as not having friends at school, his parents will probably try and comfort or reassure him. They may empathise with his anxiety, perhaps telling him that they too sometimes felt anxious about school when they were children. Then they might give him some practical tips on making friends and on handling his feelings. As a result, the child will feel understood and supported, more able to take on the challenge of school.

But what if one of the parents feels distressed or afraid about an event in their life and their partner regards the fear as 'childish' or 'irrational'? It's quite probable that the non-distressed partner will respond with a 'pull yourself together!' rather than offering empathy. They may follow it up with a, 'why are you being so childish?' comment.

Psychotherapist Heinz Kohut argued that the needs we have as children do not suddenly disappear when we become adults. He was challenging the then view in psychotherapy that well-adjusted adults were

independent, self-reliant and could get along without others if they needed to. Kohut defined these needs as:

- the need to be mirrored: children need to be shown by adults that they are worthwhile and valued. This happens not through what adults say but through subtle cues, such as facial expression, tone of voice and attention. When the child feels this positive attention he or she grows up feeling secure and loved.
- the need to idealise: if the child experiences at least one parent as calm, confident and powerful then he or she has someone to turn to when the world feels overwhelming. Over time the child absorbs, or 'internalises', this influence and so is able to soothe themselves when things are difficult.
- the need to be like others: children need to know that they belong and are not too different from others or that they don't fit in.

Kohut's important argument was that these needs continue throughout our lives and that, at various times, we need to feel support and empathy from those closest to us.

words: Patrick McCurry

East Sussex - patrickmccurrycounselling.co.uk

London - chrysaliscounselling.com



Would you like to kick off the New Year with a 15 minute routine that could increase your creativity, reduce stress, and make you a much happier person? It's easy, simple and effortless. No kidding!

There are many meditation, mindfulness, therapeutic and relaxation techniques around these days, and one of the most highly researched, well known and long-standing is Transcendental Meditation (TM). Practised by Hollywood directors and actors, world-famous popstars, doctors, students, artists, young mums, ex military and more, TM is a non-religious, powerful technique that gives the mind and body a twice-daily inner escape from the activity and stress of the outer world.

"All you need is somewhere to sit and close your eyes - in bed, on the train, in a park, on the beach, on the top of the mountain!" says Mark Heath, chairman of the Brighton Transcendental Meditation centre. "Sitting quietly with the eyes closed, the mind settles down to experience increasingly quiet levels of thinking, ultimately going beyond thinking itself to realise that silent state of the mind that we all have, but very rarely get to experience".

Over 250 published research studies show that Transcendental Meditation can, amongst many other things, reduce anxiety, reduce hypertension, increase brainwave coherence, reduce depression, enhance relationships, and create a state of rest much deeper than sleep.

To learn, you need to go on a short weekend course (non-residential) at any of 60 TM centres in the UK. If you're interested to find out more all you need to do is go to a free introductory presentation, which can be attended either in person, or online on Skype.

Mark says, "Most people aren't sure about meditation since they feel that their mind is so busy and full of thoughts that it would be impossible to empty their minds. They are in fact right since making an effort to empty the mind is a contradiction in terms! TM works in a completely different way to achieve that result and is surprisingly effortless and effective. Trying is not necessary."

words: Mark Heath



**Transcendental
Meditation®**

**To find out more about the next introductory talk in Brighton please visit
uk.tm.org/web/brighton/introductory-talks**



How Aromatherapy can help support you during the winter months

Aromatherapy is the use of essential oils from plants, fruits and flowers. From their divine smell to their wonderful healing properties, essential oils can help to lift your mood, calm you when you are stressed, boost your circulation if you are feeling chilly and help to relieve colds and flu.

If you are finding that the colder and darker days are having an impact on your mood then **Grapefruit oil** is a wonderful oil to use at this time of the year for its mind clearing and uplifting properties. Its anti-viral properties also make it very effective for colds and flu.

If you are looking for a positive way to deal with stress, try taking an hour out for a deeply soothing massage to help you unwind.

Chamomile oil is calming and relaxing on both mind and body. Its anti-inflammatory properties can help with pain relief and any skin irritations that can occur during the colder months, such as eczema. To boost circulation,

Rosemary oil is very stimulating and can help with warming up cold hands and feet which

can affect many of us during winter. It is also useful for stimulating memory and concentration so it can help you to feel more focused as a New Year begins.

Having an **aromatherapy massage** can be one of the most relaxing ways to benefit from essential oils. First the essential oils are blended into a carrier oil such as sweet almond or grapeseed, then using a variety of different massage strokes they are massaged onto your skin, where they are absorbed and begin to work their healing properties.

Words: Rachel Briggs

Mention Wellbeing Magazine when you book your Aromatherapy with the Rachel at Equilibrium during January or February and you'll receive £5 off your 60 minute treatment!

Equilibrium Health Centre, Lewes

01273 470955

info@equilibrium-clinic.com

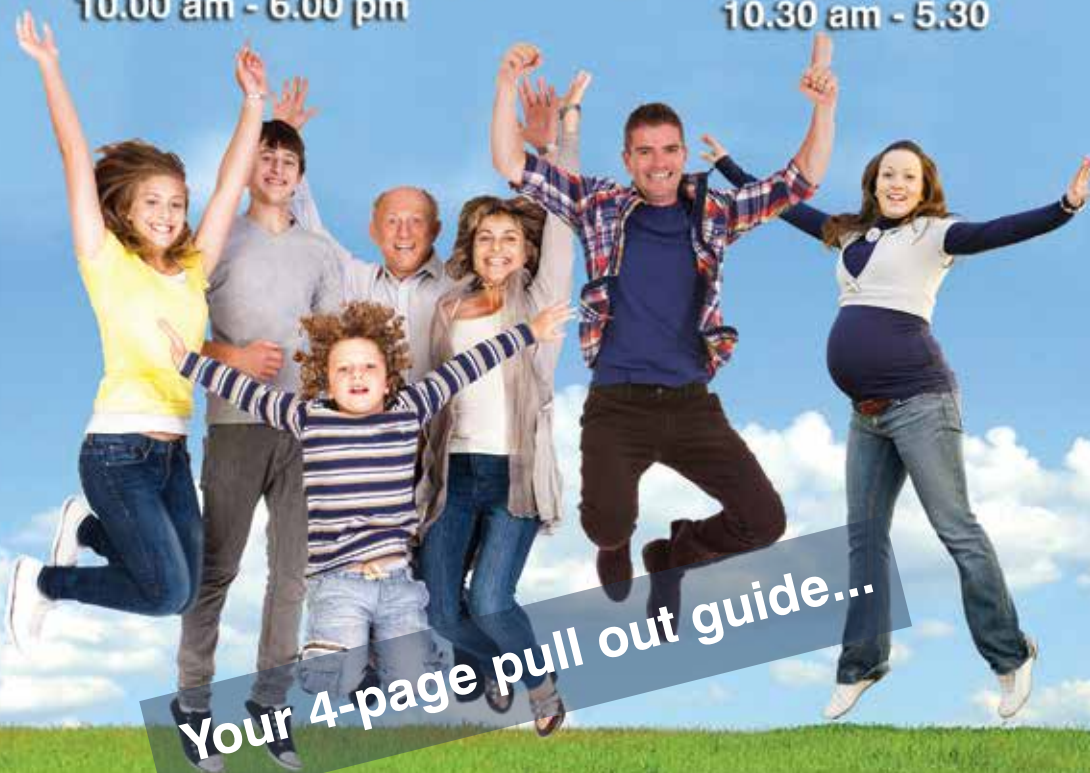
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WELLBEING & HAPPINESS SHOW

Lewes Town Hall Assembly Room & Corn Exchange


Saturday 31st January
10.00 am - 6.00 pm


Sunday 1st February
10.30 am - 5.30



Your 4-page pull out guide...

Talks	Treatments
Workshops	Products
Demos	'Kids Korner'
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 Wellbeing Happiness Show

 WellbeingLewes1

Entry from £2.00

Visit www.wellbeinglewes.co.uk for full show & ticket information

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This list may be subject to change. For updated information please visit
www.wellbeinglewes.co.uk

TALKS AND WORKSHOPS

SATURDAY 31ST JANUARY

10.00am

FREE

Mindfulness Workshop

With Health in Mind, part of Sussex Partnership NHS Foundation Trust

10.30am

FREE

Chanting For Health & Happiness

This Nichiren Buddhist principle will show you how to relate this most ancient of spiritual practices to our modern, everyday problems.

11.00am

FREE

Pranic Healing

Join this meditation workshop to promote your personal healing and positive life transformation.

12.00pm

£14

How To Be Spontaneous

John-Paul Flintoff's two hour workshop uses insights from psychology and improvisational theatre, in a playful session where the learning comes with a good dose of happy laughter.

2.00pm

£7

The Magic Massage

Come and spend 2 hours in the healing energy of Magnus Agugu, learning how to massage in a fun and light manner.

4.00pm

£5

Are Your Feet Happy?

How foot reading techniques can help you uncover emotional and physical clues to your state of health.

4.45pm

FREE

The Source Of Life

Karen Dobres talks with Léonard Lassalle about his recent book "Source of Life" and the unusual experiences that have woven in and out his life.

SUNDAY 1ST FEBRUARY

10.30am

FREE

'The Power Hour'

Three free talks by representatives of these renowned global organisations:-

Law Of Attraction

Action for Happiness

Global Love Letters

11.30am

FREE

How To Improve Your Health Through Better Nutrition

David Butler speaks about the quality of our nutrition and the differences between that of our parents.

12.00pm

£7

'The Game Of Life'

Learn the purpose of the game, how it is played, the rules and the mystique to success with the insightful and fascinating Paul C Burr.

1.00pm

£7

Taking The 'Meh!' Out Of Menopause

Tanith Lee and her entertaining, alter ego 'Mrs Menopause' impart their well informed knowledge with humour.

2.30pm

£7

Better Relationships

Lilliana Gibbs from The Red Couch provides her roadmap to loving well with the top five things to do and not to do.

4.00pm

FREE

'What Can Be Done About EMF?'

A talk by David Sosa of Sosatec
Clarifying the confusion about possible negative health effects of radiation from electronic and electrical devices.

Ticket prices are for those booked in advance via www.wellbeinglewes.co.uk
Tickets bought on the door will be £2 to £7 extra



Wellbeing Happiness Show



WellbeingLewes1

WELLBEING & HAPPINESS SHOW

Lewes Town Hall, (Fisher Street Entrance), Lewes, East Sussex, BN7 2QS

01273 471469

Wheelchair Access & Disabled Facilities

Tickets:

Adult £4

Concessions £2*

Family £10*

Adult 2-Day Pass £6

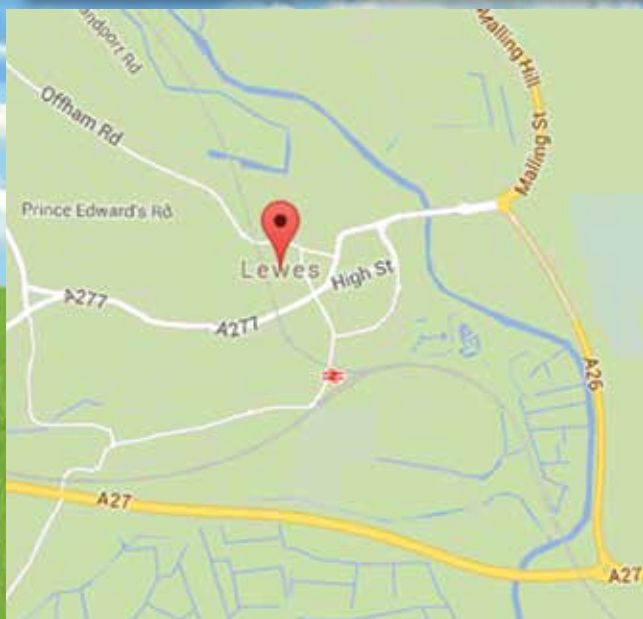
*Concessions: children, disabled, OAP'S, students, unemployed

*Family 2 adults, 3 children

A goody bag is included in your ticket price. Tickets are also available on the website www.wellbeinglewes.co.uk and are subject to a small booking fee.

Travel by Bus: From Brighton: No. 28 or 29 - Churchill Square to Law Courts on Lewes High Street. Cross at traffic lights, turn left into Fisher Street and carry on for 25 yards to side entrance of the Town Hall.

Travel by train: At main entrance, turn right. Cross at junction into Station St. At top, cross to Tourist Information into Fisher Street.



Nearest Car Parks:

(in order of proximity)

- 1. The Maltings, BN7 1YT**
(50 spaces)
- 2. Market Lane, BN7 2NT**
(14 spaces)
- 3. West Street, BN7 2NZ**
(50 spaces, 2 disabled)
- 4. East Street, BN7 2LJ**
(31 spaces, 1 disabled)
- 5. Little East Street, BN7 2NU**
(29 spaces, 1 disabled)
- 6. Westgate Street, BN7 1YR**
(27 spaces, 1 disabled)

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Wild blueberries

Wild blueberries (bilberries) could help tackle the adverse effects of a high-fat diet

Eating bilberries diminishes the adverse effects of a high-fat diet, according to a recent study at the University of Eastern Finland. For the first time, bilberries were shown to have beneficial effects on both blood pressure and nutrition-derived inflammatory responses.

Low-grade inflammation and elevated blood pressure are often associated with obesity-related diseases. The study focused on the health effects of bilberries on mice that were fed high fat diet for a period of three months. Some of the mice were fed

either 5% or 10% of freeze-dried bilberries in the diet. The researchers assessed the effects of the diets by looking at inflammatory cell and cytokine levels, systolic blood pressure, glucose tolerance, insulin sensitivity and weight gain.

Mice on the high-fat diet experienced significant weight gain and detrimental changes in glucose and lipid metabolism, inflammation factors and blood pressure. Bilberries diminished the pro-inflammatory effects of the high-fat diet, indicated by an altered cytokine profile and a reduced relative prevalence of inflammation

supporting T-cells. Bilberries also prevented elevated blood pressure caused by the high-fat diet.

Bilberries constitute an integral part of the Nordic diet and they could be better utilized also elsewhere in the world. Bilberries are associated with several beneficial health effects and their use involves plenty of traditional wisdom. The beneficial health effects of bilberries are thought to be explained by polyphenols, especially anthocyanins, the levels of which are significantly higher in bilberries than in commercially cultivated blueberries.



As Abraham Maslow identified, one of the most fundamental human needs is the need to belong. This is why it's important that we find our 'tribe', our group who share common interests and values and show genuine appreciation and care for us. Our personal and spiritual evolution can be seen as a process of becoming more true to ourselves. The more authentic and vulnerable we can be with our tribe, the deeper the acceptance and belonging we feel.

Since starting coaching, I have lived in Bangkok and St Leonards on Sea. Despite many differences, both towns tend to attract people looking for a different lifestyle and I have noticed how 'settling in' is dependent on us finding our tribe in our new location.

If part of your reason for moving is to live differently, it is important to connect with people who are also living this way, or aiming to. This gives you the support, encouragement, tips and resources you need to move forward. The same applies if you are committed to changing an aspect of your life in 2015. Connecting with people who are also making changes will give you an added boost. It can be daunting to find and then venture out to meet new people. Each time we risk rejection or the realisation that they aren't our tribe after all. Sometimes newcomers settle for a tribe that doesn't quite fit, convince themselves commuting to the tribe in their previous location is best or try and meet all their needs in their immediate family.

Have you found your tribe?

I would urge you to keep reaching out. Each encounter that feels 'wrong' gives you good information on who you're looking for. Treat it like an adventure or a trail. And, of course, know there is no perfect tribe! All are formed of people, complete with their perfect imperfections!

The meetup group 'Living Fully and Freely in St Leonards on Sea' aims to provide a forum for connections with like-minded people. And www.meetup.com can be a good place to start with finding your people.

A word of warning though, with the best will in the world, sometimes our tribe can hold us back. Often the impetus to follow our heart's desire comes when we experience a low in our lives. A feeling of belonging can go a long way to convincing us that life isn't that bad and change is not worth the risk. Nights out with our tribe keep us feeling just good enough, or we are on the brink of leaving our job/relationship/town when a heart to heart with a friend encourages us to give it

another try. We need to realise our friends are not as unbiased as they sometimes seem. Most often friends have a vested interest in maintaining the status quo. If you made the changes you wanted to, they could lose you from the tribe and, what's more, they might run out of excuses for the changes they need to make. Without any intention to, our tribe can sabotage our happiness. Even the most free-flowing tribe has elements of conformity.

My suggestion is, whilst fully embracing your tribe, know its strengths and limitations. If you are wanting to make changes in your life, seek out independent help such as my coaching where you find the life strategies that will work best for you. I can help you define, and perhaps create, your tribe whilst giving you impartial feedback on your dreams and the steps you're taking towards making them a reality.

by Deborah Reeds
www.deborahreeds.com

SKI SAFELY



The secret to staying injury free this skiing season, revealed by experts from the One Stop Winter Clinic

With the fresh mountain air and idyllic landscape views, it could be easy to forget the dangers of the skiing as you hurtle down the piste. However, approximately 10,000 skiers and snowboarders from the UK are admitted to hospital every year with injuries following their winter-sports holidays. Whether it's concussion, broken bones, sprained wrists or torn ligaments, the potential for casualties is endless, and with rising numbers of new skiers taking to the pistes this season, medical experts urge winter holidaymakers to be aware of the dangers during a skiing trip.

London Bridge Hospital (www.londonbridgehospital.london) experts, Consultant Specialist Knee Surgeon, Mr Adil Ajuied and Consultant Knee Surgeon, Mr James Bliss treat some of the most chronic injuries following a skiing incident. Each Consultant from London Bridge Hospital's One Stop Winter Clinic can offer advice on how to avoid injuries that can ruin your holiday and impact on your quality of life.

Mr Adil Ajuied, Consultant Specialist Knee Surgeon at London Bridge Hospital, provides some top tips to make sure you fully enjoy your time on the pistes this winter:

Pre-ski fitness and strengthening

Ski holidays are very physically demanding. They place demands on muscles we do not routinely challenge and make us use our joints in ways we do not usually use them. For these reasons, we are at risk of injury both early on in our holiday, while we find our ski legs, and mid-way through our holiday as we start to fatigue and become stiff and sore. It is therefore strongly recommended that you train for your ski holiday, in the same way one would train for a running event, to prevent injury and maximize enjoyment. Many

physiotherapists now offer pre-ski classes to help you get into shape.

Do not over tighten bindings

Bindings must be professionally fitted and not over tensioned, as the failure of a ski to detach during a fall results in significant and dramatic increase in the torque going through the knee. This dramatically increases the risk of injury to ligaments or fracture.

Consider ski lessons

No matter what your level of expertise and experience, it is always worth considering some coaching lessons to help hone and improve your technique. This will have the dual effect of protecting you from injury and helping you impress your friends and family.

Rest

Being fatigued, stiff, and tired increases your chance of injury. So it is important to warm up when skiing, stretch and warm down after skiing. You should also make sure you have enough rest and relaxation between your visits to the slopes.

Read the conditions

Seek good conditions and take advice from locals who will often know the good spots. A large proportion of ski injuries results from collisions – avoiding over-crowded slopes and the busiest times will reduce the chances of collisions.

Do not ski on an injury

If you are unfortunate enough to be injured, it is important to rest the injury and have it professionally assessed, as skiing on an injury significantly increases the risk of re-injury.”

Mr James Bliss, Consultant Knee Surgeon at London Bridge Hospital, comments on the most frequently seen injuries following skiing:

“The three most common injuries around the knee are sprains of the medial collateral ligament, which should settle with rehabilitation, Meniscal cartilage tears and an injury to the anterior cruciate ligament (ACL) - these last two types of injury should be assessed by a knee specialist orthopaedic surgeon.”

“Once you have injured yourself, it’s usually best not to test out the injury, to see if it can hold up to another ski run. Ice the injured area and see how it feels the next day and observe how much swelling occurs over 12-24 hours. Significant swelling or pain generally means that further skiing is probably short sighted.

“Skiing injuries are slowly on the rise, as more and more people take to the slopes over the winter months. Interestingly, when carver skis were introduced a few years ago there was an increase in knee injuries due to inexperienced skiers being able to edge a ski more easily and therefore put more rotational loads through their knees.

The One Stop Winter Clinic is a designated service at London Bridge Hospital that offers accurate and swift assessment of ski injuries using state of the art scanners. Following referrals to a physiotherapist who work with a leading Orthopaedic team, they will aid rehabilitation and help sportsmen and women in getting back to optimum fitness and allow them to return to the enjoy the snow.



Will you create a Bushier



How has 2014 been for you? A good year? Mixed? Not so good? Was this a year that you will look back at in your old age and savour the memories, or one you would rather forget? Were there things you could have done to improve it for yourself? And how well did you cope with the challenges? Sometimes things happen to us and we don't have any choice; we do have some choice in how we respond to them though. Other times, we create what happens to us - good and bad.

What are the priorities in your life? Health, Wealth, Happiness, Family, Friends, Work, Hobbies? Do you prioritise the things that are important to you? Are they the things you spend most time and effort on? I guess for

most people quality of life is important. No one wants to struggle, to be unhappy, to feel stressed or overwhelmed and yet I wonder how often we, consciously or unconsciously, set up situations that result in these things. We will also face difficult times in our life; we all have challenges and we all have personal issues that hinder us. When we experience these it can feel like climbing a steep and rocky mountain.

If you are physically fit and climb a mountain it is easier than if you are not. Psychological health and strength are the same. If we are in good shape we will manage the challenges more easily and they will not last as long. Psychological health is an interesting area because you generally can't see it. We can't



Brain in 2015?

look in the mirror in the morning and see that our brain is looking a bit peaky. We don't see that it looks a bit tired and run down and needs a holiday. Our brains are hidden underneath our skull and it's so much easier to ignore something that we can't see and so neglect it. Also, human beings are very good at coping - you don't need a sense of wellbeing to survive, to work, to shop, to cook, clean, run errands - however you might want it. You can directly affect your psychological health as you can your physical health: The choice is yours.

There are lots of things that we can do to improve our psychological health and feeling of wellbeing in our lives, and like many other things in our life it's about motivation - how

much do you want quality of life? How much do you want to build your resilience so when you face those mountains they are not as challenging for you? And are you willing to do anything about it? Your life is your life - you own it - it's yours to do whatever you please with. Your body and your mind are yours and no one else's - they are completely your responsibility and how you choose to treat them is up to you.

If we consider the makeup of our brains, both sides of our brains are important. New research shows that the right hand side of the brain is more to do with survival and the left hand side is more to do with wellbeing. To survive, human beings need to learn lessons and remember things that are threaten-



ing to us. If you have been let down or hurt by someone, if you have been assaulted, threatened or had bad experiences, you will remember them. These past experiences help us not to put ourselves at risk again. This side of the brain is more suspicious and negative and can be VERY useful to us. Of course, there are also times when it isn't. The left hand side of the brain is more to do with a sense of wellbeing. The bushier the dendrites are on the left hand side of the brain, the more of a sense of wellbeing you will have in your life. The more we trigger this side, the better we will feel and the easier it will be to climb those psychological mountains.

The VERY exciting news is that we can change our brains! We can create new neural pathways, new connections in the brain, and we can create fertile ground and cultivate the bushiness on either side of our brain. If you spend your time triggering the right hand side of your brain, then that is what will grow and flourish: more suspicion, more negativity,

and more protective mechanisms. If on the other hand you spend time triggering the left hand side of your brain then that is what will develop and grow.

There are many ways that you can trigger your brain. You can make yourself think happy thoughts or bad thoughts. You can focus on the good in your life or the bad. You can take care of yourself and get enough sleep, meditate, provide opportunities in your life for pleasure and/or engage in successful counselling or psychotherapy. All of these things, and more, are likely to help cultivate more of a left hand shift in your brain action.

Maybe 2015 will be the happiest year so far for you and maybe it won't. You don't have ultimate control, but there is a lot you can do to improve your chances - you choose!

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

Leilani is an internationally qualified trainer, supervisor and Psychotherapist; she is Director of The Link Centre - 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. Leilani's passion is to facilitate people's self-awareness to enhance their quality of life.

Change, make it for 2015!

With the increasing demand on our mental health services, more people are turning to complementary therapies for help. Hypnotherapy and NLP are effective, positive and natural techniques that can help you overcome many of life's issues.

Hypnotherapy is not just for people who want to stop smoking or lose weight, it also helps people with anxiety, low self esteem, overcoming a fear or phobia,

sleep problems, helping with exams and test nerves or preparing for that all important speech. If you have lost your way, want to improve a relationship, feel more confident or achieve your goals, then hypnotherapy and NLP could be the answer.

I have been working with children over the age of four, teenagers, young adults, adults, and couples since 2004 and have been privileged to have witnessed and

been part of the amazing changes people have made. If you would like to make a change in your life, why wait?! Make the change now; make your desires a reality and start living the life you want to live. Please call me for further details if you would like to know more about the way I work. I look forward to hearing from you.

Penny Hawkins

01892 750255

www.pennyhawkins.co.uk

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Are you looking for a career change? Are you a people person? Do you want to help people to change their lives in a positive way?

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HOW TO TRAIN FOR

Race Days During Winter

We often find it difficult to gear ourselves up and be brave enough to train in the cold as there's nothing less motivating than the threat of frostbite and black ice.

Whether you're training for the marathon or competing a winter 10k run, Fitness First have pulled together the below pointers on how to combat the snow, rain and wind and keep yourself well prepped during the wintery months.

Balance indoor and outdoor runs - When temperatures drop low or snow is piling up opt to play it safe and get out the treadmill. But when the weather is working to your favour, aim for two or more runs per week during the early afternoon when it's the warmest and there's

more light. Avoid icy or snow packed paths as running in few inches of snow will offer better traction and cushion. Always keep in mind that you potentially burn more calories in the cold since your body works harder to stay warm.

Ditch your regular running shoes - Regular running shoes won't provide you with the traction you need when slush and black ice cover the ground. Instead of chancing it, grab a pair of running shoes with thick traction or tread that will hold up in the winter months. The shoe may be heavier, but as the winter isn't a time to hard-core train, the weight won't be an issue.

Extend your warm-up - In the winter months, make sure to take a longer warm-up than

you normally do during the warmer months. This will help the muscles ease into your run and prevent tears or pulls. If your usual warm-up takes about ten minutes before leading you into your full stride, try working it up to 15 or even 20 minutes.

Gear-up – Your gear and equipment while training is just as important as the actual training plan itself. Wearing running tights will help to keep the legs warmer and if its icy buy a traction device to attach onto the shoes for extra grip against slipping. Wearing gloves, hat or headband will keep you warm. Tip – keep a bag with an extra pair of socks, water and anything else you may need for your run.

For more tips and advice
www.fitnessfirst.co.uk

What's on your horizon?

january & february

CAPRICORN

A positive start to the year, with you determined to be in control. Life may unfold differently so stay flexible and upbeat. You are very aware this Jan/Feb how the world views you and how you define yourself.

AQUARIUS

With Venus entering your sign on 4th Jan you can achieve much by manifesting harmony at work and home. Create a peaceful dynamic before the challenge of a retrograde Mercury between 21st Jan - 11th Feb.

PISCES

Mars enters Pisces on 12th Jan, instilling everything with purpose and meaning. Now is the time to create the blueprint you want to work with this year. Venus followed by the Sun later in Feb will bring light relief.

ARIES

January may feel a bit stagnant and slow but February is the month that really kicks off your 2015. Take advantage of a forceful Mars entering on the

19th to get your point across eloquently.

TAURUS

Sunny skies will be beckoning many Taureans this Jan. It will start to feel like a long winter by middle of Feb if you don't take a break of some sort. Emphasis on better communication this year.

GEMINI

A nice financial boost should be seen before the end of January which should set the tone for 2015. Gemini will start the year feeling like they have nothing to lose and everything to gain.

CANCER

The Full Moon on 4th Jan will make you feel sensitive and emotional. All full moons affect Cancer and this is magnified as it is in your sign. The days following will give you clarity and perspective.

LEO

Jupiter in Leo should be giving you an optimistic feeling though many Leo's haven't felt the benefits just yet. When you look back on this year you will see its the one that changed everything.

VIRGO

Whilst nearly everyone else is thinking about work and finances, you're thinking about romance. Its time to put a relationship back on track because letting it go doesn't appear an option.

LIBRA

After the sociability of Xmas and New Year, January finds you taking pleasure and contentment from being in your home and re-grouping a little. In Feb you are interacting more with others.

SCORPIO

Saturn left on 23rd Dec and many Scorpio's will be feeling a bit light-headed. All should feel a lift of oppression and will start to notice movement forward after learning Saturn's harsh lessons.

SAGITTARIUS

Saturn has moved into your sign and you may feel like your wings have been clipped. The way to get the most of this once in 28-30 years event is to confront issues and not run from your demons.

Eve Peacock has been working as a psychic for over 30 years & is known for her high level of accuracy with readings. She has appeared many times on tv including ITV's "This Morning". She is available for palm & tarot consultations at her shop in the Labyrinth, Eastbourne & her home in Old Town

Probably the most significant thing astrologically for 2015 is the four Total Lunar Eclipses which is a rare phenomenon. Each eclipse will also be a blood moon where the moon turns red. These events will affect all of us but most intensely for Libra, Aries, Capricorn and Cancer, and will also determine world events. With Jupiter in Leo until August there is emphasis on Royal events. Saturn left Scorpio in Dec 2014 though does return June 14th - Sept 17th and should be the last chapter in the sex scandals and secrets coming to light that has been prevalent in the media in the last 2 years.

2015

ARIES

The spring and autumn eclipses signify endings and new beginnings. There is no doubt this is a life-changing year. On a lighter note reconnecting with old friends and expansion of the family is highlighted.

TAURUS

Home is well-aspected even possibly a house move this year and creating a nice environment for yourself. But real security comes from within; time to dispel those nagging insecurities.

GEMINI

Communication is vital this year and also how you get your message across without creating drama is paramount. Influences of the last few years have left you vulnerable to nervous tension and stress.

CANCER

Finances can really improve this year if you are ruthless in cutting away areas that are not productive. Take time to appreciate the finer things life has to offer,

such as theatre and other artistic pursuits.

LEO

Travel plays a large part in 2015 with the autumn eclipse deciding where you want to live permanently. A good year but be careful of alienating people who could prove helpful, by being tactless.

VIRGO

A year where you get the best results by putting yourself first. Make your needs the priority and don't let guilt spoil what you can achieve this year. Remember your insight is powerful.

LIBRA

The eclipses will highlight relationships with nowhere for you to hide from the truth. Opportunities to re-build but only if you are scrupulously honest with yourself and others.

SCORPIO

Much movement in 2015 if you are brave enough to grab opportunities as soon as they appear. Don't let doubts hold you back. Many Scorpio's will re-locate or start a different career.

SAGITTARIUS

The biggest influence for you is Saturn this year, making everything have an all or nothing feel. Time to do something important as varied as learning a new language or committing fully to someone.

CAPRICORN

A year where Capricorns will have conflict about wanting to be free but also needing security. The April eclipse could well make the choice for you. A year to be fluid with evolving situations.

AQUARIUS

With Saturn in your house of marriage for most of 2015, that special relationship will either be found or improved upon. This should be a good year for you where things flow without too much effort.

PISCES

Getting yourself fighting fit seems to be a priority until August. Stress and niggly health issues have held you back in the past but not this year. From August a rosy glow around romance.



PETS *purrrfect partners*

New research by Vetsure has revealed that our pet relationships run deep with almost a third of those in Sussex finding most comfort and confiding in their pets on a day-to-day basis. Our relationships with our pets now resemble those we have with family and friends. So could a pet be the perfect partner?



Pet owners in Sussex regularly talk to their pet (66%) with a further 30% saying they would be most likely to confide or seek comfort in their pet on a daily basis.

Ashley Gray, vet and founder of Vetsure Pet Insurance says: "Vetsure has always known that pets offer affectionate companionship and unconditional love to their owners. But these results show that for some people the role of the pet can be even more important and their absence could result in loneliness. Pets clearly have other positive effects on such individuals including: offering a reason to get out and meet other people as well as being an incentive to undertake moderate exercise."

Almost half of those surveyed in Sussex got a pet because they felt they would be calming and stress-relieving. The responsibility and care-taking role involved in pet ownership can give many an increased sense of purpose. Pets create more opportunities for interaction with other people, whether that

be a short walk when you speak to other dog owners or a chat with the neighbour because your cat is a regular visitor! Even trips to the vet, where you can engage with other pet owners in the waiting room.

The research highlights that our animal companions enrich our days, giving us a sense of optimism, safeguarding us from loneliness and helping to break down barriers of isolation. Wood Green one of the leading animal welfare organisations re-homes all kinds of animals and offers guidance on what kind of pet would best suit every lifestyle.

Wood Green, The Animals Charity advises anyone interested in adopting a pet to consider their routine first:

"Think about your lifestyle and support network before making your choice of pet. Would you have time for a dog, or would a cat fit your life better? Remember puppies and kittens need lots of attention and ongoing training so a mature dog or cat might be easier to manage. If you can't commit to a pet long term think about fostering for a local animal charity, this could provide company for you and vital help for a pet in need without the financial commitment."

For more information including tips on whether rehoming a pet might be suitable for you or an older relative visit the website for further information www.vetsure.com

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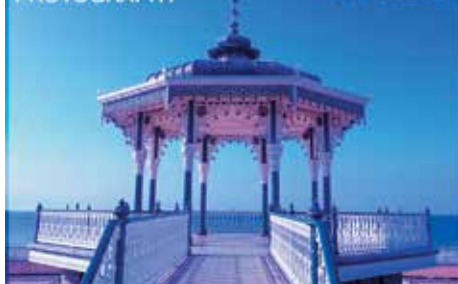
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What's On

JANUARY

5th

9.20-10.20am, Feldenkrais, Equilibrium Studio, 33 Cliffe High St, Lewes, £75 (10 wks) 01273 470955

**Sat 10th - Sun 11th,
Sat 17th - Sun 18th
& Sat 24th**

10am-4pm each day, five day certificate foundation course in Hypnotherapy, to be held at Total Health Matters, Rye Road, Hawkhurst, TN18 5DA, £650, contact Penny Hawkins, Mind-Field Training, 01892 750255, mfttraining@gmail.com for further information or to reserve your place; places are limited

12th

5-6pm, Tai Chi for Beginners, Equilibrium Studio, 33 Cliffe High St, Lewes, £80 (10 wks) 01273 470955

18th

2.30-4pm, St Leonards on Sea, drink tea, eat cake and discuss

your intentions for 2015! Our purpose is to make connections, share experiences and make the most of living in our creative, vibrant seaside town, organised by Deborah Reeds, 07702 737019, start@deborahreeds.com www.meetup.com/Living-Fully-and-Freely-in-St-Leonards-on-Sea

24th

6 weekends over 7 months, Diploma in Supervision (for experienced practitioners), The Link Centre, East Sussex, £1620, Leilani@thelinkcentre.co.uk, www.thelinkcentre.co.uk/diploma-in-relationship-based-supervision.html

26th

6.30-7.45pm, Scaravelli Yoga, Equilibrium Studio, 33 Cliffe High St, Lewes, £95 (10 wks) 01273 470955

26th

8-9pm, Scaravelli Yoga, Equilibrium Studio, 33 Cliffe High St, Lewes, £90 (10 wks) 01273 470955

31st

10am-5pm, Liberating Yoga, one-day workshop exploring gravity, joyful breathing, heart-opening and flexible strength; taught by Nicola Smith and Ranjana Apoo; The Beacon, Hastings, no yoga experience needed, £95, contact nicola@bodywisom.org.uk

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

31st Jan - 1st Feb

10am-6pm & 10.30am-5.30pm respectively Wellbeing & Happiness Show, Lewes Town Hall Assembly Room & Corn Exchange, entry from £2, please visit wellbeinglewes.co.uk for full show & ticket information

FEBRUARY

4th

7pm, Wellbeing Wednesday - Speaker on Sex, The Link Centre, Newick, East Sus-

sex, FREE, Leilani@thelinkcentre.co.uk, www.thelinkcentre.co.uk/84.html

MARCH

1st & 8th

10.00am-5.00pm, Reiki Level 1 Certificated Course, Equilibrium, 16 Station St, Lewes, 2 day course, £150, 01273 470955, www.equilibrium-clinic.com

Mondays

2-3pm

Chi Exercises and Relaxation (Rooted in Qigong), The Natural Fitness Centre, Eastbourne £7, first session FREE, Nick Neter, 01323 732024, info@naturalfitnesscentre.co.uk, www.east-bourneshiatsu.co.uk

5-5.45pm

Qigong & Meditation, The Natural Fitness Centre, Eastbourne £7 per session (£25 for 4 sessions), Nick Neter, 01323 732024, info@naturalfitnesscentre.co.uk, www.east-bourneshiatsu.co.uk

First Monday of the month, 5th Jan & 2nd Feb
5.45 - 8.30pm

Seated Acupres-
sure Massage, The
Natural Fitness Centre,
Eastbourne, with Nick
Neter & Ben Trowell,
introductory 15 (£5)
and 30 (£10) minute
treatments available,
01323 732024, info@
naturalfitnesscentre.
co.uk - walk in avail-
able though booking
advised.

7-8pm (for the Medita-
tion based group)

8-9pm (for the Holistic
Healing Clinic)

Mellow Mondays,
weekly Stress Relief &
Wellbeing Group, and
Clinic, Sussex Multiple
Sclerosis Treatment
Centre, South-
wick 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

6.15-7.15pm
Qigong & Meditation,
with Nick Neter, Stone
Cross Parish Centre,
£6.50 per session,
first one Free, 07773

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eastbourneshiatsu.
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Wednesdays

11.30am-12.30pm
Gentle Exercise &
Relaxation (Rooted
in Qigong), WRVS,
Russell Centre
Eastbourne, £4, first
session Free, Nick
Neter, 01323 412279,
eastsussexdc@east-
bournewrvs.org.uk

4th, 11th, 18th & 25th
Feb
1-5pm
Allergy Clinic, Equilib-
rium Health Centre, 16
Station St, Lewes, with
Robin Ravenhill, Equi-
librium, 01273 470955,
www.equilibrium-clinic.
com

Fridays

6th, 13th, 20th & 27th
Feb
10am-6pm
Aromatherapy &
Reflexology Clinic,
Equilibrium Health
Centre, 16 Station St,
Lewes, £45, with Dafna
& Rachel, Equilibrium,
01273 470955, www.
equilibrium-clinic.com

2nd Friday of month -
9th Jan & 13th Feb

10am-2pm
Walk-in Shiatsu Clinic
(Japanese holistic
bodywork therapy)
with Nick Neter & Tina
Doherty, St Luke's
Parish Centre, Stone
Cross, 30minute treat-
ment or more for a
donation (from £10),
some places book-
able, 07773 061309,
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4th Friday of the

month - 23rd
Jan & 27th Feb

2-6pm

Walk-in Shiatsu Clinic
(Japanese holistic
bodywork therapy)
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Ben Trowell, Yogalife
Studio, Eastbourne,
30 minute treatment
or more for a donation
(from £10), some plac-
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6-7pm (for the Medita-
tion 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

Saturdays

3rd Saturday of the
month, 17th Jan & 21st
Feb

9am-2pm

Walk-in Shiatsu Clinic
(Japanese holistic
bodywork therapy),
The Natural Fitness
Centre, Eastbourne,
with Nick Neter MRSS
& Ben Trowell, some
places bookable,
30minute treatment or
more for a donation
(from £10) Nick Neter,
01323 732024, info@
naturalfitnesscentre.
co.uk, www.east-
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7th, 14th, 21st & 28th
Feb

9am-5pm

Massage Clinic, Equi-
librium Health Centre,
16 Station St, Lewes,
£45, with Steve, Dafna
& Rachael, Equilib-
rium, 01273 470955,
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