

# Wellbeing

The state of feeling healthy & happy

*Your health and lifestyle magazine*

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# EDITOR'S WORD

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As the days get longer and the mornings get lighter, we know that **Spring** is on it's way. The promise of warmer weather and some much needed **sunshine** brings with it a sense of renewal and fresh beginnings. It was wonderful to see so many familiar and new faces at the Lewes Wellbeing and **Happiness** Show and in this edition Lesley has uncovered some amazingly talented **therapists** and businesses to support you in your personal health journey. If the last few months have seen you fighting colds and illness, perhaps it's time to spring **clean** your lifestyle (p.25)

Enjoy & be inspired.

*Rachel Branson*

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## EASE AND JOY IN YOUR BODY

Does that sound like something you  
would like to experience?

If you answered 'Yes' then you may benefit  
from the following modalities I offer:

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Acupuncture - Deep Relax Body & Mind -  
Vibrational Facelift



# Ann Rambaut

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# LOCAL WELCOME

Welcome to our Spring issue. At the time of writing, I'm enjoying watching some signs that the season is arriving; some blue sky and more daylight, albeit a bit blustery and cold still!

It was great to meet many of you at the recent Wellbeing & Happiness Show in Lewes, and congratulations to the readers & members who won tickets. Our magazine is like a portable version of a wellbeing show in some ways; representative of a market place full of different wellbeing experts offering advice and sharing their knowledge, to help you help yourselves to more holistic lifestyles. Amongst the articles, advertisements, and listings you'll find the contact details you need should you wish to follow up with anyone or anything in particular. I hope you find this issue informative and inspiring, Remember to share the magazine (which can also be found online at [wellbeingmagazine.com](http://wellbeingmagazine.com)) with your loved ones. Until next time, wishing you all the good things you wish for yourselves...

Lesley



## HORSES & PILATES for our EMOTIONAL & PHYSICAL WELLBEING

### **What is Intuitive Horse? Equine Assisted Personal Development through experiential learning.**

We work with horses, from the ground, to explore our emotions and behaviours. Horses are great mirrors for reflecting back our internal states which, in turn, help us to become aware of both our obvious and subtle behaviours. By becoming aware of certain behaviours a person can decide whether the behaviour is favourable to continue with or whether it would be beneficial to explore different ways of being. As new ways are explored the horse responds, giving instant feedback, thereby helping the individual self-manage. It's well known that horses can provide a **calming presence**, helping people feel calmer in themselves. As horses do not judge us, this often provides a space for people to feel safe and start to relax when around the horses, which alone can **help dissolve any tension** being held in the body. Often we hold tension in our body for a number of reasons; injury, stress, emotional sit-



uations. If the tension isn't released, after some time the body may start to become out of balance and result in physical discomfort. **Pilates** is very good at helping to release body tension through gentle exercises and stretches. Intuitive Horse has teamed up with Abs-solute Pilates to create a one day workshop exploring how our emotional states can affect our physical state and vice versa, and how to work with our bodies and emotions with awareness. You do not need to have had any experience with horses or pilates to attend this workshop, and no riding is involved. If you'd like to learn more about these workshops please visit [intuitivehorse.co.uk](http://intuitivehorse.co.uk) and [abs-solutebalance.co.uk](http://abs-solutebalance.co.uk) or call Emma on **07825 036301**

# TRANSFORM YOUR THOUGHTS, Transform Your Life!



Hypnotherapy is about communicating with the unconscious mind - the larger ninety per cent part of the mind that so often controls the decisions we make and the behaviours we display. In other words, the programming we have undergone since childhood (by family, teachers etc), which so often influences the way we react to the world, and in fact the way we actually perceive it in the first place.

The aspects of this programming responsible for disempowering us, sabotaging our desires and intentions has to be dealt with before we can experience significant and lasting change without reverting back to our old ways. Once these changes are made on an unconscious level, then you can go ahead and become that permanent non-smoker that you have long wanted to be, or shed all that unnecessary weight for good. Phobias can be eliminated, self-confidence and es-

teem built to high levels. You will not only feel worthiness, though have positive expectations for things to turn out well. Hypnotherapy, together with NLP (Neuro-Linguistic Programming) can help you re-direct those neural pathways in a positive direction.

I have been working for 15 years helping people to lead healthier, happier and more fulfilling lives. If now is the time for you to change unhelpful belief systems, past conditioning and thought patterns, please give me a call to find out how I can help. I work throughout East Sussex and Kent, and can provide home visits if required.

**Debbie Winstanley** BSc(Hons)Psych,  
MBSCH - Full Member of the British Society  
of Clinical Hypnosis,  
Certified NLP Practitioner  
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# The Well Being Centre

## at Glynleigh Organic Farm, Stone Cross

It all began with a 14ft yurt at Playgroup Music Festival in 2011! A few years later as a proud owner of the same yurt, made beautifully by the Yurtshop in Battle, I was looking for a semi permanent place to locate it during the warmer months of the year, to practice Shiatsu (the holistic Japanese bodywork therapy), Acupressure Massage and Qigong. Fortuitously at our next Bookclub meeting, an old friend Jon Ross had been invited to join us. Jon owns Glynleigh Organic Farm, near Hilliers Garden Centre at Stone Cross, and he said he may be able to help me out! In exchange for a days work a month on the farm I could put up the yurt from time to time to do treatments. What a wonderful place to work, surrounded by the beauty, fresh air and natural sounds of the countryside. My clients found their treatments more deeply relaxing and restorative than usual.

John and his wife Becky were most interested in the work I was doing and loved the yurt. After many discussions, cups of tea and a whole range of delicious homemade cakes and biscuits, the idea of a Well Being Centre in yurts was born. Our Well Being Centre is an environmentally friendly and holistic health centre for complementary and transformative healing work, in all its many forms, on the edge of Pevensey Marshes.

We open on Monday 23rd March 2015 with weekly classes in the big 24ft yurt, of Yoga, Pilates, Qigong and Meditation and others in the offing. The smaller yurt will have available a range of different therapies such as Reflexology, Aromatherapy, Shiatsu, Massage (Deep Tissue, Acupressure, No Hands) Reiki and Wellbeing coaching. Workshops are planned in Hot Yoga, Mindfulness, Qigong and Meditation as well as monthly Sound healing Gong baths! Both yurts have beautiful wooden floors and wood-burners. There is parking available, washing facilities and ecological compost toilets.

We have an Open weekend on Saturday 11th and Sunday 12th April with a mixture of free tasters, demonstrations, talks and refreshments. The centre is to be officially opened by Andrew Durling of Eastbourne Green Party and Friends of the Earth.

If this feels like something you would like to be part of, please have a look at the website and get in touch with us. We look forward to meeting you and showing you around the place!

**Contact Nick Neter MRSS, DipQT B'ED Hons,  
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[www.glynleighwellbeingcentre.com](http://www.glynleighwellbeingcentre.com)**





# brighton apothecary

is a herbal shop located in the newly revamped Open Market in Brighton. Medical Herbalists Marion Mackonochie, Maud Freemantle and Sarah Flower opened the shop in July 2014 to help improve access to high quality herbal remedies. Each of us has trained at university and has a degree in herbal medicine. We are passionate about the benefits of herbal medicine and in using herbs to help support health and wellbeing.



Herbal Medicine is a traditional and sustainable form of natural medicine. Herbalists take a holistic approach incorporating dietary and lifestyle advice and using herbs to gently ease your body back to good health. There is an ever increasing amount of scientific evidence to support the use of herbal medicine for many minor and chronic health complaints, including irritable bowel syndrome, mild depression, migraine, pre-menstrual syndrome and colds and 'flu.

For many people herbal remedies are a first choice though it can be difficult to know which remedy is the most suitable. Our expertise allows us to help people make an effective and safe choice. Within the shop we offer health advice and have a free drop-in mini-consultation service. We can help you

to select a remedy or supplement, and can even mix a tailor-made herbal remedy specifically for you. For complex health problems full consultations are available from our herbalists at their private clinics.

We stock high quality herbal remedies, nutritional supplements, herbal teas, essential oils, and natural skin care products. Brands stocked include Pukka, Salus, BioCare, Bio-Health and Lamberts because we believe in the quality that they offer and they are the products that we use ourselves. In addition to the products available to buy in the shop we also run a regular programme of educational workshops. Learning how to use herbs can be both fun and fulfilling. Check out the What's On pages for forthcoming workshops.

The Open Market is a growing community of old and new ventures with a variety of interesting stalls, shops and cafes to visit. We find it a fun and vibrant place to be. When you visit our shop you can expect a friendly and professional service, safe in the knowledge that you can always see a fully trained Medical Herbalist.

For further information please contact us, visit the website or pop down to the Open Market for a visit. Brighton Apothecary, Unit 6 The Open Market, Marshalls Row, Brighton, BN1 4JU  
07477 886 777 [brightonapothecary@gmail.com](mailto:brightonapothecary@gmail.com)

[brightonapothecary.co.uk](http://brightonapothecary.co.uk)



brighton  
apothecary

# SUPPLEMENTS





Words Kate Arnold

## What do we really need in our supplement cupboard?

**It is paramount to start with the basics, and the basic principle is that food comes first. Your dietary requirements ie. vitamins and minerals, need to come from your food first and foremost.**

If you want Vitamin C, eat peppers, if you need Omega 3, eat salmon, if you need magnesium, eat dark green leafy vegetables. Simple, ok you can all go home now, problem solved. However there are always exceptions, the juggling single mother of two children looking after her parents and holding down a job, how they get through the day I have no idea, but mostly it's on adrenaline, raised cortisol levels and a lot of coffee. A good diet here will take this woman so far, but her needs are far greater than a sedentary women with no stress, so this particular individual may need more anti stress vitamins ie. Vitamin B, that no amount of liver, or hot cups of Bovril will cover.

You may need extra vitamins in these various conditions:

- House bound - Vitamin D
- Pregnant/breastfeeding - folic acid
- Vegan or vegetarian - Vitamin B12
- High levels of exercise - iron
- Medication users - CoQ10 when using statins, folic acid with methotrexate etc
- Poor diets
- Long term inflammatory bowel disease (IBD)

These often get overlooked, and the patient will become deficient and start getting deficiency symptoms which are difficult to pin down in a ten minute GP appointment. I was doing a talk the other day and one of the girls who turned up ate no fruit or vegetables at all in any form, and was not planning to in the future either. I advised her if she continued like this she would need a multivitamin for life, particularly as there would be little or no vitamin C in her diet, and yes I have seen patients with scurvy.

So, if you are one of those people who have a cupboard full of supplements, it might be time for a clear out. Get the fundamentals right first. Bloods can be tested: Vitamin D, Vitamin B12, folate, iron, magnesium and zinc can be tested on the NHS. If those are all fine, you don't need supplements. Then there are the glucosamine, ginkgo biloba, ginseng type supplements that the older generation tend to take for joints, memory and vitality. I have spent hours looking over the research on glucosamine, and I feel the jury is still out. If your joints are bone on bone, you need a new joint, no amount of glucosamine is going to stop that. Glucosamine has now also be found to give people bad acid reflex and indigestion so be careful. Ginkgo biloba is not going to make a difference to your memory, look at your thyroid function first, your homocysteine levels as well, do some brain training, eat oily fish and get exercising first.



Long term PPI's eg. omeprazole can reduce magnesium levels which long term is not good for the heart. Try to reduce the level you are on to the minimum needed before symptoms start, or again look at your diet first. Long term statins as well may reduce your CoQ10, a vital nutrient for heart function. Again try and avoid taking statins in the first place, diet, diet, diet, otherwise a supplement here is a good idea - 30mg to 90mg daily.

Where you buy supplements again is vital. Supermarkets don't count as far as I am concerned. If you must take them make them the best, I advise Lamberts for the basic nutrients and Biocare for more complex combinations. These are well trialled and contain the amounts they claim. I cannot vouch for many other spurious brands that may indeed be a waste of money. A particular bug bear of mine is poor quality fish oil, it's difficult sometimes weighing up the pros and cons of a supplement if the source is poor. Vitamin C you can't make in your body, so you do need to get this in your food as you would with essential fatty acids. Essential means you really need them, and if you are vegetarian you may need flax oil.

### **What do I take?**

I have in my cupboard; Lamberts Vitamin B100mg when I am super stressed and busy, it works like a dream and keeps me calm and helps with energy. Vitamin B12 drops although I have injections quarterly from my lovely GP; Quest aged kyolic garlic used for so many illnesses, and lastly Biocare probiotics in the fridge. My Vitamin D I maintain from two and half weeks in Greece each year. If I didn't do that I would supplement as well as I am lactose intolerant so don't eat a lot of creamy, milky products.

If you walk into any health food emporium lined with supplements for every ailment how tempting it would be to buy them all line them at home and think, wow ok health here I come. But it doesn't work like that, it has to come from the food first. People still feel they can eat what they like and either go to the gym to "burn" it off or take supplements to make up for their poor diets! It's hard to choose between different brands, a citrate, a malate, rates of absorption, the maze is long, windy and complex, no wonder people are confused!

### **Supplement overhaul and advice**

Got a cupboard full of supplements that you are not 100% sure about? If you are drowning in too many supplements, not sure what supplements to take and want help with organising and getting blood tests, please do call me on 01323 737814 for more information and I can guide you through the supplements maze and make sure you are not wasting your money and getting what you really need. And remember... food first.

*Kate's case study***Belinda - 34 yrs old. Rheumatoid arthritis, hypothyroidism, IBS and depression**

Belinda came to see Kate after the birth of her first child. She had been diagnosed with RA, an underactive thyroid, IBS and slight depression. She was 34 yrs old and described herself as feeling 90 yrs old. She was very tearful during the consultation and told Kate that she was totally lost in a myriad of symptoms and felt in a dark place. Her diet was very poor and she was struggling with fatigue and painful joints. Luckily Belinda had finances to pay for quite a few tests and what we found really helped her move forward. She had Small intestinal bacterial overgrowth which once eradicated made her feel much better. Her RA got

substantially better to the point where she did not need medication any more and her inflammatory markers reduced drastically. Her diet was overhauled, and she found she had far more energy. Her thyroxine medication was increased which also helped her energy levels and the myriad of other strange symptoms she was presenting with. After three months, the list of 54 symptoms Belinda started with, reduced to four. Belinda learned that some foods aggravated her RA, and when her bowel symptoms reduced the RA symptoms also seemed to reduce. Belinda's folate and Vitamin B12 were low, with injections every three months her energy and mood elevated to the point where she felt she was not depressed any more. A year on and Belinda is virtually symptom free.

Kate  
Arnold  
Nutrition

## Which of these common conditions are dragging you down?

Low energy • Tired all the time • Headaches • IBS • Candida  
Digestive Disorders • Thrush • Cystitis • PMT • Menopausal symptoms  
Food Allergies • Intolerances • Arthritis • High Blood Pressure  
High Cholesterol • Heart Disease • Stress • Anxiety • Depression  
Fibromyalgia • Asthma • Eczema • Diabetes • Weight Loss/Gain

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

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# Resisting Chocolate

**E**aster will soon be upon us - and with all of those Easter eggs and chocolate bunnies on the horizon, it's a good idea to think about how to resist eating too much chocolate over the bank holiday weekend.

Not great for the waistline or the complexion, Simon Bandy, General Manager at Health Plus, offers his top tips on how to combat chocolate cravings and stay healthy whilst enjoying the Easter festivities

Tips to help resist chocolate excess this Easter

## CHOOSE COCOA-RICH CHOCOLATE

Dark chocolate contains a higher percentage of cocoa than other varieties, which is actually good for us in small amounts. Packed full of anti-oxidants, dark chocolate can help rid the body of free radicals and maintain healthy cholesterol and blood pressure levels.

## ALL IN MODERATION

Like most things in life chocolate is fine in moderation. If you end up with lots of Easter eggs, try to ration them out to a small piece each day. If you think this will be too challenging, you could always pass some of them onto friends or a food bank. Chocolate, like good deeds, is good for the soul.

## EAT MINDFULLY

This means thinking about your feelings whilst you eat a piece of chocolate.

## Try following these steps:

- Before you pop a piece of your favourite chocolate in your mouth, smell it and enjoy the aroma
- Take a bite, savour it and let it slowly melt on your tongue. Relish how the flavour spreads around your mouth before swallowing it
- If you want to, take another bite and repeat the above process
- Keep doing this until your enjoyment fades, even just a little – then you've had enough and shouldn't get stomach aches or headaches

## TRY A FILLING SUPPLEMENT

Konjac Fibre tablets from Health Plus are made from the Konjac plant, a natural source of Glucomannan which can help to promote a feeling of fullness. It can also help with digestive, intestinal health, stimulating the growth of beneficial probiotic bacteria and maintaining blood sugar levels.

## SUBSTITUTE CHOCOLATE

When the chocolate craving strikes, try to do or eat something else. Distraction is a great tool when trying to cut down or quit, even if it's calling a friend or going for a quick walk around the office. Choosing something different to eat can help to quell that need for a sugar fix, but be wary of what you substitute it for. A handful of fruits or nuts, such as blueberries or hazelnuts, are a great, healthy alternative.

[www.healthplus.co.uk](http://www.healthplus.co.uk)

# The Essence of Life - our breath!

Do you ever think about the way you breathe? Is it something you don't consciously think about, even though unconsciously you trust your body to keep you breathing? Maybe the only time you pay attention to the way you breathe is when you're having difficulty drawing breath. I've been made aware of the fact that I routinely breathe shallowly and there are many times during the day, if I'm stressed for example, when I hold my breath!

I've recently been lucky enough to attend a course held in the depths of the rainforests of Costa Rica; the air being very clean and regularly cleansed by abundant rainfall. My experience of spending time in the rainforest was fantastic to say the least! Not without coincidence; whilst rainforests are often called the 'lungs of the planet', during my stay my attention was continually being drawn to the breath, which in turn became the inspiration for this article!

What are the benefits of 'healthy' breathing? Breathing is our life-force and clearly affects every single one of the trillion cells in our body. Not only does breathing in bring oxygen to our cells, when we exhale we release and clear carbon dioxide; a waste product of our bodies. All organs and tissue relish being bathed in plenty of oxygen - just think of the money spent on oxygen tents for top flight sports people to

accelerate recovery from injuries. When we breathe more freely we have more energy - it may seem an obvious statement though the benefits of healthy breathing are endless!

We actually have within us a phenomenal tool to assist us to a more calm and contented place. If you're drawn to improving your breath I suggest you start checking in with your breathing at various times during the day. If you note you are shallow breathing take a few deep breaths, drawing the breath down into your tummy. When you are getting stressed, under pressure, or life is generally demanding, just stop and take a breath or two. Maybe start the day with taking five minutes to sit comfortably and breathe. Take in breath over a count of seven, hold for one, and sigh out for a count of seven. If that's a bit uncomfortable for you, decrease the count to start with.

**Better breathing, better health,  
clearer mind!**

For more information, an informal chat (always happy to discuss), or to find out more about the modalities I offer to help bring ease and joy in the body, please get in touch.

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# Mindfulness Therapy



Words Katie Bullen



Mindfulness isn't a new buzzword, or trending fad, it's been around thousands of years, originating from the Eastern practice of Buddhism and meditation. This ancient concept has been successful in treating those suffering with anxiety, depression, addiction, panic attacks, stress, OCD, as well as other mental or physical conditions occurring in today's society. In a nutshell; Mindfulness means paying attention in a particular way, on purpose, in the present moment, without judgment. It allows us to live within the moment, rather than worrying about the future, creating anxiety and tension, or scrutinizing over the past, creating negative emotion and depression.

The mind produces thousands of thoughts every day. Some positive, some negative. Ultimately we choose whether to feed the positive, or the negative. Habitually we can become trapped in the draining cycle of negative thinking, panic, stress, judgment, conflict, drama, and self-pity. This negative thinking is created by the mindset of the Ego. When a thought comes into our mind the Ego

takes us out of the present moment. Becoming aware and observing thoughts in a non-judgmental way brings us back into the present moment. The three main concepts are; Observe, Accept, and Release. Observe and accept the thought, then draw your attention to how it feels within the body to enable it to release. An example might be when anxiety creates a butterfly feeling within the gut. You can name this feeling 'anxiety' or 'fear'. When you feel the emotion behind the thought within the body, it naturally disperses and releases.

Mindfulness invites us to adopt a different mindset perspective, one that's based on reality. It teaches us to accept situations as they arise. To understand that in nature's cycle; nothing stays the same; therefore nothing is permanent. It teaches us to let go of control, adopting a realistic acceptance that life has moments of suffering. Without challenge we cannot change, grow, and learn. If we adopt a more positive mindset, even when faced with difficulty, we can transform our health and wellbeing.

Mindfulness can be applied to many areas of life, benefitting both adults and children. We can consciously apply it to daily activities such as washing up, cooking, walking, or driving. How often do we carry out these tasks whilst thinking about the future or the past? I'd also recommend applying mindfulness to nature, which has great therapeutic value. Next time you go for a walk around the stunning landscape we're so blessed to be surrounded by, be mindful of how the earth feels beneath your feet, what colour the sky is, or how the breath moves in and out of the body.

**Katie Bullen is a fully qualified Yogalates teacher in Frant, Tunbridge Wells and always brings mindfulness into her weekly classes. She is also a mindfulness therapist; working with cognitive behavioural therapy, counseling, relaxation techniques, healing and EFT. Contact Katie at [harmonisemeinfo@gmail.com](mailto:harmonisemeinfo@gmail.com), or 07747120718 for further information.**



## FAIL TO PREPARE, PREPARE TO FAIL

Those who have signed up to the London Marathon, or any other big sporting challenge that pushes you to the limit, will no doubt be embarking on a training regime in the weeks and months leading up to the big event. However, once you reach race week you will be happy to know that most of the hard work is

done - the training miles are behind you and you should be ready to give it your best shot.

Natural iron food supplement SPATONE has teamed up with Olympic marathon runner Liz Yelling to put together some top tips on what to do the week before a big race and how to mentally get through the challenge.

Liz commented

***“Don’t panic during race week - just stay calm.***

***Remind yourself about some of the really great training runs you’ve had (and laugh at some of the forgettable ones!). Your marathon adventure is just around the corner so get yourself ready for a brilliant day”.***

## Liz Yelling & SPATONE's final week countdown tips

1. Be organised. Check all your kit is washed and ready as well as planning your route and travel arrangements for on the day.
2. You will have been running lots throughout your training - which can deplete iron levels due to the repeated pounding of your feet on hard surfaces and through sweat and natural wastage – so make sure you top up your iron levels. SPATONE Apple, a natural liquid iron food supplement, is a great way to maintain iron levels – and the added vitamin C can increase iron absorption and will contribute to the normal function of the immune system.
3. Keep running, but run smart - don't overdo it. I would recommend doing a couple of short runs in the last week. Also make sure that you do lots of stretching.
4. Get enough sleep in the nights leading up to the race so your body is well rested for the challenge ahead.
5. Don't try anything new or fancy for dinner the night before. Stick to what you know. Although you don't need to eat a pasta mountain or drink an ocean of water you do need to make sure you have eaten a healthy, nutritious and well balanced meal and are appropriately hydrated.
6. Give yourself plenty of time on race morning. More time than you think you need. That'll help you stay relaxed – you don't want to start the race flustered and stressed.
7. Take your own loo paper - (and be prepared to go twice!)
8. Once you are on the start line take a deep breath and remind yourself how far you've come and what you've achieved to reach this point.
9. In the race, be patient, stay calm and run smart. It's a long way.
10. Be courageous when it gets hard and rise to the challenge you've set yourself. Think about heroes when it gets tough. Try thinking about people who inspire and motivate you to run and run the final five miles of the race with five different people in your mind who have helped you on your journey.
11. Never give up. Remind yourself of your personal reason for running. What is it that gives you real strength and courage? Draw on this.
12. Smile and celebrate when you see the finish line. Be proud!



For more information about SPATONE visit [www.spatone.com](http://www.spatone.com)

*\*Food supplements should not be used as a substitute for a varied, balanced diet and healthy lifestyle.*

# Great North Run

## *Diary entry 1*

It all started in a 'moment' a moment of madness, of impulse, of spontaneity or something else - yes it was in fact a Senior moment! Reaching the end of my 65th year I had the urge to 'do something' I could be proud of, and something that would get me out of my comfort zone. So one cold and miserable December morning I registered to run The Great North Run in aid of The British Heart Foundation. My husband received incredible treatment in August 2013 after a cardiac arrest and subsequent double by-pass, so it is a Charity close to my heart (sorry for the pun!) He loves sport albeit from the armchair; I'm the energetic one so will do this run for both of us. My friends and family, whilst not talking me out of it (they know what I'm like once I make my mind up) secretly think I have lost some, if not all of my marbles! They will support me, nevertheless. Having never run before, I'm writing this diary of the ups and downs of my training in the hope that it will help inspire me to keep going.

## *December 2014*

My first venture out, not long before Christmas, was with a friend and we ran for 1.5 miles; well she ran and I ran and walked, however I was proud of myself. We managed to meet a couple more times before I was left to my own devices, and despite me really needing to talk myself into getting out there, I have managed to reach 2.5 miles in 34 minutes, which I am very pleased with.

For Christmas I received an MP3 player - amazing - it really helps me focus on things other than my aching legs and gasping breaths! I've also downloaded some audio books which help distract me from how I'm feeling. It makes such a difference to



be thinking about other things. Another help is an APP on my phone. It tracks my distance, speed, time per mile and calories used. I find this really helpful as I can aim to beat my last record each time I go out.

## *January 2015*

I've joined the gym & go three times a week in a bid to improve my stamina and endurance and am running 2 - 3 times a week (most weeks).

## *9th February 2015*

My aim tomorrow is 3 miles. I've envisaged the run over and over again in my mind, so watch this space and I'll let you know how it goes!

Am I enjoying it? Honestly? I'm not sure. It is a bit of a pressure however once I've achieved each run I can truly say I did enjoy it. So far it isn't second nature and I am not in a routine, though it will come.

9.30pm - I've just been shopping online for more suitable running clothing with fluorescent strips. At least I will look the part next time I get out there! Funny, though it does seem important to wear the proper gear; to me anyway and as it's predomi-

nantly dark when I'm training at the moment I feel it will be a bit safer too.

## 10th February 2015

3pm - Home from work and straight out for my run before I change my mind! My envisaged route wasn't quite as long as I thought, however it was a bit further than I have run so far and I managed a little faster time too, so I'm happy. 300 calories used as well so I'm celebrating with a glass of wine; not sure if that's allowed in training though at this stage I don't suppose it will do any harm, unless of course someone advises me differently!

I hope this diary will help inspire other readers in challenges you may have set yourselves. I'll keep you posted - here's to my next update!

**Chris Mutch - mutchhealthier.energetix.tv**



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## The daffodils are in bloom - shout hooray, spring is here!

April 3rd 2015 marks the start of **Chiropractic Awareness Week**, and given that over half of us regularly suffer with backaches, neck pain or headaches, we've asked our local chiropractors for some advice. Doctor of Chiropractic, James Revell, of the multi award winning Lushington Chiropractic in Eastbourne town centre, tells us that "too many people ignore the niggles, waiting for them to build up to major problems. It's better to look after yourself, rather than letting it get out of control and ending up needing treatment. You can't get a 'replacement spine' so look after what you've got before it's too late." and says "Lets have a happy healthy spring and summer. Here are my top 5 tips to help you achieve this:

**Sitting:** Support your low back when sitting and don't curl up on the sofa, as it'll twist your spine.

**Sleeping:** On your back is best for your spine. If

you really want to sleep on your side, then put a pillow between your knees so you don't twist into the recovery position.

**Keep active!** Get into the habit of taking a brisk walk daily. I also suggest a practical or fun exercise because you're more likely to stick to it.

**Listen to your body:** Pain is a warning. If something is hurting, don't ignore it. Particularly important this time of year when we start hitting that gardening again!

**Ice:** (no I don't mean in the gin and tonic) If you're achy use an ice pack, wrapped up, for 5-10 minutes to calm any swelling."

To mark Chiropractic Awareness Week, Lushington Chiropractic are waiving the £49 consultation fee in exchange for a donation to Dr Barnardo's Children's Charity. To book your appointment or find out more call Lushington Chiropractic 01323 722499 - [chirocare.co.uk](http://chirocare.co.uk)



# UNVEILING THE TRUTH ABOUT INFERTILITY

With egg freezing and IVF high on the UK news agenda, there is much speculation surrounding the topic of assisted fertility. From lifestyle choices that might thwart the chances of conceiving, to selecting the gender of your future baby, there's an awful lot of confusion about fertility and fertility treatments.

To separate fact from fiction, internationally renowned Dr Manuel Muñoz of IVI Fertility Clinic has provided answers to the common questions and myths surrounding fertility and fertility treatment:

**There is only one type of treatment to assist conception** MYTH

Dr Muñoz says: "There are actually several types of treatment used to assist fertility. The most common treatments used for assisted

pregnancy are artificial insemination, where the sperm is placed directly into the woman's womb, in vitro fertilisation (IVF) where the egg and sperm are fertilised outside of the woman's body before it is implanted into the womb, and egg donation, whereby a donated egg is fertilised by the sperm of the recipient's partner before it is implanted. Egg freezing, in which a woman's eggs are extracted, frozen and stored for use later in life, is another treatment available to women who wish to preserve their fertility until a later age."

## **Infertility is due to problems in women MYTH**

Dr Muñoz says: "It is important for couples who are struggling to conceive to understand that the grounds of infertility are almost equally shared between the male and female. A lot of people are surprised to learn that 30% of infertility cases are caused by masculine issues, such as prostate pathologies, ejaculation problems or alterations in the semen, and 30% is caused by feminine issues, such as early menopause, cervical abnormalities or ovulation problems. The remaining 40% of infertility cases are due to combined or unexplained causes."

## **Egg and sperm donors are legally allowed to locate the child that was produced using their embryo FACT**

Dr Muñoz says: "In the UK, all sperm and egg donors are legally able to contact children born from their donation once the child has reached 18 years old. This is also the case for donor-conceived offspring, who are able to make contact and locate the donor once they reach the age of 18. This is a huge concern for many couples who are looking to conceive using egg donation, because it takes away their choice as to what details they wish to share with their children about their conception. Because of this, thousands of British couples travel to Spain each year in search of quality medical care and egg donation which is completely anonymous."

## **Obese women have a lower IVF success rate FACT**

Dr Muñoz says: "Being overweight can hinder a woman's ability to conceive through IVF. This is because embryos work in a different way according to the female body mass index. In a recent study, IVI identified that embryos from obese women secrete fewer quantities of saturated fatty acids to the culture media compared to normal weight women, which can affect the success of implantation. Because of this, obese women will find it more difficult to conceive."

## **Men who suffer from HIV cannot conceive healthy children MYTH**

Dr Muñoz says: "Men who are infected with HIV can conceive healthy children by undergoing 'sperm washing' before their sperm is used for IVF. This involves separating the sperm from the semen (as HIV is carried by the semen) in order to reduce the chance that the disease is transmitted."

## **You can select the gender of your baby if you undergo IVF MYTH**

Dr Muñoz says: "Legislation on assisted human reproduction techniques in the UK does not permit gender selection. In the majority of European countries who offer assistance with human reproduction, the sex of the child cannot be chosen unless it is done to prevent a serious gender-related hereditary disease."

# CanTina Brighton



I have been hosting my supper club since 2011 and I love it! As a single mum I moved to Brighton in 2009 and on completion of a foundation degree in Food and Culinary Arts at Brighton University, needed to find a way to put food on my own table! I started with a stall selling lunch time fare at farmers markets and events in the City. As a non trained chef I felt honoured that people liked my food - great feedback really helped to boost my confidence in my cooking ability. Food stalls offer a fantastic way to access a customer base and many of these asked if I had a restaurant. I am massively respectful to all restaurateurs; it's a really tough industry and whilst I had worked in many great places in London I was always clear that it was not something I wanted for myself. I love cooking and am now comfortable describing myself as a chef, however I couldn't imagine working on the level required to build a fantastic restaurant. My front of house background suited me as I love to chat and host - so a supper club seemed, and is my perfect job!

Most of the evenings are hosted from my sitting room. The sofas and furniture have to be moved out around and wedged in the front hall and one long table for 18 is set up. Naturally food does play a part in the night and to satisfy this I serve 5 seasonal courses. My cooking style is big and bold and I love to use local produce to create some tasty offerings. Although I am offering a dining experience, the main focus is on socialising with old school conviviality. My front of house guru is Wendy, who is just brilliant at making our guests feel welcome. People generally come in couples or small groups and are seated with each other, and alongside other guests that at the start they won't know. We don't manage this part of the night.

Wendy looks after, I cook, and the guests relax and enjoy! I can appreciate that it can be a little daunting to come to a stranger's house to sit alongside strangers, though I wholeheartedly believe that we are skilled at making people feel welcome and relaxed. Naturally if there's a large party get-together of up to eighteen guests, then my supper club may be the perfect venue for catching up with friends and family.

If you'd like to know more about Tina's Supper Club please telephone 07932 797671, email [contactcantina@gmail.com](mailto:contactcantina@gmail.com) or visit [cantinabrighton.co.uk](http://cantinabrighton.co.uk)  
£40pp for 5 courses with 2 free drinks  
Advance booking essential

*"As Tina mentions, her venue is a great place for a get together. I recently enjoyed an evening at CanTina Brighton with 15 other girlfriends as we celebrated a friend's 50th birthday. The ambience was perfect, and being the right number of guests to warrant the room to ourselves, we experienced really personal service. The food was scrumptious and Tina accommodated our varying food likes/dislikes into her comprehensive 5 course menu. The service provided by Tina and Wendy was perfect; perfect timing of courses and attentive service which allowed us to just chat, relax and enjoy. The table and room were set beautifully with ambient lighting and, together with the warm welcome, I felt as if I were enjoying a relaxing meal in a friend's home." Lesley - Publisher*



# Spring Clean Your Lifestyle!



Leading names within the lifestyle industry reveal their expert tips on how to get your body in tip top condition, whilst juggling a 9-5

Sometimes striking a balance between keeping yourself in optimum condition, whilst managing a full time job and other life pressures, can be tricky. There never seems to be enough time to do everything that you want to, and all too often the effects of taking shortcuts can reveal themselves in your appearance and general wellbeing.

With the warmer months on the horizon, there is no better time to take steps to 'spring clean your lifestyle'. To help you do this, some of the leading names in the lifestyle industry have come together to provide a list of top tips on the best ways to boost both your health and confidence - with minimal effort!

## MUFFIN TOP

Skipping breakfast before work and eating unhealthy desk snacks can be a big issue for many as temptation often proves all too much when you are knee deep in paperwork. However, with Tasty Little Numbers, it is now possible to minimise your muffin top without giving up your favourite treats.

Jo Beach, Entrepreneur and founder of Tasty Little Numbers comments:

“Portion control is king; it is important to allow yourself a bit of what you fancy to prevent overindulging on fatty foods to compensate for going without. At only 100 calories a pop, the new gluten-free 100 Calorie Chocolate Biscuit Bars are the perfect office based snack, and with three different flavours, there is something to suit everyone.

Food swaps are also a great way to cut the calories, yet without feeling like you're depriving your body or going without. Some days there is just no time to sit & eat

a cooked breakfast and a sugary cereal – although often a tempting option when you're in a hurry - does little to nourish your body.

My failsafe 60-second food swap is: 1 banana, 1 cored apple, 1 scoop of protein powder, 1 scoop of flaxseeds and 200ml of water - it takes me 20 seconds to prepare, 20 seconds to whizz to a pulp in my NutriBullet and 20 seconds to drink it. I feel super-nourished with carbs, protein and good fats in no time at all!”

## DRY HAIR

The daily wear and tear from hair dryers and straighteners can wreak havoc on our hair – drying it out and being a main cause of split ends. You don't have to sacrifice your favourite electricals, but choosing your products wisely, is crucial.

Renowned haircare guru Nicky Clarke gives the lowdown: “During the spring and summer months your hair is more prone to drying out and developing the dreaded frizzy look.

Go for products with ionic and tourmaline technology, like the Nicky Clarke Hair Therapy range. This provides a source of negative ions and far infrared rays - locking the moisture in your hair and keeping it sleek and shiny. Tourmaline is a mineral that aids in hair smoothing and unlike more old fashioned tools, helps to seal in hair's natural moisture - preventing high levels of heat damage caused by most styling tools”.

## BAD BREATH

Smoking is a key cause of bad breath which can linger for hours and aside from the wider health implications, the habit is also linked to gum disease. The most immediate way that cigarettes cause bad breath is by leaving smoke particles in the throat and lungs. The chemicals in tobacco also linger in the mouth for hours and lead to the stale scent associated with smoker's breath. In addition, smoking irritates your gums and can increase your risk of developing gum disease,

## Spring Clean Your Lifestyle!

which is a major cause of halitosis (bad breath).

Michel Bracke, CEO of Nicoccino comments: "Nicoccino has helped thousands of people to quit smoking and unlike vaping, it is discreet enough to be used anywhere, anytime. The leaf-thin film slides under the gum and allows the user an immediate nicotine sensation – equivalent to one cigarette - without the harmful chemicals and carcinogens found in traditional cigarettes. The product offers smokeless satisfaction and it will not stain your teeth or nails, or leave an unpleasant odour".

### STAINED TEETH

There are certain foods and beverages which you should avoid if you are trying to maintain a pearly white smile. Tea and coffee in particular might provide the perfect pick me up, but these hot drinks are notorious for discolouring our teeth.

Dr Sameer Patel, Clinical Director at Elleven, dentist to the stars, says: "Tea

and coffee stains between the teeth and if it is drunk regularly, the tannin compounds that cause the discolouration continue to build up. The best way to avoid this is to rinse the mouth thoroughly with water after consumption, to wash away residue left on the teeth. As a general rule, the more intense the colour of food and drink, the more potential there is for staining. The colour comes from chromogens - intensely pigmented molecules with a tendency to latch onto dental enamel. Acidic food and drink are especially harmful as they not only erode the dental enamel, they also temporarily soften teeth which make them more prone to staining. Watch out for coffee and fruit juices".

### VARICOSE VEINS

From weight gain to blood clots, from varicose veins to poor posture, sitting for long periods of time in a sedentary desk job can be linked to a host of undesirable health problems. Varicose veins is a condition

which affects up to 30% of the UK population during their adult lives, however keeping mobile around the office can make a world of difference.

Consultant Vascular Surgeon and Founder of The Whiteley Clinic, Professor Mark Whiteley says: "Sitting at an office desk for hours on end is a common part of our day. When you sit for extended periods of time, the muscles in your legs that normally help pump blood aren't used very much. As a result, in patients with varicose veins or "hidden varicose veins", the blood falls backwards down the leg veins. The blood can then pool in the lower leg, increasing swelling, skin damage and the risks of visible varicose veins. To keep your leg muscles in working form, every half an hour stand up and pump your calves by rising onto your toes repeatedly for 60 seconds. However if you already have visible varicose veins, then these need to be treated first with the new endovenous techniques."

# Delaying the menopause!

Did you know, throwing away your saucepans could delay the menopause?

According to the NHS, the most common age for menopause to start is 51 – which is when we start to experience symptoms; aching joints, depression, lack of energy, lack of libido, weight gain, concentration problems, headaches and, most commonly, hot flushes and night sweats. Although the onset of menopause is strongly influenced by our genes and ethnicity, the good news is that there are simple lifestyle changes you can make to delay it.

We asked Dr Marilyn Glenville, the UK's leading Nutritionist, fertility and women's health expert and an author of Natural

Solutions to Menopause, to give us her top tips on how to delay the menopause.

## CHOOSE LOW-FAT DIARY

Low-fat dairy is not only beneficial for a diet but it can also delay the menopause. Cow's milk may contain a number of metabolites — or enzymes formed possibly during the process to remove the fat — which boost the amount of oestrogen (female sex hormone) in a woman's system, helping to keep her reproductive organs working for longer. "Try and stick with organic milk and cheeses

and put the emphasis on eating more yogurt because of the beneficial bacteria."

## STOP USING OLD PANS

It's not just what you eat that can delay the menopause but also what you use and how you cook your food. It's wise to choose your cookware carefully, especially as PFOAs (a synthetic chemical used to repel grease and water) appear to build up in the body over the years and has been identified as a hormone disruptor. We don't yet know how big a factor these chemicals are, but they may have a cumulative effect over a woman's lifetime.

*"Using the right kind of pots and pans to cook your food may be important because the actual surface of the pan that you are using can end up being absorbed into your food when heated to high temperatures."*

*"Try to avoid any non-stick pans or utensils completely as it's just not worth having the possibility of that toxic exposure. It's just as easy to cook with stainless steel, cast iron or glass cookware."*

## EAT MORE FISH!

Don't just save fish for Fridays, eat it through the

week to keep menopause at bay. It's thought that omega 3 oils in fish help the pituitary gland in the brain to stimulate a woman's ovaries to keep producing eggs and can help with many of the symptoms. "The Omega 3 fatty acids should be added separately because they are not usually included in a multivitamin and mineral and if they are, the levels will not be high enough." If you find it hard to include fish in your diet, try taking a completely natural Omega 3, you will also notice the difference in your skin and hair condition.

## USE NATURAL PRODUCTS

A key area of concern is phthalates, found in four out of five beauty products. Mostly found in foundation, face cream, lipstick and nail varnish, they can disrupt hormone balance.

"Think more carefully about the products you regularly put on your skin. As your skin is the most absorbent organ of the body, do you really need or want all these chemicals entering your blood stream?

Check the ingredients list properly and, where possible, stick to natural, plant-based products."

## STOP USING THE CLINGFILM

Not only do we use clingfilm on daily basis to keep our food fresh but these days much of our food comes wrapped in plastic. This could have an effect on our hormones because these pliable plastics contain chemicals, which have been found to disrupt the reproductive and hormonal systems in animals and children.

*"Although it's not yet clear how this would affect the hormones of older women, some experts advise a 'better safe than sorry' approach — pointing to the rise in health problems such as breast cancer and other oestrogen-dependent conditions like fibroids or endometriosis, which are possibly linked to these chemicals."*

"Remember to never heat food in plastic — and if you must buy food wrapped in it, remove the packaging when you get home. Instead, store food in the fridge in a dish with a saucer covering it or use greaseproof paper."

## EXPAND YOUR MIND

"Help keep your mind sharp before reaching menopausal age. Daily crosswords, Suduko or even learning

a new skill or fitness class will help keep the mind sharp and help increase concentration levels." Or take a good supplement designed specifically for supporting brain and memory function.

## REDUCE YOUR FAMILY STRESS

A falling menopause age is not just due to workload, but also to women being caught up in the sandwich generation — caring for parents and children — and feeling they are being constantly bombarded physically and emotionally. For women over 40, there can be the pressure of everyday life coping with caring for elderly parents as well as children who are staying at home for longer. At this time of life, the hormones are constantly changing. This constant pressure can act as the last straw — and their periods stop and never come back.

**Dr Marilyn Glenville PhD is the UK's leading nutritionist specialising in fertility and women's health. Dr Glenville runs clinics in Harley Street, London, Tunbridge Wells and Ireland. The Glenville Clinic 01892 515905 or visit [marilynglenville.com](http://marilynglenville.com)**



## THE CRISTOFORO CENTRE

# Choosing Your Best Retreat

The ads are on television showing perfect beaches, laughing children and sexy couples. However many of us are wondering if there's a more holistic and beneficial way to spend our days away. Consider the questions below to find the kind of retreat that is right for you.

### **Is it time to focus on you?**

If your work and home life is full of stress you're probably expecting your holiday to be a nurturing time of relaxation. Traditional holidays with the family provide a distraction from normal life, however can be stressful in other ways and probably will not give the relaxation your mind and body needs. It might seem selfish to take time out, indulging your needs, yet this will help you recharge and return ready to give your best to all those in your life.

### **What do you desire?**

Not everyone's idea of relaxation is to be horizontal in the sun! The key is to choose a retreat that is something you desire, though sufficiently different to your normal life. Per-

haps something you're passionate about but have not the time to get into deeply at home. This could be an activity like yoga, walking, dance, art, acting or water-sports. You spend enough time at home using huge amounts of will power to motivate yourself to do things you think you should do; let this be something that you really desire.

### **What learning do you need in your life?**

Indulging in spa treatments might be wonderful at the time, though how long will the benefits last? Retreats are great for lifestyle changes like introducing a regular yoga or meditation practice. You not only learn techniques, though also get into a new routine.

Time away can be great for self-reflection, understanding what causes stress and difficulties in your life, revealing what you really want and establishing different behaviour patterns. When considering this type of retreat, make sure you will be practising the new behaviour and developing new habits rather than just talking about the changes you would like to make.

### **What type of environment do you find most nurturing?**

Would you prefer to be camping in nature, surrounded by luxury or constantly on the move exploring new territory? Consider the kind of climate that suits you. It is important that your environment complements the reasons you are going on retreat.

### **Who is your best teacher?**

If you already have a degree of expertise, it might be important for your teacher to be a well-known guru or specialist. Typically these will be less intimate retreats, with the teacher being less accessible for individual conversations, before, after and during the course. You might find your local wellbeing practitioner, who you already know and trust, offers a retreat or there is an opportunity to meet and get to know your teacher beforehand.

One of the topics to explore with your teacher before the retreat is their teaching style to ensure it fits well with the way you love to learn. If you are less sure about what and how you would like to learn, opting for a centre with a number of teachers might be good for you.

### **What kind of group and social opportunities?**

Retreats can be pretty intense so there are choices to make about the size of the group and the amount of free time you will have. Remember you're not aiming to recreate life at home or a traditional holiday. This is again about the group who will help you gain the most from your retreat experience.

### **What are the practicalities?**

Rather than being the starting point, I suggest price, dates and availability follow from the answers above. Don't forget that retreat prices often do not include flights or transfers and remember to check the meals that are included. The nature of retreats often means the venue is away from other amenities.

Given the range of retreats available, the chances are you'll find one that fits you perfectly. If you do decide to compromise, at least you'll be aware and can make plans to make sure you gain the most from the experience.

### **Why not join us for Finding Your True Voice**

- our transformational retreat combines my life coaching and Lawrence O'Connor's Meisner acting practices to help participants find their true expression of themselves. It takes place in at the beautiful Cristoforo Centre in Tenerife in June. To explore if this is the best retreat for you, visit our website and get in touch for a chat so we can guide you through some of the questions above.

**Deborah Reeds - [www.sea-sky.co.uk](http://www.sea-sky.co.uk)  
[train@sea-sky.co.uk](mailto:train@sea-sky.co.uk)**





# Our hunter-gatherer ancestors had a good mixed diet - *do you?*

## FOOD QUALITY

The evidence linking inadequate or unbalanced diets to the majority of the diseases of our modern world grows from year to year. The recent research done by Dr. Colin Campbell and explained in his book 'The China Study' suggests most modern diseases would practically disappear if we all ate better. There are two major components of this problem; the first is that the actual quality of the food produced and eaten has progressively fallen over the past 50 years, as intensive agriculture has replaced more traditional mixed husbandry that involved the recycling of compost to the soil. Land has become depleted of essential minerals and output increased with simple fertilisers that produce higher yields of less nutritious food. When the nutritional content of common foods are compared now with the same foods of 50

years ago, there are recorded falls in mineral and vitamin content of fifty percent or more. So to gain the same nutritional input we should be eating double portions of our carrots or greens!

## DIET VARIETY

The second component of the problem is more complex. Patients visiting their doctors often enquire whether their diet has anything to do with their illness. They are usually reassured that if they eat a little meat, fish, cereals, fruit and veg, in other words a 'good mixed diet' they'll have nothing to worry about. What though, is a good mixed diet? It is possible that early hunter-gatherer man ate a very varied diet; if it flew, swam, ran or grew then you could eat it! They ate perhaps as many as two thousand different food items



including berries, roots, insects, animals, fishes, grasses, nuts, fungi, shellfish and more. With the rise of civilisations and more intensive farming, then the food industry revolution of modern times, the variety of foods we eat has diminished for most people.

Twenty years ago I began a study to look into this matter and came to the conclusion that there are many people who think they eat well though in fact have a very low variety in their diet. I developed a simple questionnaire that takes about five minutes to complete which measures a person's 'Diet Variety Index' that can be compared with the population average to assess just how good their diet variety is in these terms.

### WHY DOES IT MATTER?

Today many foods are grown on depleted soil, many animals graze on mineral deficient pastures, and many foods are denatured by processing or through storage. This leads to vitamin and mineral deficiencies in the foods we buy, and if we restrict ourselves to a small number of foods grown in a limited region the problem can be very serious. If however our range of fruit, grains and vegetables is wide and comes from many different sources the chances of serious deficiency in all of them is lessened. Some people, because of inherited digestive problems may find certain foods difficult to digest; lactose and gluten intolerance are widely known; these people will probably have more serious health problems if their diet variety is low and includes the offending foods, simply because these foods will represent a large proportion of their dietary intake. Such people would suffer far less if they had a much more varied diet, when the occasional offending food would represent a very small proportion of their

diet. The same argument would apply to the growing problem of food allergies. Although once sensitised to a particular food even a small quantity can produce a severe reaction, the early development of over-sensitivity may have been associated with repeated large intakes of the food 'undiluted by many other foods'.

### A SIMPLE SOLUTION TO A BIG PROBLEM

Is it possible that by simply increasing our diet variety of food from good soil, which is processed as little as possible, that we could eliminate or at least minimise the effect of so many food-induced diseases? I honestly believe it could be that simple.

### READERS FREE OFFER

If you send me an email requesting your free 'Diet Variety Index' assessment to [diet@totalhealthmatters.co.uk](mailto:diet@totalhealthmatters.co.uk) I will send you a dietary questionnaire for your completion. Once you have returned it to me completed I will assess your 'Diet Variety Index' and email you back with your result compared with a National Scale.

Most people find by simply by doing this exercise it has helped them improve their diet, as it makes them more aware of foods they could add to their diet and others that they eat very rarely that could be eaten more often.

**Michael Lingard BSc. DO. BBEC**  
**TotalHealthMatters**  
**St Bridgets**  
**Rye Road**  
**Hawkhurst**  
**Kent TN18 5DA**

# Ayur

## Improve Your Health with Ayurveda

Ayurveda, India's ancient Tradition of Health, meets the need of our time - to take responsibility for creating better health rather than depend on medicines alone. The word Ayurveda means 'knowledge of life'. Ayurveda is a complete medical system that has evolved over time, integrating centuries of wisdom derived from experience. Holistic medicine at its best, Ayurveda describes all aspects of health – physical, mental, spiritual, social, environmental – all aspects of the relationship between the individual and the universe, and how all these aspects are handled so as to generate health.

## Ayurvedic Treatments

The importance of a person's lifestyle, dietary habits and the effects of different seasons are understood. Ayurveda addresses each person individually; the important point is to make the right choice for you, your circumstances and your imbalances. Therapies include changes to your routine, exercise, environment, stressors and so on. Appropriate foods and a huge array of herbal, mineral and animal products are used as medicines. Fasting and spa type treatments are also available to eliminate toxins. You may be advised to take up Transcendental Meditation or Yoga.

## What type are you?

Variety is the spice of life. Some plants like the sun and others the shade. Some grow in sandy soil, others prefer damp, boggy earth. The polar bear thrives in the Arctic, lizards in the desert. Similarly, human beings have different natures and needs. To be healthy, each one should know her/his own unique nature, and the things that are good (and bad) for

her/him – otherwise we resemble car owners who don't know whether to use petrol or diesel, what type of oil is right, or when to service the car.

Ayurveda describes each individual in terms of three fundamental dynamics called Vata, Pitta and Kapha. Each one of us has a unique natural balance of these three principles, and if that balance is maintained in our everyday lives, we are healthy and happy. If the balance is disturbed, then a lack of ease – disease – develops.

## Vata

Vata is the dynamic of movement. So vata people are light, lively and on the move. Vata people's body frame is likely to be thin and either tall or short. They are refined in feelings and sensitive. When vata is balanced, you have immense inspiration, enthusiasm and vitality. When out of balance, vata can create fear, anxiety, panic and insomnia. Inspiration evaporates, and forgetfulness sets in. Bodily aches and pains arise; perhaps constipation occurs. To balance vata, get plenty of rest, eat nourishing foods, slow down, live a regular routine, keep warm, have an oil massage.

## Pitta

Pitta is the dynamic of transformation. Pittas are hot-natured, and look warm, with red complexions and perhaps red hair. They are passionate and have both a sharp appetite and a sharp mind - they like to understand things. They are good organisers,

# veda



## - knowledge of life

tend toward perfectionism and are natural leaders. If you are pitta, when balanced you are warm-natured, charming, generous, cheerful and content. Imbalance of pitta causes anger, jealousy or aggression, and can lead to physical aspects of overheating such as heartburn, cystitis, diarrhoea, skin rashes, fevers, excess hunger and thirst. To balance pitta, choose foods of a cooling nature – a summer-type diet with salads and fresh fruit and schedule time for recreation before. Chill out!

### Kapha

Kapha is responsible for structure and growth. Kapha people are compassionate, kind, stable, strong, ponderous and slow but with great stamina. They easily put on weight and have a long memory. Kapha people when balanced are strong and stable, with big builds, excellent stamina and a high pain threshold. They are good-natured, even-tempered, generous, kind and compassionate. An imbalance of kapha means that weight becomes a problem. Laziness, lethargy and depression develop. Physical complaints such as coughs, colds, allergies, asthma, diabetes and hypothyroidism may also occur. To restore balance eat lightly, exercise more, enjoy variety and spice in life, take on challenges, and in general get moving!

### Health

Each one of us has a unique proportion of vata, pitta and kapha. When one has these in appropriate proportion, one is healthy. Deviation from your unique

proportion is imbalance, which causes unease and disease. Ayurveda helps us to recognise what we need to do to regain balance and full health. Health is your natural state. Your mind-body wishes to return to perfect balance. A move in this direction brings feelings of clarity, energy and joy. A move towards imbalance brings discomfort and pain. Ayurveda helps us to understand why we suffer and what we need to do to restore health. If healthy it empowers us to unfold our physical, mental and spiritual potential.

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## Getting Along with One Another

Over the last few weeks and months I have noticed how much material is in the media about how human beings struggle with others being different from themselves. When I turn on the TV I see this in documentaries about the holocaust, in reality television shows, and all the time within the news. It is these differences that are used to justify some of the most horrendous acts that humans are capable of, such as mass

exterminations of groups in the world population, acts of terrorism and torture.

In this article I want to explore the whole question of differences between people, how they develop and are maintained and consider some ideas about what we can do to help ourselves manage our struggles with difference.

Difference and similarity is an

important factor in helping form our sense of who we are in the world and where we belong. If I can say I am like these people and different from those people, that can provide me with a sense of my own identity, as well as a sense of the people I am safe with and those with whom I feel less safe. At some level we can think of this as being an evolutionary process that has helped us survive as mammals over many millennia.

Within Transactional Analysis we would think of this process of forming our identity as part of what we would call script. Script in this context is a set of conclusions that people draw in response to perceived (and received) messages from their early environment. Script then goes to form a significant part of our frame of reference, which is about the way in which we understand ourselves and others in the world and live out our lives.

We can have many influences on our Script development. It can be useful to think of ever expanding circles of influence. The first of these would be our family of origin. This would be formed from our parents (or primary caregivers), siblings, and possibly other adults living in our house. We can then think about the wider family. Then various groups we may belong to, such as school groups, religious groups, ethnic groups, friendship groups, gender groups, class groups, work groups - some of these may be small or large groups; groups where we have regular contact or groups where contact is infrequent. We can then think about our wider culture, which may operate within the region of a country, a country itself, a continent or even across continents (e.g. western culture) which influences the messages

we are bombarded by via the media and interactions we have with others on a day to day basis. From this we can see that we develop an increasingly complex set of influences on our identity and belief systems. It is from these that we develop our sense of what is right and wrong and how we, others and the world should operate. The process of developing a Script is inevitable - we cannot get away from this. It is the way we learn to manage this multitude of influences and get on with our lives. Our problem comes when we start thinking of these ways of managing our influences as hard and fast realities. It is this that leads to prejudice - as sense of us as fundamentally right and 'those others' as fundamentally wrong. When this happens we can find it very difficult to get back to seeing the other as another human being trying to find a way of managing the influences upon them.

As a psychotherapist and trainer of counsellors and psychotherapists I believe that it is important for us to seek to understand what it is like for the other person to view the world from their frame of reference. This doesn't mean we have to give up our perspective, though rather suspend our prejudices to fully understand what life is like for them, to have compassion for others as fellow

human beings in the world and attempt to understand others behaviours from their frame of reference.

I was struck recently by a talk I attended where the speaker was talking about some of the atrocities going on in the world. She said 'we do not understand why we are hated so much'. This statement has really stayed with me and made me think about how much I sometimes struggle to understand someone else's Frame of Reference and to recognise that this can be about my resistance to wanting to know. However, maintaining the 'us and them', whilst feeling like it might protect us, does not lead to peace.

**Mark Head BSc (Hons),  
MSC TA Psych, CTA(P),  
UKCP Reg. Psychotherapist,  
TSTA(P)**

**Mark is an experienced and qualified UKCP registered psychotherapist and has a private practice based in Sussex. An accomplished teacher, he has taught in a variety of settings including Counselling Skills and Diploma courses. He brings his business background and experience to his work in organisational development. An endorsed TA supervisor, he runs a supervision practice for other counsellors and therapists.**

**[thelinkcentre.co.uk](http://thelinkcentre.co.uk)**

The doors opened at **The Human Touch Project** for the first time on February 3rd 2014. Our central aim was to deliver **complementary therapies** to everyone, young or old, from all backgrounds, at an affordable price. In the first year we have achieved this aim and expanded our team from three to nine practitioners, treating over a hundred clients! At the core of the project are a collective of wise, experienced practitioners offering a diverse range of complementary therapies. We work from a shared space in our local community centre, providing treatments in a safe, well known, accessible setting. By using a shared space we are able to keep the costs down and pass the savings on to our customers. We provide this great service because we recognise there is a need for it. We want members of our local community to feel visible and valued. We want them to see they are worth our time and energy and that they can be included in the possibility of receiving complementary therapies.

We promote the use of complementary therapies as a tool for improving the quality of life, a way to decrease physical stress levels, improve circulation, ease eye strain, headaches, back ache, ease aches and pains throughout the body, aid restful sleep, decrease anxiety and emotional stress, promoting of a sense of calm, tranquillity and serenity, increasing the feeling of wellbeing and bringing about a sense of rejuvenation. There is also a ripple effect from the client's wellbeing improving, which has a positive effect on the relationships around them, on their work performance and on their positive mental attitude.

Our clients are giving feedback informing us that they feel the service is great value for money and return repeatedly. They enjoy being able to access so many different therapies in one space so can, for example, come in for a reflexology treatment and afterwards can have a pedicure or sit down and have a homeopathic consultation. They like that they can choose to have shorter sessions of 30 minutes, or can book for an hour or more.



The Human Touch -  
one year on!

The resident practitioners are all qualified and insured and often offer more than one therapy. Currently the physical therapies we are providing are **Hand Reflexology, Deep Tissue massage, Holistic massage, Swedish massage, Indian head massage, Facial massage, Craniosacral therapy, Zero balancing, Metamorphic technique** and **Crystal Reiki** healing. We have a guest therapist providing **Shiatsu** treatments, and have **beauty treatments** on offer so you can have a **manicure, pedicure** or a **deep facial** cleansing treatment. We also offer **Homeopathic consultations** in two forms; the first form is the acute consultation where the homeopath looks specifically at an acute illness, for example the common cold, and prescribes a remedy specifically for that ailment. The second form is the full consultation where an in depth family and personal medical history is taken then a remedy is given on the day, or may be delivered a few days later. Our homeopath is able to make a phone consultation with you if you are unable to attend the project in person. We provide **Iridology** consultations. Iridology is the analysis of the iris, which is the colourful area of the eye that surrounds the pupil. By analysing the iris, a person's level of health and specific areas of nutritional deficiency can be identified. This allows appropriate remedies to be recommended.

Our clients have shown that there is a need for us to provide them with in depth information sessions, so all of our practitioners are able to offer time at the weekly clinic for questions regarding their particular practice. We provide **animal healing for pets** at the weekly clinic (by appointment only).

**Gift vouchers** can be purchased, so you can gift friends or loved ones at any time of the year. We keep our costs as low as we can. Clients pay for the amount of time spent in the space. We charge the full price for people in employ-

ment and the lower price for retired, students and unemployed people. The cost for 15 minutes is £7.50 (£5); 30 minutes: £15 (£10), 45 minutes: £22.50 (£15), one hour: £30 (£20) The low cost weekly clinic is at the heart of the project. We are growing and evolving; developing ways to support the clinic by offering our service to local businesses on site. This allows employees to gain health benefits, be supported in their work space and give back to their community, as 20% of each fee paid is given back to and used to fund the hire of space for the weekly clinic. We attend local wellbeing events, helping to raise money for charities. In the coming year we plan to offer our service to local care providers, taking the service on site to residential homes and day centres. We're developing a programme of 'affordable workshops for all' and aim to start delivering that programme and to begin to provide 'affordable sessions of Laughter Yoga and Bliss Out Meditation'.

To access any of our therapies you can drop in to the weekly clinic. It is held on most **Wednesdays from 1.30 to 4.30 pm at The Shoreham Centre, Shoreham by Sea, BN43 5WU**. You can also book an appointment for any of the therapies, for a homeopathic phone consultation or for an information session by contacting us on **07796 518667** or by leaving a message on the wall of our Facebook page at **www.facebook.com/thehumantouch1**

If you are unable to attend the weekly clinic, some of the therapies are provided at other times and locations. For more information regarding this, to buy a gift voucher, to request a visit from the practitioner team to your event, business, school, rest home, day centre, or for information regarding upcoming workshops and classes contact us on **07796 518667**

For more in depth information about any of the practitioners or the therapies please visit our website at **www.thehumantouchshoreham.com**

# A blissful place under white blankets

(an experience of biodynamic medicine in lay-woman's terms!)

Whilst at the Lewes show in January, I had the privilege of meeting many fellow exhibitors, though it wasn't until the end of the first day that I had the time to experience a treatment. After chatting with Mary Molloy at the Biodynamic Medicine stand, Mary asked if I'd like a first-hand experience. Having not slept much the night before and on my feet all day I jumped at the chance, thinking that although I knew nothing about Biodynamic Medicine, I could at least lay down and snooze perhaps!

Mary explained the philosophy to me, which centres around our basic life-saving defence and protective mechanisms. Most of us are familiar with our old brain 'fight/flight' and 'freeze' responses to real or perceived danger. Nowadays though we might not be presented with the dangers of our distant ancestors, that primitive brain kicks in and chemical responses occur in our bodies to either give us the strength to 'run for it' or stay still, quiet, alert, all senses sharpened! Along with day to day stresses, trauma, and unexpressed feelings, if not digested and released properly these reactions can stay locked inside, and over time and cumulation cause havoc with our physical and emotional health; dampening down our ability to experience joy in our lives. The founder of Biodynamic Medicine, Gerda Boyesen, discovered a switch - the innate healing ability of the body that dissolves tension, resolves conflict and restores homeostasis at the organic and unconscious level - a switch that could turn off, unlock and safely release any unwanted fight, flight, freeze, stress, trauma responses previously stuck in the body. A trained Biodynamic therapist can listen via a stethoscope to the sounds that the instinctive systems make, and assist as the unravelling of old or stuck defence patterns &

mechanisms that are no longer needed by the body are cleared systematically. All the while the person is comfortable, resting, supported and in repose.

I lay comfortably during the session & felt very relaxed as Mary listened, and massaged where she sensed it was needed. Rather than falling asleep as I expected I found myself in a very relaxed, deep yet alert place. It was as if I was very aware, yet seemingly not engaged with much conscious thought; similar to a meditative state. The best words I could find to describe my experience was to say that I was in 'some blissful place under white blankets!' After the session I felt very rested and clear headed. Biodynamic Medicine is new to me and I can't say that I know much about it yet, though I'm intrigued to find out and experience more. My description of Biodynamic Medicine here is no doubt inadequate to explain how it all works. So if you'd like to know more please visit **biodynamic.org** Mary Molloy is based in beautiful Killala Co. Mayo, Ireland and comes to England regularly for various retreats, workshops and open evenings. Corinna Kitchen is a licensed Biodynamic practitioner working in Lewes; she can be contacted on **07974 355775** or **corinna.kitchen@btinternet.com** Please see our What's On pages for workshops and open evenings.





# the importance of acknowledging your shadow



We all have a psychological 'shadow'. By this I mean those parts of us which we hide, deny or repress. Sometimes we may be aware of our shadow though much of the time we hide it, even from ourselves. However it is vital that we try and get to know our shadow, or at least parts of it, because otherwise it can play an extremely unhealthy role in our lives. So what is the 'shadow' and how do we know about it? The idea was developed by Carl Jung and it refers to those parts of ourselves that do not correspond with how we like to see ourselves.

We may like to think of ourselves as honest, respectable and hardworking and criticise those who are not like this. Almost inevitably there will, therefore, be a part of us that is (or could be) dishonest, disreputable and lazy. It is not that we need to act out our dishonesty or laziness necessarily; more that we can acknowledge that we contain those parts within ourselves. If we cannot accept all the parts of us, including the ones we judge as 'bad', we will project these unaccepted parts onto others and judge them. This process is an unconscious one. We are mostly unaware of what we are rejecting within ourselves, as

this has usually been going on since we were children. So, if as a child we were shamed by parents when we were too exuberant, we may have put that part of us in the shadow in order to win our parents' approval. As a child this is not a conscious decision, it's just something that happens, so as we grow up we don't even realise that we have disowned our exuberance and that it is in our shadow. However we may notice that we judge harshly those who we experience as being 'too' exuberant.

The way we judge others, particularly, those people who really annoy us is usually a clue to what is in our shadow. Another way we can learn about it is through our dreams. So, for example, being pursued by a tiger in a dream could represent how we run away from our own anger or wildness. The shadow can never be completely known. It is, by its nature, mysterious and unconscious. We can however get to know parts of it and own those parts instead of judging them in others. The more we can do this, the more integrated and whole we become.

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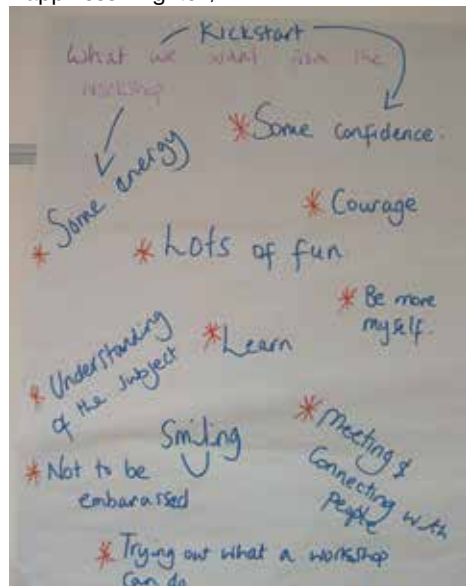
# ACTION FOR HAPPINESS

ACTION FOR HAPPINESS

## Brighton

The **Brighton**-based local group of the Action for Happiness movement was set up in March 2012. Since then its membership has grown rapidly to over 900, making it one of the largest Meetup groups in Sussex. It holds regular events, at the **Latest Music Bar** in Brighton, on wellbeing topics ranging from the neurobiology of happiness to laughing and singing your way to happiness. Its most recent initiative is the creation of the UK's first **Happy Café** at the Emporium, 88 London Road, Brighton, which has received very favourable publicity in the Brighton Argus and the Daily Telegraph. A Happy Café is a place where anyone interested in wellbeing matters can meet together with like-minded people to discuss ways of improving their state of mind based on the scientifically researched **Ten Keys** to living a happier life formulated by the Action for Happiness movement. These Keys include such actions as relating to others, giving to others, exercising, appreciating the small things in life, trying out new things, adopting a positive approach to life, being comfortable with who you are and becoming part of something bigger than yourself. They are set out in postcards, pamphlets and posters on display at the café and a range of books is available if you want to delve more deeply into these matters.

There are regular Saturday Morning sessions at the café which are advertised at the Brighton Action for Happiness Meetup site (along with events at the Latest Music Bar). At other times there are badges you can wear to identify yourself as someone who wants to converse with others wearing the badge at the café. The Happy Café network is being rolled out across the country by Action for Happiness members. Another one has recently been launched in Shoreditch, London at the Canvas Café. **Action for Happiness** is a movement for positive social change with nearly 40,000 members in 142 countries and about 250,000 social network followers. Its driving force is the researched finding that despite being much wealthier now as a nation we're no happier than we were five decades ago. Indeed there have been worrying increases in levels of anxiety, stress and depression. Its main message is that we should focus on developing our all-round wellbeing rather than just our material wellbeing. Details of the national movement can be found at [actionforhappiness.org](http://actionforhappiness.org) and of the Brighton groups' activities at [meetup.com/Action-for-Happiness-Brighton/](http://meetup.com/Action-for-Happiness-Brighton/)



# Therapy ROOMS



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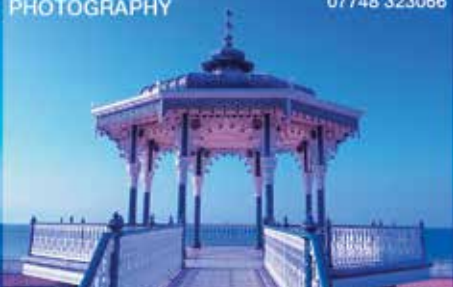
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# What's On

## MARCH

### 1st & 8th

10am - 5pm, Reiki Level I Certificated Course, Equilibrium Health Centre, 16 Station St, Lewes, £150 (inc notes, refreshments & certificate), 01273 470955, equilibrium-clinic.com

### 14th

10am - 5pm, How to Feel Good; exploring how we can use life coaching techniques to better appreciate and move through our emotions to create the lives we truly desire, £27, facilitated by Deborah Reeds, [deborahreeds.com/calendar/feelgood](http://deborahreeds.com/calendar/feelgood)

### 15th

11am - 4pm, Drop-in Cream and Toner making workshop, £5 to make a cream & £5 to make a toner, Brighton Apothecary, Unit 6 The Open Market, Marshalls Row, Brighton, BN1 4JU, 07477 886777, [brightonapothecary.co.uk](http://brightonapothecary.co.uk)

### 20th

Intuitive Horse & Pilates one day workshop, Hastings, £90, [intuitivehorse.co.uk](http://intuitivehorse.co.uk) 07825 036301

### 20th

Institute of Biodynamic Medicine, FREE open evening, Lewes New School, BN7 2DS, [info@biodynamic.org](mailto:info@biodynamic.org) 01454 610503, [biodynamic.org](http://biodynamic.org)

### 20th

Brighton Naturally presents 'The Raw Health Bar' a new & innovative approach to healthy eating! Come along to sample fresh organic juices, superfood smoothies & raw snacks; at The Open Market, Marshalls Row, Brighton, BN1 4JU

### 21st & 22nd

The Biodynamic Approach, 2-day Introductory weekend, Lewes New School, BN7 2DS; led by Mary Molloy (Principal & Training Director), assisted by Corinna Kitchen (Licenced Biodynamic Psychotherapist); booking essential; for more info please contact [mm@biodynamic.org](mailto:mm@biodynamic.org) or visit [biodynamic.org](http://biodynamic.org)

### 21st

11am - 4pm, Drop-in workshop; Hayfever and herbal remedies, FREE, Brighton Apothecary, Unit 6 The Open Market, Marshalls Row, Brighton, BN1 4JU,

[brightonapothecary.co.uk](http://brightonapothecary.co.uk) 07477 886777

### 22nd

2.30 - 4pm, Living Fully & Freely in St Leonards on Sea meet-up group. Our purpose is to make connections, share experiences and make the most of living in our vibrant seaside town. Pay for your own cuppa; organised by Deborah Reeds [meetup.com/Living-Fully-and-Freely-in-St-Leonards-on-Sea/](http://meetup.com/Living-Fully-and-Freely-in-St-Leonards-on-Sea/)

### 25th - 27th

Intuitive Horse 3 day personal development retreat, Hastings, £280, [intuitivehorse.co.uk](http://intuitivehorse.co.uk) 07825 036301

### 28th

Introduction to Working with the Arts in Therapy (for training and qualified practitioners), The Link Centre, Newick, E.Sussex, £80, [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk), [thelinkcentre.co.uk/214.html](http://thelinkcentre.co.uk/214.html)

### 28th - 29th

2 day, Understanding Self & Others, Introduction to Transactional Analysis (TA101), The Link Centre, Newick, E.Sussex, £160, [Leilani@thelinkcentre.co.uk](mailto:Leilani@thelinkcentre.co.uk), [thelinkcentre.co.uk/ta101.html](http://thelinkcentre.co.uk/ta101.html)

## APRIL

### Through April

To mark Chiropractic Awareness Week, Lushington Chiropractic have agreed to waive the £49 consultation fee in exchange for a donation to Dr Barnardo's Children's Charity. To book your appointment or find out more call Lushington Chiropractic 01323 722499, [chirocare.co.uk](http://chirocare.co.uk)

### 10th

**Apply by today for 'Finding Your True Voice' Retreat!**

Combining personal development techniques & theatre practises to enable participants to find their unique true expression; retreat to be held 3rd - 10th June, at the Cristoforo Centre, Tenerife, £543, contact Deborah Reeds & Lawrence O'Connor, [train@sea-sky.co.uk](mailto:train@sea-sky.co.uk) or 07947 236435, [sea-sky.co.uk](http://sea-sky.co.uk)

### 11th

11am - 4pm, Drop-in workshop; Find out about natural anti-ageing products, FREE, Brighton Apothecary, Unit 6 The Open Market, Marshalls Row, Brighton, BN1 4JU,

brightonapothecary.  
co.uk 07477 886777

### 11th

Intuitive Horse & Pilates  
one day workshop,  
Hastings, £90, 07825  
036301, intuitivehorse.  
co.uk

### 11th & 12th

Open Weekend & offi-  
cial opening of The Well  
Being Centre, Glynleigh  
Farm, Hailsham Road,  
Stone Cross, BN24  
5BS; free tasters,  
demonstrations, talks  
& refreshments; the  
Centre will be opened  
by Andrew Durling of  
Eastbourne Green Party  
& Friends of the Earth,  
for more info contact  
Nick Neter, 07773

061309, handswork@  
tiscali.co.uk, glynleigh-  
wellbeingcentre.com

### 13th

5 - 6pm, Tai Chi for  
Beginners, Equilibrium  
Studio, 33 Cliffe High  
St, Lewes, £80 (10 wk  
course) 01273 470955,  
equilibrium-clinic.com

### 15th

7pm, Wellbeing  
Wednesday; Speaker  
on Addiction, plus find  
out about p/t counsel-  
ling & psychotherapy  
training, The Link Cen-  
tre, Newick, E.Sussex,  
FREE, Leilani@thelink-  
centre.co.uk, thelink-

centre.co.uk/84.html

### 16th

12noon - 1pm, Lunch-  
time Tai Chi, Bay View  
Gardens, adj. Hillcrest  
Centre, Hillcrest Rd,  
Newhaven, £42 (6 wk  
course), 01273 470955,  
equilibrium-clinic.com

### 18th

11am - 4pm, Drop-in  
workshop, Manag-  
ing your skin with  
herbal remedies, FREE,  
Brighton Apothecary,  
Unit 6 The Open  
Market, Marshalls Row,  
Brighton, BN1 4JU,  
brightonapothecary.  
co.uk 07477 886777

### 22nd - 24th

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

### 24th

Institute of Biodynamic  
Medicine, FREE open  
evening, Lewes New  
School, BN7 2DS,  
info@biodynamic.org  
01454 610503  
biodynamic.org

### 25th & 26th

The Biodynamic Ap-  
proach, 2-day Introduc-  
tory weekend, Lewes  
New School, BN7 2DS;  
led by Mary Molloy  
(Principal & Training  
Director), assisted  
by Corinna Kitchen

(Licenced Biodynamic  
Psychotherapist); book-  
ing essential; for more  
info please contact  
mm@biodynamic.org  
or visit biodynamic.org

### 26th

2.30 - 4pm, Living Fully  
& Freely in St Leonards  
on Sea meet-up group;  
our purpose is to make  
connections, share  
experiences & make  
the most of living in our  
vibrant seaside town;  
organised by Deborah  
Reeds, meetup.com/  
Living-Fully-and-Freely-  
in-St-Leonards-on-Sea/

## MAY

### 16th

11am - 4pm, Drop-in  
'Tea tasting & blend-  
ing', FREE, Brighton  
Apothecary, Unit 6 The  
Open Market, Marshalls  
Row, Brighton, BN1  
4JU, 07477 886777,  
brightonapothecary.  
co.uk

### 16th & 17th

Ayurvedic Consulta-  
tions with Dr Donn  
Brennan, Brighton TM  
Centre, 25 Brangwyn  
Avenue, BN1 8XH, for  
info or to book, 01273  
542060 or 07976  
214373,  
maharishiayurveda.  
co.uk

## Wednesdays

### 4th, 11th, 18th & 25th March (every Weds)

1 - 5pm, Allergy Clinic,  
Equilibrium Health  
Centre, 16 Sta-  
tion St, Lewes, with  
Robin Ravenhill, 01273  
470955,  
equilibrium-clinic.com

### 1st, 8th, 15th, 22nd & 29th April

1 - 5pm, Allergy Clinic,  
Equilibrium Health  
Centre, 16 Sta-  
tion St, Lewes, with  
Robin Ravenhill, 01273  
470955,  
equilibrium-clinic.com

## Saturdays

### 7th, 14th, 21st & 28th March (every Sat)

9am - 5pm, Massage  
Clinic, Equilibrium  
Health Centre, 16 Sta-  
tion St, Lewes, £45,  
with Steve, Denise,  
Dafna & Rachael,  
01273 470955,  
equilibrium-clinic.com

### 4th, 11th, 18th & 25th April

9am - 5pm, Massage  
Clinic, Equilibrium  
Health Centre, 16 Sta-  
tion St, Lewes, £45,  
with Steve, Denise,  
Dafna & Rachael,  
01273 470955,  
equilibrium-clinic.com

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The Shoreham Centre, 2 Pond Rd, BN43 5WU

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