

Wellbeing

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Your health and lifestyle magazine

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in Somerset

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EDITOR'S WORD

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Summer is here, I think! Just as we get one hot **sunny** day the next turns out cold, making it difficult to plan that **family** day out or summer BBQ. Like the weather, life is never predictable so the more **flexible** we can be about things we can't change the less stressful we will find the day and perhaps even use it as an **opportunity** to be a little spontaneous. Perhaps on a day you were expecting to go out in the sunshine you could try a new **therapy**. What ever you decide to try I hope we can inspire you to be spontaneous this month. Enjoy & be inspired.

Rachel Branson

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LOCAL WELCOME



Come sun, rain, warmth or coolness - summer's here! Despite the slight variations in daily temperatures, at least we can enjoy the longer daylight hours and perhaps fit more into our day, which hopefully will include some 'me' time!

Whilst the expertise shared in these pages can be relevant at any time of year, you'll find lots of advice in this issue to help you make the most of the summer months ahead. If the summer holidays prove a stressful, rather than relaxing, time for you then you'll find tips on how to keep relationships healthy, make the most of the warmer months to be more active and keep fit, ensure good nutrition is a key part of your routine, and how herbs can help keep stress at bay. For your personal journey, there's inspiration to help you feel more confident and happy, and how to free yourself from fears and limitations.

Amongst the many summer events, we're pleased to welcome the return of Raoult Bertrand to the UK. Raoult will be holding Heart Awakening workshops in July and August in Brighton and

Tunbridge Wells. See our What's On pages for dates, and you can read more at wellbeingmagazine.com/east-sussex/what-is-heart-awakening/

The summer holidays can mark an interlude between the end of the first part of the year and beginning of the second - as a new school term begins at the end of summer, so too can our thoughts turn to what we will do with our second part of the year. Chances are that if you're reading this magazine, you'll be interested in the holistic approach to mind, body and spirit. Maybe you're looking for a change of direction in your life/career? You may be interested to see page 4 where you'll find details of some forthcoming dates for those thinking about training as a counsellor or psychotherapist.

Well, I shall sign off; I've been at the computer for a long time now, and I need to take the advice from our chiropractors and physiotherapists, and get up, stand up straight, and move around!

Wishing you a happy, healthy, sunny summer!

Lesley

Want to get fit and healthy this summer?



Are you making the most of the summer days by being outdoors, enjoying a country walk, game of tennis or a round of golf? Many of us try to get a bit healthier in the Summer by exercising and watching what we eat. Though it's all too easy to fall into some fad or one minute wonder. Getting fitter and healthier involves lifestyle changes and sustained good habits. **Lushington Chiropractic** share their Health Tips, with a few practical pointers:

1. If you are going to get fit this summer then remember to drink lots of water. We should have about 6 to 8 glasses a day. Feeling hungry can sometimes be sign that your body is dehydrated and you need more water.
2. If you want to lose weight then beware of carbohydrates late in the day. Bread, pasta and potatoes are the usual culprits. We need carbohydrates for energy. We can't do without them altogether, however many of us eat too many in the evenings.
3. Summer is a great time to make sure you are getting your five-a-day. This means a mixture of fruit and veg, not just extra helpings of sweet fruits like strawberries!

4. Think positively and be happier. When you reach your health goals or you keep to a new habit, remember to celebrate and congratulate yourself. Don't make it all hard work or you'll never stick to it.
5. Take new exercise or activity carefully, listen to your body and stop if you feel any pain.
6. DIY and gardening are great ways to get something done around the house and keep more active. Listen to your body when you get tired or aching. There's no point in pushing through pain barriers. You can always finish the job tomorrow. Don't let aches and pains stop you from enjoying yourself this Summer.

Lushington Chiropractic offer gentle, effective, award winning chiropractic care to help ease a wide range of muscle, joint and sciatica type problems. They will personally tailor your treatment and have you running around again in no time!

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WHEN YOU BRING IN THIS MAGAZINE**

HOW DO YOU WANT TO AGE?



What will your last 10 years look like? Will you be quick enough to play with your grandchildren? Strong enough to embrace every moment? Will you grow old with vitality or will you succumb to old age? **So decide - How do you want to age?**

Your posture is a good indicator of how well you will age. When you have good posture your nerves and body will be able to work and function the way they are supposed to. However, with most of us now spending nine hours a day sitting down, our sedentary modern lifestyles are fast becoming a serious threat to our health. These prolonged periods of inactivity not only increase our risk of obesity, they also affect our body shape and posture which can, in turn, lead to a whole range of health problems. It is therefore no surprise that sitting has been blamed as the new smoking!

Poor posture over time changes the shape of your spine and affects your health! Modern technology sees many of us hunch over our smartphones and sitting slumped in front of a computer

for hours. It's these commonly adopted positions that can lead to a loss of the essential cervical (neck) curvature (see link *). Another change often seen is a thoracic hyperkyphosis, which is sometimes referred to as 'Dowagers Hump' This is an exaggerated curve backwards of the middle of the back. These changes in the shape of your spine can impair mobility and balance as we age and increase the risk of falls and fractures. It is known that those with a hyperkyphotic posture have a forty-four percent greater risk of mortality than those without! The increased risk of death presented by a body mass index greater than 30 is of a similar value. A lack of physical activity, a poor diet, a stressful lifestyle, as well as smoking and regular alcohol consumption will also contribute to a decline in your health as you age.

Poor Posture leads to decreased health and independence as we age! For many years Chiropractors have assisted their community by not only keeping people pain free, though also in helping

everyone develop a healthy lifestyle. By detecting joints of the spine that are not moving properly and irritating the adjacent nerves, Chiropractors can restore function to those areas and remove the irritation to the nervous system.

Research shows that better posture equals greater independence and health status as we age.

This realignment helps assist your body to heal, to achieve its optimum potential, improve overall posture and create a lifestyle full of vitality. To show how important this is, studies have shown that those with better posture have a greater independence and better health status as they age. Therefore posture and health are intrinsically linked.

Change your future with Chiropractic and ultimately stand taller, move better and live better!

Also, maintain regular physical activity, a natural, balanced diet, a lifestyle of minimised stress, as well as avoiding smoking and regular alcohol consumption.

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leweschiropractor.uk



Useful links:

united-chiropractic.org

(neck curvature link *)

thechirocentre.co.uk/blog/chiropractic/weight-world-on-your-shoulders/#.VYkynmCqea0



The Human Touch



team of therapists are enjoying being outside in the summer sunshine, bringing mini treatments to local festivals and charity fun days. They recently spent the day delivering six mini treatments at the Beach Dreams festival, and they're looking forward to working at the Wish Park Festival, Hove, on 11th July. They'll also be providing mini treatments on 9th August to help raise funds for Wilsons Wonky Wish, at the Lamb Park, Pond Lane, Durrington
[facebook.com/Wilsonswonkywish](https://www.facebook.com/Wilsonswonkywish)

The Human Touch team offer a vital service at their weekly clinic, aiming to bring a choice of thirty-minute and one hour sessions of up to fourteen different affordable complementary therapies to local people in Shoreham by Sea. If you'd like to help them continue this valuable service, please visit crowdfunder.co.uk/the-human-touch

For information, to hire the team for events, or to book an appointment please contact Mary on 07796 518667 or thehumantouchshoreham@gmail.com

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Top ten reasons why you still might not be able to lose weight

The subject of weight loss is immense, vast and quite frankly exhausting. We all have our opinions on how to lose weight, how we gained weight in the first place and the latest craziest fad that is THE one that will make the difference. Well of course if we all take a deep breath and step back for a minute we know that no diet works, because, essentially it is a diet! Despite this seemingly obvious revelation millions of us queue up and pay our subscriptions in the delusional hope that this will be the one that changes our lives. I'll tell you now, it won't and there.... you have saved yourself hundreds, if not thousands of pounds, and a lifetime of disappointment! It is however vitally important to know how your body works, and what your individual triggers are to putting on the weight in the first place. Education is everything. If I had a pound for every person who thought they knew it all, and didn't...! I'm not going to talk about the obvious causes of weight gain, but ten reasons why you might be struggling that are not that obvious and not talked about at your local slimming clubs. Hang on to your hats as you might learn something new!



Words Kate Arnold

1. ARE YOU MENOPAUSAL OR PERI

MENOPAUSAL. After about 35 yrs old your hormones start to decline, by your mid 40's they are really floundering. Fluctuating oestrogen levels, high cortisol and low thyroid status are all essentially reasons to store fat. It is key during the post 40 years to keep blood sugar as stable as possible. Weight gain in mid-life is often tied to estrogen levels. During perimenopause, it is the fluctuation of estrogen (and it's relationship to other hormones such as progesterone) that can cause challenges for our body to maintain balance. When that happens, fat can become your body's best friend. After menopause, the reduced estrogen levels overall can cause the body to store extra fat because fat cells can produce estrogen which offers the body a safety net. As the ovaries produce less estrogen, the body turns to other production sources such as the skin, organs and yes, our fat cells. Extra fat cells become insurance for your body to ensure that if the ovaries don't come through, your body will still be okay, because the fat cells can step in. If you have other mitigating conditions such as bone loss or you are stressed or not eating enough healthy fats, then your body will struggle even further with your fluctuating hormones and will be even more likely to store excess fat as insurance.

2. LACK OF SLEEP. I know it sounds strange that a lack of sleep can have a huge impact on our waistline but it can. This can be done simply by altering levels of our hormones that regulate hunger. A recently study at the University of Chicago showed that people who slept only four hours a night for only two nights had an 18% decrease in leptin, the hormone that signals to your brain

that you are full up, and a 28% increase in ghrelin the hormone that signals hunger. After getting so little sleep the participants of the study had a 24% increase in appetite and craved sugary, salty and starchy foods. Another study showed that people who sleep less than four hours a night had a 73% chance of obesity compared to people who slept more. I love a study but know that there are two sides to all these statistics and this does not mean that all people who don't sleep will put on weight but its worth noting and realising. Trying to create a relaxing time before you go to bed, listening to music or doing relaxation techniques might help.

3. CERTAIN MEDICATIONS. Obviously when you are prescribed medications you won't be able to come off them without permission from your GP but it's worth noting that medications can effect weight. These include: corticosteroids, which can increase your level of hunger and leave you bloated. Antidepressants can sometimes make you crave sugary starchy foods, beta blockers may effect weight, as well as drugs treating schizophrenia and epilepsy. There is nothing much you can do about being on the drug but you will need to work extra hard from the start of taking them to avoid weight gain. You may need professional help in order to shift the weight as weight loss will need to be tailored to your specific needs.

4. A SYMPTOM OF SOMETHING ELSE. Without putting you all in a panic, weight gain can be a sign of other illnesses (but this is that common). These can include PCOS, thyroid disorders, congestive heart failure, Cushings syndrome, Depression, Diabetes, Lupus and Metabolic syndrome. If you have unexplained weight gain it is a good idea to

go and discuss this with your GP. If you are not on any new medications and your diet and lifestyle have not changed it is always best to double check.

5. HIGH LEVELS OF STRESS. If you are too stressed you will be producing high levels of cortisol, a stress hormone that pumps sugar into our blood so that we have enough energy for our fight or flight response. That increased sugar can get picked up by insulin and stored in our fat cells. Although some people who are stressed lose weight, more often than not, high stress will cause people to reach for the foods and drinks that create increased cortisol or insulin like caffeine and sugary starchy food. Much of the food craved will be carbohydrate which will make us calmer and increase serotonin. Dealing with the stress is really important and many people find mindfulness and similar courses very helpful in combating their daily stressors.

6. THYROID ISSUES. An under active thyroid is very common and can happen at any time, but usually hits us when are 40 plus. This condition can slow down the metabolism so if you have symptoms of fatigue, feeling cold, constipation, dry skin and inability to lose weight, get your thyroid checked by your GP. If you do have any under active thyroid you will be prescribed thyroxine which will make weight loss easier but in my experience it's still not as easy as you would think and you may need advice and support as your levels are checked and monitored.

7. GUT FLORA. Our amazing microbiome is now so well researched we have an

abundance of medical literature to plough through. It is now known that people who are overweight have low levels of good bacteria and other important bacteria in the gut. Intestinal bacteria may very well determine whether we are overweight or not. Gut bacteria alters the way we store fat, how we balance levels of glucose in the blood and how we respond to hormones that make us feel hungry or full ie leptin and grehlin. The wrong mix of microbes might set the stage from birth as to whether we are overweight or slim. Lean individuals tend to have a more diverse and better variety of gut flora. Studies show that formula fed babies and those delivered by C section have a higher risk of obesity and diabetes than those born vaginally.

8. NOT ENOUGH FAT. Fat fills you up, take it out of food and there is a high likelihood that sugar will be added. Essential fat or good fat is needed to make hormones and gives the mouth the full feeling of satiety that is so important. The right fat can actually help you reduce fat on your body. The revolution of the low fat diets that started in the 1970's worked to a certain degree, but omitted essential fat and we are still recovering from that brain washing. I'm still seeing clients who think nuts and eggs are bad for you, and cheese is a mortal sin! One of the most important issues in weight loss is feeling full up and not hungry all the time, and fat helps that. Another crucial fact that is forgotten and buried in the midst of time is that calcium ie found in diary food reduces fat absorption. That's possibly why when the trial of the Atkins diet found no significant increase in cholesterol. (Although long term Atkins is not healthy and is still.. a diet)

9. TOO MUCH ALCOHOL. Those two glasses of wine every night might be disguised in very large glasses and could probably be a lot more than you think. Don't forget that alcohol as lovely as it is has a lot of sugar in it, which can effect your insulin levels. Check in with the size of glasses you have, and perhaps think about going back to the 1970's smaller ones! So called average drinkers can tot up nearly 3,000 extra calories per month, that's 36,000 per year on alcohol. Essentially every glass of wine you have is the equivalent of a slice of cake. So if you drink a bottle of wine a night that's six slices of cake - a sober thought. I often tell my clients to see glasses of wine as glasses of white sugar, and this can sometimes work.

10. NOT DRINKING ENOUGH WATER.

It is not a myth that often when we are dehydrated we eat instead of drinking water. If you are fully hydrated and drinking until your urine is nearly clear, straw coloured it is far more likely that you will feel full up and not start snacking. A glass of water before meals stimulates the sympathetic system to activate lipase to break down fat for energy use. For up to two hours this water also stimulates the intestines to release motilin, which tells the brain that water is available; thus quieting the stomach's "hunger pang" cries for water. This hormone also acts as a laxative, so that with water's lubricating effects, causes easy bowel movements. So when you are having so called hunger pangs, make sure you are not dehydrated first.

With these ten points in mind, is it any wonder that slimming clubs and corporations don't work long term. They don't work because they don't look at you as an

individual, they are just out to get money and get you hooked on losing that elusive 7lbs which brainwashes you to think the diet has worked. Months later the weight is back on, and more. It's an ever additive cycle of tiny successes and huge fails which psychologically does you no good. If you have been a serial yo yo dieter and would like to lose weight properly please call me on 01323 737814 / 310532



Don't get caught short!

Words Kate Arnold



Many of my IBS clients and patients tell me how worried they get at always needing to know where the nearest loo is. Put travelling abroad into the mix and a whopping 70% of us Brits have travelling loo concerns.

These can vary from finding a loo, travelling long distances, how clean the loos will be, whether there will be loo paper or whether the loos will be private enough. With all that worry it's no wonder our bowels can play up as soon as we've packed our suitcase. One of the main keys is preparing for any eventuality, and nearly 19% of us are unprepared according to a study by Dulcolax.

It may sound obvious but knowing that you actually have somewhere to go to the loo is important to actually being able to go. Stress and worry can contribute to constipation so these issues can really spoil this precious time away that you've worked so hard for. Travelling can upset your body's rhythm, getting up in the early hours sitting on a bus, coach, car or plane for long periods of time, and not eating your usual diet. Nearly 65% of us suffer from constipation when on holiday, so along with your sun cream and insect repellent it's a good idea to carry a constipation remedy. Being constipated can leave you with symptoms of pain, gas and bloating, the last thing you want while in your beach clothes!

*Kate's
travelling tips*



Prevention of course is key and here are a few tips while travelling away this summer to ensure constipation is kept at bay

1. Try to keep to your usual toilet routine when travelling even though you may get up at different times of the day.
2. Try not to worry about where the next loo stop is going to be, as stress can cause constipation. Unless you are travelling to a remote destination there are very likely to be facilities near by.
3. Avoid the airport bar if possible before flying as alcohol and fizzy drinks can cause dehydration which may alter the stool regularity.
4. Plan your snacks and drinks. Carry apples, nuts, raw carrot sticks, oatcakes which contain soluble fibre or if abroad enjoy the local fruits like figs, peaches and apricots.
5. Make sure you are hydrated, and drink about one and a half litre of waters daily. You may need more if you are travelling to tropical humid places. Always drink until the urine is pale yellow.
6. Physical activity will help a sluggish bowel, so get off the sun lounger and start walking, swimming, hire bikes, take a walk along the coast or a round of golf.

Visit www.letstalkconstipation.co.uk for more information.





SUN CREAM

Applying sunscreen to some children under the age of two could increase their risk of skin cancer later in life, one of the world's leading experts has warned.

A 'self-tanning' mechanism that protects the skin against the sun's rays could be prevented from developing properly or be "significantly" weakened through the use of an artificial barrier too early in life.

The process, which develops naturally after birth, strengthens the outermost 'horny' layer of the skin, known as the 'stratum corneum', by increasing its tolerance to ultra violet radiation.

Though the same process occurs in white and lighter skin, it is more effective in black and dark skin because it is naturally rich in melanin, which gives skin its pigment and protects against UV radiation, and has more melanosomes - cells which produce melanin.

If this natural 'shield' is not left to fully mature, typically over a period of two years, it may never do so – leaving individuals unknowingly more susceptible to melanoma.

This poses a greater risk to those with darker Indian sub-continental or Afro-Caribbean skin because they are less likely to use sunscreen as they grow up. As dark skin, types five or six on the Fitzpatrick scale (the pigment classification chart) rarely burns, it is assumed that additional protection from the sun is not required.

But in cases where their natural UV protection is low, individuals who do not apply sunscreen are unwittingly increasing their risk of fatal cancers.

The warnings were issued by Dr Sharad Paul, New Zealand's most decorated skin cancer expert and one of the world's preeminent authorities on the subject.



They come just weeks before the summer holidays, when tens of thousands of Britons will be basking in the sun at home or abroad.

Dr Paul, a senior lecturer on skin cancer at the University of Queensland, advises parents with dark-skinned children to avoid applying sunscreen until they are at least two years old. He said parents should instead cover up their children to protect them from the sun during peak hours.

He said: "Though using sunscreen is definitely proven to prevent sunburn and one study showed it can reduce the risk of melanoma, it could possibly increase the chances of developing the disease if applied too early in life especially in people with a natural ability to tan.

"With babies, the skin is adapting to the environment outside the uterus and is learning how to tan in response to the sun. Studies have shown how this tanning mechanism improves between six and 18 months, as the skin adapts to life outside



the womb, and the standard medical recommendation is to refrain from using sunscreen with children under six months to allow the tanning response time to mature.

“It is my hypothesis, however, that it could take longer for the tanning mechanism to mature in darker-skinned children.

“Though darker skin types don’t sunburn and dark-skinned adults have a very low risk of skin cancer, using sunscreen in darker-skin children up to two years old may actually make that skin more susceptible to skin cancer later in life.”

Malignant melanoma is now the UK’s fifth most common type of cancer, with around 13,300 people being diagnosed with the disease each year. In young adults aged 15 to 32, it is now the second-most common cancer.

According to Cancer Research UK, the incidence of malignant melanoma in Britain is now five times higher than it was in the 1970s – with the huge increase blamed

on the rising popularity of cheap package holidays since the late 1960s.

By understanding and using sun protection better, Dr Paul believes the 2,100 deaths each year in the UK from malignant melanoma – the most serious form of skin cancer - could be reduced.

Studies suggest that getting sunburnt once every two years can triple the risk of developing the disease, while those at most risk include people with pale skin, lots of moles or freckles, a history of sunburn or a family history of the disease, and those that have used sunbeds.

To reduce the risk of skin cancer, experts advise spending more time in the shade, covering up and using at least an SPF15 sunscreen – though paediatricians’ advise not to use sunscreen on children under six months of age.

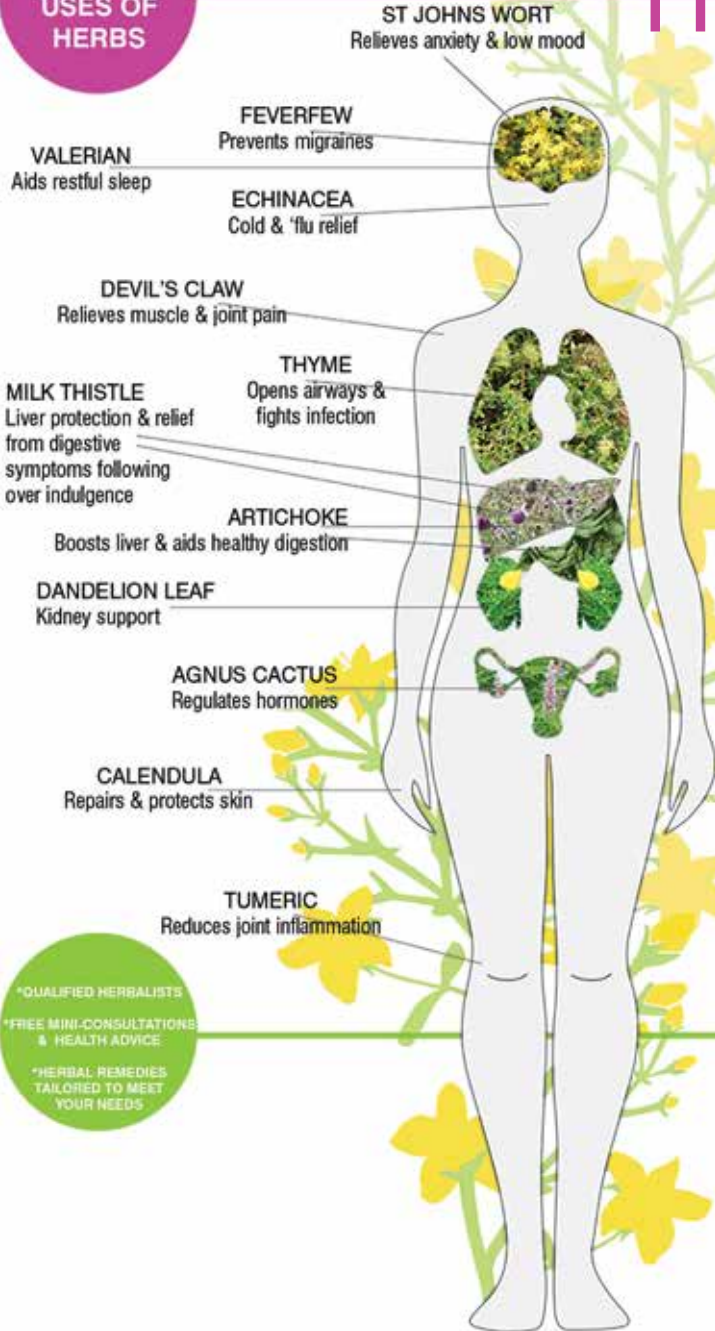
He said: “It is already recommended that babies under six months avoid sunscreen as it can weaken the tanning response and is too risky to use in children so young. The problem with this advice is that it is a catch-all statement that does not take different skin types into account.

Dr Paul - whose book, ‘Skin: A Biography’, has just been republished in the UK - also says that the British public is “poorly educated” about skin protection in general.

Holidaymakers, especially, need to better understand their skin type to take the right steps to protect themselves rather than relying on the “marketing gimmicks and myths” of sunscreen manufacturers.

TRADITIONAL USES OF HERBS

HERBAL



When we think of summer we usually think holidays, enjoying outdoor activities and generally relaxing in the sunshine. But for many people the added stress from picking up the slack while work colleagues are away, extra work to catch up on after a holiday, or complex childcare arrangements for the long break, takes its toll. For others, a break from their normal routine or long journeys can be an added strain. Stress is any factor that causes an added strain on the body - even a pleasant factor!

Everyone has a different reaction to stress, and often it involves an increase in inflammation. For some it affects their digestion, others find skin conditions flare up, and other common signs of being stressed out include feeling tired or weak, insomnia or

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YOUR NEEDS

REMEDIES for stress

anxiety, high blood pressure, lower immunity or PMS.

To help your body cope a little better, a multi-pronged approach is needed. Eating healthily should be the first step, with plenty of fruit and vegetables. Anti-inflammatory herbs that are used

in cooking include, ginger, turmeric, and garlic. Foods that are inflammatory and should be avoided or reduced, include, animal protein, junk food, and refined sugars and grains.

Herbal remedies can also help the body deal with the effects of stress. A group

of herbs known as adaptogens have the specific effect of helping the body deal with stress. They are tonic herbs, which are generally good for debilitated people, with anti-inflammatory and antioxidant effects on the body. At Brighton Apothecary, the qualified herbalists are on hand to advise which

of the adaptogens are best for you: calming ashwaganda; liver-protecting schisandra; energising Siberian ginseng; or immune-boosting astragalus. Other herbs may help alongside an adaptogen, for example, oats to help with the nervous system or liquorice to support the adrenals.



Sarah, Maud and Marion offer free mini herbal consultations for minor health problems and can tailor make herbal remedies to help you stay healthy over a busy summer.
Brighton Apothecary, The Open Market, Marshalls Row, BN1 4JU

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Having spent much of the year working hard, whether in the workplace or at home, most people usually look forward to their Summer break. However for some people, once it arrives it often seems to start with a blazing row before they are able to settle down and enjoy their time off. There may be many reasons for any couple to have an argument and of course we may feel entirely justified for our annoyance because he/she did this or that. However, if this is an enduring pattern there may be more to this than the occasional spat (that can be seen as necessary for a healthy relationship).

One way we can think about this is using the idea of “stamps”. This is an idea developed by Eric Berne who developed the theory of Transactional Analysis. Berne suggested that in our interactions with other people we can store up negative feelings. He likened this to collecting “trading stamps”; a useful example of trading stamps is what were known as “green shield stamps” which people used to collect and then trade them in for a prize (the top prize being a brand new mini!). The modern day equivalent would be nectar points. When we think of psychological stamps, we are thinking of the storing up of negative feelings. In the same way as we can collect nectar points, once we have collected enough stamps we can trade them in for a prize. In this case an argument. Prizes can vary in size, for instance a low level “prize” could be a sarcastic remark, something a little larger might be a low level spat,

through to a blazing row or ultimately filing for divorce.

So what goes on when we have that row at the beginning of our Summer break? For many of us today, we live in a world that makes constant demands on our time and attention. Our normal day may mean getting up early in the morning to get into work early to clear all our e-mails before attending the meetings of the day, complete a report, before finishing late, getting home in time to say goodnight to the kids, have a late dinner and off to bed. Alternatively, it may be getting up, to get the kids up ready for school, do the school run, go off to work, where we are on our feet all day, before picking up the kids from school, giving them tea, organising baths, bedtime stories, making dinner for us and our partner before collapsing into bed. Exhausting!

One of the problems of leading such a busy lifestyle is that inevitably there are going to be moments of miscommunication where one partner or the other





makes an insensitive, thoughtless or unsupportive comment. In such situations, ideally it is useful for us to take time to deal with such situations at the time. Letting the other person know how we feel about the impact of their words or actions and what we would like in the future. However, because we are living such hectic lives we often let such incidences “ride”, thinking it’s not worth getting into a discussion about it. The problem here is that each time we do this we are storing up a “psychological stamp” to be traded in in the future. In addition to this we will also be collecting stamps from all the other people that we have dealings with who have made insensitive or thoughtless comments.

Let’s fast forward to the summer holiday. Finally we have some time for some space in our lives. We have got through the stress of packing and managing the long trip to our destination. Then at some point our partner makes an inappropriate comment and we explode at them. The problem is we are not just exploding

at that comment; we are bringing all the previous stamps to bear and offloading them as well. Our partner is stunned and may well be left thinking “What did I say?” and feel that we are over-reacting. The problem here is pretty obvious. At best our holiday gets off to a bad start, and in some cases the bad feelings created by our explosion may last most, if not all of the holiday. The antidote to this is to ensure that you make some time in your life to ensure that you have cleared all your stamps, before you get to the “free-time” of holiday. Ideally, it is best to clear stamps at the time or near the time we are collecting them. However, if that is not possible, it’s a good idea to schedule in a regular time together (not less than weekly) to review and clear our stamp collection.

Wishing you all a happy (stamp free) holiday!

*Mark Head MSc (TA Psych) CTA (P)
UKCP Reg. Psychotherapist, TSTA (P),
Trainer, Supervisor, Mindfulness Trainer.*

Mark is a Director of the Link Centre, a training centre based in Newick, Sussex, that offers courses in personal and professional development as well as longer term courses in Counselling and Psychotherapy. Mark’s core focus is about helping people to develop self-awareness to achieve quality in their lives and in their relationships.

thelinkcentre.co.uk



KaliCamp is a Wellbeing Retreat on a private estate in Somerset designed for anyone who enjoys boutique camping, yoga, ch'i kung, archery, mindfulness, dancing and heavenly healthy food and a rich program for kids.

It offers to rekindle your instincts on this intimate, family-friendly yoga retreat, located at a private estate in rural Somerset. The retreat offers the opportunity to immerse yourself in as many of the daily classes as you like (yoga, ch'i kung, archery, dancing, singing) and to nourish yourself with heavenly food, organic juice & smoothies and indulge in massage and a range of spa therapies.

There is a wide range of activities for adults and kids that are guaranteed to loosen you up and let you get more out of life.

KaliCamp promises to be a mindful, fun-loving weekend with upbeat activities and lots of laughter. And it might be your first ever festival experience without a hangover!

Activities include Astanga-style Vinyasa Flow Yoga, Restorative Yin Yoga, Ch'i Kung/Qi Gong, Mindfulness Workshops, Superfood Workshops, Archery for all abilities and a supercharged Five Rhythms dancing.

The little ones can enjoy Yoga for kids, Mud slide, Tree walking on slack ropes, Mountain boarding, Circus skills, Pizza cooking, Build a woodland den, Face painting and much more.

Relaxing spa therapies including Shiatsu, Baby massage, Lomi Lomi, Deep Tissue massage, Face Reflexology.





Although it's good to retreat from the madding crowd, a little bit of what you fancy does you good: stylish Vintage Clothing, a Retro Coffee Van, a Champagne bar, a healthy Juice bar and you can make your own Pizza in the Woods with their Woodfired Oven.

If you don't want to bring your own tent, they offer to supply a ready-to-go Bell Tent with two options: the unfurnished version £130 (including groundsheet), or go for the fully furnished version £190 (including 2 camp beds, table, rug, LED light and bunting).

Or if you bring your own but struggle to get yours up, they can give you a helping hand, with their tent erection service,

With only 300 tickets available this year, it promises to be safe environment for you and your family.

The ticket price includes camping, entry to all the group activity workshops (yoga, ch'i kung etc), all kids' activities and entertainment. It also includes a healthy breakfast on Sunday morning and free car parking. Tickets are priced at £125 for adults (age 17+ years); a Student ticket is priced at £115; an Accompanied Teenager (age 13-17 years) ticket is priced at £90. Children under 12 years can attend free of charge, but they still require a ticket. A Camper Van is priced at £25 (maximum length 5 metres & you must remove your waste from the site).

Boutique Family Yoga Camp between Bath and Glastonbury
FREE early arrival on Friday 11th Sept. from 4pm
Buy your ticket here: <http://kalicamp.co.uk>
Contact: 01373 812525

How to beat jet lag

naturally

Are you a frequent traveller? This is the time of year when you have to conquer your worst enemy: jet lag. Hectic airports, delayed flights and lost luggage – travelling on a plane can be very stressful. Unfortunately, if you are crossing multiple time zones, you can also expect symptoms of jet lag. From headaches and irritation, to diarrhea and a pounding heart – jet lag hits without warning and it can transform you into a zombie.

Once your body's natural 24-hour clock has been disrupted there is nothing that can completely beat jet lag. However, there are things you can do, to ease its symptoms and enjoy your holiday. We have asked Michela Vagnini, Nutritionist at Nature's Plus to give us her top tips on beating jet lag naturally.

LOOK AT THE SUN

To rebalance your day and night rhythm try to force yourself to get up just after sunrise. To boost your cortisol production, which is responsible for waking up in the morning, look towards the sun when waking, an open

window will do the trick if you can't get outside. In the evening, look at the sunset until it gets dark. This will stimulate melatonin production in your brain, which is also known as the 'sleeping hormone'. To help your body relax take Dyno Mins Magnesium by Nature's Plus (www.nutricentre.com, £14.95)

STAY AWAY FROM STARBUCKS

Several studies have identified dietary components, such as glucose, sodium, ethanol or caffeine as capable of phase-shifting day and night rhythms. Be careful with sugary and junk foods that might have some stimulating additives or flavourings. Stay away from coffee, colas, teas and other energetic drinks or herbs. Be careful with crisps and salted peanuts - they are very high in salt. Try to reduce your salt intake to 2g a day max (1/2 teaspoon). Make sure you read labels as some snacks may contain MSG, which is a popular flavor enhancer, also known as a brain stimulant.



Having an alcoholic drink might seem like a good idea to help you fall asleep but in fact, it will compromise sleep quality and dehydrate you, making it more difficult to adapt to new time zones.

TURN OFF YOUR PHONE

Long-time exposure to blue light from our phones, iPads and TV's can interfere with a production of melatonin and confuse our tired body, which will take it as a daylight and sign to stay awake.

GO FOR A WALK!

Sunlight stimulates the secretion of serotonin, known as a 'happy' hormone that will give you a quick boost of energy. In addition, when our body gets physically tired it induces a deeper better sleep.

SUPPORT YOUR ADRENAL GLANDS

These peanut-size masses of tissue located on top of your kidneys are essential for your stress response and sleeping patterns. When you are jet lagged they are doubling up their workload to keep you awake so they need an extra support. The most important nutrients for adrenal health are vitamins B, which you can find in eggs, organic meat, green leafy vegetables and whole grains (Don't get tempted with sugary muffins!).

Spirulina and algae extract are great super foods for our adrenal glands providing essential minerals and amino acids. To get a complete green foods blend, add a tablespoon of Nature's Plus Green Lightning (www.nutricentre.com, £1.29 per sachet) to your coconut water and feel the energy!



SUMMER SUNSHINE

At the time of writing, we are close to the Summer Solstice which, although is often referred to as mid-summertime, is a celebration of the beginning of summer.

In the UK we have experienced many days of sunshine during the past few weeks, and with the lighter, longer days we're instinctively drawn to get outside into the fresh air and sunshine. The sun has had bad press in recent years and we're encouraged to cover ourselves with sunscreen as a precaution against sunburn and the possibility of developing skin cancer. Now, however, there is growing evidence of increased health problems due to vitamin D deficiencies. Vitamin D is found in a limited number of foods and mainly created in our bodies through exposure to sunlight. Of course we need to take precautions so as not to get sunburnt or encourage the development of skin cancer, and it's important to learn how to best protect ourselves - there's plenty of published information to help you, also information about how to get enough sun exposure to safely generate vitamin D in our bodies.

Our bodies love the sun, fresh air and increased activity - on these we thrive! Some of the positive well documented health effects of the sun are that it improves the immune system, lowers cholesterol, cleanses the blood and blood

vessels, raises the oxygen content of the blood, and eases depression. Clients often report their aches and pains improve in the warmer weather.

With the desire to get out in the warm sunshine and be more active with long walks, gardening and taking the opportunity to participate in outside sports for example, all of this increased activity raises the potential for injuries. As a chartered physiotherapist Ann Rambaut can help you recoup from problem injuries, or even help prepare you and avoid them in the first place, so that your body is aligned and not out of kilter before you embark on activities you might not be used to all year round!

If you don't feel drawn to being quite so active, Ann suggests getting outside for a gentle stroll, or sitting under a tree contemplating the summer day whilst doing some gentle deep breathing, all of which is extremely beneficial. Why not make that a regular habit this summer and see whether it changes some aspect of your life..... you never know what may show up!

Ann Rambaut
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HAVE A SIZZLING SUMMER!

I'd love to promise you warm sunshine, sweet romance and balmy evenings of dance and song (or whatever sizzling summer ingredients you prefer)! But you and I have little direct control over our external environment. Our summer happiness is an inside job.

So how about taking charge of your happiness this summer? Put your wellbeing at the top of your list, commit, prioritise, invest. It might feel selfish. That's understandable as we're conditioned from an early age to put others first. Keep with it and soon all will see the benefits, as taking care of ourselves gives us more energy to spend with others when it really matters. Trust that, in taking care of yourself, you are making a positive contribution to your family and your community.

Here are a few ideas for getting started....

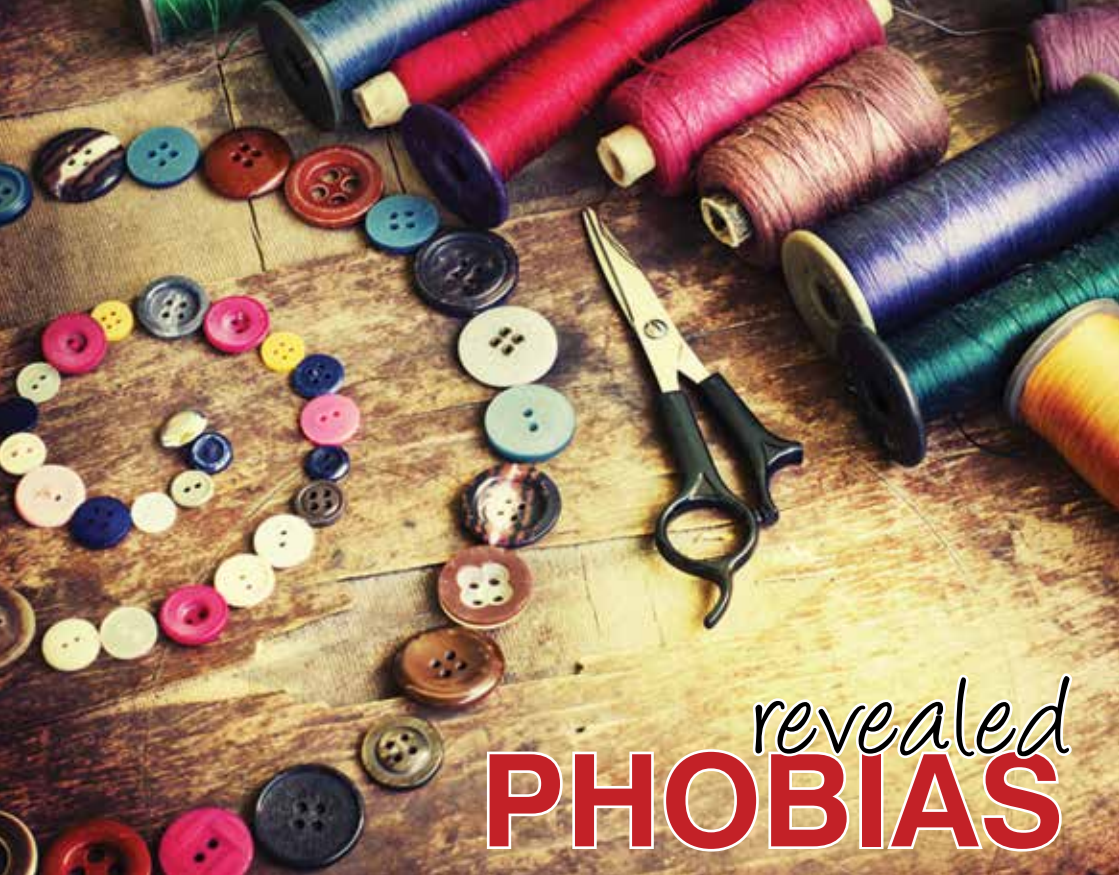
1. Review the actions you take when you first wake. Do you check messages, run around helping others or switch on the TV? This time is important because it has the potential to start your day on the right foot. Could you wake a little earlier to give yourself some 'me' time? Is there a meditation or exercise programme that would nurture you? Would wild dancing suit you better? Is there something you want to read or learn? There is an opportunity to start new hab-

its before the main distractions of the day.

2. Get to know your personal passions. These are the things that make your heart sing and your skin tingle. They drive you to do activities you lose yourself in. When coaching clients, I have processes to tease these out and we'll also be exploring them on our Finding Your True Voice retreat. You can get a flavour of your passions by noticing the times in your day when you are having the most fun. Investigate and experiment by doing more of the things that bring you the most joy.

3. Seek out new experiences. It's easy to get stuck in a rut, and something as simple as taking a new route can give us a different perspective on our day. Is there a class you'd like to take, an activity to try, a new book to read? Have the curiosity of an explorer, smile, have conversations with new people. It might mean leaving your comfort zone, maybe not everyone will love you, but would that really be so bad? Grab all your courage and have a fabulous summer adventure!

Deborah Reeds
www.deborahreeds.com
www.sea-sky.co.uk



revealed **PHOBIAS**

Wellbeing Magazine speaks to Cognitive Behavioural Therapy (CBT) clinic, Dynamic You, about the different fears they deal with every day of the week and their five strangest, and five most common, phobias affecting the patients it has treated since it opened its doors in 2013.

5 strangest phobias Brits have presented with...

Work phobia Especially common in the City of London, 'ergophobia' is a deep and persistent fear of work. Sufferers often have a combination of fears, such as a fear of failing at assigned tasks, getting fired, speaking before groups, or socialising with co-workers. Not to be confused with laziness.

Vegetable phobia People getting anxious at the thought of vegetables is a phobia that Dynamic You has treated on a number of occasions. One patient's fear was focused on long green vegetables, namely cucumbers and marrows. The fear is of the vegetable itself rather than purely the act of eating it.

Clown phobia This is a bigger fear than people would imagine. Interestingly, certain circuses travelling around the country don't have clowns for this very reason. Two circuses that Brits may be familiar with — Chaplin's Circus and Circus Wonderland — are not only clown-free, but even run clown exposure courses.

Button phobia Dynamic You has treated a patient suffering from a very rare disorder: of buttons. 'Koumpounophobia' is the technical name for this phobia and the patient they treated could only wear clothes with zips. This phobia is often linked to a fear of holes.

Urination phobia This is not a fear of the act of urinating but of being caught short. While one of the more sensitive phobias people present with, it is also quite common and can have a big impact on people's lives, e.g. they may restrict fluid intake, which can lead to health problems.

... and the 5 most common phobias Brits present with:

Vomit phobia Also known as emetophobia, the fear of vomiting is surprisingly common. The phobia can include a fear seeing other people vomit, but others are afraid of vomiting themselves. This is not to be confused with an eating disorder and can often be misdiagnosed as OCD.

Height phobia This is a genuine inconvenience for people given the ever higher buildings in the UK's cities, especially London. Many sufferers are unable to cross bridges or, if they have to, often do so with their eyes closed. One sufferer turned down a promotion because it meant moving to a higher floor in their office.

Social phobia Now called Social Anxiety Disorder, this is one of the most common anxiety problems, but also one of the most under-treated (the average time before people seek treatment is around 10 years). It's related to anxiety in social situations due to a fear of negative judgment by others.

Animal phobia Also known as 'zoophobia', this is one of the phobias many people will be aware of, especially in the case of spiders (arachnophobia) and snakes (ophidiophobia), both of which have been the basis of movies. In the dog-loving UK, cynophobia (the fear of dogs) is especially common.

Blood-injury-needle phobia This is a unique phobia as it's usually the only one which can cause a sufferer to biologically pass out. People with this phobia will often faint at the sight of blood, at the anticipation of receiving an injection (even a flu jab) or of somehow being injured.

Alex Hedger, clinical director of CBT specialists, Dynamic You, comments:

"Phobias are the most common type of anxiety disorder, with an estimated 10 million people in the UK — roughly one in six of us — suffering from them. While some of them can seem quite amusing, phobias can be debilitating and sufferers will often organise their life around avoiding the object of their anxiety. For them, their phobia is no laughing matter at all and people should always be sensitive.

Treatment usually involves gradual exposure to the fear in question, so that sufferers feel less anxious about it. This is known as desensitisation or exposure therapy, and enables people to gain control over their phobia. These treatments are not designed to make people like the thing they fear but to manage their phobia and reduce the effect that it has on their life. With the right treatment, some phobias can be treated effectively in just two or three sessions."

www.dynamicyou.org



Who wants healthy, beautiful, brilliant children?

Every child born has the potential to be healthy, beautiful and happy. Sadly we've all been misled by many myths that need to be swept away with reason and research. These thought patterns go deep into our subconscious and are not easily removed. I speak with personal experience on this matter; trained as an osteopath with thirty-five years in the health promotion profession, including almost twenty years managing one of the country's first holistic health centres in Tunbridge Wells (The Wealden Clinic 1981- 2001). I really thought I knew a little about health and its aetiology, though it has taken until now for me to break away from those prejudices that have coloured my thinking and hidden some of the basic truths. I hope that I can help expedite this thought shift for others with some of the work I am doing now.

Here are just a few of the myth busting statements for your consideration:

1. Every child at birth has the right genes and the right brain to become a genius, or at least to far exceed any expectations the parent may ever dream of for their child.
2. Every baby can learn to read as easily as they learn to talk.
3. Although education begins at six years old, learning begins at birth.
4. Our capacity to learn is highest in the first year of life and falls off year by year until six years of age.
5. Beautiful children all breathe through their noses and rarely mouth breathe.
6. Children who mouth breathe have crooked teeth and poor posture.
7. No child needs cows milk for good healthy bones.
8. None of us, including children, need meat for protein and iron.
9. The best teachers for young children are mothers or fathers, or anyone willing to give them the one to one attention they need during this early learning period.

If you'd like to learn more about the statements above:

- For points 1 to 4 watch a short Youtube video 'An introduction to the Institutes for the Achievement of Human Potential's work with children for over 50 years' [youtube.com/watch?v=XDdWiY6xe0&feature=youtu.be](https://www.youtube.com/watch?v=XDdWiY6xe0&feature=youtu.be)
- For 5 and 6 please view my blog buteykokent.co.uk/blog/does-your-child-mouth-breathe-why-this-is-a-serious-health-problem/ or for a full presentation by an orthodontist see - youtu.be/tVjMgVClyPA
- For 7 and 8 view thefoodconnection.org.uk
- For number 9, decide for yourself after you have learnt the facts!

Michael Lingard BSc DO BBEC
totalhealthmatters.co.uk

June 2015



LIVING WITH THE CHALLENGES of a family member with dementia

Dementia is becoming an increasing challenge, not only for many older people, but also for their close family and friends. It is particularly challenging for family members who find themselves in the role of carer or needing to support a parent or spouse with the illness.

If you find yourself in such a role you will doubtless experience a whole range of emotions. Many of these are so-called “negative” emotions – such as anger, sadness and helplessness. But, unpleasant as they may be, such emotions are completely normal in this situation. You may also experience guilt if you find yourself feeling what you regard as “uncaring” emotions towards the loved one – such as anger.

I believe it is very important to normalise such emotions because much of the message we get from our culture is to hide such emotions, to medicate them or to judge ourselves harshly for having them. The more we can make a place for these emotions in our lives, the less toxic they become.

I believe it is helpful to see dementia not as just a medical disease but also as something that has important psychological and emotional meaning, both for the person with dementia and the carer. That is why I encourage the carer, for example, to view the person with dementia’s unusual

behaviour as not simply random acts caused by the deterioration of the brain, but perhaps as communicating a deeper meaning relating to that person’s life or experience. Understanding the person with dementia’s history and early life can shed light on behaviour in the latter years. Unresolved issues from childhood may be reactivated and the carer may be drawn into this and have their own, earlier, unresolved issues touched.

The way in which the person with dementia copes with the ongoing loss and deterioration of the illness may in part be influenced by much earlier experiences in their lives.

By becoming empathic, trying to see the world through the person with dementia’s eyes, we can begin to understand some of the unusual behaviour. And in letting go a little of our expectations of a “normal” relationship we may become open to something new, something different. This could be a moment

here and there of calmness and connection with the loved one, an awareness that we can temporarily let go of our everyday worship of time or a discovery within ourselves of unknown reserves of patience or love.

Letting go of our usual expectations of relationship opens the door so that, in this very difficult experience, there is the potential to find meaning. It is often through suffering that we learn, that we find meaning, even if that meaning does not become visible until long after the event.

“Living with the Challenges of Dementia: a Guide for Family and Friends” by Patrick McCurry, is published by Sheldon Press on 16 July 2015. It’s available for pre-order at Amazon.

patrickmccurrycounselling.co.uk

Positive Thinking and Happiness

Positive Empowerment Coach Kim Wymer, founder of Happy Days Coaching, turned her life around and is now helping others do the same. Kim hit rock-bottom and found herself leading a very unhappy life. After gathering the strength to file for divorce from a broken down marriage she really needed her family around her, though at the time of the messy divorce her sister emigrated to Australia and her parents retired to Spain. With her close family overseas, her career not working out and, in addition to that, having confidence issues, she was alone, depressed and turned to alcohol. She could get no lower. However her sister sent her some positive thinking self-help material from Australia and this then set Kim on the path to recovery.

Kim then found the Sue Stone foundation - suestone.com - after reading one of Sue Stone's books and joined one of her intensive Coaching courses. Kim is now a qualified Positive Empowerment and Happiness Coach, and hosts positive thinking and happiness talks and workshops in Essex/London areas. She is leading a much happier life and is excited about the future. "If I can turn my life around and gain a positive mind-set, then anyone can" Kim says "The tools I learned changed and saved my life and I am so happy and excited to be helping others on the way" She also hosts a monthly positive living group in Hornchurch, Essex where she sources health and wellness speakers and experts to come along and give talks covering a wide range of holistic subjects.



The once very shy and unconfident Kim now stands up in front of groups of people and talks enthusiastically about her changes and teaches the tools that changed her life; something a few years back she would never have dreamed of doing! Kim has since written her own book about her experiences in her life journey and explains wholeheartedly of the changes she went through.

Kim's debut book "Out of the Shadows" is out now. It's a frank and inspirational story of transformation, which will resonate with many. It details how she overcame everything that life could throw at her and how she stepped out of the shadows and into the light. Available on Amazon.co.uk

To learn more about Kim, her work and her talks please visit her website kimwymer.com

**info@kimwymer.com
07913 895285**



Experience Your Energy Field

Free Yourself from Fears and Limitations

Emotional Freedom Technique (EFT) also known as “Tapping”, is a form of energy psychology. It can be described as Acupuncture without needles – therefore is non-invasive.

Our bodies are made up of energy pathways (meridians), much like the nervous system. These pathways channel information throughout the physical body. There needs to be a clear and even flow of these invisible energies because if disturbed, disease or emotional problems may result.

Our thoughts and emotions cause specific reactions in our brain, making neurons fire in ways relative to those particular thoughts or emotions. If we were only ever to feel calm and peaceful, then our energies would be flowing smoothly. Life often doesn't work out like that however, and there are many environmental stimuli that can trigger a painful memory or upsetting thought. These may be pleasant, such as the smell of a particular flower, or unpleasant, such as the sound of a siren.

EFT enables us to shift these energies when necessary and remove any blockages that have formed. By gently tapping on and stimulating a sequence of meridian points on the body (mainly face and hands) whilst simultaneously thinking or just holding a thought, of the unwanted reaction or problem, we can re-balance and stabilise the disruption that has occurred.

EFT is also effective in generating improvements in wanted skills or behaviours, such as reaching your optimal efficiency in a particular sport or keeping mentally focused and calm during an exam.

Public demand for, and interest in EFT is growing; and as none of us are immune to the impact of our emotions, it is reassuring to know that EFT can never be taken away from us.

**Debbie Winstanley Bsc(Hons) Psychology,
MBSCH - Qualified EFT Practitioner**
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Intuitive Horse

is based at New Coghurst Farm near Hastings, East Sussex. It's a family run farm; hay-making, sheep grazing and the Intuitive Horse work make up daily life at the farm. Intuitive Horse was developed as a result of years of experience working with

horses and teaching people how to ride. It was observed that a horse's behaviour would change from person to person and that the horse tended to respond directly to a persons' emotional state, regardless of riding ability. For example, when a horse is 'acting up' and appears to be naughty it is more than likely responding to the

feelings of its rider (or else expressing discomfort) and much like an infant who can't speak it makes it's behaviour louder to get our attention.

Having witnessed the positive impact horses can have on someone's life, we sought to provide a stimulating learning experience and now offer a range of Intuitive

Horse programmes including private one on one sessions, workshops and 3 & 5 day retreats. All work with the horses is done from the ground (no riding is involved) so absolutely no previous experience with horses is necessary.

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

Who might find Intuitive Horse beneficial?

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

Why might someone consider booking onto a retreat or 1-1 session?

Perhaps they're:

- Looking to experience something new
- Have a love of horses,

nature and the outdoors

- Looking for something to help relax and unwind
- Interested in their personal development and wellbeing
- Interested in horses / have a horse and are interested to learn more about the horse / human relationship without riding
- Looking for some 'ME' time
- Have a specific issue they want to address

How can Intuitive Horse help?

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

Can Intuitive Horse help with conditions and disorders?

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

Intuitive Horse – seeing you for who you really are!

07825 036301
intuitivehorse.co.uk



Is his ex still on his mind?

There's nothing like an ex wife or girlfriend lurking in the background to potentially cast a shadow of doubt over a promising new relationship. All of us have a few proverbial skeletons in the closet when it comes to love so we can all understand that men may need time to get over previous wives and partners, however there must come a time when they have firmly relegated their ex in the emotional pecking order.

Men can be complicated at times and you won't always become aware of the signs that your boyfriend may still be deep in thoughts about his ex-partner.

So how can you generally tell the difference between a new boyfriend who is coping healthily with his ex and one who is still influenced by her?

Manj Weerasekera, The Fresh Start Guy, suggests some of the indicators that can help you see if you're not the only woman on his mind:

He talks about her non-stop.

Simply put, people talk about what's on their mind. If you find that your boyfriend is telling you all about his ex, why they broke up, and what went wrong, you can be certain that he's far from over her.

He's always doing favours for her.

If your boyfriend is constantly doing little tasks for his ex? While there's no reason they can't be on good terms, there's also no reason your boyfriend should be his ex's right-hand man.

He's her 'platonic' date to events.

Is your boyfriend somebody else's arm candy at a wedding, business dinner, or other event? It's a major warning sign that he may one day choose her over you.

He's still part of her family.

When your boyfriend spends Sunday dinners at his ex's family's house, there's a big problem. He can never be fully invested in your relationship if he still feels like he's a part of her family.

He keeps tabs on her online.

While it's never polite to snoop, sometimes you can't help but notice if your boyfriend has been talking to his ex online, whether it's in the browser history or conversations over social media. Even if they never see each other in person, this is still a strong indicator that he's far from over her.

He hasn't given back her things.

The first thing most of us do after a breakup is cleanse our home of all reminders of our ex — unless we're not over the relationship yet. If there are photographs, clothing, or mementos at his place, you can be sure he's clinging to her memory.

His ex is now his new BFF.

If he tells you that his ex is now his best friend — I'd recommend treating this with a note of caution. He may just find it impossible to exit her from his life, so he finds another 'role' for her, which she may not even be aware of!

Comparative thinking.

Do you ever feel you're being compared to his ex? If you do, do you come off second best? Whether he uses it as a tool to get

back at you or not, it shows that she is still lurking somewhere in his mind.

Old haunts.

Is he taking you to places where he and his ex frequented? Whether it's to remember the good old days or a wish to bump into her again, this may not be a healthy sign.

You sense that something just isn't right.

Whether it's a distracted look in his eye, an offhand comment, or something else, there are times you know in your heart that your new boyfriend isn't fully over his last relationship yet. If this is the case, listen to your intuition and talk to him about it in a non-confrontational way.

1. Speak with him and ask him to explain what's going on for him. Create a 'safe to say' and caring environment. Make sure you understand his situation completely. Do not get angry or excited; be attentive, allow him to finish his sentences and listen carefully. Ask constructive questions and most importantly, ensure he feels understood.

2. Explain your side of things and explain how it makes you feel. Speak with clarity and be open.

3. Suggest and agree acceptable parameters of interaction between him and his ex. This may include zero contact.

Remember, lasting relationships are built upon respect and understanding as well as love and connection. Respect your partner by not involving your ex in your relationship in a negative or potentially destructive way — and just as importantly, respect yourself by not putting up with somebody who does.

TRAINING FOR The Great North Run



Dear diary

Week beginning Sunday May 3rd

A determined beginning to the month. Still beset with the 'niggling knee' but armed with recommended knee support and a strong magnet on the sore spot, took a short run, taking the grassy route as opposed to hard surface – ouch!! Thank goodness for frozen peas!

Limping like an 'old lady' (well I am 66) but feeling 20 years younger, I ran again on Wednesday and Friday. Disappointed and worried though very, very determined!!

During the next two weeks I took it easier and things began to look up after visiting a fabulous Sports Physio. My knee only has inflammation and nothing 'structurally' wrong so after good advice and deep massages I'm up and running (sorry about the pun) again.

Week beginning Sunday May 24th

Feeling a little unfit and unprepared for the task ahead but now I'm off - three times this week I've completed my 3 miles with no ill effects and am getting excited again!

My APP is keeping me company and tracking every step, calorie and mile encouraging me to beat my last distance every time I go out.

Week beginning Sunday June 7th

What a fun day! My daughter, her friend, and I entered the Colour Run 5k in Wembley, in aid of the NSPCC. Started squeaky clean, then got sprayed with a rainbow of powdered paint at every kilometre, resulting in a myriad of colour all over us – brilliant! Who said training isn't fun?

Week beginning Sunday June

14th - Something has changed! I'm up to about 15-20 miles a week. Plotting and visualising the route and not having to psyche myself to go, rather I'm looking forward to my sessions. My recovery time is minimal and I am amazed, to say the least. I now believe people who say it is fun and how much better it can make you feel.

In summary, I would encourage everyone to get up and do something physical, if they can. It doesn't matter how little, and the way it gets the endorphins stimulated really is addictive. It can be difficult and an effort, though it's worth it.

I've lost weight, and my blood pressure and general health are very good. I'm very pleased with myself 😊

Chris Mutch
mutchhealthier.co.uk

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All too often our western diet, busy lifestyles and modern farming methods mean we get too little nutritional value from our food. Clinical studies carried out by the universities of Utah and Ukraine have proven that green food formulae decrease the body's biological age significantly. For example, studies found that high levels of Superoxide Dismutase (SOD), one of the world's most powerful antioxidants, may lower biological cell age by an astonishing 13.5 years over the course of three months. The discernible effects of this typically include a healthy, vibrant glow and the reduction in the outward signs of ageing.

The Oxygen Radical Absorbance Capacity, ORAC, is a unit of measurement of antioxidant strength. A good quality green food with a high ORAC value per serving can help to repair the damage caused by free radicals and ensure that the body has all the essential nutrients it needs for younger looking skin.

The scientific community agrees that the body creates between 3,800 - 5,000 ORAC units of damage per day just in the course of normal daily life. It is estimated that an athlete who is in full time training can create up to 10,000 ORAC units a day of damage, whilst somebody who is undergoing chemotherapy as a treatment for

cancer, or similar, can create up to 12,000 units plus of damage at a cellular level.

The independent British Health and Beauty company, Xenca, has developed a new formulation, containing 22 natural ingredients. Called Five a Day +V - it has an ORAC value of about 1200 units per serving. It is also suitable for all ages, including children and infants. Each recommended serving of this powerful green supplement provides the nutritional equivalent of 5 - 7 servings of fresh fruit and vegetables in one teaspoon! At less than 12 calories per serving and with no sugar, artificial additives, preservatives or colourings, Five a Day +V is a convenient way of guaranteeing a healthy intake of natural enzymes, vitamins, minerals, proteins and antioxidants. Among its many reported health benefits, this natural food supplement has been found to boost energy, aid detoxification, improve recovery and improve mental concentration. It may also lower cholesterol and produce a measurable reduction in biological age.

Nigel Dacombe
Associate Shareholder - Xenca



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What's On

JULY

4th - 2-6pm Raoult Bertrand's 'Heart Awakening' workshop - a powerful transformational therapy, a spirit-guided process that heals at the deepest level to dynamically transform your life. When your energy field is rebalanced & your heart awakened, your soul is free to fulfil its potential. Donation £50 including drinks, Spa Hotel, Mt Ephraim, Royal Tunbridge Wells, TN4 8XJ, contact Sally on 07540 407820 or admin@heartawakening.com

18th - 2-6pm Raoult Bertrand's 'Heart Awakening' workshop - a powerful transformational therapy, a spirit-guided process that heals at the deepest level to dynamically transform your life. When your energy field is rebalanced & your heart awakened, your soul is free to fulfil its potential. Donation £50 including drinks, Holistic Health Clinic, 53 Beaconsfield Road, Preston Circus, Brighton, East Sussex, BN1 4QH, contact Sally on 07540 407820 or admin@heartawakening.com

18th - 1 day, The Therapeutic Power of the Image, The Link Centre, East Sussex, £80,

Leilani@thelinkcentre.co.uk,
thelinkcentre.co.uk/221.html

18th & 19th

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

AUGUST

1st - 10am-5pm Raw Health Event - a selection of stalls with raw food, juices, smoothies, organic raw beauty products, informative film screenings, workshops and demos; Brighton Open Market, Marshalls Row, BN1 4JU; for more info contact Dandy on 07939 642917

1st - 11am-4pm Cream mixing workshop; come along & make up your own personalised face or hand cream with Marion; £5 for each 30g cream that you make to take home; Unit 6, Brighton Open Market, London Road, BN1 4JU brightonapothecary.co.uk 07477 886777 brightonapothecary@gmail.com

1st - 2-6pm Raoult Bertrand's 'The Qigong Enhancer' experience session - the Qigong Enhancer is a sophisticated software, developed by leading Qigong

Grandmasters; it picks up clinical-level detail of a client's condition & transmits custom frequencies to restore perfect harmony & balance. You will see & experience how healing sessions are conducted & how long term energy balancing can be achieved. Donation £50 including drinks, Holistic Health Clinic, 53 Beaconsfield Road, Preston Circus, Brighton, BN1 4QH, contact Sally on 07540 407820 or admin@heartawakening.com

8th - 11am-12pm

Plant identification workshop; have a go at identifying some medicinal plants that grow locally; you will be able to have a chat about where to find them and what they can be used for, as well as discussing responsible harvesting. Donations welcome. Unit 6, Brighton Open Market, London Road, BN1 4JU brightonapothecary.co.uk 07477 886777 brightonapothecary@gmail.com

15th - 2-6pm Raoult Bertrand's 'Merkabah' workshop - Merkabah is a counter-rotating field of energy/light that consists of both spirit & matter. You will learn how to activate this self-help spiritual healing & assist your evolution into higher-dimensional awareness. Donation £50 including drinks,

Holistic Health Clinic, 53 Beaconsfield Road, Preston Circus, Brighton, BN1 4QH, contact Sally on 07540 407820 or admin@heartawakening.com

22nd - 2-6pm Raoult Bertrand's 'The Qigong Enhancer' experience session - the Qigong Enhancer is a sophisticated software, developed by leading Qigong Grandmasters; it picks up clinical-level detail of a client's condition & transmits custom frequencies to restore perfect harmony & balance. You will see & experience how healing sessions are conducted & how long term energy balancing can be achieved. Donation £50 including drinks, Spa Hotel, Mt Ephraim, Royal Tunbridge Wells, TN4 8XJ, contact Sally on 07540 407820 or admin@heartawakening.com

22nd (start)
8 week course, Mindfulness-Based Stress Reduction, The Link Centre, East Sussex, £285, Leilani@thelinkcentre.co.uk, thelinkcentre.co.uk/219.html

29th - 2-6pm Raoult Bertrand's 'Merkabah' workshop - Merkabah is a counter-rotating field of energy/light that consists of both spirit & matter. You will learn how to activate this self-help spiritual healing & assist your evolution into

higher-dimensional awareness. Donation £50 including drinks, Spa Hotel, Mt Ephraim, Royal Tunbridge Wells, TN4 8XJ, contact Sally on 07540 407820 or admin@heartawakening.com

29th (start)

2 weekends, Counselling Skills, The Link Centre, East Sussex, £415, leilani@thelinkcentre.co.uk, thelinkcentre.co.uk/216.html

SEPTEMBER

13th & 20th

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

14th - 5-6pm Tai Chi for Beginners, St Michael's Church Hall, High St, Lewes, £80 (10 wk course) Equilibrium 01273 470955, equilibrium-clinic.com

WEDNESDAYS

1st, 8th, 15th, 22nd & 29th JULY

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

5th, 12th, 19th & 26th AUG
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THURSDAYS

2nd, 9th, 16th, 23rd & 30th JULY

12noon-1pm Lunchtime Outdoor Tai Chi, Huggets Green, West Quayside, Newhaven, £7 (drop-in), £6 concs, Equilibrium 01273 470955, equilibrium-clinic.com

SATURDAYS

4th, 11th, 18th & 25th JULY
9am-5pm, Massage Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Steve, Denise, Dafna & Rachael, Equilibrium 01273 470955 equilibrium-clinic.com

4th, 11th, 18th & 25th JULY (also some Sundays)
1pm-5pm, Osteopathy Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Denise, Equilibrium 01273 470955 equilibrium-clinic.com

1st, 8th, 15th, 22nd & 29th AUGUST

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



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