

Wellbeing

The state of feeling healthy & happy

Your health and lifestyle magazine

TRAVEL

**West Sweden
Adventures**

YOUR EYES

**What do they say
about your health?**

HEALTH

**Sugar - The effects
on dental health**

nutrition
VITAMIN B

EDITOR'S WORD

www.wellbeingmagazine.com

It's been **9 years** since the first edition of Wellbeing was published and each edition I have learnt something new or tried something **different**. I've personally come along way on my own journey, thanks to the many **inspiring** therapists and wellbeing providers who share their stories, ideas, **philosophies** and products. I want to personally **thank** everyone who has taken the time to contribute or to read the magazine and hope it continues to inspire you as much as it does me. Enjoy & be inspired.

Rachel Branson

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LOCAL WELCOME



Welcome to our autumn issue. I hope this one finds you well, and having enjoyed a summer-break, now refreshed and ready to enjoy the turn of the season and what it brings.

Sometimes we can feel a bit low when we sense the end of summer, the oncoming cooler, damper weather and shorter daylight hours. So what better time than autumn to consider engaging in something new or something you may have been promising yourself, that may help lift the spirits? As you read on, you may find just the tonic you need. I hope you find inspiration in these pages.

*"Autumn calls
Leaves fall
Sunshine begins to fade away
Rain, we fear, is here to stay*

*Though shorter the day and longer the night
What beauty autumn brings to sight!
Nature is washed with reds and golds
The changing landscape we behold*

*Trees stripped bare through wind and rain
The seasons must come, and go again
If gloomier in spirit, we might feel
Tune in to autumn; let its' magic heal "*

Lesley

wellbeingmagazine.com



Sleeping Easy!

“Sleep is the golden chain that ties health and our bodies together” This quote is from a lesser known Elizabethan writer, Thomas Dekker. During the more recent past, the value of good sleep has taken prominence again within modern medicine, driven by the fact that sleeplessness is considered to be a global epidemic. In the UK alone an estimated thirty percent of the population are thought to suffer from insomnia!

Information on the benefits of sleep and how to improve sleep are often highlighted in the popular press and magazines. We all recognise the value of a regular good night's sleep. Science shows us that our bodies continue to heal during sleep - a good sleep creates a stronger immune system, balances hormones, and improves glucose tolerance. When you have a good night's sleep there are higher levels of the hunger decreasing hormone around (leptin). It has been shown that a sound sleep pattern increases fat loss rather than muscle loss. Every single organ in your body requires sleep to function more efficiently. Lack of sleep creates higher levels of inflammatory proteins in the blood which are associated with heart

disease, diabetes and arthritis. The benefits of a regular sound sleep pattern are endless!

It has also been recognised that rest is as good for you as sleep. Often rest is viewed as a weakness or laziness, though it actually serves a physiological need. We spend much of our lives multi-tasking, so when we take time out every day to focus on one thing (not the television!) it can bring about profound changes to our health, like lowering blood pressure for example.

Ann Rambaut, Chartered Physiotherapist, has several treatment techniques to offer - many tips and tools to share that can help you improve the quality of your sleep and rest - light touch, deeply relaxing treatments that have been found to improve sleep quality, create clarity of thought, decrease overthinking, and reduce stress; breathing techniques and others to assist you in bringing about the changes you would like to see in your life.

Contact Ann for more information on 'Sleeping Easy' or to find out what other conditions Ann may be able to help you with.

annrambaut.com 01323 411900

Break through!

Get started. Here's how....

When it comes to making changes in our lives, one of the hardest things can be to make a start. We might be great at starting projects at work or for other people, but when something is personal and has meaning for us - like finding the work of our dreams, taking more care of ourselves or learning something new - we can suddenly find ourselves putting it off and making excuses. The longer we do this, the more resistance builds up. Here are three suggestions to help you get going....

Drop the shoulds

When you feel you should be able to move forward with something but your actions aren't flowing, it's good to enquire if this is something you really desire or if it's something you are doing to please others or 'fit in'. The sooner you start pleasing yourself, the easier and more rewarding life gets. Tune into your intuition, notice what brings you joy and follow your heart.

Side-line your perfectionist

Your desire to do things perfectly can build projects up in your mind until they become far too daunting to tackle. If you find yourself anticipating problems and fixating on a very specific end result, your tight control and judgements might not be serving you. Take a step back and reconnect with the reason you want to do this, how do you want

to feel? Like on a car, headlights just light up the road immediately ahead, so define what the first step is and focus on taking just that step. Notice any negative thoughts that come up, thank them for their input but don't let them run the show.

Find the middle way

People who say they are lazy and find it hard to leave their comfy place usually have a pattern of being really hard on themselves, working into a frenzy and then indulging themselves to compensate. This swinging between harsh and soft ways of motivating yourself keeps you thoroughly stuck. Rather than thinking you need to make this hard work, what would be a moderate plan? Break the task down into manageable chunks rather than setting yourself up for exhaustion. Focus on balance.

This autumn I will be running a six-week programme to support people who are making a fresh start in some area of their lives. Visit deborahreeds.com for full details and the sequel blog article, **Keep Going. Don't give up!**

Deborah Reeds
deborahreeds.com
sea-sky.co.uk
background image created by Freepik

Accomplished Women



Victoria White
DC, MAOxon, MChiro, LRCC

My name is Victoria White and I am a Doctor of Chiropractic, which means I'm a specialist in muscle, joint and trapped nerve type problems. Women make up half my profession. However, when I moved to Eastbourne I was the only female chiropractor in the area! I relished the challenge and was delighted to bring my style of practice to Eastbourne.

I've always given my all to everything I do. My first degree was in Biological Sciences at Oxford University. After graduating I worked abroad, which was when I discovered chiropractic.

I had suffered with headaches for years and as a last resort I tried chiropractic. Wow! It was amazing. I was delighted. My headaches were gone. I was so inspired that I decided on a career change. It was a big decision to give everything up, move back to the UK and start University again for another four years. I graduated with Merit, completed an additional qualification in Acupuncture and began my new career.

Some people don't like the physicality and 'clicks' often associated with chiropractic and I love explaining that there are other options. I've enjoyed bringing my style of chiropractic to Eastbourne and am delighted to be working as part of the award-winning team at Lushington Chiropractic in the town centre. I've only been here a year and am already getting lots of personal recommendations.

This summer an old University friend of mine and Doctor of Chiropractic, Caroline Mulliner, joined Lushington too. Between us we're looking forward introducing more people to excellent results with Chiropractic care.



For your consultation call Lushington Chiropractic on 01323 722499
£10 off for all Wellbeing readers - offer valid until 30th September (consultation spaces limited, strictly first come first served)
chirocare.co.uk



complex vitamins



Words Kate Arnold

Regular readers of Wellbeing may remember an article I wrote last year on the importance of Vitamin B12 which, together with folate is routinely tested on the NHS. This provoked more interest than any other article I've written. Clearly B vitamins are on people's minds. Ok so we've got B12 and folate covered but what about Vitamin B1, B2, B3, B5, B6 and B7? What are they, and more importantly how crucial are they for our health and longevity and why are they so particularly important in our 21st century diet and lifestyle?

The B complex vitamins are water soluble and delicate, which means they are easily destroyed by cooking and particularly by excess consumption of alcohol (that got your attention didn't it?!) Food processing can also reduce the amount of B vitamins in foods making white flour and refined foods less nutritious because the husk has been removed. Much of our refined food has taken the part with the B vitamins out and then added it back in again, so we should be fine right? I'm not so convinced. The RDA for Vitamin B is in my mind far too low. This has been set for a long time and will prevent you getting beri beri and pellagra but there are a whole host of other deficiency symptoms before you get to those extremes.

One of the problems is our body has a limited capacity to store most of the B group

vitamins except Vitamin B12 and folate which are stored in the liver. A person with a poor diet may well end up with a B group vitamin deficiency, so B vitamins need to be eaten daily as part of a so called "balanced diet".

Of course we know that very few people eat a balanced diet. Add this to our stressful lifestyles, excess alcohol intake and the reduction in offal and red meat in our diet, is it not feasible that our needs might be greater now? I remember at school (back in the 1970's) we had liver every Monday and fish on a Friday, and Bovril sandwiches after games. Fish was routinely given before exams we were told to make our brains function better. B vitamins were very much alive in my diet then, despite my loathing for liver Mondays we had to eat what we were given. Today I do not eat offal, red meat or have hot cups of Bovril. My B vitamins come from whole grains, nuts, fish and poultry.

Despite my diet being exemplary I still need Vitamin B 12 injections and as anti supplements as I am, I routinely take a Vitamin B50mg complex. This is partly due to diet and partly to do with the A type personality I am, working long hours and juggling many different stressors. My point in sharing this with you, is if I can get low in B vitamins with my genuinely healthy diet can you imagine what some people might be running on?

There are eight types of Vitamin B

Thiamine B1

Riboflavin B2

Niacin B3

Pantothenic acid B5

Biotin B7

Pyridoxine B6

Folate B9

Cyanocobalamin B12

“Bloods were tested before for all 750 women and 64% were deficient in Vitamin B1, B2, B5 and B6.”

Vitamin B1...

is needed to convert glucose into energy and has a role in nerve function. It is found in whole grains, sesame seeds, legumes, wheatgerm, nuts, yeast and meats. Thiamine deficiency is usually found in countries where the dietary staple is white rice, and symptoms can include confusion, irritability, lethargy, fatigue and muscular weakness. The most severe form is beriberi and this leads to a damaged nervous system or enlarged heart. Wernicke-Korsakoff syndrome is linked to excessive consumption of alcohol. Alcohol reduces thiamine absorption in the gut and symptoms can cause staggering, mental confusion and paralysis of the eye muscle.

Vitamin B2...

is primarily involved in energy production and helps vision and skin health. Good food sources include milk, yoghurt, cottage cheese, wholegrains, egg white, meat, yeast, liver and kidney. Deficiency symptoms usually occur in those that consume excess alcohol and include inflamed tongue, anxiety and photophobia.

Vitamin B3...

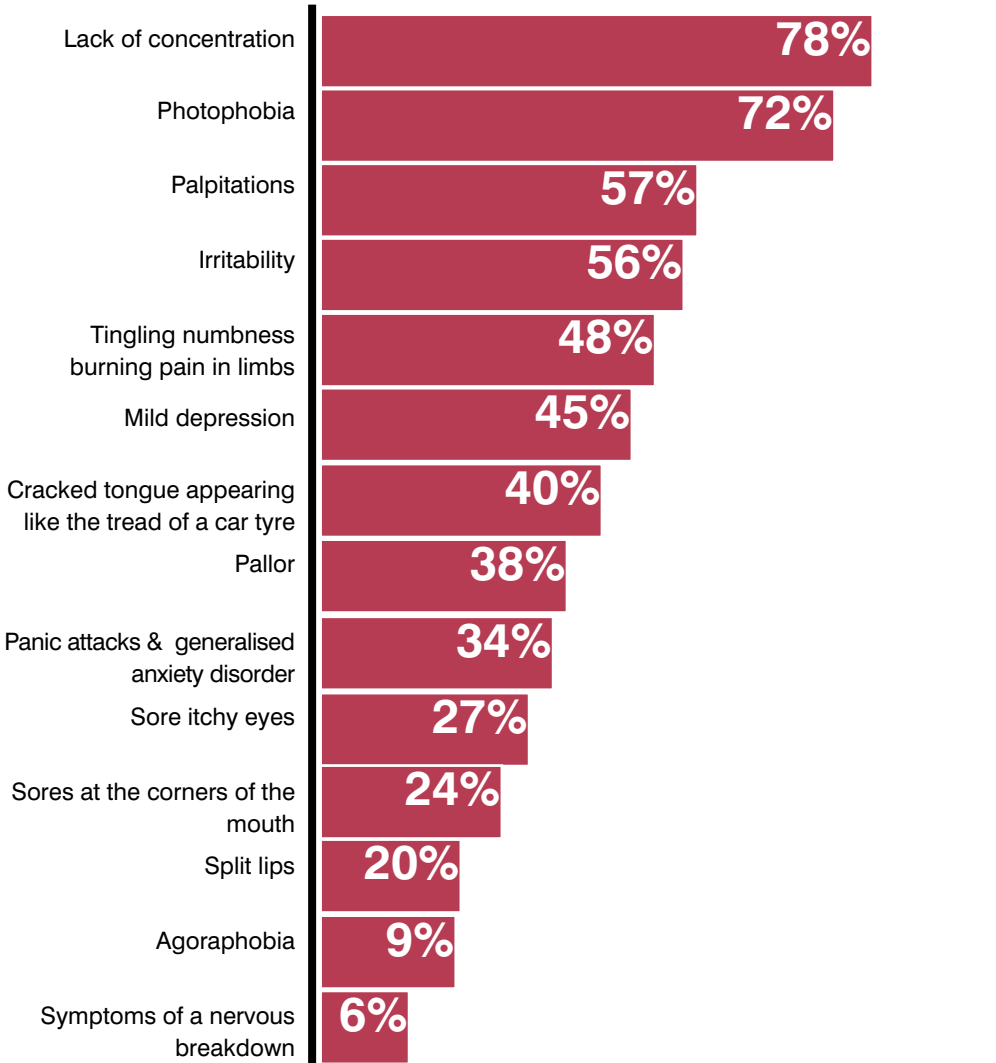
is essential for the body to convert carbohydrates and fat to energy. It helps maintain skin health and supports the nervous and digestive systems. Good sources include nuts, meats, fish, poultry, eggs and wholegrains. The most extreme case of deficiency is pellagra commonly referred to as the three D's; dementia, diarrhoea and dermatitis.

Vitamin B5...

is needed to metabolise carbohydrates and fats as well as produce red blood cells and sex and stress related hormones produced in the adrenal glands which is why it is sometimes called the anti stress vitamin. Your body also needs this vitamin to synthesise cholesterol. Deficiency syndromes can include: fatigue insomnia depression, stomach pains and burning feet. Good sources include offal, meat, eggs, yeast, peanuts and legumes.

In the UK it is rare but not impossible to see Beriberi or Pellagra, especially after bariatric surgery and in eating disorders and alcoholism. However there are symptoms that occur before you get that deficient and

these are what I see in my clinics. Over twenty years the data I have collated speaks for itself. I have studied 750 women (I'll come to why men were not included later) and these were the symptoms they presented with:





These myriad of symptoms originally thought to be hypochondriacal improved dramatically in a couple of weeks on a high dose Vitamin B complex. Bloods were tested before for all 750 women and 64% were deficient in Vitamin B1, B2, B5 and B6. The women were aged between 19 and 50 yrs old. The levels were particularly low after a course of antibiotics. One woman who had been on six courses of antibiotics, with no previous history of anxiety, had been suffering increasing anxiety after taking the antibiotics and on testing, her thiamine levels were remarkably low.

Obviously these symptoms can be indicative of other illnesses and indeed can also be psychosomatic in nature, however with the back up of blood tests it certainly indicates that the other B vitamins need to be taken seriously. On the other hand there are of course people with these symptoms who have adequate levels of B vitamins when tested who can take an antibiotic and not get a deficiency. However in my opinion this is a minority of people. An average middle aged middle class woman I see in my clinic

will be averaging a daily intake of three large glasses of wine a night, the equivalent of maybe 2/3 bottle, and women in their 20's particularly are drinking far more alcohol. Excess female hormones rely on certain B vitamins to allow them to be broken down. An excess alcohol intake could lead to lower B vitamins which in turn may lead to hormone issues like PMT.

From a dietary perspective many of these women had a reasonably "healthy" diet but were unknowingly avoiding the foods that contain vitamin B, i.e. yeast, eggs, red meat, offal and wholegrains. This was partly due to them suspecting food allergies and our old controversial friend Candida. Analysing their food diaries in more detail, the amount of Vitamin B was actually much lower than thought. The reason women were tested more than men was a fundamental difference between their admittance of anxiety disorders, they were more likely to be on restrictive diets, and they were far more open about discussing anxiety states than men.

What can cause lower vitamin B levels in the diet

- Alcohol
- Antibiotics e.g. Trimethoprim
- Restrictive diets
- Stress
- Aspirin
- PPI's e.g. omeprazole
- Metformin
- Asthma drugs
- Blood pressure lowering drugs
- Anti Parkinson's drugs i.e. Sinemet
- NSAID's i.e. anti inflammatory drugs
- Prednisolone
- Methotrexate

Most of us will tick one or more of the boxes above but this list is not to make you panic but for you to be aware that these can lower your Vitamin B levels. To a certain extent

it depends how high your Vitamin B levels were in the first place. Vitamins B1, 2, 3, 5, and 6 can be tested but these are not readily available on the NHS and can only be done privately. Vitamin B 12 and folate tests are available but normal levels of these does not mean normal levels of the rest of the group. Taking a B vitamin in isolation can also cause a heap of extra trouble as B vitamins work as a group so if you are supplementing you need to supplement them all.

As every one is different, has different experiences and lifestyles it is just worth checking if you are taking any of these medications long term if you need to look at your B vitamin status. For those with stressful lifestyles, and excess alcohol intake this also includes you. If you would like your B vitamins tested, please call me on 01323 737814/310532 or have any queries regarding the above.



Which of these common conditions are dragging you down?

low energy . tired all the time . headaches . ibs . candida . digestive disorders
thrush . cystitis . pmt . menopausal symptoms . food allergies . intolerances
arthritis . high blood pressure . high cholesterol . heart disease . stress
anxiety . depression . fibromyalgia . asthma . eczema . diabetes . weight loss/gain

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Sugar consumption is having a ‘devastating’ effect on all of our dental health.

Important changes need to be made at the highest level to urgently address the UK’s deteriorating dental health from sugar consumption, an oral health charity says.

The British Dental Health Foundation is fully supporting new proposals made by one of the most outspoken voices in the campaign against excess sugar, chef Jamie Oliver.

As part of his new documentary looking into sugar consumption, ‘Jamie’s Sugar Rush’, Mr Oliver took an in depth look into the devastating effects sugar consumption is having on our dental health, with particularly worrying signs seen on the effects it is having on the nation’s children. Dr Nigel Carter OBE, Chief Executive of the British Dental Health Foundation, highlighted why the charity is adding their voice to the calls for change: “The effects that sugar consumption is

having on children’s dental health cannot be understated. Shockingly, a recent study found half of eight year olds have visible signs of decay on their teeth and a third of children are starting school with visible signs of tooth decay.

“These figures are alarming but are unfortunately only the tip of the iceberg when it comes to the effect sugar is having on dental health. More regularly we are hearing first-hand accounts from dental professionals about just how children are suffering due to sugar and this is being played out in every dental surgery across the country. “Tooth decay is the number one reason for hospitalisation in children and while we cannot blame the food and drink industry entirely, they do have to take a sizable portion of the blame. We believe that if decisive action is not taken soon, then



all of our dental health, not just children's, will continue to suffer the consequences.

"Mr Oliver has highlighted the fact that 26,000 primary school aged children were admitted to hospital due to tooth decay last year, with children's tooth extractions costing the NHS around £30 million per year, the key cause being tooth decay. This cannot be allowed to continue."

Tooth decay happens when sugar reacts with the bacteria in plaque. This forms the acids that attack the teeth and destroy the enamel. After this happens many times, the tooth enamel may break down, forming a hole or 'cavity'. Tooth decay almost always leads to fillings and often leads to teeth having to be extracted.



Photo credit: David Loftus

Early tooth decay can have no obvious symptoms, but your dental team may be able to spot a cavity in its early stages when they examine your teeth. This is why you should visit your dental team regularly, as small cavities are much easier to treat than advanced decay.

"We now have the public's attention in the battle against sugar more than ever before and need to use this platform to force through important changes," added Dr Carter.



“We cannot trust the food and drink industry to make the necessary changes themselves – more radical action is required. We are supporting all of the measures which Mr Oliver has set out in ‘Jamie’s Sugar Manifesto’ and believe lobbying the government for the introduction of these can make a serious difference to our dental health.”

Measures which are outlined within ‘Jamie’s Sugar Manifesto’, which the British Dental Health Foundation endorses, include:

- A 20p levy per litre on every soft drink containing added sugar.
- Legislation of the responsibility deal allowing the government to set guidelines that must legally be followed by the food and drinks industry.
- Penalties to be implemented to any food and drink companies that do not reach the targets.
- An extension of the regulations banning junk food marketing on TV to 9pm.
- Creation of more robust digital marketing regulations on junk food to cover all non-broadcast media.
- Making traffic light labelling compulsory on all packaging.
- Showing sugar content in teaspoons on the front of packaging.
- Dr Carter added: “As well as these measures we also support Mr Oliver’s move to add a 10 pence child health levy on sugary sweetened drinks within his restaurants.

“By lobbying other restaurants to adopt this small measure we will be able to start a dialogue which will effect real change and lead to oral health benefits for generations to come.”

EASE AND JOY IN YOUR BODY

Does that sound like something you
would like to experience?

If you answered 'Yes' then you may benefit
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Bowen Therapy - Acupuncture



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What's for dinner tonight?



If your dinner tonight is based on the ingredients on the left of the above picture you are among the majority of people in the west who enjoy the fruits of an affluent society. What are these fruits you can expect to enjoy? Well, there is the immediate enjoyment of a tasty rich meal topped off with a mouth-watering creamy dessert, but then there is the later harvest of many such meals over the years.

This later harvest might include all the chronic diseases associated with our affluent society; heart disease, strokes, diabetes, hypertension, obesity, MS, cancer and a general deterioration of the quality of life with ever increasing medical costs and medical interventions.

There is yet another side to the story and that is what happens when a few billion people eat this way? Most of the food in the left frame, above, requires many more times the water and energy input than the foods in the picture on the right side. This puts a strain on the planet's ability to sustain such a diet;

water resources are depleted, greenhouse gases are increased, tropical forests are destroyed, fossil fuels are depleted further damaging the atmosphere, land erosion gets worse, waterways are polluted with run off from artificial fertilizers, heavier uses of herbicides and pesticides - essential to mechanised farming of these foods - increases the toxic load on us all and on the rivers and seas.

Quite simply, this process is not sustainable and we must start to consider the future of our grandchildren in a world so damaged and depleted!

If this were not enough, while the affluent countries enjoy their over-indulgence and over-consumption, a large percentage of the population are dying of malnutrition related diseases or just starvation!

If your dinner tonight is based on most of the food on the right then there is quite a different story to tell! With all that whole plant food, you will be enjoying a delicious meal



Your choice could change you and the world!

and a healthy, disease-proof future as well as supporting a sustainable future for everyone and the planet!

Let's run through the impact of your best choice of dinner:

1. A Whole Plant Based Diet (WPBD) will give you all the nutrients you need for a healthy life. See the table below:

NUTRIENT (per 100 calories of energy)	PLANT-BASED DIET	ANIMAL-BASED DIET	RDA
Protein (g)	33	34	50
Iron (mg)	20	2	18
Calcium (mg)	545	252	1300
Magnesium (mg)	548	51	420
Dietary fibre (g)	31	Nil	25
Vitamin C	293	4	90
Beta-carotene (mcg)	29919	17	900
Folate (mcg)	1168	19	400

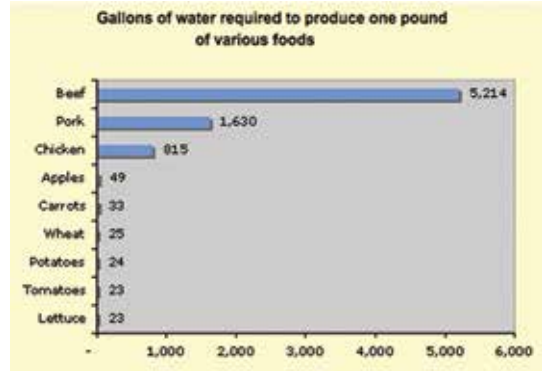
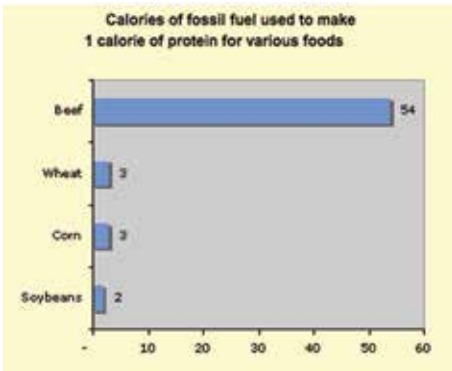
2. A WPBD will not give you high levels of the potentially harmful fat & cholesterol found in an Animal Based Diet (ABD):

NUTRIENT (per 100 calories of energy)	PLANT-BASED DIET	ANIMAL-BASED DIET	RDA
Cholesterol (mg)	Nil	137	0 (?)
Fat (g)	4	36	20

continued on page 22

continued from page 21

3. All the evidence is pointing towards the fact that a WPBD will give you protection against most of the modern diseases of affluence; cancer, diabetes, heart disease, strokes, and a host of others. See my website thefoodconnection.org.uk or 4leafprogram.com
4. There is ample evidence that a WPBD will reduce your weight if you have been on the usual Western diet. Obesity is rare amongst those eating a WPBD. See above websites.
5. A WPBD drastically reduces energy, land and water requirements to produce WPB food versus ABF.



6. The production of WPB foods would reduce the environmental damage in many ways; reduced greenhouse gases, reduced tropical forest destruction, reduced fresh water demand, reduced use of toxic chemicals, reduced pollution of waterways and the sea.
7. The demand for pharmaceutical drugs would be dramatically reduced with the reduction



of chronic diseases. (The expenditure on drugs by seniors in the USA rose from \$550 per person in 1992 to \$2800 in 2007 & still rising!)

8. There would be a considerable reduction in the expenditure on expensive medical care, with far fewer operations or investigations needed. (Western countries expenditure on these services is growing faster than economic growth as we get sicker.)

9. The current resources could provide adequate food for everyone if there was a shift towards WPBD in the affluent societies. (A kilo of beef requires 20 times the energy and 100 times the water to produce than a pound of WPB food).

10. And finally we don't have to change overnight! Old habits are hard to break. Our eating habits are usually well entrenched, they determine the shopping we do, the meals we cook and the food we like on our plates. Once we recognise the facts above we have an incentive to move little by little towards a healthier, cheaper, more resource friendly diet that will change us and the planet.

Maybe you could start by checking where you are on this journey?

Go to 4leafsurvey.com/test.php to do a quick survey as to where you are then repeat this in a few months time to see your progress.

Enjoy your dinner and save the planet at the same time! Now that's cool!

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EYES

windows to the soul

They say 'eyes are the windows to the soul', however they not only show your mood and emotions, but they also reveal underlying health issues. We asked our Nutritionists to tell us how to interpret common eye conditions.

DARK CIRCLES

Dark circles under the eyes, often called 'panda eyes' are one of the most common eye issues that women struggle with. We are all aware, that lack of sleep is perhaps the most obvious culprit. We have all been there, applying thick concealer in the morning after a late night. On average, 7 or 8 hours a night of good quality sleep should do the trick – nothing else you can do will make up for the lack of sleep!

However, there might more to it than simply getting enough sleep. 'There are two potential health causes: thyroid problems or anaemia. If you're confident that you're getting enough sleep but are still feeling excessively tired (which can be a symptom of both these conditions) and the dark circles just won't go, then see your doctor to get tested for both of these conditions,' explains Nutritionist, Cassandra Barns.

Often replenishing your iron levels is enough to deal with anaemia. 'To get the most of Iron from foods include in your diet red, lean meat, liver, egg yolks, lentils, chickpeas and seeds. With this mineral, it's not how much of it we consume, but how well we absorb it. Coffee and tea can significantly slow down its absorption, so you might want to cut down on them. On the other hand, Vitamin C can help the absorption, so reach for red peppers, broccoli, kale and berries.'



YELLOW WHITES OF THE EYES

As for many other eye symptoms, it is important to see your doctor if the whites of your eyes look yellow, as it might be a sign of a serious disease that should not be ignored. 'This can potentially be due to conditions such as hepatitis, liver dysfunction, bile duct obstruction or jaundice.' says Barns.

If you have seen your doctor and ruled out these causes, then most likely, it could be that your liver needs extra support. According to Michela Vagnini, nutritionist at www.naturesplus.co.uk you can show your liver some love by following these simple steps:

- Cutting down on alcohol (or giving yourself a complete break for a month or two)
- Cutting out processed foods and vegetable oils, and reducing your intake of sugar and white flour
- Increasing your vegetable intake –

Alternatively, if you had your blood test and you are Iron deficient, you can replenish it by taking a supplement, such as Iron by Nature's Plus (www.nutricentre.com for £8.09)' says Liana Bonadio, Nutritionist at www.nutricentre.com.

Another common cause may be food intolerances – especially to wheat, gluten or cow's milk. 'Try cutting out one of these for a period of one month to see if this helps. If you decide to eliminate one (or more) of these foods long-term, it is best to work with a nutritional practitioner who can give you a healthy food programme to make sure you are not missing out on any nutrients.' adds Dr Marilyn Glenville, the UK's leading nutritionist (www.marilynglenville.com).

they provide fibre to bind bile and toxins in the gut, as well as vitamins, minerals and antioxidants to support detoxification

- In particular, eating bitter greens such as rocket and watercress, and cruciferous vegetables such as cabbage, broccoli, kale and cauliflower
- Eating eggs, onions and garlic – they provide sulphur compounds that support liver detoxification pathways
- Taking a liver support supplement, such as Nature's Plus AgeLoss Liver Support (Whole Foods) which contains choline that contributes to normal liver function, as well as milk thistle, artichoke, broccoli sprout concentrate, and a range of antioxidant-rich whole food extracts
- Drinking warm water with a squeeze of lemon juice first thing in the morning to cleanse your body from toxins



BLOODSHOT EYES

If you're experiencing red or bloodshot eyes it's wise to see your doctor first. Serious conditions like conjunctivitis, blepharitis, uveitis and glaucoma can all result in redness,' says Elouise Bauskis, Nutritionist at www.nutricentre.com.

However, bloodshot eyes are very often caused by daily activity. For most of us working at a computer for at least eight hours a day is a norm. Bloodshot eyes may also simply be a result of eyestrain. Unfortunately, we tend to blink less frequently in front of the screen – about one third as often as we usually do! No wonder they are irritated. 'Make sure you're giving your eyes a break every now and then – at least for 5-10 minutes once an hour, and preferably looking away and into the distance every 15 minutes or so. If you're experiencing eyestrain it can also be worth having an eye test to see if you need glasses

or to have your prescription changed,' advises Bauskis.

Bloodshot eyes may be caused by a weakening of the capillaries, the condition called capillary fragility. 'Other symptoms you may notice include nosebleeds or easy bruising. If this is the cause, it's vital to make sure you're getting enough vitamin C from a variety of fruits and vegetables, such as broccoli, kale, red pepper and kiwi. Taking a daily supplement of vitamin C with bioflavonoids could also be helpful – try Quest's Bio C Complex (www.revital.co.uk)' explains Barns.

Bloodshot eyes, like itchy eyes, can also be the result of an allergy. 'If you're also experiencing other allergic or hay fever-type symptoms such as sneezing or general eye irritation, then try a Quercetin-based (a natural antihistamine) supplement such as Nature's Plus Quercetin Plus that will bring relief,' advises Vagnini.

DRY EYES

Does the 'uncomfortable feeling of having sand in eyes' sound familiar? You might suffer from dry eye syndrome. 'This gritty sensation may be caused by age (for example post-menopausal women), taking certain medications, environmental factors as well as deficiency in vitamin A. True vitamin A is only found in animal foods – especially liver, other organ meats and cod liver oil; with some in egg yolks, butter, fish, other meats and grass-fed dairy products. Although vegetables are often said to contain vitamin A, they don't – they only contain beta-carotene or 'pro-vitamin A', which the body may only convert to vitamin A in very small amounts (as little as 3 per cent!).' explains Cassandra.

How can we top up vitamin A then? 'The best ways are to either eat a small serving of liver once or twice a week, take a good-quality cod liver



oil supplement or make sure you're regularly eating the other animal foods listed above. When choosing a cod liver oil supplement, go for one that contains naturally occurring vitamin A, such as Cod Liver Oil by Quest Vitamins (www.revital.co.uk, £7.99) to lubricate your eyes.' Says Sharon Morey, nutritionist at Quest Vitamins.

Another contributing factor to dry eyes may be lack of healthy fats in your diet, potentially because you need fats to actually absorb vitamin A from your foods. 'Most of the foods listed above as good sources of vitamin A are good sources of fats too, which makes sense – nature gives us nutrients that work in synergy with each other! Again, if you can't eat these foods, then making sure you have enough good fats in your diet from other sources is essential – think coconut oil, avocados, olive oil and nuts and seeds.' suggests Bauskis.

Lastly, another cause for dry eyes can be a condition called Sjögren's syndrome. 'This is an autoimmune condition that can affect many areas of the body but particularly the glands that produce saliva and tears. If you suffer from Sjögren's syndrome then it is best to work with a nutritional practitioner or doctor who can work with you to tackle the underlying immune imbalance' explains Barns.

PUFFY EYES

Most of us tried in the past cold cucumber slices and teabags from a freezer as a compress. However, if that doesn't help, puffy eyes might be the sign of health issues. 'Puffy eyes may be related to an imbalance between sodium and potassium in your diet – specifically, too much sodium (which means basically salt). Most processed foods tend to be high in added salt, providing high doses of sodium but

very little potassium – these include breads, cereals, sauces, processed meats and snack foods. In contrast, vegetables contain much more potassium than sodium and better match the natural balance that we should be getting. So cutting down on processed foods, avoiding adding salt to your foods and increasing your fresh vegetable intake can help.' says Bauskis. Puffy eyes may also indicate that your kidneys need extra support. 'Drinking enough water is the most important step here, to ensure you're well hydrated. Avoid alcohol and caffeine, which are diuretics and can make the problem worse. Nettle and dandelion leaf teas can also be beneficial. For extra support, try Nature's Plus AgeLoss Kidney Support (Whole Foods, £36.00), which contains cranberry concentrate, parsley, antioxidants and a blend of targeted botanicals,' suggests Vagnini.

A.L.O.E.



‘a little of everything!’

Aloe vera is a succulent that belongs to the liliaceae family (lily). The word ‘aloe’ has its roots in the Arabic word ‘alloeh’, which means ‘radiance’. The earliest documented use of aloe vera comes from Ancient Egypt - it can be seen on the tombs of ancient pharaohs - and the earliest recorded use for pharmacological reasons was in ancient Sumeria about 1750BC, where it was found to be an excellent remedy for stomach irritations and nausea. The Aloe plant is actually displayed on the coat of arms of the Royal College of Veterinary Surgeons - such is the emphasis placed on its use for treating sick animals.

The sap of the Aloe is a thick, mucilaginous gel. It is this gel which is used medicinally. The outer skin has essentially no value, though because it is commercially easier and less expensive to utilise the entire leaf, ‘whole leaf’ Aloe juice has been hyped as the ‘best’. This probably isn’t the case.

Benefits of aloe vera include:

- The long chain mannan polysaccharides in the plant helps activate and boost the immune system.
- The magnesium lactate and salicylates in it effectively avert allergies, sinusitis and bronchitis.
- The molecules in it act as anti-inflammatory agents, helping alleviate arthritic symptoms, and promoting good circulation for the heart and nervous system.

- The polysaccharides in it bring down the body’s serum lipids, and thus lower triglyceride and LDL level (bad cholesterol) and increase of HDL (good cholesterol).
- As an antioxidant, it guards against damage by free radicals and unwarranted toxins in the body. It also regulates blood pressure, and acts in rheumatism, arthritis, and infections of the kidney, the urinary tract and the prostate.
- By the combined and synergistic effect of the various ingredients in it, aloe vera aids in treatment of peptic ulcers, stomach disorders, acidity, indigestion, gastritis and ulcers, colitis and haemorrhoids, cirrhosis, hepatitis and diabetes.

The list of different illnesses and conditions, that may be helped by the use of aloe vera is indeed impressive, covering everything from burns and slight infections to very serious conditions.

Unlike many aloe vera products on the market, Wikaniko’s aloe vera is not grown in the USA; instead it is cultivated on the sunny slopes in beautiful Andalucia, Spain, and therefore travels less air miles to the UK. The fresh leaf gel has been prepared with cold pressing to maintain the beneficial properties of the plant. This superb product bears the coveted seal of the Organic Agriculture Committee of Andalucia and is free of herbicides and pesticides, is totally organic, and not tested on animals.

ecomarketstall.wikaniko.com



Lyonesse Greenfinity Foundation

Who are they, and what do they do?

The Lyonesse Greenfinity Foundation (GFF) was established in 2011 as a non-profit foundation. It is a politically independent, charitable organisation, which is actively involved in sustainably protecting the environment and realising innovative climate protection projects worldwide, as well as promoting the use of renewable energies.

GFF has been working on its first projects since 2012. It is important to Greenfinity that Lyonesse itself contributes to improving the environment and thus internal processes are being ecologically improved. Apart from these internal improvements GFF implements several local, regional and international climate protection projects. They always focus on the environment. Because of this the Foundation invests in innovative climate protection projects and the development of new technologies in the area of renewable energies is being promoted. The emissions compensated through the projects are being considered when determining the footprint and will continuously minimise it over the years.

The Foundations' goals are to reduce the negative influence which humans have on our environment by means of innovative climate protection projects and to sustainably protect the environment.

How are the Greenfinity Foundation's projects being financed? The GFF's projects are being financed by the internationally active Lyonesse shopping community. Each member contributes actively to the realisation of the Foundation's projects with a part of their purchases. "Every purchase matters!" Active users of the Cashback Card, Mobile Vouchers, Original Vouchers/Gift-Cards or Online Shopping do not only save

money, but also help people in need worldwide, and also have the possibility to donate an amount of their choice for a specific project or make a free donation.

What is Lyonesse? Lyonesse is an international sector spanning shopping community as well as a Loyalty Programme for regional, national and international trade. The philosophy is: **"Money back with every purchase"**. Members benefit from the Lyonesse Benefits with every purchase made with a Lyonesse Loyalty Merchant. Lyonesse Members receive money back with every purchase made using the Lyonesse Cashback Card, Mobile Vouchers, Original Vouchers/Gift-Cards and Online Shopping. A Lyonesse Membership is always free of charge and non-binding. Lyonesse's special strength lies in the unique win-win situation: not only Members and Loyalty Partners benefit long-term - every purchase helps the Child & Family Foundation and the Greenfinity Foundation to support the implementation of aid, education and climate protection projects worldwide.

Become a Lyonesse Member yourself and benefit from today. Registering won't cost you a penny, will help save you money, and will help heal the planet - shop, save, and do something good!

shoppingwithsavvy.com



A photograph of a garden path made of cobblestones, surrounded by various flowers and greenery. The scene is bathed in the warm, golden light of a sunset, with the sun low on the horizon behind a line of trees. The overall mood is peaceful and natural.

GardenTags

A plant photo sharing app with gardener powered encyclopaedia – an ‘addictive’ social network exclusively for gardeners.

“We knew that there was a lot of gardening knowledge in people’s heads that was going no further. We created the app to make it much easier to impart and share that knowledge for everyone’s benefit”

David Scott, Founder

GardenTags is a new app available in Apple's App Store from the co-founder of Blooming Direct - David Scott and Virgin Group Digital Director - Daniel Richards. It's a planting inspiration and garden management app rolled into one.

Their mission is simple. It's to enable gardeners across the globe to inspire the next generation of budding horticulturalists. They'll do this by providing a unique new app that enables gardeners to share their gardening experiences in a highly visual and engaging way.

GardenTags is all about the community, by bringing expert gardeners together with novice gardeners they can inspire and educate people to become better gardeners. GardenTags brings together a community of gardeners who love to share their passion for gardening and help others grow. It's unique because unlike other photo sharing apps there is a gardener powered plant encyclopaedia that automatically creates plant tasks and alerts you when your plant needs caring for.

GardenTags is the brainchild of Daniel Richards and David Scott who believe that gardeners are overlooked by the tech industry and deserve better. Now officially launched, GardenTags is available to download from Apple's App Store. It's already rated as "one of the best social networking apps for gardeners around

the world" by AppPicker. It offers many benefits including:

- Manage your entire collection of plants and get alerted when you need to tend to them
- Get planting inspiration from 1,000s of photos posted by fellow gardeners
- Receive planting advice from our growing community of gardeners
- Don't know what your plant is? Ask the community to identify your plants
- We'll also recommend gardeners to follow based on what type of gardening you're into and your experience level

Got a question? Just ask the community and they'll help you out.

Daniel Richards, Founder says:

"As complete gardening novices, we wanted to create a mobile app that would inspire us to become better gardeners and at the same time enable more people to experience the joy of gardening! Sir Richard Branson has definitely inspired my entrepreneurial endeavour to go out there and just do it"

For more information contact: daniel@gardentags.com / T: 07946 347 178
[@gardentags](https://www.facebook.com/gardentags)

Facebook: GardenTags
www.gardentags.com

Download the app on the Apple App Store: search 'gardentags' when in the app store

Made up



to perfection

Your skin is the largest organ in your body, accounting for about an eighth of your total body weight. It has to last you a lifetime so it makes sense to look after it and treat it well, as it is under daily attack from pollution, oxidative stress, weather, toxins and the ageing process.

Natural and organic products are in demand, as what you put on your skin does not simply stay on the surface. Your skin actually absorbs applied products, partially or completely, into the bloodstream. In fact, up to sixty percent of the products we use on our skin are absorbed and deposited into the circulatory system. A survey conducted by the Women's Environment Network found that eighty-one percent of women may have absorbed as much as 2lbs in weight of toxic chemical ingredients from their lipsticks alone over a lifetime!

There are plenty of makeup brands to choose from if you don't mind what you might be putting on your skin, though Perfection by Xenca is designed to meet the increasing demands of women who want to enjoy wearing makeup without risking their health. Perfection is a British brand. Clinically, dermatologically and ophthalmologically tested, the Perfection organic range of makeup is kind to your skin, kind to the environment and cruelty-free.

The botanical ingredients are chosen for their therapeutic value and are suitable for sensitive skins. The powder and cream formulations are 100% natural, paraben-free, GMO-free, non-comedogenic and eco-certified.

An important ingredient in all the powder and cream products within the range is organic shea butter, as it is rich in antioxidants. It provides the makeup with skin-softening, moisturising, protective and healing benefits, as well as with natural sun protection. The formulations are so light you really don't feel you are wearing any makeup at all because they allow your skin to breathe and they look natural.

Xenca likes to carry its environmental responsibility on beyond the product itself. The brochures are produced on eco-friendly paper, using vegetable ink. Even the packaging is environmentally responsible and fully recyclable! Perfection is not just a makeup. It is more like a fusion of skin care and makeup because of the therapeutic benefits of its botanical ingredients.

words: Nigel Dacombe
Associate Shareholder - Xenca

wellbeingsynergy.co.uk



training for The Great North Run!



Alternative diary entry - last one before the Big Day! July and August so far - my training has been going really well since my last diary entry and I am well and truly on track. I've trained and progressed to this point on my own, with self-motivation and determination.

I've gained a lot of knowledge through the experience and I thought it would be helpful to share some observations and insights I've made through this year, that may prove helpful if ever any of you embark on a 'mad' challenge!

- The obvious thing is to keep hydrated and replace electrolytes back into your system.
- Wear good quality shoes that have been fitted to give the correct support. They don't have to cost a fortune, though are a great investment.
- Eat well, though not just before you set off.
- At the risk of sounding 'basic', I have realised how important it is to visit the loo before setting off too far! There have been

a few occasions when I have almost had to knock on a strangers' door but have been saved by an open garden centre, garage or local supermarket. How could they refuse this red faced OAP requesting to visit their convenience? I really don't want to resort to incontinence pads! Joking aside, I'm sure there must be loo's along the route of the Great North Run otherwise I may have to do a Paula Radcliffe!

A month today (as I write) and it will all be over, assuming it doesn't take me 5 hours! My aim is 2 hours 45 minutes or better, and so far I will achieve that. My number arrived this morning - 51311 - so no going back now! We're travelling up on the Friday and my family will be there to cheer me on - it's so important for me to have their support.

Wish me luck and thank you for sharing this wonderful experience with me through my diary entries. If you would like to support me in raising money for the **British Heart Foundation**, from which my husband benefited from hugely when he had his cardiac arrest, you can donate through my JustGiving page. [justgiving.com/Chris-Mutch](https://www.justgiving.com/Chris-Mutch)
I'll let you know how I get on!

4 SCIENTIFIC REASONS TO LEARN TRANSCENDENTAL MEDITATION



1. Reduced blood pressure

Studies have shown that Transcendental Meditation (TM) reduces blood pressure. In 2013 The American Heart Association said that TM “may be considered in clinical practice to lower blood pressure.”

2. Increased tolerance to stressful situations

In a fourteen week study, students practicing TM showed a significant ($p < .001$) increase in stress tolerance as measured by the Jackson Personality Inventory.

3. Increased productivity

According to research, meditators experience greater job satisfaction, increased job performance, more stability in their jobs and better relationships with their co-workers and managers.

4. Better sleep

Research has shown that learning to meditate can decrease the amount of time it takes to fall asleep, especially in people who suffer from insomnia.

uk.tm.org/web/brighton

sources:

1. R.Schneider, F. Staggars, C. Alexander et al. Hypertension 1995, vol 26, pp. 820-827
2. Howard Schechter, 'The TM Program in the Classroom: A Psychological Evaluation' (York University, North York, Ontario, Canada)
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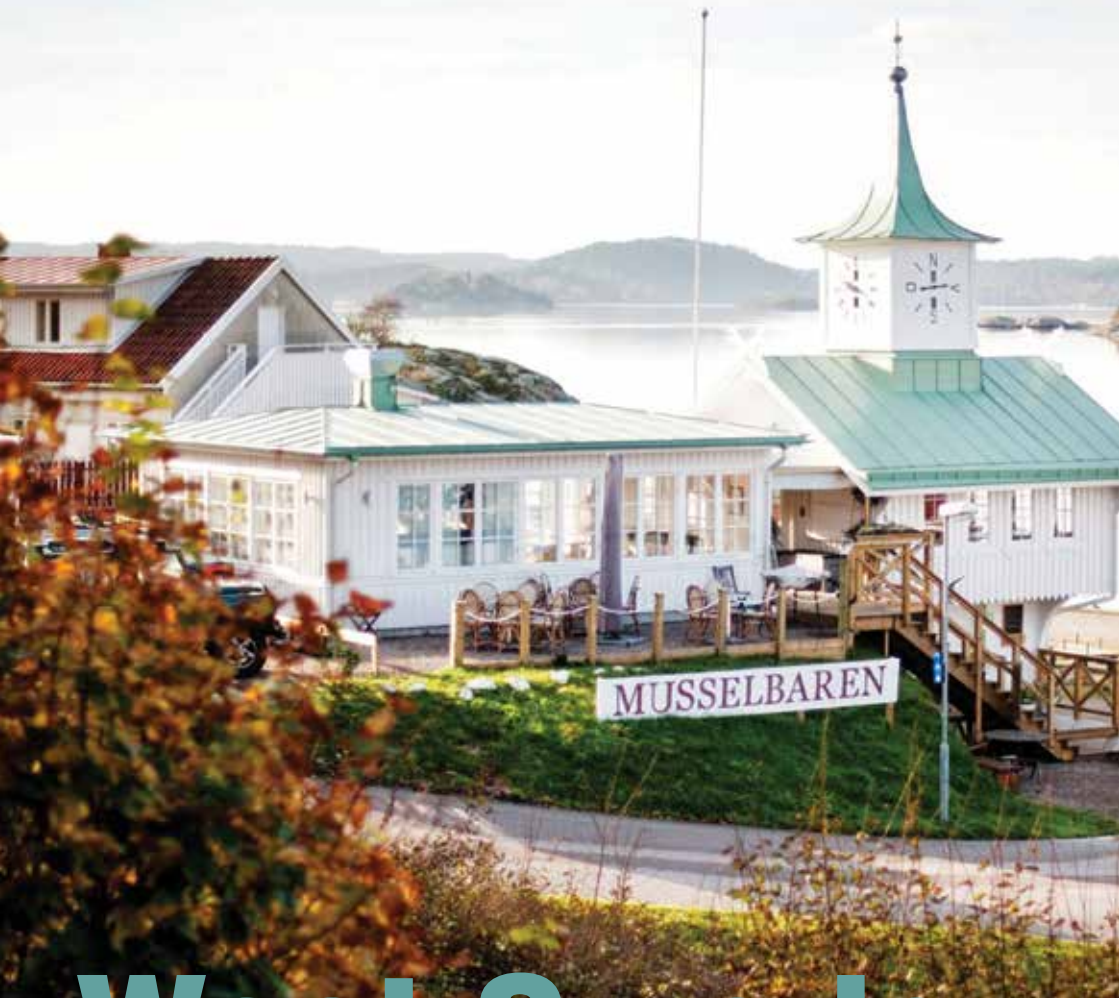
Intuitive Horse is 'by any other name' Equine Assisted Personal Development. With a herd of fourteen horses, who live in a natural environment together at New Coghurst Farm near Hastings, East Sussex, Intuitive Horse work with people to help them in many different ways. One of the key benefits is that working with horses can help us quieten our minds and become more aware of our emotional, physical and mind state, thereby helping us become present to the moment.

Many people already enjoy this natural state, though for the rest of us we sense ourselves being consumed by our thoughts, leading to feelings of worry, anxiousness or just 'feeling low'. We seem

great at using our minds to create and achieve things, though if we continue to operate solely from that mind-state we can run the risk of finding it difficult to stop and just 'be' with ourselves comfortably. Often this fast pace world we live in dictates to us that there is never enough time, there is always something else to do or that we need to work harder to earn more money, for instance, and we tend to believe these statements to be true. They often give us our sense of identity. Thoughts may arise in us such as 'there is no way I can slow down' or 'how will I pay the bills?' and more importantly 'if I slow down I might have to look at myself and become aware of how I'm truly feeling!' Thoughts like that may leave us anxious that once the lid opens a flood will emerge, and it's easier to control how we feel through keeping ourselves busy.

Horses can help us slow down and this natural process helps us feel calmer which, in turn, helps us reconnect with our true inner selves. Spending time at Intuitive Horse and either having a session with one horse, or by observing the herd, you will start to see that horses, and all nature for that matter, operate at a slower pace than what we're accustomed to. When we allow ourselves to align with that natural pace, many of our perceived problems begin to drop away as we become clearer in ourselves, our thoughts and our decision making. Working with horses can also help with relationship problems, build self confidence and trust, allay fears, be congruent with ourselves, enhance emotional intelligence, and heal traumas.

You need not have any experience with horses to attend a session with Intuitive Horse. No riding is involved, and people who have fears around horses are welcomed. Intuitive Horse works with children and adults, and offers one-to-one sessions as well as workshops and retreats. If you'd like more information please call Emma on **07825 036301** intuitivehorse.co.uk



West Sweden

West Sweden is a wonderful setting for outdoor activities, with its rocky coastline of 8,000 islands, thick forests, a lake district in Dalsland and one of the region's key landmarks, the Göta Canal – all of which provide varied land and waterscapes for adventurers. Visitors can enjoy numerous activities, including sea kayaking, canoeing, hiking, horse-riding,

cycling and mountain biking. Don't be fooled, however, into thinking that summer is the only time to experience the region's outdoor adventures. Autumn is perfect for exploring West Sweden – and it's also the season to enjoy the delicious annual Shellfish Journey. The only question is: do you want your adventure wet, or dry?



On dry land

For soft adventure...

If you're more of a landlubber, then head to Ramsvikslandet Nature Reserve, the 'kingdom of the rocks', to ramble across the stunning Ice Age rock formations. Hear the waves lap the shore on a walking tour that includes a one night's stay in a fisherman's cabin by the sea, breakfast, packed lunch, maps, dinner and even a sauna to revive you after a day's hiking.

Walkers are spoiled for attractions to visit in the area. Discover Bronze Age tombs, walk through the narrow geological attraction, Hunnebo Klova, or spend the day admiring the wildlife of Norden's Ark, where you can see staff feeding the zoo's snow leopards or lemurs.

Alternatively, why not explore the region by bike? Salt & Sill offers a lovely biking experience where you'll get to explore nearby Skärhamn and the mud – vaunted Nordic Watercolour Museum. You'll stay at Salt & Sill's quirky floating hotel and enjoy the restaurant's delicious food, particularly known for its fresh seafood. The one-night's break costs £133 pp (two sharing) and includes bicycle hire for one day, a three-course dinner, accommodation, breakfast and entry to the Nordic Watercolour Museum.

For the more adventurous type...

This year sees the second Icebug Experience (from 4 – 6 September), a 75km walking/running event along the rugged coastline of Bohuslän. Spread over three days, on day one you'll cover 27km along narrow coastal paths, into forests and through fishing villages, then cover 25km over red granite rocks to Smögen on day two, passing through ancient quarries on the final 22km on day three. You can also do the course at your own pace anytime during autumn. Guests can choose between three short breaks, ranging from £142 pp to £491 pp, including accommodation. Flights extra. Call Icebug Xperience on 00 46 031 81 70 90 www.icebugx.com.



On the water

West Sweden faces the water, and its twisting coastline and archipelago of islands are the ideal jumping-off point for numerous water-based activities.

For soft adventure...

Head out to the Weather Islands (a 30-minute boat trip away) and visit this remote, warm and windy archipelago where you can genuinely switch off. Embark on kayaking adventures where you'll often spot seals, tuck into fresh seafood and relax in an outdoor hot tub by the shore. Stay at Väderöarnas Vårdhus guesthouse, featuring a Taste of West Sweden-accredited restaurant.

Very different waters are found inland, where the Dalsland Canal provides some of Europe's finest canoeing waters where you can stay at lovely cabins along the way, including Stenebynäs. There are few places as unspoiled – you'll hardly see anyone else around and the water is also drinkable. Whilst you're there, don't miss the outdoor activities and elk at Dalslands Aktiviteter.

For the more adventurous type...

Sea kayaking is one of the best ways to

explore West Sweden's captivating coastline during the late summer and autumn months – the water is warm, the trees have turned a stunning mix of colour and you can, of course, combine your kayaking trip with a seafood safari! There is paddling for all levels of experience – calm, sheltered waters for people who have never tried kayaking before, and exposed deep-sea stretches for the more experienced adventurer.

West Sweden's unique coastline, with its islands, islets and rocks, offers perfect conditions for sea kayaking. Popular kayaking locations include the Koster Islands, but with no shortage of islands to choose from, paddlers can even enjoy camping on their own private island along the way.

Sample a sea kayaking adventure – go paddling in Kosterhavet Marine National Park: Explore Sweden's only marine national park and experience its true serenity. Kosterhavet is Sweden's first marine national park, opened just six years ago. There are more than 12,000 species living in this protected area, half of which are under the water's surface. The guides love to share their knowledge of the marine life and the national park's nature, wildlife and history.



A four-hour guided kayaking tour of the national park costs from £19 pp including use of the kayak and a life jacket. Call Skärgårdsidyllen on +46 702 66 70 80 www.skargardsidyllen.se/en

The Shellfish Journey

West Sweden's famous Shellfish Journey will once again take centre stage this autumn. The lobster premier kicks off on the first Monday after 20 September every year – so this year it's 21 September, where you can set out to sea on lobster safaris to haul up the pots of black gold with the help of an expert local fisherman.

The range of shellfish in West Sweden is amongst the tastiest in the world – especially during the autumn season, when the water is cooler and the delicacies come closer to shore. As well as eating your way through the 'big five' of the seafood world - lobster, mussels, oysters, crayfish and prawns - learn how to catch, cook and eat them on an exhilarating seafood safari.

There are plenty of different seafood safari trips to book, including these taste-filled options:

Lobster catching in Fjällbacka's archipelago

Head out to the deep waters off Fjällbacka – inspiration and home to the Swedish crime novel author, Camilla Läckberg – to catch the black gold of the ocean with Captain Ingemar on his fishing boat, the Mira. You'll be served a hearty fish and shellfish stew for lunch before heading out on a fascinating lobster safari, where Captain Ingemar will show you everything you need to know about the delicacies. Back on dry land, you'll prepare your catch of the day, glass of wine in hand, in the warmth of the restaurant. Then an aperitif and four-course lobster dinner await! Running every Saturday from 26 September until early November, the trip costs from £210 pp (two sharing) including one night's B&B at Stora Hotellet Bryggan, lunch, lobster fishing trip with picnic basket, a lobster preparing lesson with a glass of wine, aperitif, and a well-deserved four-course lobster dinner. Call Stora Hotellet Bryggan on +46 525 31003 (www.storahotelletbryggan.se).

Roe experience on Sweden's largest lake – just three dates await...

Learn all about the delicacy that is fish roe – Sweden's caviar - in the idyllic setting of Lake Vänern, Sweden's biggest lake (two



hours' drive north of Gothenburg). This guided experience includes a fish roe lunch at Restaurant Sjöboden, in Spikens fishing port, a fishing boat tour of Lake Vänern, a visit to the fish stalls at Ullis Fish Delicacies where participants can squeeze the roe and watch the amazing craftsmanship required to prepare roe, plus a roe-inspired dinner at Restaurant Hvita Hjorten or Pirum Restaurant and Wine Bar. Stay at the modern Victoria Huset, set on the shores of the lake and offering views of fairytale-like Läckö Castle.

The trip costs from £167 pp (two sharing) including one night's B&B at the Victoria Huset and all the meals and activity described above; it's only bookable for 7, 14 and 21 November 2015. Call Läckö-Kinnekulle on +46 510 20020 www.lackokinnekulle.se

Oyster shucking in Grebbestad

Perfect your oyster-opening skills in the fishing village of Grebbestad, the home of Sweden's oysters and host to the Nordic Championships in Oyster Opening. Everts Sjöbod offers oyster safaris at a wonderfully-restored 19th century boathouse, which features a natural oyster bed beneath. Learn

how to gather and shuck the oysters and then taste the delicacies with Grebbestad's own beer, Carnegie Porter. A two-hour oyster safari costs £60 pp. Everts Sjöbod has also expanded its accommodation, opening three incredibly quaint boathouses last year. Each boathouse features a double bedroom plus kitchen and bathroom, treating you to soothing ocean views.

B&B at the new boathouses costs from £112 pp (two sharing) including a two-hour oyster safari, an oyster tasting session and breakfast. Call Everts Sjöbod on +46 525 14242 www.evertssjobod.se

Adventures in Gothenburg

Gothenburg, the gateway to west Sweden, also has an array of outdoorsy activities to experience this autumn:

Prepare for the ultimate ride – mountain biking in Gothenburg:

Get ready to explore Gothenburg's vast network of mountain trails with Hillside Cycling. Try a half-day, whole-day or whole week of exciting guided tours off the beaten track. Fuel up with homemade energy



bars and set off with Leo and Nataja, Gothenburg's dedicated and experienced cycling enthusiasts. Follow the Kinnekulle trail for spectacular views over Lake Vänern, or hop on the ferry to sample the new tour on Marstrand Island, discovering the Carlstens Fortress.

A half-day cycling tour costs from £72 pp and includes an energy bar, afternoon tea and smoothie. Call Hillside Cycling on +46 709 729431 www.hillsidecycling.com

Go your own way - explore Gothenburg city from the water:

Experience Gothenburg with an alternative guided tour: kayaking through the canals. A fun activity for all, kayaking can be enjoyed by beginners and experts alike, of all ages. Paddle around 'The Moat' – the zigzagged canal encircling the city – for the ultimate glimpse of Gothenburg's street scenes. A city paddle tour includes life-jacket, route guide, kayak cover and paddle.

Call Point 65 Kayak Center on +46 311 50103 www.goteborg.com/en/point-65-kayak-center/

For more information about visiting West Sweden and Gothenburg, go to www.westsweden.com and www.gothenburg.com.

For an insider's guide to events and experiences in West Sweden, follow the latest blogs at www.explorewestsweden.com.

Connect with West Sweden and Gothenburg on Facebook (www.facebook.com/GothenburgWestSweden) and Twitter (www.twitter.com/westswedentb).

Holidays to West Sweden are available through numerous specialist tour operators, including Best Served Scandinavia, Black Tomato, Discover the World, Intravel, Nature Travels, Off The Map Travel, Original Travel, Seasoned Travel, Simply Sweden, Sunvil and Taber Holidays.

West Sweden can be reached by a short two-hour direct flight to Gothenburg with British Airways (Heathrow), Ryanair (Stansted and Edinburgh), SAS (Heathrow), Norwegian (Gatwick), British Airways/Sun-Air of Scandinavia (Manchester) and bmi regional (Birmingham).

outdoor adventures

As the summer draws to a close,
Electra Bikes begins by launching
its 2016 catalogue. The catalogue
showcases new models and
accessories, perfect for inspiring
you to ride through fallen leaves,
splash through puddles and explore
blustery days of adventure.



The women's Glam Punk and the men's Cruiser Lux Fat Tire, in particular inspire you to get outside this Autumn. The Glam Punk with its muted matt tones and touches of golden glamour is a rebellious bike that will take you from work to the bar with ease this autumn. The men's Cruiser Lux Fat Tire is perfect for when you're craving a touch of adventure, a ride on a beach or through the forest as the rain falls, an easy way to forget the stresses of everyday life.

Electra Bikes has developed a frame geometry that allows for optimal ergonomics

whilst sitting upright. There is no strain on the back, wrist, neck and shoulders, with a perfect view all around and feet can be placed firmly on the ground, when stopping, without getting out of the saddle. Electra calls it Flat Foot Technology® and it offers such a uniquely comfortable ride that it holds not one but two patents for it.

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What's On

SEPTEMBER

1st

Offer starts: 3 for 2 coaching sessions for clients signing up for coaching with Deborah Reeds in September (includes phone & face to face sessions) Free initial consultation; 07702 737109 or start@deborahreeds.com for details

8th

Get Started Coaching Group - programme of 6 weekly sessions to help you change an aspect of your life; details at deborahreeds.com/calendar email start@deborahreeds.com or call 07702 7371019

9th

7pm - Wellbeing Wednesday: 'The Brain & Brain Injury', plus find out about p/t counselling & psychotherapy training, The Link Centre, Newick, East Sussex, FREE, leilani@thelinkcentre.co.uk thelinkcentre.co.uk

12th

Meeting of local group 'Living Fully & Freely in St Leonards on Sea', details tbc at deborahreeds.com/calendar

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

20th & 27th

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

21st

6.30-7.45pm + 8-9pm - Scaravelli Yoga, St Michael's Church Hall, High St, Lewes, (13 wk course) 01273 470955, equilibrium-clinic.com

26th/27th

2-day 'Understanding Self & Others' - Introduction to Transactional Analysis (TA101), The Link Centre, Newick, East Sussex, £160, leilani@thelinkcentre.co.uk thelinkcentre.co.uk

OCTOBER

3rd

Counselling/Psychotherapy Training - 10 weekends Oct to Jul, The Link Centre, Newick, East Sussex, £2030, leilani@thelinkcentre.co.uk thelinkcentre.co.uk

10th

Foundation Year in TA/Counselling - 10 weekends Oct to Jul, The Link Centre, Newick, East Sussex, £1725,

leilani@thelinkcentre.co.uk thelinkcentre.co.uk

17th/18th

'Working Therapeutically Outdoors' (for training & qualified practitioners), The Link Centre, Newick, East Sussex, £160, leilani@thelinkcentre.co.uk thelinkcentre.co.uk

MONDAYS

2-3pm - Chi Exercises & Relaxation (Rooted in Qigong), the Natural Fitness Centre, Eastbourne, £7, First session FREE, Nick Neter, 01323 732024, info@naturalfitnesscentre.co.uk eastbourneshiatsu.co.uk

TUESDAYS

6-7pm & 7.30-8.30pm - Qigong & Meditation with Nick Neter, The Well Being Centre, Stone Cross, BN24 5BS, £7 per session, 07773 061309 or handwork@tiscali.co.uk glynleighwellbeingcentre.com

2nd TUESDAY of the month - 8th Sept & 13th Oct 9am-12.30pm - Seated Acupressure Massage, the Natural Fitness Centre, Eastbourne with Ben Trowell & Nick Neter; Introductory 15 (£5) & 30 (£10) minute treatments available; walk-in available though booking advised, 01323 732024 or info@naturalfitnesscentre.co.uk

WEDNESDAYS

9.30am-2pm - Seated Acu-

pressure Massage, WRVS, Russell Centre, Eastbourne, with Ben Trowell & Yuka Simmons, 15 (£5) & 30 (£10) minute treatments available; Free 10 minute tasters, 01323 412279 or eastsussexdc@eastbournnewrvs.org.uk

Weds 7th, 14th, 21st & 28th October (Every Weds) 1-5pm - Allergy Clinic, Equilibrium Health Centre, 16 Station St, Lewes, with Robin Ravenhill, 01273 470955, equilibrium-clinic.com

1.30-4.30pm - The Human Touch team provide Affordable Therapies for All, most Wednesdays, The Shoreham Centre, Pond Road, Shoreham by Sea, BN43 5WU; taster treatments 30 minutes £15 (£10 concessions) full treatments 1hour £30 (£20 concessions) thehumantouchshoreham.com
The Facebook page is updated every Monday with the current information [facebook.com/thehumantouch1](https://www.facebook.com/thehumantouch1)

THURSDAYS

11am-12pm - TaiChi/Qigong & Meditation, WRVS, Russell Centre, Eastbourne, £4, First session FREE, Nick Neter, 01323 412279 or eastsussexdc@eastbournnewrvs.org.uk

10th, 17th, 24th Sept
12noon-1pm - Lunchtime Outdoor Tai Chi, Huggets Green,

West Quayside, Newhaven, £7 (drop-in), £6 concs, 01273 470955, equilibrium-clinic.com

FRIDAYS

9.45-10.45am - Chi Exercises & Relaxation (Rooted in Qi-gong) with Nick Neter, The Well Being Centre, Stone Cross, BN24 5BS, £7 per session, first session FREE, 07773 061309 or handswork@tiscali.co.uk glynleighwellbeingcentre.com

2nd Friday of the month - 11th Sept & 9th Oct
10am-2pm - The Shiatsu Clinic (Japanese holistic bodywork therapy) with Louise Burt & Tina Doherty, St Luke's Parish Centre, Stone Cross; 30minute treatment or more for a donation (from £10); some places bookable, 07773 061309 or handswork@tiscali.co.uk eastbourneshiatsu.co.uk

4th Friday of the month - 25th Sept & 23rd Oct
2.15-6pm - The Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter & Ben Trowell, Yogalife Studio, Eastbourne; 30 minute treatment or more for a donation (from £10); some places bookable, 07773 061309 or handswork@tiscali.co.uk eastbourneshiatsu.co.uk

SATURDAYS


Sat 3rd, 10th, 17th & 24th Oct (every Sat)
9am-5pm, Massage Clinic,

Equilibrium Health Centre, 16 Station St, Lewes, £45 with Steve, Denise, Dafna & Rachael, Equilibrium 01273 470955, equilibrium-clinic.com

Sat 3rd, 10th, 17th & 24th Oct (every Sat, also some Sundays) 1.15-5.15pm - Osteopathy Clinic, Equilibrium Health Centre, 16 Station St, Lewes, £45 with Denise, Equilibrium 01273 470955, equilibrium-clinic.com


3rd Saturday of the month - 19th Sept & 17th Oct
9am-1pm - The Shiatsu Clinic (Japanese holistic bodywork therapy), the Natural Fitness Centre, Eastbourne, with Nick Neter & Ben Trowell; some places bookable; 30 minute treatment or more for a donation (from £10), Nick Neter, 01323 732024 or info@naturalfitnesscentre.co.uk eastbourneshiatsu.co.uk

4th Saturday of the month - 26th Sept & 24th Oct
9.30am-1.30pm - The Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter, Tina Doherty & Machiko Lacey, The Well Being Centre, Stone Cross, BN24 5BS; 30minute treatment or more for a donation (from £10); some places bookable, 07773 061309 or handswork@tiscali.co.uk eastbourneshiatsu.co.uk




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