

# Wellbeing

The state of feeling healthy & happy

*Your health and lifestyle magazine*

**EYES**  
Floaters?

**FITNESS**  
Swim your way  
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# EDITOR'S WORD

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As we come towards the end of the year, I start to **reflect** on the past few months. This year has been particularly **challenging** as life has thrown many obstacles and hurdles for my family to navigate. I have made many friends in this wonderful world of complementary **therapy**, many of which have supported and provided healing. It made me wonder how we might have fared had we not had these connections. I hope you are **inspired** to connect with your local therapists as they can offer **support** to you and your family in times of need. Enjoy & be inspired.

*Rachel Branson*

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## EASE AND JOY IN YOUR BODY

Does that sound like something you would like to experience?

If you answered 'Yes' then you may benefit from the following modalities I offer:  
Physiotherapy - Craniosacral Therapy -  
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# Ann Rambaut

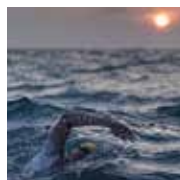
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# what's inside



## YOUR TOWN

- 6. NEWS FROM YOUR AREA
- 43. THERAPY ROOMS
- 46. WHAT'S ON

## FEATURES

### INFOGRAPHIC

- 16. EYE FLOATERS  
Your guide to understanding eye floaters and how to identify them.

### TRIED & TESTED

- 21. PRODUCTS FOR YOU AND YOUR FAMILY TO TRY

## what's inside

### FOOD

- 10. LISTEN TO YOUR GUT
- 20. BEAT THOSE WINTER BLUES
- 22. END OF MEDICINE AND HEALTHCARE

### BODY

- 28. SURVIVING XMAS WITH M.E.
- 30. HYPOCHONDRIAC'S HEALTH GUIDE
- 39. DREAMING OF PAIN FREE SLEEP.

### FITNESS

- 24. CAN YOU CONQUER THE CHANNEL?
- 26. SWIM YOUR WAY TO BETTER SEX!

### MIND

- 36. STRESS BUSTING



# LOCAL WELCOME



Welcome  
to winter Wellbeing!  
lots of  
inspiration to guide you  
to greater health & wellness  
\* nutrition \* health advice \*  
workshops \* offers  
\* personal development \* what's on \*  
tried & tested \* therapy rooms  
Whatever this season means to you,  
\* may it be blessed with good health \*  
&  
happiness



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## Selfish, Self-centred or Selfless

Which of these do you aspire to? Do you put yourself first or consider the needs of others above your own?

You might think the ideal is to **selflessly** serve your community. It has a religious flavour. You suffer so others can be happy. You sacrifice so others can be abundant. There is often an unwritten agreement about the payback for this service. This can be a way of gaining love, attention and approval. The trouble is this often leads to burn-out, when there is nothing left to give, or resentful and angry feelings when the payback does not come as expected.

When you put the needs of others first, you are often in a care-taking role. Notice your desire to be needed, how you live through others and where you are denying your own needs and keeping yourself from growth.

On the other hand, **self-centred** is just as unhealthy. The individualism of 'every man for himself' assumes that there is 'not enough' of whatever you desire (love, money, friends, resources) to go round. Thinking only of yourself makes you fickle and manipulative. You cannot trust anyone and no one can trust you.

Both of the above are about attempting to stay in control. Looking for time, money and attention from the outside in order to feel fulfilled is mistaken; this has to come from inside.

Being **Self-ish**, with a capital 'S' means you meet your own needs first before you attend to others. You invest in the wellness of your body, mind and spirit and orient your life around your values and passions. In this way you actually have more to give others and you expect less in return, so your giving is unconditional. You can build your reserves, you are stronger, and you are a role model showing others how to treat themselves and others with true respect.

As the holidays approach, I hope you take opportunities to be **Self-ish** and see how rewarding it is to delegate, collaborate and give others the opportunity to help. There might be some standards you drop or plans you change in the interest of being happy rather than right. Looking back I trust you will see how, in the long run, being **Self-ish** actually serves everyone around.

To help you implement the ideas here and focus on creating the life that's best for you, get in touch for a free initial coaching conversation or join one of my Get Started Coaching groups.

Deborah Reeds  
[www.deborahreeds.com](http://www.deborahreeds.com)  
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## The Power of Theobroma Cacao - 'The food of the Gods'

Cacao beans have a great history, dating as far back as 15,000 years ago. The Aztecs used the beans as currency, which continued in Mexico until 1887. The cacao beans are the seeds of the fruit, which grows mainly in Africa and South America, and from what all chocolate is made. Through its history Cacao has always been special, though little do we know just how special this amazing bean really is!

"In its raw untampered-with state, the cacao bean is one of the most nutrient-dense foods known to man. It contains over 300 chemical compounds, making it one of the most complex and nutritionally significant foods available to us. It is a premium source of vitamins, minerals, antioxidants, protein and healthy fats." Kate Magic Wood

'My own experience of discovering raw chocolate has been a gift. I used to crave dark chocolate every afternoon, in need of an energy lift. I would eat the chocolate, feel satisfied for a while though want more soon after, then experience a headache and heavy emotional feeling. I have wheat and dairy food intolerances. When I discovered raw chocolate I found that I could eat a small amount, be satisfied quickly with no desire for more soon after and no headache or heavy feeling to follow! Through questioning how I managed to get such an energy boost, blissful feelings, and inspi-

rationally creative energy without the 'come down' after eating raw chocolate, led me to begin my journey into the world of raw chocolate making; and through experimenting with various flavours, adding other superfood powders, I gradually developed my own raw chocolate range.

Having previously suffered with low iron levels and PMT, I found that my symptoms were much improved from eating raw chocolate. The high levels of the minerals magnesium, iron, phosphorous and the B vitamin group all contributed to my wellbeing. There is something magical about raw chocolate; I think it has a lot to do with the natural chemicals it releases in the brain (these neurotransmitters are natural brain chemicals which transmit nerve impulses across a synapse, effecting chemical reactions in the brain). Anandamide and serotonin are two of many that are released through our consumption of cacao. Both deliver feelings of bliss and euphoria, which could explain why many people are addicted to the 'feel good' experience of eating chocolate.

Heat-treated chocolate loses most of its' nutritional content through

intensive heat processing; then refined sugar and milk content are added, taking it away from potentially being one of the healthiest foods, to a not so healthy processed food. Raw chocolate, alternatively, is gently heated below 40 degrees, and retains all of its' nutritional benefits.

There's so much more to be said about the benefits of cacao, though I'll sign off with a note to say that cacao is a wonderful aphrodisiac! Cacao produces a chemical in the brain called Phenylethylamine (PEA), which is known to be present in two foods: cacao and blue-green algae. PEA is nourishing for the brain and helps improve its' function, perhaps explaining why people have so much mental energy after consuming cacao, feeling inspired, alert and focused. PEA can produce the same feelings as falling in love, which could be why chocolate has become such a comfort food. That perhaps makes cacao the 'food of the gods' and one of the best superfoods for us all. We could do with an abundance of love to help make the world a better place!

Words: Dandy Christofi

Dandy will be running a raw chocolate workshop -  
12th December, at The Brighton Open Market  
For more information please call Dandy on  
07939 642917 or pop into the Raw Health Bar,  
Unit 39, at the Open Market, Brighton.  
[facebook.com/brightonnaturallystore](https://www.facebook.com/brightonnaturallystore)





# Are you happy with your body?



If you were asked the question 'are you happy with your body?' would you say a resounding 'yes', 'no' or 'yes but'? Many of us are likely to say 'yes but!' at best, which perhaps is not really about how we look, though more about how we feel.

Do you feel well, and have lots of energy? Or do you have aches and pains that drag you down?

Our bodies not only to protect us, they are the sensory vehicles through which we enjoy our lives, experiences and environment. The body is an amazing organism made up of trillions of cells and even more molecules, which continually respond to our thought processes and environment. There is increasing evidence indicating that the make up of our cells is affected by our thought processes. Most of us are familiar with the knowledge that the body responds to toxic environments with food intolerances and skin allergies. So how about the notion that the various mental stresses of modern day living can also create physical symptoms, such as neck or back pain, or headache or tummy troubles?

What if you could feel more comfortable?  
Among her many skills, Chartered & Registered

Physiotherapist Ann Rambaut has developed deep relaxation techniques that can help create ease in your body. Often there are additional benefits such as improved sleep, improved digestion, and clarity of mind for example. Although conditions could improve through one treatment alone, an average course of treatments is four sessions, or less.

Would you like to be more at ease with your body, and motivated to move and enjoy life to the full? You are with your body forever, so wouldn't you enjoy forming a better friendship with it?

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### *Offer:*

for new clients booking before the end of December 2015, the first treatment will be £45 (normally £62) and the second treatment £40 (normally £48), so a total saving of £25! Any further treatments, if required, will be at the usual price of £48

A microscopic view of the gut lining, showing a textured surface of cells and several large, blue, rod-shaped bacteria. The bacteria are scattered across the surface, with some appearing to be moving or interacting with the cells. The overall color scheme is a range of blues, from light to dark, creating a sense of depth and texture.

# Listen to your Gut

Words Kate Arnold

For those of you that have been following my writing for some years you may know that I'm obsessed with the human microbiome. Unless you've been living under a rock recently you will probably have heard how important your gut is in relation to your overall health. As 80% of your immune system is in your microbiome, your body's bacteria can help with nearly every process from digesting food to weight loss. The human microbiome may have a role in auto-immune diseases like diabetes rheumatoid arthritis, MS and fibromyalgia. A poor mix of microbes in the gut may also aggravate such conditions as obesity. Since some of the microbes in the human body can modify the production of neurotransmitters known to occur in the brain, it may also relieve schizophrenia, depression, bipolar disorder and other neurochemical imbalances. Pretty amazing no?

So the human micro...what? Ok so the human microbiome is housed in your gut and other areas of your body e.g. mouth, nose and genitals. You will know that one of the biggest mysteries in studies of diet and exercise is how people differ on the same treatment with such differing outcomes. Some people drop weight by doing relatively little, improve circulating triglycerides, total cholesterol and biomarkers of inflammation, and some struggle. Is our DNA to blame? Partly yes, but we generally share more than 99% genetic similarity with other people. The huge driver in the difference of outcomes, particularly with weight gain and loss, might be driven by the bacteria in our gut which can be more than 90% different between varying people.

In addition to the genomes (genetic material) we inherit from our parents we all have

trillions of microbes each with their own genomes. Thanks to research like the Human Microbiome Project our understanding of microbial bodies has been revolutionised. Throughout our lives our microbes can change depending on diet, medications, hygiene and even how we entered the world.

"We've had this perception of microbes as germs and pathogens as disease bearing organisms" says Lita Proctor of the Human Microbiome Project. "Much of the scientific literature for decades and decades has been completely focused on pathogens and that has also framed our point of view about microbes. But it has also become clear that the vast majority of microbes we come in contact with on a daily basis are not pathogenic, they are either benign and could not care less that there is a human nearby or actually provide benefit"

We know that C sections versus vaginal births impact on the initial level of microbes we receive and further during breast feeding vs. formula. We also know that globally more traditional societies have vastly different microbes than those in the westernised populations and that diet can play a role in this.

Changes in the microbiome have been linked to obesity, inflammatory bowel disorders (IBD) allergies, and asthmas. A study in Science found that differences in the microbiome might help explain instances in which one individual in a pair of twins is obese while the other is not. Microbiome samples taken from obese twins and delivered to mice led to the animals gaining weight in a way the microbiome from their leaner siblings did not.



The Western microbiome has changed dramatically in the last 100 years and not for the better. The recent microbiome changes might explain in some cases the rise of certain types of western disease. David Siskin a paediatrician and gastroenterologist at Seattle Children's Hospital says



"If you look at a lot of the disease issues of the 20th and 21st century a lot of them have to do with nutrition and autoimmune processes".

He attributes arthritis, gum disease, obesity and cardiovascular disease on this list. His primary interest is IBD, Crohns, ulcerative colitis, and their relating symptoms. IBD is usually considered an autoimmune process attacking the GI tract and other organs but humans have been around for millennia and IBD is a relatively new disorder noticed by doctors about 50 years ago. Since then the incidences have risen. In the New England Journal of Medicine 2014, research published a report of a donor faeces that can be a miracle cure for some patients with c. difficile - faecal transplants may well have a place in overcoming some disease states in the future.

### So where does this leave us?

Well I've been conducting stool tests, analysing gut bacteria for nearly 20 years and it's the most fascinating subject. So many of my patients with inflammatory disorders have gut bacteria issues: These include IBD, IBS, RA etc. I get very excited when I see what's going on in their microbiome, pseudomonas, klebsiella, enterobacter, and other such bacteria's as

lactobacillus and bifidus. Most of my patients are fascinated by this vast hidden landscape that never knew existed.

Today an unbalanced microbiome is common. Years of following diets high in processed foods, sugar, excess antibiotics and chronic stress have impaired our gut health. There has also been an increase in C sections and formula feeding which has impacted on the gut health in children. (This is no way saying that the mother is at fault, these are often necessary procedures, however education needs to be put into place and measures taken to overcome a potential low gut flora start in life).

The good news is you can change your gut microbiome for the better. As the average bacterium lifespan is about 20 minutes you have plenty of time to turn things around. There are a host of factors that deplete the gut flora - your environment, the amount of exercise you take, sleep, stress and diet, the last being the most important.

If you would like further information on stool testing for gut flora, for IBD, IBS, RA or any other condition or any other point raised in this article, please contact Kate on 01323 737814/310532.  
[www.katearnoldnutrition.co.uk](http://www.katearnoldnutrition.co.uk)



### Kate's Top Tips



### EAT THE RIGHT FOODS

Your gut responds to what you feed it. Feed it junk and it won't flourish. Remove sugar, processed foods and refined carbohydrates. Eat carbohydrates from vegetables and low sugar fruit, loads of dark green leafy vegetables, radishes, Jerusalem artichokes, leeks, asparagus, carrots, garlic, onions and turmeric. Include fermented foods like pickles, sauerkraut, kefir and yoghurt (all probiotics).



### OPEN A WINDOW

We spend so much time indoors in front of our laptops protecting ourselves from

the elements and other so called dangers. This has changed the environment in the home and office. Let the air in, let your children play in the mud and dirt. Get your hands dirty in the soil if you are a gardener.

### REDUCE STRESS

Easier said than done but never underestimate the amount of stress can have on your gut. I'm not talking obvious gut spasms here I'm talking high levels of cortisol over long periods of time effecting the micro biome.

Try and get some kind of daily stress reduction regime going as part of your routine.



### TAKE A HIGH QUALITY PROBIOTIC

This is more tricky than it sounds, as what is high quality and what actually works? Firstly don't buy them from a supermarket. Even if it's pricey it might not work. Get expert advice as this is the one supplement that people self prescribe and get totally wrong. Probiotics start as low as 1 billion and go to 450 billion so you need to know what you are doing.



### AVOID ANTIBIOTIC

Save them for the life threatening times you might need them or where there is an active bacterial infection. Otherwise avoid them.



# Bust the bloat!



In the UK, 30% of the population suffer from gastro problems ranging from simple bloating and discomfort to Irritable Bowel Syndrome (IBS). Many people find their lifestyle is severely limited by this chronic and debilitating condition - IBS affects 10-15% of people in Europe and includes symptoms such as bloating, gas, abdominal pain, constipation and uncontrolled diarrhoea.

Allorex, a daily food supplement developed by Alimentary Health Ltd, is now available in the UK for the first time and is the only product in Europe which contains the unique PrecisionBiotic 35624™ culture, part of the *B. infantis* strain family, which has been specifically selected to work where it is needed in the human gut. Backed by over 15 years of clinical research, with the findings appearing in over 50 scientific journals, the unique 35624™ culture is the number one gastroenterologist recommended strain in the U.S.

Commenting on Allorex, Professor Fergus Shanahan, a world-leading clinical gastroenterologist, said, *“This is one of the few products available in the UK that has the scientific clout behind it because it has been tested in high quality clinical studies. Research shows us that not all probiotic cultures are the same, and that we can select the most appropriate culture for the particular problem Allorex is unique because it is an elite and natural precision strain which addresses specific issues, rather than simply relying on the generalised effect of conventional probiotics.”*

Allorex contains an elite and natural ‘smart targeting’ PrecisionBiotic strain which delivers benefit exactly where it’s needed and has been specially selected for a particular task.

*“While everyone’s gut microbiota is different, research has shown that many digestive complaints, including IBS, can be linked to a bacterial imbalance in the gut. Maintaining and enhancing gut microbiota is important, not only to digestive health, but can also have beneficial effects on general health. Good eating practices, a healthy lifestyle and the inclusion of a daily PrecisionBiotic in your diet will ensure that the gut remains healthy and thriving, giving people the freedom to enjoy their lives,”* said Dr. Eileen Murphy, Research Director at Alimentary Health.

Allorex is very convenient and easy to take with or without food. It is gluten free and no refrigeration is required. Available online at [allorexbiotics.com](http://allorexbiotics.com) or through independent pharmacies nationwide.

Raw foods - naturally! Discover how raw foods can complement your health



5th December 2015 is the date! for the next 'raw chocolate workshop'

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

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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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# All You Need to Know About Eye Floaters

## • What Are Eye Floaters? •

### What Do They Look Like?

Little worm-like **specks drifting**  aimlessly in your field of vision.



### Are They Harmful?

99% of eye floaters are totally benign & resolve themselves.

### How Common Are They?

**7** out of 10 people experience them.  


### When Are They Most Obvious?

If you **stare at something** particularly bright e.g. a piece of white paper or a blue sky.

### What They Actually Are


Shadows cast by objects suspended in the vitreous humor, the clear, gel-like substance that makes up **80%** of the interior of your eye.

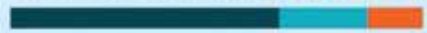
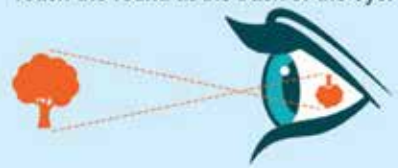


### Why the Vitreous Humor is Important

It maintains the **eye's round shape**. Light must pass through it in order to reach the retina at the back of the eye.

### What the Vitreous Humor is Made of

It is mainly composed of **H<sub>2</sub>O**. It also contains proteins + various substances. 





Eye floaters are benign dead skin cells that occur naturally in the following ways:



### Protein Clumping

Simple proteins of vitreous gel can clump together.

### Vitreous Gel Shrinkage

Vitreous gel naturally shrinks as we age + bits of debris can enter the gel.



### Small Hemorrhages

Vitreous gel can pull red blood vessels into the vitreous humor causing minor hemorrhages that are not harmful + disappear as the blood is absorbed.

## ● How Do I Identify Them? ●

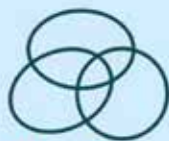
Eye floaters can appear in many different shapes.



Black or gray dots



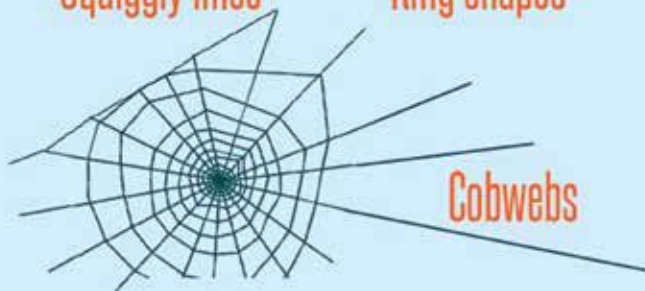
Squiggly lines



Ring shapes



Threadlike strands



Cobwebs

## • What About in 1% of Cases? •

On very rare occasions, eye floaters can develop into something more, but this is in less than 1% of all cases.



### Who in the 1% is Most at Risk?



Nearsighted people



Diabetics



People who have had cataract surgery

Eye floaters most often occur in people between the ages of

50 to 75. 

### What About Retinal Tears + Detachments?

**1** in 7 people who experience a sudden presence of eye floaters + flashes of light will have a retinal tear or detachment.



If left untreated, it can lead to permanent visual impairment or blindness within 2 or 3 days.



#### References

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[supersaversopticians.ie/](http://supersaversopticians.ie/)



# We are what we eat, <sup>but</sup> what are we eating?!

For many years now we have been told that we are what we eat. With over farming, crop spraying, early harvesting and processed foods all depleting the nutritional value of what we eat it is hardly surprising that age related degenerative diseases such as cardio vascular disease and diabetes are on the rise, as is obesity. We may be eating plenty but the fact is that many of us are actually 'nutritionally' starving.

Fifteen years ago in the USA, SynergyWorldwide started formulating and manufacturing potent, pure botanical products which could give us the nutrients we need to maintain great health. No longer do we have to rely on hope and guesswork.

**Pro Arginine 9+** recently awarded the Best Health Product at this Years CamExpo Show, helps the body naturally produce more Nitric Oxide. This molecule, now known to have many health benefits, heals and unclogs the 100,000 miles of capillaries and arteries we each have in our body. When the circulatory system is clear; nutrients, oxygen and blood are assured of actually getting to every cell of the body.

When combined with Synergy's other 2 delicious,

nutrition rich drinks; **Phytolife** - a chlorophyll alkalising one, and **Mistify** - a highly antioxidant berry drink - the body has the potent nutrition it needs to heal, repair and maintain optimum health as best it can.

Synergy's other products include:

**E9** - a healthy energy drink rich in vitamins and amino acids, ensuring we remain physically and mentally energised for hours

**SLM Smart** - a meal replacement health shake, for busy people 'on the go' or for those who want to lose weight in a nutritionally rich sustainable way

Trialled and tested Synergy's products provide us with a simple natural way of ensuring we get the potent nutrition we need for great health and vitality! If you'd like to learn more, please contact

**Helen Prosper**

**Health and Wellness Consultant**

**Information Sharer/Team Builder Synergy**

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In an article published by the Department of Health in February 2012, the Chief Medical Officer for England, Professor Dame Sally Davies said: "A significant proportion of people in the UK probably have inadequate levels of vitamin D in their blood. People at risk of vitamin D deficiency, including pregnant women and children under five, are already advised to take daily supplements. Our experts are clear - low levels of vitamin D can increase the risk of poor bone health, including rickets in young children."

The following groups of people are at risk of vitamin D deficiency: all pregnant and breast-feeding women (especially teenagers and young women), infants and young children under five years of age, older people aged sixty-five years and over, people who have low or no exposure to the sun (for example those who cover their skin for cultural reasons, or who are housebound or confined indoors for long periods), people who have darker skin (for example people of African, African-Caribbean and South Asian origin) because their bodies are not able to make as much vitamin D.

Vitamin D is a fat-soluble vitamin and is unique because it functions as a pre-hormone. It's not 'just' a vitamin; it's actually a neuroregulatory,

steroidal hormone that influences nearly 3,000 of the 25,000 different genes in the body. Deficiency in vitamin D causes many health risks including the following: osteoporosis, rickets, high blood pressure, tuberculosis, cancer (breast, colon & prostate) periodontal disease, multiple sclerosis, chronic pain, seasonal affective disorder (SAD Syndrome), depression, peripheral artery disease, cognitive impairment, autoimmune diseases (including Type I Diabetes), metabolic syndrome (Syndrome X) and obesity.

The independent health and beauty company, Xenca, have just launched their own Vitamin D3. It has long been recognised for its many benefits, most notably its contribution to the maintenance of normal bones and teeth, where it plays a key role in ensuring a sufficient level of calcium is present in bones. For example, it works particularly well in conjunction with Calcium Chewable, also by Xenca. Other benefits of Vitamin D3 include boosting the activity of immune cells, and a further contribution to both heart and brain health.

**Nigel Dacombe**  
Associate Shareholder - Xenca  
[wellbeingsynergy.co.uk](http://wellbeingsynergy.co.uk)



## NOTHING BUT

'Nothing But' is a range of freeze-dried fruit and vegetable snacks, available in six flavours. Our daughter loved the fruit flavours, although she did eat the peas and sweetcorn too! Available online, through retailers such as Wholefoods and many other independent health food retailers.

# Tried & tested

Wellbeing products for you and your family...



## RELAX AND REFLECT

Featuring the very best in music for relaxation and wellbeing from world renowned new age artists Stephen Rhodes and Stuart Jones

Over the years Stephen Rhodes has been responsible for creating and producing some of the most delicious and soothing melodies ever heard in the genre of music for wellbeing, relaxation and new age.

With this new compilation Reflection brings together for the first time on one album some of Stephen's finest work including 'Concerto of Dreams', 'World's Apart', 'Cherished Memories' and 'Love Remembered', as well as other fine pieces.

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



## STOP SNORING WITH THE GOOD NIGHT STOP SNORING RING!

Simply wear it on your little finger to help both you and your partner get a great night's sleep. A natural, non-invasive way to stop snoring. No drugs. No side effects.

Available in 3 sizes £29.99 [www.goodnightsnoring.com](http://www.goodnightsnoring.com)



## **...The beginning of the end of medicine and healthcare as we know it!..**

Medicine and healthcare has lost its' way and is leading us all towards a future of ever increasing disease and decreasing life expectancy, at an ever increasing financial cost to individuals and society. This short article examines some of the reasons behind this process, the consequences of staying on the same road, the com-

mercial and governmental pressures directing and supporting this trend, and some simple ways of changing our direction of travel to lead to better health with less expenditure on our medical and healthcare systems.

Modern medicine is based on a reductionist paradigm, dominated by the study

and treatment of disease usually with drugs and surgery. There is no argument that immense strides have been made in these fields and that for anyone suffering critical illness their chance of survival today is far greater than a generation ago. However despite these great advances we now see an ever-rising incidence of all

our modern diseases and a shortening of life expectancy of our children and grandchildren. The situation would be far worse but for the fact that more and more resources and money keep us alive and functioning, albeit not as healthy individuals but in a state of chronic illness with ever increasing reliance on drugs and expensive medical interventions. What are the long-term consequences of this? Very simply we are rapidly approaching a point where this system cannot be viably funded any longer. It does not require an expert to realise that when the majority of us need joint replacements, heart operations, increasingly expensive drug therapy and intensive care and rehabilitation, there will not be the funds to support us. Some form of rationing will be needed or only those who have invested heavily in private medical insurance will be able to access the care they will need. Even with increased allocation of the nation's funds there will be a poorer health and earlier death for most.

This slow, unremitting shift to a sicker and sicker society has been of great benefit to many commercial interests,

primarily the pharmaceutical companies, health insurance companies, private medical services, various sectors in the food industry, the supplement industry and all those who serve the sick one way or another. There is profit to be made from the sick, and little can be made from the healthy. This reminds me of the old story about the old Chinese doctor who was only paid while his patient was well, not when he became sick, as it was seen as his duty to teach his patients how to stay healthy with his support. Few doctors in the modern world would survive in such a system today! In fact the very term "doctor" used to mean "teacher" not a prescriber of drugs or medical treatment. Government leaders have accepted this system as their advisors are the very people who have been taught this way; the doctors and medical professionals.

Only when the focus of attention is turned to health promotion, and when individuals learn to be more responsible for their own health will this disastrous process begin to change.

Jamie Oliver has been campaigning for better food education in schools, and for some years now, with resistance from many quarters including from parents who may not recognise the damage they may be doing to their children with the food they give them. Watch his talk in the USA on TED [ted.com/talks/jamie\\_oliver](http://ted.com/talks/jamie_oliver)

Dr. Michael Greger has lectured on this topic, pointing out that ninety percent of deaths from our modern diseases are diet or medically related. Watch his talk on YouTube 'Uprooting the Leading Causes of Death' - [youtu.be/30gEiweaAVQ](http://youtu.be/30gEiweaAVQ)

With better food, more exercise, and other natural health interventions the nation's health could be transformed. As a small contribution to this gentle revolution we have launched four websites to give the public better information. The hub of these sites can be found on your PC or smartphone at [totalhealthmatters.co.uk](http://totalhealthmatters.co.uk)

**Michael Lingard**  
BSc.Dip.Ost. BBEC.





# Can you conquer the Channel?

**R**unning a marathon, climbing a mountain or swimming the Channel all commonly feature on a list of life goals which many of us aspire to achieve but find difficult to complete. The physical undertaking of these challenges makes the achievement even greater, allowing all who triumph over Mother Nature entrance into an elite group for life.

According to [ironmate.co.uk](http://ironmate.co.uk), almost twice as many people have scaled the heights of Mt. Everest than have swum the English Channel, and the charity Aspire help to make achieving this life goal more achievable through its fundraising event, the Aspire Channel Swim.

The Aspire Channel Swim is a great

challenge for anyone who wants to stay fit, achieve a life goal and give something back at the same time.

With up to the minute leaderboards on [www.aspirechannelswim.co.uk](http://www.aspirechannelswim.co.uk), you can pit yourself against your friends and all the other participants worldwide.

The challenge, which runs from September over a 12-week period, allows swimmers to cover the 22 miles of the English Channel in their local pool, working individually or as part of a group to achieve this goal. So if your New Years resolution was to swim the English Channel in 2016, it may not be too late to put it into practice this year as the challenge runs until the 7th December... so let's get swimming!



Olympic swimmer and World Championship medalist Chris Cook, shares his tips on improving your front crawl

*"You want to make your stroke as efficient as possible so think about keeping yourself long and flat so you can be streamlined in the water," says Chris. "Aim to create as little resistance in the water as you can so you can glide through. It's also not about how many strokes you can do, better to think how few!"*



### Chris' ten top tips:

1. Make yourself as stretched out as possible.
2. Keep your body position as flat as you can with a slight slope down to the hips to keep the leg kick underwater
3. Look slightly ahead and down
4. Reach out as far as you can with the pulling arm as it enters the water
5. Pull back in an S shape so your arm comes back to your leg.
6. Keep your legs close together and ankles floppy in a continuous motion
7. Kick from your hips, not your knees
8. Make small fast kicks, not large down and up beats
9. Keep one side of your face in the water as you turn to breathe
10. Don't lift your head out of the water, the more your head raises the more your feet will drop. (Keep that long line so your neck is in line with your spine)

Chris Cook is supporting the Aspire Channel Swim 2015, a charity swimming event designed to raise money for people with Spinal Cord Injury. [www.aspirechannelswim.co.uk](http://www.aspirechannelswim.co.uk)

SWIM YOUR WAY TO BETTER

# SEX

Words Samantha Evans

**S**wimming is not only beneficial for your physical health and well-being but it can improve your sex life. Swimming can boost your libido and sexual performance in addition to toning your body, improving your cardiac function and increasing your energy levels.

It is a great way to get back into exercising following surgery, injury, heart attack or if you have a disability which impacts upon your movement and ability to exercise, as the water supports the body.

Swimming in a horizontal position places less exertion on your body because the heart isn't working against gravity: therefore, it doesn't have to work as hard to pump blood around your body, according to Professor Brent Rusthall, Professor of Exercise and Nutritional Sciences at San Diego University.

A Harvard University study of 160 male and female swimmers in their 40s and 60s found a positive relationship between

physical exercise and sexual intercourse. The swimmers in their 60s reported having sex lives similar to that of people aged 40+ in the general population (Krucoff and Krucoff 2000). Bortz and Wallace (1999) found that the fitter an older person was, the better their sexual activity and satisfaction. People who look after their bodies and exercise tend to be more aware of their sexual health, enjoying increased sexual pleasure.

According to swimming coach and pilates expert Agneta Lindberg, it's the best exercise to tone your pelvic floor muscles leading to more powerful orgasms and heightening the sexual experience of your partner. Strengthening your pelvic floor muscles can also help alleviate health problems such as urinary incontinence and vaginal prolapse.

## WHAT STROKES ARE BEST?

The best stroke for your pelvic floor is the breast stroke as the simple action of bringing your legs together causes your thigh and pelvic floor muscles to contract, thus



strengthening them. All swimming strokes help to tone your waist and pelvic muscles to some degree because you constantly have to engage these muscles in order to keep your balance as you swim.

Studies have found that the heart rate of a swimmer is 12 beats per minute less on average than that of a runner, enabling you to keep up intensity for longer, thus increasing the benefits of your workout. This in turn improves stamina and energy levels, both of which are beneficial to enjoying sexual intercourse.

The temperature of the water prevents you from becoming as overheated as someone working out on land, which enables you to work out at the same intensity for a longer period of time, thus building stamina.

## LONG TERM BENEFITS

Like all exercise, swimming boosts your endorphins, feel good hormones, which can help to increase your libido by reducing your stress levels – a major contributory factor in low libido.

Swimming can improve brain function through a process known as hippocampal neurogenesis, whereby the brain replaces cells destroyed as a result of the effects of stress upon the body.

It can also improve your circulation, increasing blood flow around the body and especially to the genital area, boosting sexual function.

Exercising in general has psychological benefits to health by reducing stress, raising self-esteem, improving your mood and

increasing self-confidence, all of which can contribute to a more enriched sex life. Having a swimmer's body is also seen as a desirable image. When researchers at Cambridge University showed 700 women 30 different male body types, they found that the most attractive image was that of a swimmer: broad shoulders, nipped-in waist and small hips. Having a swimmer's physique is also beneficial for women: you can balance out a pear-shaped figure by developing your upper body using breaststroke to tone chest muscles, which increases support to the breasts making them look firmer and uplifted, and tone thighs, making them look thinner.

Swimming is a low impact activity putting less strain on joints and limbs and keeps you looking young. Jogging has been found to increase the risk of wrinkles as the upwards and downwards motion of running cause the elastic fibres in our face to stretch. People who run or jog often have a gaunt, thin face that can look older.

Swimmers do not burn as much fat as runners but generally develop an all over body muscle tone, rather than just their legs. This is why swimmers tend to have bodies which look more balanced and in proportion because of the large number of muscles they use and the range of movements involved in swimming strokes.

Although Summer is an excellent time to go swimming if you continue to swim long after you have returned from your summer holiday, you can boost your sex life all year long!

**Samantha Evans sexpert and co  
owner of online sex toy retailer  
[www.jodivine.com](http://www.jodivine.com)**





# Thriving or surviving Christmas with M.E.

**Christmas** can bring up a variety of anxieties, worries and issues for us all, especially for those with chronic exhaustive conditions who, by their very nature, are perfectionists; 'A type' personalities and usually the ones to organise Christmas. So here are some ways to pre-empt and avoid the Christmas crash, taking out the worry of 'will I feel too tired for the day; will I have the stamina?'

## Physically

- Remember the kitchen floor does not need to be scrubbed - your guests have come to see you, not your house.
- Remember to keep taking your adrenal support; these can get forgotten in the busy period.
- Relax and enjoy the main meal without overdoing it.
- Avoid grazing the sugary Christmas treats that will increase inflammation, causing pain flare ups.
- Keep the water going so the liver and kidneys are not put under additional stress.
- Use the left overs from the savoury meal to make a nutritious soup that will soothe any sensitive gut.
- Eat live plain organic yogurt, 1 or 2 tablespoons daily, to keep the guts flora and fauna happy and to help strengthen the immune system.
- Take yourself off in the afternoon for a nap.
- Go outside for some fresh air.
- Try to avoid alcohol which is a diuretic, and which the liver considers a toxin. It also spikes your blood sugars, so if you indulge make sure

you eat something with it, and try to stick to champagne!!

- If the Christmas cake is calling to you, eat it at the end of a meal so it can combine with other foods, therefore lessening blood sugar level problems

## Emotionally

Christmas is full of the 'shoulds', the 'ought to's' and the 'musts'. A time when we are often together with people we only see once a year. So;

- know what will affect you and say No; and know what will nurture you and say Yes.
- Journal any concerns or anxieties and see how you can eliminate them or overcome them.
- With family visits try and avoid conflict and 'the guilt trip'. "How?" you may ask.
- Don't jump into conversations that trigger anxiety in you; change the subject whenever possible, or just leave the room. Old patterns can get triggered, so try and observe rather than jump in.
- Focus on what you can do and still stay well, however small that contribution may be.
- With social events, don't avoid all of them, just remember to pace; maybe just stay for an hour.

May 2016 be the year you get your health and life back on track. If you would like to know more about the work I do supporting recovery for those with M.E., C.F.S. and Fibromyalgia please feel free to contact me. Merry Christmas everyone!

**by Jackie Webster - Chrysalis Effect Practitioner**  
**e: [Jackie@wellbeingessentials.org.uk](mailto:Jackie@wellbeingessentials.org.uk)**  
**w: [wellbeingessentials.org.uk](http://wellbeingessentials.org.uk)**

# LOOK OUT

## for Father Christmas!

This is a busy time of year for Father Christmas. He will be rushing around checking his list of good boys and girls, planning his present deliveries and making sure his reindeer are ready for the big night. It's a good job he has been preparing all year. Father Christmas isn't getting any younger. So with all his lifting of heavy bags of toys and getting stuck in old chimneys he has to take care of his back. We all get caught up in the ever increasing run up to the festive season, so it's worth looking after ourselves and following good chiropractic advice:

**DON'T SHOP TILL YOU DROP** This applies to us, more than to Father Christmas. Shopping really aggravates back problems. Wandering around the Arndale Centre, carrying all those Christmas goodies can cause joint aches and muscle stiffness. The best thing is to pace yourself and take a break when you need to.

**WALKS** can help gently mobilise the back. Bed rest is a thing of the past. It's usually best to keep active. Father Christmas will have to be careful on those roof tops.

**GOOD POSTURE** helps avoid injury in the first place. Avoid lifting and twisting at the same time (especially if you're carrying heavy toys). It's best to bend your knees and brace yourself by holding your tummy tight. Working in cramped spaces (chimneys) or having bad posture can cause very mild but constant wear and tear.

**DRINK** plenty of water. Dehydration affects the whole body, even the discs in your back! The recommended minimum is at least 4 pints of water per day.



**ICE** helps to ease any immediate sprains and strains. An ice pack (or rooftop snow) should be lightly wrapped so it doesn't freeze the skin (a tea towel will do). It should then be placed against the injury and must not be left on for more than ten minutes at a time.

**DON'T IGNORE IT!** Pain can be a warning sign. If you hurt yourself (e.g. from sudden sleigh stops) it's always best to seek expert advice and treatment as soon as possible. Pain is an important warning, don't ignore it!

As a treat for Father Christmas (or one of his helpers) leave your copy of Wellbeing out this year. He can read these tips whilst he enjoys his mince pies and sherry!

Santa's Advice courtesy of Lushington Chiropractic  
**01323 722499 - [chirocare.co.uk](http://chirocare.co.uk)**

# Hypochondriac's Health Guide

For some reason, when it comes to your health, something is always not right and most of the time you find yourself diagnosing your 'serious' illnesses with the help of Dr Google.

Due to our 24/7 stressful lifestyles anxiety is one of the most common mental conditions in Britain. Hypochondria, which is a form of health anxiety, makes you constantly worry about symptoms that you don't really have.

To help you differentiate severe conditions from normal bodily functions, we asked our experts to put together The Hypochondriac's Health Guide:

## Is it a headache or a migraine?

It's not uncommon to hear people complain of a migraine when they are actually suffering from a bad headache, however a migraine is a true organic neurological disease.

'Tension headaches are common and can be severe. They tend to be generated by a mixture of physical and emotional stress and tension. Muscles in the neck and shoulders tighten up and restrict the neck movement. This - in turn - causes pains to be felt over the back of the head, often ending up behind one eye or over the temple. Some tension headaches are reported as being like having a sweatband tightened around the head.' explains Wilkinson.

A migraine, on the other hand, is a complex mixture of chemical and circulatory irregularities that ultimately cause head pain. 'Migraines can have various contributing factors. These may

include hormone imbalances or changes (they often occur around menstruation in women), a sluggish digestion, an over-burdened liver, nutrient deficiencies, stress, food intolerances, blood sugar imbalances, dental problems and even genetic predisposition' adds Cassandra.

**What is the difference?** 'Migraines follow a two-phase attack. The initial symptoms include flashing lights in the eyes (related to a reduction in circulation) followed by the pounding headache (as the circulation changes again and blood vessels expand and push on the pain sensitive covering of the brain.)' adds Wilkinson.

## Reduce your migraines, try the following:

**Balance your blood sugar by eating three good meals a day** - Common foods that may trigger a migraine include cured meats, alcohol (especially red wine), chocolate, citrus fruits and strong cheeses

**Make sure you're drinking enough water** - usually between 1.5 and 2 litres a day is generally advised and avoiding sugary drinks including fruit juices

**Eat more magnesium-rich foods** - pumpkin seeds, beans and pulses, and green leafy vegetables

**Try a B vitamin supplement** - its thought that the cause of the pain in migraines is abnormal nerve activity. B vitamins contribute to normal nervous system function. In particular, vitamin B2 may be effective in preventing or reducing occurrence of migraines. As it's best to take B vitamins together, try Quest Mega B Complex ([www.revital.co.uk](http://www.revital.co.uk), £9.29) taking one tablet a day with breakfast' says Cassandra.

### Is it eczema or psoriasis?

In some cases skin conditions are notoriously difficult to identify. Both eczema and psoriasis cause red irritant rashes that can appear for the first time at any point in life and both can be stress related.

However, it is easy to distinguish what skin condition it is by just looking at places where it appears. 'In the case of eczema, the rash tends not to follow a regular shape or distribution over the body. Psoriasis, on the other hand, typically has a round, raised, disc-like appearance and occurs on the outer surfaces of the arms and legs or around the trunk and in the scalp. When eczema hits it tends to be found in the creases of the body such as the back of the knee, the groin, in the armpit and bend of the elbow. The two skin rashes tend to stick to this pattern of distribution which can be a real help when trying to decide what rash is what.' explains Wilkinson.

In general, both skin problems can be helped by boosting the intake of omega-3 fatty acids, such as flax oil, and by applying a good natural moisturiser 'Keeping the skin moist and nourished from the outside is crucial, as it can bring instant relief from itchiness and discomfort. However, emollient creams that are often recommended by doctors and pharmacists, rarely provide long-term relief. What's more, they can even irritate already inflamed skin, as very often they contain chemicals, such as chlorocresol and cetearyl alcohol. Instead, try a natural cream or balm, such as What Skin Needs Skin Balm ([www.whatskinneeds.co.uk](http://www.whatskinneeds.co.uk), £13.99), which contains a blend of natural ingredients including Plantolin along with Aloe Vera extract and tea tree essential oil can help to manage skin conditions by reducing inflammation and oxidative damage.' says Sonja Dymalovski, Skincare Expert at What Skin Needs.

### Is it an upset stomach or is it Irritable Bowel Syndrome?

Any change in your digestion or gut function can cause great anxiety and distress not to mention physical discomfort. In some cases it's easy to point a finger at the cause but thankfully, food poisoning is not difficult to miss. 'The fever, vomiting, abdominal cramps and diarrhea can be severe but tend to clear after 24 – 48 hours. It would be difficult to confuse this with irritable bowel syndrome (IBS)' explains Shona Wilkinson, Head Nutritionist at [www.nutricentre.com](http://www.nutricentre.com).

IBS tends to be a more chronic problem and can be characterised by wind, bloating and fluctuating bowel motions, from loose to constipated.

'However, post infective IBS is often overlooked and can go untreated for a long time. This occurs when the inflammation and infection, which was responsible for the food poisoning, leaves the delicate bowel lining over-sensitive long after the initial infection passes. Such super-sensitivity makes the gut react to its own natural movements, causing cramping pains that are often only eased by passing wind or going to the toilet.' adds Wilkinson.

Getting to the bottom of IBS will require an accurate diagnosis and the help of a good naturopath to guide you through the good and bad foods for your bowels. 'Both forms, however, benefit from taking a good probiotic supplement such as ProVen Adult 25 Billion ([www.provenprobiotics.co.uk](http://www.provenprobiotics.co.uk), £13.95).' advises Nutritionist, Cassandra Barns.



## WELLBEING PERSONAL GROWTH

My name is Mary Murphy. Twenty years ago I was in the 'same place' as many of my current clients. Things changed when I went to college to study reflexology and had free treatments. I needed to find clients to gain my experience with; most of whom lived on the same council estate as me, an area with much social deprivation and associated problems of poverty, mental health and addiction issues. Working with those people gave me the seed of an idea, that grew into a dream which I fed with patience and determination, to eventually be able to open a weekly clinic to address the total lack of provision of affordable therapies; to help people feel included, visible and worthwhile.

My project, The Human Touch, aims to and is reaching many local people in my community and beyond, helping them improve their health and wellbeing by providing a

range of affordable therapies for all. These people are usually unable to access complementary therapies because of having low budgets, and often with mental health and other chronic health complaints, believing that specialist consultations are beyond their reach. The Human Touch opened in February 2014 and since then has provided more than 250 'affordable' specialist consultations, beauty treatments and complementary therapies.

In October 2014 I achieved a place at the School for Social Entrepreneurs (SSE), Hampshire. At that time I had no idea I had a budding social entrepreneur hiding, quite literally, in my wings. In the past year the grant from Lloyds Bank and the National Lottery, the clear and well delivered lessons from the tutors Karen & Fiona, the expert witnesses who have visited, the listening ear



*A seed of an idea,  
a dream that grew,  
a vision fulfilled!*

and reflection from my mentor, working with my peers and discovering the very valuable tool of 'Action Learning' have all helped me transform the original seed of an idea into a successful self-sustaining social enterprise. I am totally thrilled to have been voted Peer of the Year by my classmates, who said, "She cared most about the whole group", "Mary has experienced the most personal growth of all of us" and "The Human Touch has evolved completely into a success story which will grow and grow".

The last part of the grant provided by Lloyds will enable me to attend a teacher training course in mindfulness and meditation in November. Then watch this bright space for the announcement of the opening of 'affordable meditation' early in 2016 - to be known as The Bliss Out Hour!

My experience at SSE has helped me gain a huge increase in self-confidence and belief in my project. Very recently we won first place in a competition run by the Holistic Therapist Magazine, awarding the best in the industry [holistictherapistmagazine.com](http://holistictherapistmagazine.com) The Human Touch beat hundreds of other entries to a short list of three, then won the award for Best Small Business of the Year 2015 for most financial success and many other far reaching broader reasons, such as reaching out to members of the local community and helping them feel heard, valued, and visible.

The team have spread their wings all summer and will continue through the winter and spring, providing service of many mini-treatments to a variety of fund raiser days, charity fun days and holistic fairs. They are also available as part or whole team for any event

you are planning. The future for the Human Touch is looking rosy; they are here to stay, with four practitioners waiting eagerly to bring new practices to the project by spring 2016.

The Shoreham Centre building works are finished, bringing a beautiful new, light filled building and great upgrade to all of the original spaces. There is direct access from the carpark at the rear of the building, and lift access via the lift to your left as you enter the main building through the automated front doors.

The Human Touch vouchers are an ideal gift, and can be personalised for birthdays, anniversaries, Christmas, or any other occasion. For information: practitioners, therapies, what's on, news, and vouchers please visit [thehumantouchshoreham.com](http://thehumantouchshoreham.com)

*"I received 10 sessions of foot reflexology from Mary to help sort out a range of health problems, mainly headaches, and I wanted to conceive. I was very open to receiving complementary therapies after going through the conventional routes of my GP to help, especially with issues around conception. I had a certain belief in alternative therapies before my course of reflexology but I was surprised how quick the results were and how open Mary was in her approach to my problems. Since the course of reflexology with Mary my headaches have gone and I have conceived, carried to full term and given birth to my son. I would recommend reflexology with Mary to anyone". Jessikah Willow*



New Coghurst Farm near Hastings is a family run farm; hay-making, sheep grazing and Intuitive Horse work make up daily life. Through 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 person's emotional state, regardless of riding ability. After witnessing the positive impact horses can have on someone's life, the 'Intuitive Horse' programmes were born, including 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 no previous experience with horses is necessary. Anyone - male, female, adult or teenager, even family groups may find Intuitive Horse beneficial.

**Why consider booking onto a retreat or 1-1 session? Perhaps you'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 personal growth 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 you 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

### **What conditions can Intuitive Horse help with?**

The work with Intuitive Horse can support and complement therapies you might already be receiving. We've 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). A consultation over the phone to gain an understanding of your situation first is essential, which will be discussed in confidence.

**Intuitive Horse – seeing you for who you really are!** 07825 036301 [intuitivehorse.co.uk](http://intuitivehorse.co.uk)



## training for the Great North Run

**17th August** - I am really pleased with my fitness level and have continued to run two five or six mile runs and one nine-miler this week! Feeling more confident by the day and still enjoying it, although I have been lucky with the weather and have managed to keep dry. Maybe deep down I am still a fair weather runner - we'll see when the winter comes just how much I enjoy it!

**24th August** - My number has arrived - 53411 - with an electronic chip attached to keep precise time of passing through the start and finish lines. Help! Again this week, I am keeping my regular runs going. Early morning is my preferred time as I achieve a feeling of satisfaction that it is done and feel a lot better throughout the day. The British Heart Foundation have supported me via emails, on-line support and even invited me to different venues to participate in practice runs to get the flavour of running in a different environment; all really helpful and encouraging. The BHF offered a webinar to talk participants through the run, explaining more clearly the procedures, the course, the section where it is anticipated to be the worst (around the 7 mile mark) etc. It's all very real now!

**2nd September** - Following the advice of experts, only shorter runs are advised at this stage so Monday and Thursday afternoons I ran three and five miles.

**3rd September** - Disaster! At 7.30 a.m I slipped down a step whilst walking (!) and damaged my foot. I can't tell you how devastated I am at this stage of training. It was painful to drive home though I felt determined that this couldn't be the end; however...

**4th September** - I visited A & E after a reasonably sleepless night and lots of tears. An X-ray showed a chipped bone so I was strapped up, armed with a single crutch and told to keep my foot up for the next week. I just couldn't believe it and was very sad - an understatement!

**13th September** - The Great North Run - from the settee - not the experience I was expecting!

Thank you all for sharing these diary entries with me, and for all your support so far. I have deferred my entry, so here's to next year!

Chris Mutch

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





# Stress Busting

---

According to a recent study, a quarter of the population suffer from some form of stress and anxiety due to work, life and emotional demands. Long-term stress can cause a range of physical health problems including high blood pressure, headaches, stomach upsets and in some cases it can increase the risk of having a stroke or heart attack.

Juls Abernethy, Founder of The Body Retreat and expert in the causes of and treatments for stress, provides an insight into how making a few simple lifestyle changes can help to avoid stress, and deal with it when it is unavoidable.



### PLAN AHEAD

Plan your week ahead so that you can factor in rest time. This is not just time when you are not working, because that often gets filled with other things very quickly. This is some non-negotiable me time. This could be time to read a book, take a bath, or even practice yoga – whatever you want - but it has to be time allocated just for you. Start with setting aside 30 minutes of your week for rest. That's just 30 minutes out of an available 10,080 minutes in the week. That's doable isn't it?

### EAT GREEN

We often think of our mind as the organ most affected by stress but in actual fact it is our liver that suffers the most. When your liver is overloaded you tend to feel sluggish, tired and headachy. You are also prone to infection and virus. Eating a clean diet that is low in processed food (more work for your liver) and high in Greens (supportive and cleansing for the liver) supports the liver which enables you to cope better in stressful situations.

### KNOW YOUR ENERGY CURVE AND START TO MANAGE IT

We all have an individual energy curve, which is the amount of time your body takes to completely use the fuel you have provided it with through food and drink.

On average it takes between 2–4.5 hours for this process to happen. But, of course, it can depend highly on the type of food you fuel your body with. For example; if you have a coffee and a muffin you may be very proactive for 45 minutes, but then you are very likely to crash and burn. This energy crash then adds to your biological stress. It is therefore beneficial to focus your diet around high quality proteins and vegetable carbs which will give you sustained energy and prevent any sugar crashes.

### HAVE A CUP OF “MINDFUL” TEA

This is not just any old tea - I'm talking about having a mindful cup of tea. Almost all of us have a hot drink at least once a day, but this is often on the go, and drunk without any thought. Turning at least one cuppa into a Mindful Tea, where you focus on the present moment and forget about the past and future, every day can bring about amazing stress relief.

### SAY NO

If you feel a surge of guilt, angst, fear or any other negative emotion when you say no to people then it really is time to learn to say no your own way. Saying no isn't saying that you don't care; it isn't saying you aren't capable and it isn't saying that you are superior. Too often people shy away from no and add too many unnecessary yes requests into their already busy schedule bringing unnecessary pressure into their lives.

## REJECT TECH

Technology can be great – please see the point above. But technology can also cause problems when it begins to encroach into every hour of our lives. When we are expected to be logged in, contactable and engaged at all times, it can take its toll mentally, physically and emotionally.

To counteract this, one day each week, give yourself a digital detox. No surfing, no social media, no gaming. If that sounds like the most ridiculous thing you have ever heard, then you really need to detox digitally as it's a sign that you might be addicted to tech. Just one day per week off the hamster wheel will give you time and perspective.



## FORGET ABOUT SLEEP

It seems like the most ludicrous thing for someone who specialises in sleep and stress to say. But here's the thing...sleep is the first casualty of stress. When sleep becomes elusive then it quadruples your stress perception. You spend hours through the night tossing and turning worrying about your inability to sleep and worrying about your ability to work the next day. Your brain is so active with thoughts about elusive sleep that the last thing it can do is relax - let alone sleep. So focus on rest instead, as sleep will come in time, maybe not as much as you want right now...but it will come. As you begin to focus on rest and relaxation your mind begins to still, your breathing begins to slow and your muscles begin to unwind allowing you to drift off.

Juls Abernethy runs a Stress Re-Set Retreat for women living a busy lifestyle and struggling to manage life, work or emotional demands.

Situated in the picturesque Somerset countryside, the Stress Re-Set retreat is designed to tackle stress and burnout from the inside out, and give women the tools to better deal with life and all that it brings, with an intelligent focus on behaviour, nutrition and exercise as well as some good old fashioned R&R.

The Stress Re-set Retreat is available on Monday 30th November–Friday 4th December and Monday 22nd – Friday 26th February 2016  
Prices start from £1,650. To book, please visit [www.thebodyretreat.co.uk](http://www.thebodyretreat.co.uk)

# Dreaming of a pain free sleep?



**Do you sleep well?** I always slept well, I managed to get a good night's sleep so I never really thought about my mattress. Then my daughter came along and suddenly I was unable to sleep on my back, or my front without my back locking up. Was it just the effects of childbirth or did I needed a new mattress?

It was overwhelming, did I want firm, medium, soft, sprung, coil, memory foam, latex, hand stitched? A trip to a furniture store and a few awkward moments of climbing onto a bed, being careful not to get my boots on the nice clean mattress while a smiley salesman watched as I lay coffin like for a what seemed like an eternity but was probably more like 30 seconds! How was ever going to decide.

Prices seem to range from a few hundred pounds to thousands. I decided to stick with my current mattress as the ordeal

seemed too much, I considered re buying the mattress I already had but of course that model had long since been replaced with new names, and spring counts and choices of soft, medium or firm.

At about the same time, my husband's eczema started to flair up and we wondered if we might need to look at allergy mattresses and bedding. We started to research sleep, mattresses, bedding and the impact that poor sleep can have on the body and mind so I decided to embark on uncovering the secrets of a good night's sleep.

My husband noticed an advert for a mattress that could be delivered in a box with 100 days free trial, it sounded a bit too good to be true, but at £600 for a King Size the offer was quite appealing.



Two companies came to my attention 'Eve' and 'Leesa'. Both seemed to offer the same kind of mattress (although the materials were slightly different) and service and both had rave reviews. So we decided to start by testing both these mattresses. I had reservations about memory foam, after an experience of sleeping on a Tempur mattress. I didn't like the sinking feeling and I remember getting very hot. We decided to give it a try, and with an offer to return the mattresses it seemed like a very good way to start.

The first to arrive was Eve, as promised it came in a large yellow box, I wasn't at home to see the unwrapping so was baffled how such a large mattress could fit in such a small box. While the mattress certainly felt comfortable, there was a very odd odour coming from the latex layer. Reading the comments on the website it seemed that this would fade over time so I wasn't too worried about it. It was quite a deep mattress and it felt a bit firmer than our last mattress, however the first night I slept very well and continued to sleep well even though the smell seemed to linger despite keeping the windows opened.

A few months later I was sent the Leesa Mattress, this time I unwrapped the mattress which came in an even smaller box than Eve, I was surprised how small it looked, but taking off the plastic it soon started to increase in size to a full King sized mattress. This one wasn't as deep as Eve, so I wondered if it would be as comfortable. It was lighter to move and although there was a faint smell from the materials it was a lot less pungent. The first night was good, it remained cool, supported the body and was



Eve mattress starts from £350 for a single, 100 days free trial and free delivery [evemattress.co.uk](http://evemattress.co.uk)

extremely comfortable. The best thing about both these mattresses is that I am now able to sleep again without any pain, something I had put up with for nearly 5 years! A few months on and we still love the mattresses, both have been extremely comfortable, although my preference has been for Leesa.

I was so impressed with the mattress that I wanted to speak to the company to find out what makes these mattresses so good.

An interview with David Wolfe, CEO of Leesa was arranged. He had just flown back from Necker Island. I was intrigued how this new startup company could have had so much success in such a short time and find themselves rubbing shoulders with Richard Branson.

Although Leesa is a relatively new brand, it turned out that David has many years of running and advising successful businesses and his friend and partner Jamie had 28 years of mattress knowledge and came from 3 generations of mattress makers. Having



moved from the UK to US some 20 years ago and having gained success in the US market, David was keen to bring the mattress to the UK. The UK mattresses are made with some slight differences as they use fabric from Belgium and manufacture in Derbyshire.



Leesa mattress starts from £390 for a single, 100 days free trial and free delivery [www.leesa.co.uk](http://www.leesa.co.uk)

I asked David about their mattresses and why they decided to sell them online.

"First of all it is a very good mattress and it's of a superior quality. We looked at Tempur Cloud and tried to beat it, we chose materials to avoid that sinking feeling and made sure that it wasn't a 'hot sleep'. We simplified the buying process and stripped back the materials to make a mattress that had a universal feel, not soft, not firm just a mattress to give you the best experience"

"We also looked at the buying process and for many people especially women, they found the sales room experience a very uncomfortable and awkward experience.

The answer was to offer an online service but one that allowed people, to try the mattress first."

Leesa are very generous with their offer of 100 days trial and so far returns are very few.

I asked David about the health credentials of the mattress and while he was quick to explain that they have been unable to do any scientific testing, they are currently working with a sleep specialist in the UK and he pointed to his website which has over thousand testimonials.

Although he praises the mattress, he also talks about the importance of eating well and exercising to improve sleep, but in my experience the mattress certainly helped with my aches and pains.

As well as creating a great mattress the company has a strong social conscience, something that David feels is very important. The business has always given substantially to those less fortunate as he has always believed in giving back. They are currently donating 1 mattress for every 10 they sell and have committed to a tree planting programme.

As someone who believes that success comes your way if you work hard, David is certain to find success in this business venture and help many people find the solution to a good nights sleep!

# top tips for a better night



We spend a third of our lives asleep or at least in a bed. Good quality sleep is essential to re-boot our bodies and research now shows that most people require at least seven hours sleep to enable the systems to regenerate, rejuvenate and prepare for the following day's activities.

A lack of good quality sleep can be extremely detrimental to good health and wellbeing. Weight gain, general apathy, diabetes, high blood pressure and heart disease can all be exacerbated by poor sleep.

However, with lifestyles increasingly dominated by smartphones and tablets, it can be difficult to get the good quality sleep we need because the blue light emitted by most screens inhibits the production of melatonin which is a sleep inducing hormone.

Therefore your bedroom needs to be an oasis of calm.

## Here are my top tips for the perfect night.

The temperature of the room should be cool, try having the window or vent slightly open.

There should be no unnecessary light, either from outside or electronic equipment.

It's also important to have a regular night-time routine:

- retire at the same time each night
- don't eat too late; If you do find yourself hungry before you go to bed eat an oatcake as this will release energy slowly.

Don't exercise within a couple of hours of bedtime

Don't drink caffeine after 4pm.

Investing in a new bed could offer the perfect way to get a great night's sleep.

# Therapy ROOMS



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

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# What's On

## NOVEMBER

**10th** (2nd Tuesday of the month):

9am-12.30pm

Seated Acupressure Massage with Ben Trowell and Nick Neter, The Natural Fitness Centre, Eastbourne, 15 (£5) & 30 (£10) minute treatments available; free 10 minute tasters, 01323 732024 or [info@naturalfitnesscentre.co.uk](mailto:info@naturalfitnesscentre.co.uk) Booking advisable

**11th**

7pm

Wellbeing Wednesday - Biofeedback +, The Link Centre, Newick; free; [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

**21st**

(3rd Saturday of the month)

9am-1pm

The Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter & Ben Trowell, The Natural Fitness Centre, Eastbourne; 30 minute or one hour treatment for a donation, from £10, all places now bookable; Nick Neter 01323 732024 or [info@naturalfitnesscentre.co.uk](mailto:info@naturalfitnesscentre.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

**27th**

(4th Friday of the month)

2.15-6pm

The Shiatsu Clinic (Japanese

holistic bodywork therapy) with Nick Neter & Ben Trowell, Yogalife Studio, Eastbourne; 30 minute or one hour treatment for a donation, from £10, all places now bookable, 07984 988057 or [handswork@tiscali.co.uk](mailto:handswork@tiscali.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

**29th**

1.30-5pm

The Human Touch team are offering 15 minute mini-treatments, £5 per treatment, at the Violet Flame Mind, Body, Spirit Fayre, The Warren Ballroom, Worthing College, 1 Sanditon Way, BN14 9FD; for more info please visit [thehumantouchshoreham.com](http://thehumantouchshoreham.com) or [facebook.com/thehumantouch1](https://facebook.com/thehumantouch1)

**30th**

7-10.30pm

The Human Touch team are offering 15 minute mini-treatments, £5 per treatment, at Pamperganza, Lancing Parish Hall; for more info please visit [thehumantouchshoreham.com](http://thehumantouchshoreham.com) or [facebook.com/thehumantouch1](https://facebook.com/thehumantouch1)

## DECEMBER

**5th**

The Human Touch team are offering mini-treatments, at the

Beach Dreams (Winter Dreams) Festival, Coronation Green, Shoreham by Sea, BN43 5DD; please visit [thehumantouchshoreham.com](http://thehumantouchshoreham.com) or [facebook.com/thehumantouch1](https://facebook.com/thehumantouch1) for more information

**8th** (2nd Tuesday of the month)

9am-12.30pm

Seated Acupressure Massage with Ben Trowell and Nick Neter, The Natural Fitness Centre, Eastbourne, 15 (£5) & 30 (£10) minute treatments available; free 10 minute tasters, 01323 732024 or [info@naturalfitnesscentre.co.uk](mailto:info@naturalfitnesscentre.co.uk) Booking advisable

**12th**

10.30am-12.30pm

Raw Chocolate Workshop, Brighton Open Market, The Meeting Room; £8

For bookings please contact Dandy on 07939 642917 Raw Health Bar Brighton Open Market [facebook.com/brighton-naturallystore](https://facebook.com/brighton-naturallystore)

**19th**

(3rd Saturday of the month)

9am-1pm

The Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter & Ben Trowell, The Natural Fitness Centre, Eastbourne; 30 minute or one hour

treatment for a donation, from £10, all places now bookable; Nick Neter, 01323 732024 or [info@naturalfitnesscentre.co.uk](mailto:info@naturalfitnesscentre.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

## JANUARY 2016

### 4th

Get Started Coaching Group starts this week! A six-session programme to help you change an aspect of your life; details at [deborahreeds.com/calendar](http://deborahreeds.com/calendar) email [start@deborahreeds.com](mailto:start@deborahreeds.com) or call 07702 737019

### 11th

6.30-7.45pm + 8-9pm  
Scaravelli Yoga, St Michael's Church Hall, High St, Lewes (13 week course) Equilibrium, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

### 30th-31st

2 day, Understanding Self and Others - Introduction to Transactional Analysis (TA101), The Link Centre, Newick, £160, [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

**30th-31st start** (6 weekends over 7 months)

Diploma in Supervision, The Link Centre, Newick, £1600, [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

## Mondays

### 2-3pm

Chi Exercises & Meditation (Rooted in Qigong), The Natural Fitness Centre, Eastbourne, £7, first session free, Nick Neter, 01323 732024, [info@naturalfitnesscentre.co.uk](mailto:info@naturalfitnesscentre.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

## Tuesdays

### 6.30-7.30pm

Qigong & Meditation with Nick Neter, St Lukes Parish Centre, Stone Cross, BN24 5SL, £7 per session, first one free, 07773 061309 or [handwork@tiscali.co.uk](mailto:handwork@tiscali.co.uk) [eastbourneshiatsu.co.uk](http://eastbourneshiatsu.co.uk)

## Wednesdays

### 9.30am-2.00pm

Seated Acupressure Massage with Ben Trowell & Yuka Simmons, WRVS, Eastbourne, 15 (£5) & 30 (£10) minute treatments available; free 10 minute tasters, 01323 412279 or [suseastbournehub@royalvoluntaryservice.org.uk](mailto:suseastbournehub@royalvoluntaryservice.org.uk) Booking advisable

### 1.30-4.30pm

The Human Touch Clinic; fourteen different, affordable, specialist consultations, beauty treatments & complementary therapies, Room 8, The Shoreham Centre, Pond Road, BN43 5WU; most Wednesdays, please check [facebook.com/thehumantouch1](https://www.facebook.com/thehumantouch1) every Monday for updated information

4th, 11th, 18th & 25th November & 2nd, 9th, 16th & 23rd December

### 1-5pm

Allergy Clinic with Robin Ravenhill, Equilibrium Health Centre, 16 Station St, Lewes, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

## Thursdays

Every Thursday except 1st of the month

### 11am-12pm

Taiji Qigong and Meditation at WRVS, Russell Centre, Eastbourne, £4, first session free, Nick Neter, 01323 412279 or [eastsussexdc@eastbournewrvs.org.uk](mailto:eastsussexdc@eastbournewrvs.org.uk)

## Saturdays

7th, 14th, 21st, 28th November & 5th, 12th, 19th December

### 9am-5pm


Massage Clinic with Steve, Denise, Dafna & Rachael, Equilibrium Health Centre, 16 Station St, Lewes, £45, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)

7th, 14th, 21st, 28th November & 5th, 12th, 19th December

### 9.15am-5.15pm


Osteopathy Clinic with Denise, Equilibrium Health Centre, 16 Station St, Lewes, £45, 01273 470955, [equilibrium-clinic.com](http://equilibrium-clinic.com)






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# PUT A ZING IN YOUR STEP

## WHOLE FOOD FRUIT AND VEGETABLE POWDERS....

Introducing the most fun way to actually enjoy your five a day. Zingology fruit and vegetable whole food and juice powders provide the real flavour and nutrition from the freshly harvested products. Our food powders can be used for baking, drinking, cooking, mixing and even taste good off the spoon!



Also available in single servings from [wellbeingmagazine.com/shop](http://wellbeingmagazine.com/shop)



FOR RECIPES AND IDEAS VISIT [ZINGOLOGY.CO.UK](http://ZINGOLOGY.CO.UK)