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Your health and lifestyle magazine

TRAVEL

MALDIVES

THE VINEYARDS - READER OFFER

GP's

UNDER

PRESSURE

FITNESS

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MIND HEALTH

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EDITOR'S WORD

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As I compiled this months edition there seemed to be a common theme to the articles that I was drawn to include. Lifting your **mood**, feeding your **body**, taking **responsibility** and building **confidence**. As Spring approaches it seems the perfect time to spring into **growth** (page 34) and with the first of our Wellbeing **travel** offers focusing on The Vineyards in Bulgaria, now might be a good time to master your own health and plan a personal wellbeing **retreat** this Summer.

Enjoy & be inspired.

Rachel Branson

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Kate is our resident nutritionist who shares her insights and knowledge



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An experienced and qualified UKCP registered psychotherapist based in Sussex



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LOCAL WELCOME



Life changes continuously, underneath our very noses, whether we notice it or not. We can get hypnotised by our everyday routines into the dream that 'all stays the same'.

The turn of the seasons demonstrate noticeable changes in the natural world; and perhaps this new spring is a perfect time to take a snapshot of our lives, sit up, and take notice! Consider it, compare it to this time last

year, notice the changes (or stagnation), and decide whether we like the way the landscape is shaping. Is there anything we should dig up, throw out, plant anew, cultivate, nurture, change the design of, embrace? We are the gardeners...

Welcome to our March/April issue - wishing you a happy, healthy spring and may all in the garden be lovely!

Lesley

We are entering spring and only a few weeks away from Easter. Spring is a time of new growth and beginnings, and Easter is about new life. With the days becoming lighter and the weather warmer we are more drawn to going out and about. Maybe the new year is seen as the time for resolutions (and it's fabulous if you have managed to stick to any resolutions you have made until now) however spring gives us another chance to change what we wish to change with renewed optimism.

It has long been recognised that our thoughts can create bio-chemical changes in the body at the cellular level. In turn these changes may create physical symptoms such as pain, nausea, indigestion, to name a few.



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"Wellness is the complete integration of body, mind and spirit - the realisation that everything we do, think, feel, and believe has an effect on our state of well-being." Greg Anderson

As a Chartered Physiotherapist, Ann Rambaut has had many clients come to her with pain and other physical symptoms. During treatment they learn to associate physical problems with emotional upset. "Once the cause is recognised it's amazing how quickly the symptoms can ease and disappear." she says

Ann is known for practicing 'physiotherapy unusual' combining all her skills to bring about profound results, and uses a combination of light touch techniques derived from several modalities. She is soon to complete a year long training as a coach, which will enable her to make even greater impact on the mind-body connection. The coaching skills are not only an effective stand alone treatment, they will also combine well with the body techniques she currently uses.

If you are interested in learning more about the treatments Ann has to offer, please call her or visit her website annrambaut.com

Ann Rambaut
Chartered Physiotherapist
01232 411900 or 07436 810181

Change... ...is good!

In all of our lives there are periods of time when change is necessary. "Here at The Human Touch project we provide a wide range of complementary therapies that can help you deal with change. We aim to deliver these therapies at a price that is 'Affordable for All' as we recognise that in today's financial climate self-care and personal wellbeing can often be the last thing people think of when planning the weekly or monthly budget." says project leader Mary.

The Human Touch team offer the broadest range of concessions on the market and include the retired, students, unemployed, self-employed, part-time employed, and carers. The guidance is that if your income is £10,000 a year or less you'll fit into their concessions category. The concession rate is £10 for 30 minutes and £20 for an hour. It's also okay to have a treatment with them if you're in full-time employment or have an income over £10,000 a year. Even then, compared to many local providers they offer a great price for therapies and beauty treatments - at £15 for 30 minutes and £30 for an hour. Gift vouchers are also available for purchase.

The team currently provide Swedish,

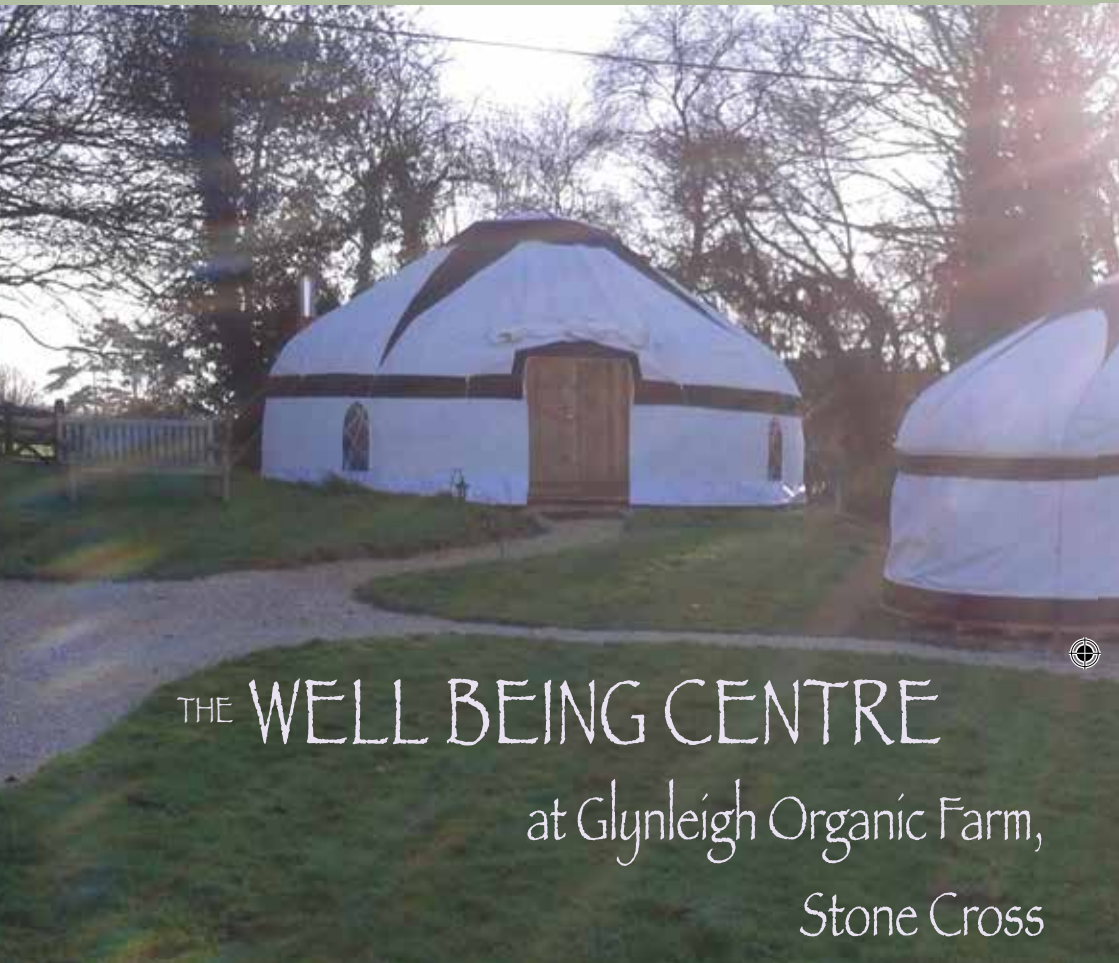
deep tissue, facial and Indian head massage, manicures and pedicures, reflexology, reiki healing and zero balancing, and are growing all of the time and expanding their services.

They're happy to deliver mini-treatments at your local event, including pamper parties, Easter fairs, fund raising activities, and charity days. Feel free to pop along to meet some of the team at The Violet Flame Holistic Fair, Field Place, Durrington, Worthing on 20th March from 1pm until 5pm.

The Human Touch will be relocating to The Old School House, Ham Road, Shoreham by Sea, BN43 6PA, with the first weekly clinic there on Wednesday 2nd March, at the normal hours of 1.30 to 4.30pm. They also plan to open an evening clinic from May to serve people who cannot make it to the daytime clinic.

For further information please visit thehumantouchshoreham.com For weekly updates about the Wednesday clinic visit the Facebook page at facebook.com/thehumantouch1

For anything else, including making a booking, buying a gift voucher or booking The Human Touch team for your event, please call or text Mary on 07796 518667



THE WELL BEING CENTRE
at Glynleigh Organic Farm,
Stone Cross

Last year on 23rd March, we opened the Well Being Centre in two beautiful yurts, at Glynleigh Organic Farm, near Hilliers Garden Centre, Stone Cross. The Well Being Centre is an environmentally friendly and holistic health centre for complementary and transformative healing work, in all its many forms, on the edge of Pevensy Marshes. The centre was officially opened by Andrew Durling of Eastbourne Green Party and Friends of the Earth.

It all began with a 14ft yurt at Playgroup Music Festival in 2011! A few years later as a proud owner of the same yurt, made beautifully by the Yurtshop in Battle, I was looking for a semi permanent place to locate it, during the warmer months of the year, to practice Shiatsu (the holistic Japanese bodywork therapy), Acupressure Massage and Qigong. Fortuitously, at our next bookclub meeting, an old friend Jon Ross had been invited to join us. Jon and Becky Ross own Glynleigh



Organic Farm and he said he may be able to help me out! In exchange for a day's work a month on the farm I could put up the yurt from time to time to do treatments. What a wonderful place to work, surrounded by the beauty, fresh air and natural sounds of the countryside!

My clients found their treatments more deeply relaxing and restorative than usual. Jon and Becky were most interested in the work I was doing and loved the yurt. After many discussions, cups of tea and a whole range of delicious homemade cakes and biscuits, the idea of a Well Being Centre in yurts was born.

We use solar power to generate our electricity and heating is mainly woodburners sourced with wood from the farm and our

neighbours. We hold weekly classes in the big 24ft yurt of a whole variety of different yogas; Kundalini, Hot Asthanga, Dru, Animal, Bikram and Restorative Yoga as well as Qigong and Meditation. In the smaller yurt we offer a wide range of different therapies such as Reflexology, Aromatherapy, Shiatsu, Massage (Deep Tissue, Acupressure, No Hands) Reiki, Counselling and Wellbeing coaching. There are monthly workshops of Kundalini Yoga, Sound Baths with the amazing Soundlove, deeply relaxing and restorative Qigong and Meditation sessions as well as Shiatsu clinics where Shiatsu and Acupressure massage is available for a donation. There is parking available, shared lifts encouraged, and a bus route passes close by. There are now also ecological compost toilets all housed in a brand new stunning green roofed building.

We have our Open Day this year on Sunday 15th May with a mixture of tasters, demonstrations, talks and delicious homemade refreshments. We look forward to welcoming you to the Well Being Centre which opens again on Monday 21st March this year. Take a look at our website and our Facebook page for more information about this year's programme.

Nick Neter MRSS, DipQT B'Sc Hons

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I want to turn my attention this month to the subject of GP's. Recently they have been having a really tough time. NHS reorganisation coupled with increased workload and reduced time for patient care are forcing many doctors to leave general practice early. Internal and external pressure, as well as our increasing "tick box" and blame culture have slowly built up to a point where for many GP's it's all become too much. Certainly the non face to face patient care needs to be substantially reduced to give more time to actually treat

patients. As it is we are lucky to get ten minutes, and very usually the average time is about seven minutes. Since 2008 an additional 40 million patient consultations per year have added to the workload of GP's. Patient demand for GP services in England continues to grow with an estimated 372 million patient consultations per year, sharing just under 10,000 surgeries. That's a huge amount of people needing these services. Added to this the population is ageing and growing and of course in some ways it is more unhealthy.

GP's under pressure

Words Kate Arnold



I am writing this article coincidentally on the day that junior doctors are on strike. Watching the usual political debate it is still evident that these doctors are not striking for money, and have not left patients to die, their colleagues and consultants have taken over. They are striking to put a marker in the sand that the hours they work will not keep increasing, if they back down now who knows where this will lead. Also the chronic under staffing with doctors stressed to the maximum means that more hours with the same number of GP's could

put patient lives at risk. However there is something more insidious going on here, behind every amazing NHS hospital are staff who are unappreciated and morale is low. Overworked, understaffed with cuts round every corner, there is little to hold them up except if they dig deep enough their initial desire to help people.

It is all too easy to GP bash, I hear it a lot of this in my clinics, and I remind people that things are not like "the old days" sadly. I'm lucky I have a fabulous GP who understands me, gives me time, doesn't mind me making suggestions and works with my particular beliefs about nutrition. I believe that the relationship you have with your GP is one of the most important, he or she is your first response unit to getting better and getting the right help.

With appointments feeling rushed many people come away feeling not heard or dismissed or talk about GP's becoming nothing more than prescription writers, however I think that is unfair. If you want to see your GP, you have to be prepared and cannot as lovely as it would be to indulge in niceties and go in "for a bit of a chat". Ten minutes is not much - these are precious moments to explain what's going on, get checked and get treatment.

Kate's Top 10 Tips



So if you wish to get the best out of your GP try these few rules:

1. It's far better to turn up to the surgery and get an appointment than calling. Many phone systems only take so many calls and may be up against hundreds trying to get through. I've tried this, and turning up first thing I've never had more than a few people in front of me, on the phone I have no idea, and the whole redial thing just makes me more frustrated. If you think about it sensibly Mondays and Fridays will be most busiest, Mondays people may have struggled through the weekend having been ill and Fridays people panic because they can't wait until Monday. Mid week is best.

2. Getting to the point and not rambling will save you a lot of time. Your GP is not a counsellor and only wants to hear the facts. So keep it brief, stick to the point and tell the truth. Don't leave the most important symptom until you are waiting to go out of the door. If I go to the GP I don't store everything up for one hit, but go for each individual event. Last time I went I timed myself especially for this article, it took me four minutes to say good morning, what was happening, a brief history of the issue and then the GP gave me seven or eight minutes of their expertise. In fact we had officially two minutes to spare, so then I said how grateful I was and asked after his family.

3. Go with a full bladder and don't drink caffeine before your appointment. If you are asked to give a urine test it will be easier and if you are having your blood pressure checked or even an ECG, caffeine might affect the result.

4. Don't go to the doctor with a cold or flu virus unless your symptoms are worrying you. There is nothing they can do and you won't be given antibiotics unless you have a bacterial infection. Don't go either if you have dental issues, or you are a bit lonely and want a chat.

5. To Google or not? Some GP's welcome this and some don't. It could save time but try not to go in and tell the GP you have diagnosed your condition, that's their job and you might be treading on toes. Some general information might help speed the process so that you know what to ask. If you have questions and feel you might forget write them down or take a partner or friend with you if you need support.

6. Don't be shy about what's wrong as you really haven't got time to be shy. I work and write a lot on embarrassing bowel issues especially diarrhoea. The GP has heard and seen it all before so don't exclude a symptom that might be really important.

7. It's important to talk about one symptom at a time unless they are two small symptoms. This can get complicated eg if you have undiagnosed coeliac disease or hypothyroidism you might have many symptoms. But if your eye hurts and your little toe they are probably separate conditions to be discussed at different appointments.

8. Don't be afraid to push, but do it in a nice way, talk quietly and be firm. If you are new to a practice and the GP doesn't know you that well, and you feel a gut instinct that something is really wrong, speak up. It is hard for them to distinguish what level your pain is compared to someone else's particularly if they don't know you. If I turn up at my GP's, they know I'm not normally there, so something is clearly not right.

9. I think making people feel appreciated helps, a card, a bottle of wine at Christmas will no doubt make you unforgettable and perhaps when things are really tough you might get a better response from the tired GP when he knows he is appreciated.

10. If you don't like your GP for some reason, ask the surgery if you can see another doctor. Often surgeries now will give you a choice. If you don't want to talk to a man about female health issues tell the surgery you are uncomfortable they will understand.

We have to accept that the days of surgeries feeling homely and social niceties have possibly gone as there just is no time any

more. No doctor I have spoken to thinks that ten minutes is long enough. In the "good old days" appointments were still about ten minutes but the doctors were far more lucky to run over time as they essentially had far fewer people to deal with and far less administration. In that ten minute slot they have to greet you, establish a rapport, find out what's wrong, do an examination, order tests and write prescriptions, in addition they may need to be admitting the patient to hospital. These are all important decisions. On top of this they are dealing with abusive and aggressive patients, getting approached in supermarkets by irate patients demanding to know why they can't get an appointment.

Obviously I work entirely differently to a GP but my hour long plus consultations feel like such a luxury, giving the patient ample time to talk and tell their story. However this is a private service and people's expectations are high as they should be. Often I hear people saying my GP never told me that - this is usually about nutrition. That is not the GP's fault as they have not had the training and have not got time to start looking at food diaries and giving out flimsy nutrition advice. If you are lucky you might get referred to a dietician if funding is available. I simply adore my GP and whether you like it or not this could be one of the most important relationships you have in your life, trust me when you are really ill, they are lifesavers (literally).

If you would like to contact Kate for a consultation please contact 01323 737814/310532

ORGANIC V NON-ORGANIC

Ground-breaking new study finds clear nutritional differences between organic and non-organic milk and meat

A new study published 16 February 2016, in the British Journal of Nutrition shows organic milk and meat contain around 50% more beneficial omega-3 fatty acids than non-organic. In addition to organic milk and meat, the nutritional differences also apply to organic dairy like butter, cream, cheese and yoghurt. The study is the largest systematic review of its kind and led by Newcastle University and an international team of experts.

Key findings:

- both organic milk (dairy) and meat contain around 50% more beneficial omega-3 fatty acids than conventionally produced products
- organic meat had slightly lower concentrations of two saturated fats linked to heart disease
- organic milk and dairy contains 40% more conjugated linoleic acid (CLA) - CLA has been linked to a range of health benefits including reduced risk of cardiovascular disease, certain cancers and obesity, but evidence is mainly from animal studies
- organic milk and dairy contains slightly higher concentrations of iron, Vitamin E and some carotenoids
- organic milk contains less iodine than non-organic milk

Speaking about the research, Helen Browning, chief executive of the Soil Association said; "This research confirms what many people have always thought was true - what you feed farm animals and how you treat them affects the quality of the food - whether it's milk, cheese or a cut of meat. These scientists have shown that all the hard work organic farmers put into caring for their animals pays off in the quality of the food they produce - giving real value for money.

"Organic farming methods require all organic farmers to adopt techniques that guarantee nutritionally different foods. Following research in 2014 confirming nutritional differences between organic and non-organic crops like fruit and vegetables – we can now say for certain that organic farming makes organic food different."

The difference in Omega 3 is because organic animals have to eat a more natural grass-based diet containing high levels of clover. Clover is used in organic farming to fix nitrogen so that crops and grass grow (instead of manufactured/chemical fertilisers), and this research has found

that clover also increases the Omega 3 concentrations in meat and milk. Under organic standards, organic cows must eat a 60% fresh grass based diet or hay/silage (conserved grass).

Historic research highlighted that organic milk contained less iodine. However, the industry has taken steps to address this. OMSCo (the Organic Milk Suppliers Cooperative) representing over 65% of the UK's organic milk supply, announced that in 2015 organic milk had achieved comparable levels of iodine to conventional and in 2016, following recent testing of bottled milk, they announced these levels of iodine have been maintained. Richard Hampton, managing director at OMSCo, said; "We initiated projects to boost iodine levels and applied

these to our farmer members' enterprises, and by early 2015 we announced that we'd achieved comparable levels with those in the conventional market. Our latest results have shown that one year on from the initial milestone we're maintaining those levels." Richard Smith, senior farms manager from organic meat producers Daylesford Organic, said; "We farm organic red meat on a grass-based, home-grown forage diet which delivers a superb quality. In addition to other benefits of producing food in an organic system, this land-mark paper now also confirms what we've always known; there is also a significant nutritional difference between organic and non-organic."

Watch the new soil film, 'From Potato to Planet', www.soilassociation.org/soilfilm



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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LIFTING YOUR MOOD

WITH A NEW SENSORY THERAPY

Following ten years of scientific research for a drug free treatment tackling depression and anxiety, a professor from Cardiff University, Tim Jacob recently launched a pioneering device – proven to provide a quick and natural ‘mood boost’ to the human body.

The ground breaking discovery, Kodobio Sensory Therapy (KST), has been scientifically proven to have a positive impact on mood, blood pressure and heart rate - through a clever combination of bright lights and scientifically selected aromas. Unlike traditional aromatherapy remedies, this innovative technology uses aroma formulations which in clinical trials significantly improved the mood of users.

Women are almost twice as likely to be diagnosed with anxiety disorders and over 50 million prescriptions are issued for anti-depressants in the UK each year. This latest advance in combatting depression, stress and lack of energy offers relief to many people seeking a natural, safe treatment.

Tim Jacob explains, “Depression, anxiety, energy deficit and stress are sadly all common symptoms of our increasingly busy lives and modern lifestyles. Kodobio empowers people to tackle their symptoms and the many problems associated with depression, anxiety and stress.”

Designed to be user friendly, the Kodobio is placed in front of the face where a full spectrum bright white light (similar to

sunshine) is emitted up and down along with carefully selected subtle aromas. Users absorb the healing light and relaxing smell for just 15-30 minutes to bring about the physiological and psychological changes that relieve their anxiety, tension or lift their mood to alleviate feelings of depression.

Three different aroma capsules - carefully selected by Jacob, for their sensory input, can be used with Kodobio to provide a range of profound effects to the user.

Mood Boost – beneficial in reducing depression or SAD symptoms

Unwind – beneficial in reducing the pressure of anxiety and tension

Energise – beneficial in providing an energy boost

Kodobio has been acquired by European spa group Aspria, who is amongst the first to offer the therapy in its wellness and spa facilities in Brussels and it is expected to be available over forthcoming months in UK spas.

As more and more companies start to tackle mental health in their wellbeing programmes at work I wonder if there is an opportunity for businesses to offer access to this kind of device to their staff during lunch breaks!

The device is available for individuals to purchase and will retail at £3,995 plus vat.

www.kodobio.com

FEED THE BODY *Vitamin D*

With dull weather and the cold reaching through to your bones it's easy to feel low and unmotivated. A great way to combat these feelings, and give your body a much-needed boost is to add some Vitamin D to our routine.

Vitamin D helps the body to produce serotonin, it supports skeletal strength and is supported by a varied diet of low sugar and dairy and lots of green veg it can literally be a brain changer. The easiest way to boost your Vitamin D intake is to get outside, cloud cover does reduce the amount of Vitamin D that our bodies take in (produce) but some still gets through. Being outside in the fresh air is an important part of boosting your mood.

Jodie Bell, founder of Healthy Habit Dorset talks about her favourite outdoor activities:

Walking – is low intensity and therefore great exercise for all abilities

Jogging or running – higher intensity than walking but offers a more intense calorie burn per minute

Cycling – There are lots of cycle paths available nowadays for those of you not comfortable with cycling on roads and it's a great cardio exercise

Kayaking – it is warmer on the water than in the water! This is great for your upper body and gives a great core workout from the moment you get on the kayak

Paddle boarding – This is a total all over workout, although you can stay on your knees until your confident. You can mix in some yoga and fitness moves to increase the burn

Climbing – is great for strength conditioning and endurance. Climbing can give you a real adrenaline rush and make you feel alive. Always make sure you are safe and never climb where you are not supposed to!

Hiking – is a great stress reliever, being at one with nature can add extra calm and help put things in perspective whilst using those big muscles (gluts and thighs)

The best times to get outdoors, get some exercise and increase your Vitamin D intake is first thing, or straight after work. These are the times when you'll be the most motivated, it's a great way to start the day and wake up, or to finish your working day and destress. When the weekends roll around why not make social commitments that offer a change, walk to the pub, take a back pack to the shop to get your weekend essentials or offer to walk a friend's dog!

Has your ‘new year, new you’

How to honour your wellbeing throughout the year when recovering from M.E., C.F.S. or Fibromyalgia.

Sometimes it is all too easy to forget to keep doing the things that work! It's similar to the situation when your GP has prescribed antibiotics and by day-six you are feeling so much better you forget to take the last day's tablets! It's only when improvements start to fade that we recall the previous support system we had put in place.

So how do you pick up the pieces of discarded resolutions?

Nutrition is an excellent place to start. Knowing how those with chronic exhaustive conditions have delicate constitutions, healing the gut (your second brain) by eating considerably and consciously will bring definite benefits to your overall recovery. In addition it's worth acknowledging that this is where ninety percent of the immune system is produced, along with your serotonin (the 'I'm happy' neurotransmitter). So a Happy Gut makes a Happy You!

Many of the changes my clients make around nutrition involve removing the high sugar content. These foods fluctuate blood sugar levels which contribute to the hypoglycaemia symptoms of faintness, tremors, irritability and exhaustion. They also remove chemically overloaded items such as caffeine, artificial sweetener, alcohol, prescription drugs and, wherever possible, introduce organic foods and the removing of more of the processed foods takes place.

“Diet is the fuel that goes in the tank” as quoted by The Chrysalis Effect.

Therefore when we eat it is helpful to ask the question “Is this helping my recovery, or hindering my recovery?”

resolve dissolved?

What fabulous nutritious foods could you introduce to your daily intake? Which of the ‘naughty’s’ would you remove?

Sometimes it can seem as if there is a mountain to climb with all the changes that need to happen for recovery to take place. However when you make small realistic and achievable goals, before long you have achieved giant leaps forward towards the top of that mountain.

Top Tip

Chew well - your mouth has teeth but your stomach does not!

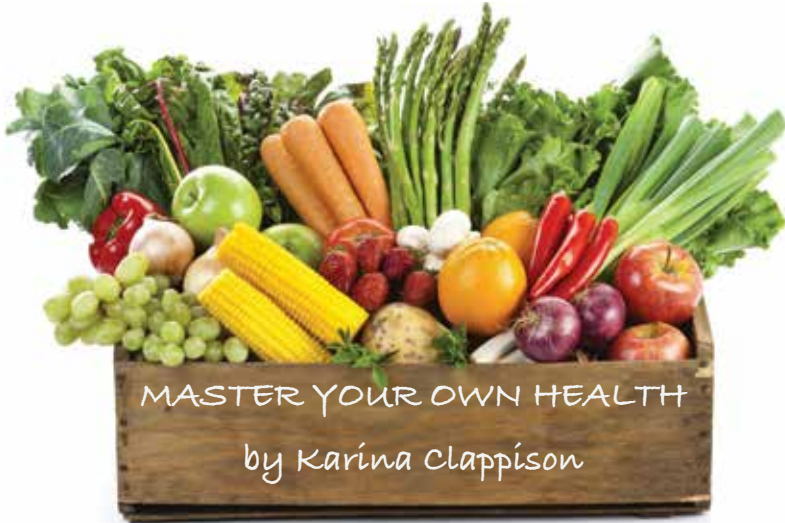
Please contact me if you would like to know more about how I support recovery with those who have M.E., C.F.S., or Fibromyalgia.
New Year, New You? Absolutely!

Jackie Webster M.I.C.H.T.
C.E. Specialist Practitioner
I.L.M. Wellbeing Coach

wellbeingessentials.org.uk

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"I'm a country girl at heart. I love how the natural world is an integral part of who we are and how we unconsciously respond to our environment. I'm a farmer's daughter and have a great love of the countryside. I believe all of life, plants and animals, are far more connected to us than scientists have yet discovered, and deeply believe that nature and the Universe has much to teach us. Hence my philosophy is based on a holistic view of the Universe, and it is reflected in how I work with those who are looking for direction in their life."

Karina's work with others revolves around physical issues, which often emanate from emotional trauma. This can manifest itself in immune system, painful symptoms or diseases. People are drawn to Karina because of her own particular health journey, which started with a cancer diagnosis in 2009. She chose to find her own path to wellness.

Karina's clients are mostly curious and tend to ask questions. They desire a deeper understanding of themselves. They feel different to others and can be highly sensitive and creative. They can have tendencies towards feeling alone and that no one really understands them.

You may have been diagnosed with a medical 'label' or told that the results have come back 'normal', yet you know there is something wrong. You may feel stuck, lack motivation, and have low energy levels. You know the importance of good eating habits, but lack the commitment and focus to concentrate on making it happen. You've hit rock bottom and your pain stops you from living the life you crave.

"I am the 'go to' person for those who have had enough and want to get their life back on track. I help establish sustainable, health promoting, daily habits which enable you to move on. I love working with people and encouraging others to believe in themselves by teaching self motivation, self love, and to recognise their uniqueness and brilliance.

If you want to connect with me, join one of my programmes, or just have a 'no obligation' chat, then please get in touch with me." Karina

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or visit me online at eatyourwaybacktohealth.co.uk



SEARCHING FOR INNER PEACE AND HAPPINESS

Big life changes you crave could be easily within your grasp, thanks to the simple but effective power of song. This fabulous new album delivers key messages selected from the teachings of the best speakers, philosophers and experts in self-development. 12 is an album created by accomplished musicians Gary Holt and Karl Whitworth that brings together music and life-coaching principles in a fresh, resonant new way. www.12music.co.uk

Tried & tested

Wellbeing products for you and your family...



THE HERB GARDEN

The collection includes 5 brand new Limited Edition fragrances all inspired by the aromatic artistry of herbs launching on the 1st March 2016. The 5 Colognes will retail for £44 and include:

- Sorrel & Lemon Thyme Cologne
- Wild Strawberry & Parsley Cologne
- Nasturtium & Clover Cologne
- Carrot Blossom & Fennel Cologne
- Lavender & Coriander Cologne



ALLERGY FREE BEDDING

The Fine Bedding Company's Spundown range of pillows and duvets are washable at home at 60°C – the temperature that kills dust mites - which can help keep allergy symptoms at bay. Pillows are available in both medium and firm support options and duvets come in a range of tog and size options.

Spundown pillows are available at £20 each. While prices start at £37.50 for duvets.

www.finebedding.co.uk



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

DRIVING

a pain in the neck - and back!

We're in the midst of a sitting epidemic and new research finds that driving is the most common form of transport to and from work - with forty-seven percent of people having a sedentary commute by driving every day. Lushington Chiropractic are encouraging drivers to think about their backs when behind the wheel; warning that sitting in the same position for long periods of time is a leading cause of neck and back pain.

For those looking to build more movement into their working day, inspiration may be found in the active eighteen percent of people who spend the main part of their commute walking, with some choosing to run in.

If you have no choice but to be stuck behind the wheel, Lushington Chiropractic offers the following top tips to ease the strain of driving:

- Sit correctly in your seat. Make sure you have your bottom against the seat back with your shoulder blades touching the back rest of the chair. The seat should be set slightly backwards, so that it feels natural and your elbows should be at a comfortable and relaxed angle for driving.
- Feet should fall naturally onto the pedals. You should be able to press the pedals to the floor by mainly mov-

ing your ankle and only using your leg a little. Avoid wearing high heels, or very thick-soled shoes, as you will have to overextend the ankle in order to put pressure on the pedals.

- Exercise while stuck in traffic. Try buttock clenches, side bends, seat braces (pushing your hands into the steering wheel and your back into the seat - tensing and relaxing) as well as shoulder shrugs and circles.
- Mirrors. Set your mirror positions to suit you before you drive off. The mirror positions should allow you to see all around the car with the movement of your eyes with minimal head movement.
- Relax. A relaxed driving position

reduces stress on the spine, allowing your seat to take your weight.

- Ditch the car. Muscles and joints are designed for movement so, where possible, walk or cycle as it will help improve muscle tone, circulation and posture - helping to ensure a pain free commute.

Health Tips provided by Lushington Chiropractic - Don't let aches and pains stop you from enjoying yourself. Lushington Chiropractic offer gentle, effective, award winning chiropractic care to help ease a wide range of muscle, joint and sciatica type problems. They will personally tailor your treatment and have you running around again in no time.

01323 722499 chirocare.co.uk





100 for PARKINSON'S

A unique global health project is calling on 100,000 people to track their health, using smartphone technology, to help understand the impact of Parkinson's and provide valuable new research.

100 for Parkinson's is a global science project, led by UK digital health startup uMotif, and supported by organisations such as The Cure Parkinson's Trust, Parkinson's UK, Nesta, and the Cabinet Office. People with Parkinson's, their friends, family and the general public can use the uMotif app on their smartphone or tablet to monitor their health for 100 days and donate their data for research.

Bruce Hellman, Chief Executive of uMotif says:

"We're so used to communicating, shopping, even banking, on our mobile phones and yet we're only just starting to uncover their potential for our health. 100 For Parkinson's will find out how smartphone platforms can help people with Parkinson's, and everyone else, to understand their own bodies. Patients with Parkinson's often only visit a doctor twice a year, so knowing more about their health will help them to bridge the gap between health visits and better understand their symptoms."

One person in every 500 has Parkinson's disease, with more than 127,000 people in the UK and around 10 million people globally suffering from the condition. The app will enable people to track sleep quality, mood, exercise, diet and stress levels, areas that are commonly affected by the disease.

Sam Jordan was diagnosed with Parkinson's three years ago, when she was just 42 years old. A Parkinson's nurse told her about the uMotif app and how it could be used to track and monitor symptoms. She said it instantly appealed:

"I felt that I was back in charge, I could see patterns in my symptoms and how my disease was progressing. It gives you a focus that's very positive and it has proved invaluable when it comes to talking through my symptoms with my doctor."

A survey by The Cure Parkinson's Trust revealed that 90% of people with Parkinson's were interested in using technology to understand their symptoms.

Helen Matthews, from The Cure Parkinson's Trust says:

"Every person's Parkinson's is different and hugely changeable. Tracking even the simplest of changes allows people to not only better understand their health, but provides essential data for research. This will give us a better understanding of the impact on quality of life of potential new treatments to slow, stop and reverse Parkinson's."

Anyone can take part in the project and the donated data will contribute to academic research approved by a committee led by The Cure Parkinson's Trust and Parkinson's UK, helping to unlock new discoveries in Parkinson's. While the focus is Parkinson's, healthy people are needed to provide the control data for future research.

Those interested in taking part should go to the 100 for Parkinson's website, where they can find out how to download the app for free.

www.100forparkinsons.com/the-project



PAIN it doesn't have to stop you !

By now, over 90% of people will have broken their New Year's resolutions, many having failed as early as the end of January. However heart-felt and earnest the original intention, for many, time, energy and lack of motivation lie at the heart of the broken promises but for some there is a more serious underlying cause. With 'getting fit' and 'being active' the most common New Year's resolutions, for those suffering with pain, the hurdle to achieving this goal may seem too big to overcome.

With a reported 19% of adults across Europe suffering from moderate to severe pain, many are prevented from enjoying an active lifestyle or rely heavily on over the counter pain relief. Looking at this issue, the experts at ActiPatch® have put together some top tips to help those living with pain achieve a healthier lifestyle:

Make that first step, no matter how small it may seem, the first step is the most important. The importance of exercise to maintaining health is well documented but it doesn't mean you have to start training for a marathon on day one. Just ten minutes of low-impact exercise every day will start you on the road to better health.

Use a natural pain reliever for long-term recovery. Taking over the counter pain relievers may help in the short-term but many have problematic side effects and cannot always be used for long periods of time. ActiPatch® pain relief devices work

using electromagnetic pulse therapy and are totally drug-free and clinically proven to be very effective in the long-term for easing the symptoms of arthritis, fibromyalgia, muscle and joint soreness, sprains and strains.

Remember to warm-up properly, by walking slowly and stretching your muscles before any activity, you decrease the risk of injury. A warm-up will loosen the joints and increase your circulation, allowing blood to flow to the muscles to prepare them for exercise.

Find an exercise partner, you'll stay more motivated if you have someone to exercise with you. From joining a Yoga class to simple chair exercises, by working together you'll benefit from a greater sense of commitment and have someone to encourage you through the slumps.

Ben Fichter, Marketing Manager for ActiPatch®, commented:

"For many, keeping to our New Year's resolutions is not easy, however, if you live with pain on a daily basis the idea of an active life can feel unobtainable. With more evidence than ever pointing to the fact that exercise helps lower cholesterol and reduce the risk of heart disease, those in pain don't have to miss out any more. Our ActiPatch® pain relief products will benefit any pains and strains without the need for taking pills, thereby helping to increase quality of life and aid the natural healing process."



Thank Goodness *for* Juice!

There is only one word that really springs to my mind when I'm drinking a fresh green juice; 'Gratitude'!

It's as if every single cell in your body is smiling up at you, and for a moment there is a glimpse of that so often elusive feeling - the feeling of optimum wellness.

I juice every day for my family, for my customers and for myself. I never tire of handling the fresh, crisp fruit and vegetables and marvelling at the variety of colours and shapes Mother Nature provides. Going on to study Nutrition at CNM College I have even more reasons to be grateful for juice!

When one studies the intelligence and the complexity of cellular activity, it becomes clear that the human body is designed to

protect, defend and to ultimately heal itself. Our bodies want to be well, they want to work with us to maintain optimum health for our everyday performance. The problem is that we are often disconnected from this simple relationship, or so distracted that our actions become alien to our bodies' responses.

We forget that there is no separation and, like in any relationship, it's what we put in that determines the outcome. In order to function efficiently, our bodies require a particular concoction of nutrients and a particular environment to perform their efficient duties.

So how can we ensure that we work with ourselves to provide the best fuel and the best environment to absorb that fuel?

Easy and simple; a green juice made up of raw organic green leafy vegetables and fruits

WELLBEING HEALTH & NUTRITION

- pure nutrition in a simple form that the body immediately recognises and can use for its many duties. Delivering nutrients without having to deal with the energetic process of digesting fibres, the nutrients hit the blood-stream swiftly and get to work.

Drinking juice regularly gives the digestive system a rest and the energy is spent on cleaning and maintenance. This is what happens when we sleep though often the internal environment is so clogged up, the body only has time for repairing and therefore not enough cleaning takes place. So a juice in the morning helps to continue the cleansing programme and clear the internal blockages.

Cleaning our internal environments is so important for a healthy body. We have another universe inside of us, where bacteria is delicately balanced and can easily be upset with malnutrition and then Dysbiosis sets in, the imbalance of the microbiome. As around 80 percent of our immune system is in our gut, an imbalance of this bacteria can be the cause of many diseases.

“All chronic and degenerative diseases are caused by two and only two major problems, toxicity and deficiency” Charlotte Gerson

Ridding our bodies of unwanted toxins is the beginning of our pathway to wellness. Juice, especially organic, cold-pressed green leafy juice is a great way to start an inner cleansing programme.

“The emphasis here with diet is on removing the physical residue, on cleansing through proper diet. Once the physical body (the anchor) is put in tune, all the other bodies (mental, emotional, spiritual) line up and begin to cleanse as well. It is real. It works.” David Wolfe

Adding a raw juice to your diet everyday will go a long way towards protecting, defending and building a beautiful balanced relationship with your whole body.

words: Constandia Christofi

Constandia runs the Raw Health Bar in the Brighton Open Market. She is trained in Feng Shui and Shamanic Healing, and currently studying Nutrition at CNM College of Naturopathic Medicine.

www.rawhealthbar.co.uk





BUILDING CONFIDENCE

learning the art of public speaking

Lucy's story

Stay-at-home mum Lucy Greenlees was feeling run ragged by her three young children (one year old son and new born twins) and was desperate for some me-time that would challenge her in a different way from the day-to-day challenges of caring for three young children.

Lucy was terrified of public speaking – so thought that would be a good place to start! So she joined her local Toastmasters International.

Lucy not only overcame her fear of public speaking but also found she was building her confidence and learning new skills ready for her return to work. And what's more – it was sociable and fun.

During the time my twins were newborns and my son was one, my husband didn't get home until past their bed time. This meant that I was on my own and evenings could get a little, well, crazy. I was a multi-tasking whizz, bathing all three, juggling their bottles and putting them to sleep while negotiating TV watching time with my son. Once all were asleep, I collapsed, exhausted, onto the sofa. This was usually the point my husband walked through the door!

It was a challenging time and I don't regret making the decision to leave my career in marketing working for one of the big four accountancy firms. At some point though, I would like to return to work and this is where I have found Toastmasters International to be invaluable. I joined at the beginning of 2015 when my children were one and two and life had become less frenetic. I have benefited far beyond anything I anticipated.

Here's how ... and why every stay-at-home mum should consider joining:

1. A whole lot of fun.

Speaking in public is scary for the majority of people and it's why Toastmasters is so popular. It can be particularly daunting for mums who haven't worked in the big wide world for a while. Yet 'there's no fear when you're having fun' (Will Thomas). The warm-up, in which all members speak for 15 seconds, helps loosen up and relax you right from the get go. I'm usually laughing within the first 10 minutes of the start of the meeting, and I will always, always go home with a smile on my face.

2. A buzz of achievement.

There's an innate sense of satisfaction in doing something to improve ourselves. Taking time out one evening each fortnight to focus on my self-development is liberating - I feel a buzz of achievement at having pushed myself.

3. Comfortably pushed out of my comfort zone.

If someone had told me a year ago that I would have delivered three speeches to an audience of 30 people and actually quite enjoyed the experience, I would have been speechless! How do I feel when asked to give an impromptu speech on a topic I know nothing about with roughly five seconds to prepare? Butterflies in my stomach? Yes, but a year down the line it's only the butterflies and not the whole zoo!

4. Inspired about the future.

The prospect of easing back into a career after time out is daunting. There's always the fear that the world has moved on while you've been up to your ears in nappies and somehow you'll never quite get back in there. Toastmasters has steered me towards being fearless about the future, keeping my cool when nervous, speaking up with confidence, approaching interviews knowing I can handle whatever questions are thrown at me, and if I am asked to give a presentation, well, easy as pie!

5. Give and receive respectful feedback.

"Don't be so nervous. You are coming across better than you think." is one of the best pieces of advice I was given and I bear it in mind whenever those butterflies start up again. Toastmasters is, above all else, a positive environment with more experienced members mindful of how gutsy we newbies are to have walked through the door in the first place. Everyone is generous, supportive and respectful with their advice. As part of the competent leadership award, we evaluate other members. Learning how to do this in a way that inspires and motivates is a great skill to have – whatever career you choose to return to.

My advice to a stay-at-home mum thinking about joining Toastmasters? Just try it. Yes, from where you're standing now it may seem terrifying or just plain unappealing at the end of a hectic day of childcare. But once you get a taste of it, there's a more than good chance you'll find it exhilarating, rewarding and fun. Go straight to yes!

www.toastmasters.org.uk



In 2008 Amy Law-Smith started training on a Counselling Skills course and loved it! She knew that counselling was what she wanted to do though, at the time, Amy's lack of self-belief and trust resulted in her not fully stepping onto the counselling path until some five years later in 2013. Instead she trained as a Shiatsu Practitioner for which she qualified in 2011, and set up in private practice. However, after quiet reflection during some time off at the end of 2013 she realised that whilst she loved Shiatsu, it wasn't really her true passion.

After spending time seeking therapy and reflecting on who she really was rather than who she'd thought she was, Amy discovered that her fear, beliefs and pain were limiting her and the life she'd been creating; she'd been unable to trust and follow her 'inner knowing'. "This was a scary time for me; I felt terrified about the steps I must take, and yet terrified to stand still!" she says.

Things gradually became clearer and she knew she needed to follow her dreams. So she committed fully to herself and counselling. Slowly things unfolded; she found a counselling course, fantastic placements, and met wonderful people. Her journey wasn't always smooth, though she learnt to

trust in the process and go with the ups and downs. "Things have flowed in the direction of wherever it is I'm meant to be going, and this hasn't always been where I think I should be going!"

Amy now has a private Counselling Practice and offers one-to-one counselling in Eastbourne. She also volunteers at St Wilfrids Hospice in Eastbourne, offering clients support in both pre and post bereavement.

"I offer a space that is confidential and welcoming and always work to provide understanding, acceptance, safety and support - a place where patterns and processes can surface and unfold, thereby allowing the path to reveal itself, at a pace that feels right for you.

I love my work and the people that I work with - it is an honour to be alongside another on their journey and to witness change and the creation of a life that is fulfilling and authentic"

Amy Law-Smith

If you would like to book a free 30 minute initial meeting or would like further information please feel free to contact Amy on

07971 380547 or

arlawsmith@hotmail.com

www.amy-counselling.co.uk



4 reasons to hire a Life Coach

There are many myths about the kinds of people who hire Life Coaches. In my experience, clients seem to fall into four key groups....

<p>1. 'There's got to be more to life than this!'</p> <p>This group has achieved a good career, home, family and lifestyle but still doesn't feel fulfilled. They might have followed what others have wanted for them or be doing what they think is necessary to get by. They can find it difficult to even tune into their desires when they have pushed them aside for so long and have fears about the impact of making changes in their lives.</p> <p>Coaching can help you access your heart's desires, challenge your thinking about the implications of following your path and support you in making gradual changes.</p>	<p>2. 'I know that I want but I'm not doing it - yet!'</p> <p>Whilst this group knows where they want to be, they cannot seem to move forward. They might have taken steps towards implementing their plans but encountered problems or find it difficult to get around taking action.</p> <p>Coaching can help navigate internal and external obstacles and ensure you have considered all the actions necessary for success. You better understand your resistance, learn new techniques for resolving issues and are soon moving forward.</p>
<p>3. 'I can't seem to move on.'</p> <p>Life events such as the breakdown of a relationship, redundancy or bereavement have turned this group's lives up-side-down. Once the initial grief has subsided, they are left wondering what is next.</p> <p>Coaching can help you celebrate your uniqueness and build on the successes of the past whilst making the transition into your next phase. This impartial support has a distinct and different role to the care of friends and family in what can be a confusing and disorientating time.</p>	<p>4. 'I want to live the best life I can.'</p> <p>This group simply recognises the value of stepping back, reflecting on what they are doing and who they are being. With the pace of life and range of options available, it is easy to get swept along without consciously choosing our path.</p> <p>This group treats regular coaching as an integral part of their lives.</p>

Coaching completes the part we often miss in the 'plan - do - review' loop. This enables you to learn the most from each situation and speeds up your progress. Working with a coach over time makes sure you stay on track and consciously create the life you desire.

The first step in exploring if coaching is right for you is a free initial conversation. Get in touch to book yours.

Deborah Reeds
start@deborahreeds.com
www.deborahreeds.com



As we move towards spring my mind turns towards thoughts of increasingly warmer days, sunshine and growth. Like plants people can be affected by their environment in their capacity to grow into healthy, fully functioning human beings. In the same way that seedlings planted in poor soil do not flourish, when someone's early environment lacks the necessary conditions for healthy growth it is unlikely that they will thrive. However, like adding plant food and fertiliser to improve soil there are things that can be included to improve a person's quality of life.

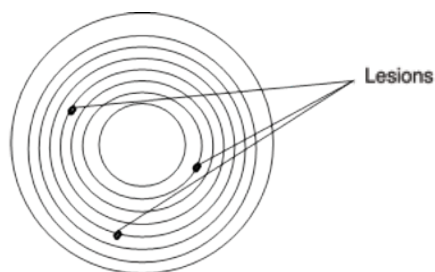
The problem for most people is that they tend to repeat habitual patterns, so rather than developing and growing they remain stuck in well-worn ruts. In Transactional Analysis (TA) we can use a model of ego state's to understand what happens to create these habits. The ego state model is a way of understanding how we operate in the world (in terms of our perceptions, thinking, feeling and impulses to behave). In TA we talk of 3 ego states:

Parent - as others were in our past

Child - as we were in the past

Adult - direct responses to the here and now

One way of thinking about the Child ego state is that this develops like rings of a tree. As we grow up we incorporate new experiences that are stored away in the child ego state. When we have more difficult experiences, in the same way as a tree creates a knot in the wood, we incorporate a "lesion" in the rings of experience (as shown below).



Springing into growth

When we experience something in our everyday life that resonates with a lesion from our past we can trigger back into perceiving, thinking, feeling and acting or wanting to act like we did when we had the original experience. This process can be further intensified by the responses we received from other people at the time of the original incident. Their response will be stored in our Parent Ego State and can often be heard as an internal voice when we start to resonate with a previous difficulty.

So to give an example, if we think about a young child on their first day at school. This can be a potential difficult experience for most children; what they need at the time is soothing and reassurance to help them manage this experience without it becoming a lesion. If a parent is dismissive of the child's fear, perhaps telling them "Don't be a baby! You're making a fool of yourself! Pull yourself together!" this experience of the other is stored in Parent. Later in life, when experiencing a situation involving being alone and meeting a new group of people for the first time the voice in our head starts repeating this message.

Like growth in nature, people require support and nurture to thrive. When we receive these we are then more able to deal with difficulties

in later life. Yet it is never too late to provide ourselves with the necessary psychological nutrients for healthy life. As a first step awareness of how our individual background's influence us now. This can be achieved through an understanding of Transactional Analysis, amongst other approaches. From this we can identify more healthy ways of managing our past and present difficulties.

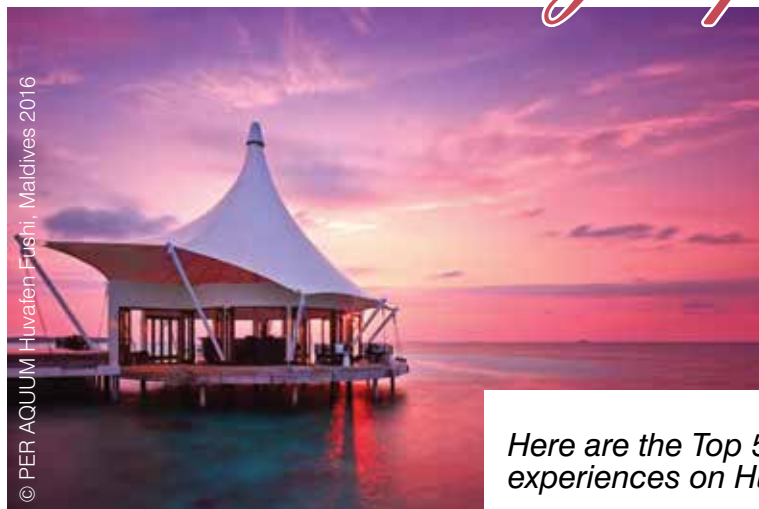
Transactional Analysis is an approach that is used to understand ourselves and relationships in organisations, education, counselling, psychotherapy, and parenting as well as many other fields.

Mark Head MSc (TA Psychotherapy), BSc Hons (Psychology), CTA (P), UKCP Reg. Psychotherapist, TSTA (P), Chair of the Accreditation and Assessment Committee for UKATA (United Kingdom Association for Transactional Analysis)

Mark is an internationally qualified trainer, supervisor and Psychotherapist and a Mindfulness trainer, he is Director of the Link Centre; a training centre based in Newick, Sussex that offers courses in personal and professional development as well as longer term courses in Counselling and Psychotherapy. Mark's passion is to facilitate people's self-awareness to enhance their quality of life.

www.thelinkcentre.co.uk

Dreaming of the



© PER AQUUM Huvafen Fushi, Maldives 2016

Here are the Top 5 must-see experiences on Huvafen Fushi:

No.1 The World's 1st underwater spa

The world's first underwater spa, LIME Spa is the epitome of indulgence.

Once inside the spa treatment rooms enjoy the panoramic views of the bustling reef surrounded by the contemporary design and full sensory experience. Along the way you will encounter, hot rocks, cold ice, champagne and truffles. The list is endless but the extravagance essential.



© PER AQUUM Huvafen Fushi, Maldives 2016

The Maldives features on bucket lists around the world as one of the most beautiful locations to visit for sun, sea and sand. With remote islands, private white sand islets and warm clear lagoons there is a sense of luxury in your surroundings before you even reach some of the world's most exclusive resorts. When travelling to the Maldives there are key experiences not to miss – set within its very own lagoon, Huvafen Fushi is a naturalist's wonderland where the stunning environment, above and below the waterline, is an attraction in itself.

Per Aquum at Huvafen Fushi offers some of the most memorable experiences luxury holidays have to offer, dip your toes in the warm lagoon, dine in incredible locations, snorkel one of the Maldives best house reefs and flop out on your own private stretch of powdery-sand perfection. And just when you think it can't possibly get any better, you'll stumble upon the world's first underwater spa.

Maldives...

No.2 Parasailing over some of the world's most remote islands

Seeing the Maldives from the skies is a truly unforgettable experience, enjoy a bird's eye view of some of the world's most remote and beautiful islands. Hovering 100 meters in the air, you will have a spectacular and peaceful view of the colourful house reef and stunning resort.

Photographer, Paul Reiffer comments:

"I visit remote, or impossible to reach locations to capture some of the shots being exhibited in pr @ hf, it therefore felt very natural to showcase these images in an equally incredible and remote location. I've visited and photographed the Maldives for many years and find it to be one of the most unique places on the globe."



© PER AQUUM Huvaften Fushi, Maldives 2016

To follow the progress of
pr @ hf visit
www.paulreiffer.com/prhf

No.3 The world's most remote gallery

A new addition to the island is 'pr @ hf'. A new gallery from multi-award winning British photographer Paul Reiffer. The gallery is only reachable by boat or seaplane and presents a collection of renown eye catching cityscape and landscape photographs from around the world. For a limited time only these images, including two special prints of the island will be on display in this unique and exclusive gallery. Rock|stars and city|slickers is the first showing for photographer Paul Reiffer and showcases the need to push boundaries to capture a one-of-a-kind shot.



© PER AQUUM Huvaften Fushi, Maldives 2016

© PER AQUUM Huvafen Fushi, Maldives 2016

No.4 Underground wine cellar

The first underground wine cellar in The Maldives, Vinum offers another incredible experience with an expansive collection of the world's wines. Vinum is PER AQUUM Huvafen Fushi's delicious secret, where wine flights and degustation dinners are hosted and intimate parties indulged.

No.5 Your own private sandbank

Relax on your own private sandbank appearing at low tide and reachable only by boat. Guests are transported on traditional Maldivian boats – Dhoni's and can eat, drink, sunbathe, swim while the butler manages all requests. A feeling of remoteness and ultimately luxury.



© PER AQUUM Huvafen Fushi, Maldives 2016

Shebo Akyurt, General Manager at Per Aquum comments: "The Maldives are a unique collection of islands, more beautiful than many other locations around the world. At Per Aquum we have strived to make this incredible location even more special, we offer world firsts with our underwater spa and nightclub as well as one of the most remote galleries to be found anywhere. We offer a truly luxury experience, inviting guests to immerse themselves in this wonderful environment."

www.minorhotels.com/en/peraquum/huvafen-fushi/

The Vineyards Hotel is much more than just a place – it is a state of mind and lifestyle.

SPECIAL OFFER

Wellbeing Magazine has partnered with The Vineyard Resort to offer our readers a special Wellness offer. Visit our website for details wellbeingmagazine.com/vineyards-bulgaria



The Vineyards Hotel is a boutique hotel poised along the mountains of the Balkans and the Black Sea beaches.

The hotel is located at the highest point of the hill in close vicinity to the town of Aheloy and Pomorie and offers wonderful panoramic views of the Black Sea coast.

The Health & Beauty Spa centre offers a range of treatments to aid relaxation, fight stress and to regain a sense of well-being. Their highly qualified and experienced staff offer therapies and procedures tailored to the guests preferences and overall condition.



Bulgaria might not be an obvious choice for a spa and wellbeing holiday, but with a holiday starting from as little as £475 for 5 Day inclusive package - breakfast, dinner and a choice of a 40 minute treatment per day, it is certainly worth considering. Only 15 minutes from Bourgas Airport and cheap flights available from Whizz Air, Bulgaria may just become the new destination for Spa and Wellness holidays.





Top tips

Pampering your pooch at home

After a winter of incessant rain, dog owners often face a daily battle with mud. As the fields and parks turn to sludge, keeping our dogs clean and smelling pleasant takes a great deal of time and effort, and can be a tricky task to undertake.

It is predicted that the amount of money spent on pet hygiene will reach £380 million by 2017, highlighting the value placed on furry household members. However, keeping on top of a dog's cleanliness doesn't need to cost the earth or become a stressful process. Sarah Solomon, Practice Manager of Heath Veterinary Clinic in Burgess Hill and Hurstpierpoint, offers her simple-to-follow tips on how to bathe your dog at home without the trauma:

The importance of a bath

Bathing and grooming are two different things. It is important to give your dog's coat a thorough brush at least once a week to ensure the hair doesn't become matted. You can also check the general health of your dog, looking for any unusual lumps, bumps or ticks too. For longer-haired dogs, regular visits to the groomers are often required every 6-8 weeks. It is important to remember to take young dogs for regular grooming sessions to keep on top of their coats and ensure they are comfortable in the environment.

Don't overdo it

Bathing your dog is the best way to remove mud, however, dogs don't need to be washed as much as humans. If your dog is only slightly dirty try grooming first, as it is possible to over-bathe your pet and remove natural oils found on the skin. It is important to use shampoos sparingly as they can dry out the coat and cause itching.

Prevent slips

Dogs that feel unsure on their feet in the bath tub are more likely to become anxious and stressed. By placing a rubber bath mat or towel on the bottom surface, your pet will feel more secure and sure-footed, preventing slips and injuries. Keep the water warm and the shower spray light.

Familiarisation

Let your dog sniff any equipment you may use, for example brushes and shower sprays, and introduce the sound of running water before soaking your dog. These simple techniques will enable your pet to become accustomed to bath-time. Reinforce good behaviour with plenty of praise and treats, ensuring a calm and controlled atmosphere.

The power of massage

Stressed pets often respond well to massage. To ensure a calm bathing experience for your dog, massage with a firm but gentle hand, stroking along the back towards the tail, which is one of the areas on your dog that helps with relaxation. This technique is perfect for the nervous or stressed dog and with regular use will be an instant calming technique.

Drying

Perhaps the most daunting task is drying your dog. Be sure to thoroughly dry your dog after a bath to ensure they don't get a chill. Many dogs are fearful of blow dryers so a good rub down with a towel is often best.

Don't forget to contact your local veterinary clinic for your pet's general health check-ups, including nail clipping and teeth cleaning.

Heath Veterinary Clinic has two clinics, located in Burgess Hill and Hurstpierpoint, West Sussex and offers free registration checks, consultations and home visits. In addition, both clinics have full surgical and hospitalisation facilities and can dispense all prescriptions. For more information, please visit heathvets.com



Crunchy Mackerel Salad

Serves 1

Ingredients:

- A handful lettuce leaves
- 5 cherry tomatoes
- 1 small stick celery, chopped finely
- 3 radishes, chopped
- 1/3 pepper (any colour), sliced
- 40g cucumber, sliced
- 1 spring onion, chopped
- 120g peppered mackerel
- 1 tsp extra virgin olive oil
- 1 tsp balsamic vinegar
- 1/2 tsp seeds

Method:

Place the lettuce in a bowl. Add the celery, tomatoes, radishes, pepper, cucumber and spring onions.

Gently tear the mackerel into large chunks. Add to the salad.

Spoon the olive oil and balsamic vinegar over the salad. Sprinkle with the seeds.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.

Per serving

503 calories

11g carbs

27g protein

39g fat

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What's On

March

7th

7-9pm

Eastbourne Complementary Health Centre's Leon Chui & Natalie Scialo host a talk & mini acupuncture consultations/treatments, Victoria Drive Bowling Club, Eastbourne BN20 8NH, FHT members £6, non-members £7, students & OAPs £5, contact Pam Hardy 01323 644007 or 07759 674809, cominno11@icloud.com

9th

7pm

Wellbeing Wednesday - Wingwave© Coaching Method, The Link Centre, Newick, FREE, leilani@thelinkcentre.co.uk, thelinkcentre.co.uk

12th-13th

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

13th

LGBTB Affirmative Practice, The Link Centre, Newick, £70, leilani@thelinkcentre.co.uk, thelinkcentre.co.uk

20th

1-5pm

The Human Touch team will be at The Violet Flame Holistic Fair, Field Place, Durrington, Worthing

23rd-25th

Intuitive Horse, 3 day retreat, Hastings, £285, 07825 036301, intuitivehorse.co.uk

31st

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

April

4th

5-6pm

Beginners Tai Chi, St Michael's Church Hall, High St, Lewes (10 wk course) 01273 470955, equilibrium-clinic.com

5-6.15pm

Improvers Tai Chi, St Michael's Church Hall, High St, Lewes (10 wk course) 01273 470955, equilibrium-clinic.com

6.30-7.45pm + 8-9pm

Scaravelli Yoga, St Michael's Church Hall, High St, Lewes (14 wk course) 01273 470955, equilibrium-clinic.com

7-9pm

Michaele Wynn-Jones, Numerologist, hosts a talk 'An insight to numerology', Victoria Drive Bowling Club, Eastbourne BN20 8NH, FHT members £6, non-members £7, students & OAPs £5, contact Pam Hardy 01323 644007 or 07759 674809, cominno11@icloud.com

22nd

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

27th-29th

Intuitive Horse, 3 day retreat, Hastings, £285, 07825 036301, intuitivehorse.co.uk

May

9th

7-9pm

Helen Prosper, Complementary Massage Instructor hosts a talk on 'the power of touch', Victoria Drive Bowling

Club, Eastbourne BN20 8NH, FHT members £6, non-members £7, students & OAPs £5, contact Pam Hardy 01323 644007 or 07759 674809, cominno11@icloud.com

Mondays

(except May Bank Holidays - 2nd & 30th May respectively)

9.15am-8pm

Osteopathy Clinic with Denise & Megan, Equilibrium Health Centre, 16 Station St, Lewes, £45, 01273 470955, equilibrium-clinic.com

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, eastbourneshiatsu.co.uk

Tuesdays

6.30-7.30pm (starts 22nd Mar)

Qigong & Meditation with Nick Neter, The Well Being Centre, Stone Cross BN24 5BS, £7 per session, 07773 061309, handwork@

tiscali.co.uk glynleighwellbeingcentre.com

Wednesdays

9.30am-2.00pm
Seated Acupressure Massage with Ben Trowell & Yuka Simmons, WRVS, Russell Centre Eastbourne, 15 (£5) & 30 (£10) minute treatments available, free 10 minute tasters, 01323 412279, eastsussexdc@eastbournewrvs.org.uk

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

1.30-4.30pm
The Human Touch 'affordable therapies for all' - new location from 2nd March, The Old School House, Ham Road, Shoreham, BN43 6PA, [facebook.com/thehumantouch1](https://www.facebook.com/thehumantouch1) 07796 518667

Thursdays

9.15am-8pm
Osteopathy Clinic with Denise & Megan, Equilibrium Health Centre, 16 Station St, Lewes, £45, 01273 470955

equilibrium-clinic.com

11.00am-12.00pm (every Thurs except 1st Thurs of the month when we meet by the beach at The Italian Gardens, Holywell)
Tai'chi Qigong & Meditation, WRVS, Russell Centre, Eastbourne, £4, first session FREE, Nick Neter 01323 412279 eastsussexdc@eastbournewrvs.org.uk

Fridays

11am-12pm (starts 25th Mar)
Qigong & Meditation with Nick Neter, The Well Being Centre, Stone Cross BN24 5BS, £7 per session, first session FREE, 07773 061309, handwork@tiscali.co.uk glynleighwellbeingcentre.com

Saturdays

9.15am-5.15pm
Massage Clinic with Denise, Dafna & Rachael, Equilibrium Health Centre, 16 Station St, Lewes, £45, 01273 470955, equilibrium-clinic.com

9.15am-8pm
Osteopathy Clinic with Denise & Megan, Equilibrium Health Centre,

16 Station St, Lewes, £45, 01273 470955, equilibrium-clinic.com

(1st Sat of the month - 5th Mar, 2nd Apr, 7th May)
11am-3pm
The Cuckmere Shiatsu Clinic (Japanese holistic bodywork therapy) with Louise Burt, Tina Doherty & Nick Neter, Saltmarsh Farmhouse, Cuckmere, 30 minute treatment or more for a donation (from £10), walk in or booking available (recommended), 07876 631505, handwork@tiscali.co.uk, eastbourneshiatsu.co.uk

(2nd Sat of the month - 12th Mar, 9th Apr 14th May)
1pm-5pm
The Yasuragi Shiatsu Clinic (Japanese holistic bodywork therapy) with Ben Trowell & Yuka Simmons, Yogalife Studio, Eastbourne, 30 minute treatment or more for a donation (from £10), walk in or booking available (recommended) 07984 988057, handwork@tiscali.co.uk, eastbourneshiatsu.co.uk

(3rd Sat of the month - 19th Mar, 16th Apr, 21st May)
9am-1pm
The Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter, Ben Trowell & Amrit Singh, The Natural Fitness Centre, Eastbourne, 30minute treatment or more for a donation (from £10), walk in or booking available (recommended), 01323 732024, info@naturalfitnesscentre.co.uk eastbourneshiatsu.co.uk

(4th Sat of the month - 26th Mar, 23rd Apr, 28th May)
9.30am-1.30pm
The Shiatsu Clinic (Japanese holistic bodywork therapy) with Nick Neter, Louise Burt, Tina Doherty & Machiko Lacey, The Well Being Centre, Stone Cross BN24 5BS, 30minute treatment or more for a donation (from £10), walk in or booking available (recommended), 07773 061309, handwork@tiscali.co.uk, eastbourneshiatsu.co.uk



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