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An ancient form of Medicine

Live Blood Microscopy

The body heals itself

Psychological detox

- The effects of toxins and chemicals on hormone health
- The toughest foot race in the world
- Crohns Disease

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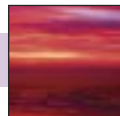
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Wellbeing Magazine

This month we have changed the cover paper to a more environmentally friendly finish. We welcome your feedback. email rachel@wellbeingmagazine.com to let us know your thoughts!



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The new image of organic eco-friendly tourism.

Words: Christine Vorrés

There is no escaping the fact that your holiday will have an impact on the environment in some way. Even not holidaying will mean that communities reliant on tourism will suffer. The best that you can do for your conscience is to choose a holiday that does as little damage as possible.

Forget sandals and singing around the camp fire, eco holidays are big business at the moment. All you need is a little planning and research to find your ideal break

Ask to see written environmental policies of businesses claiming 'green' credentials, or better still, certification from third party organisations. List the issues that matter most to you, then contact establishments and ask what their policies are relating to those issues. True Green organisations will be happy to give policy details.

TYF Eco Hotel – St David's, Pembrokeshire.

Energy and water conservation, using green energy supplies, ethical shopping, and green gardening are just some of the ways in which TYF earns its Eco Hotel status. It also is the first Hotel in Wales to obtain Organic certification through the Welsh Organic Scheme. You can rest assured that wherever possible, the food and drink served is organic, and is also sourced locally.

TYF Eco Hotel is a converted windmill within walking distance of the tiny city centre of St David's; on the far south west coast of Wales, in the Pembrokeshire Coast National Park.

St David's is surrounded by spectacular coastal scenery renowned for its beauty and abundance of

wildlife. Whitesands Bay, one of the many beautiful beaches in the area, carries the prestigious European Blue Flag Award.

Saint David died on the first day in March 589 A.D. when angels came down from heaven to take his soul. He was recognized as a saint by Pope Calixtus in 1123 and recognized as the Patron Saint of Wales. At that time Rome was becoming a bit too popular with pilgrims, so to solve the over-crowding problem Pope Calixtus is reputed to have decreed that two pilgrimages to St. David's would be equal to one to Rome.

The Cathedral and ruins of the once magnificent Bishop's Palace are marvels of medieval architecture. The highlight of every summer is St David's Cathedral Festival held in May - an annual celebration of classical music and the chance to see the most historic and revered building in Wales.

Attractions include a marine life centre; a sea aquarium, adventure boat trips to the offshore islands and an incomparable 9-hole links golf course.

TYF Eco Hotel has a lovely warm, relaxing atmosphere. We arrived late evening to find a welcoming log fire, just what you would expect in an historic, grade II listed building that has been sympathetically restored and preserved.

The absence of television in the bedroom meant that we missed Match of the Day, (bliss!) enjoying instead an evening of interesting conversation with other guests, whilst sitting around the fire with a glass of organic wine.

Our room had the coziest bed that I have ever slept



in, and the next morning we awoke bright and early to brilliant sunshine.

My husband was keen to try the Coasteering, one of the many adventures that TYF Adventure offers. It involves donning a hard helmet and wet suit, and basically climbing rocks and throwing yourself back into the sea to get from A to B along the coastline.

After our light organic breakfast, I left hubby in the capable hands of Instructor Andy Jenkins, to go down to nearby St Non's Bay for his adventure.

TYF adventure offers activities such as surfing, rock climbing, and kayaking, for groups or individuals from aged 8 years.

Andy is an expert coach and guide and evidently loves his work. My husband returned exhilarated, and invigorated. He loved it. They had used rocks, caves, tunnels and waves as playthings. The next extreme from jumping waves on the shore!

I, on the other hand, placed myself under the healing hands of Sarah Middleton, wife of TYF Group Ltd MD, Andy Middleton. Sarah is an experienced Reiki therapist who offers her therapeutic services to hotel guests. An hour's session with Sarah left me completely relaxed and de-stressed.

If you are looking for a holiday that causes minimum impact on the environment, but maximum beneficial impact on your health, TYF Eco Hotel ticks all the right boxes; accommodation that is comfortable, friendly welcoming staff, plenty of activities, both energetic and relaxing, and excellent organic food.

St David's City is attractive, and there are some fabulous walks and beaches.

As well as being an excellent holiday destination, TYF is also a great venue for group getaways, courses and team building exercises.

Details:- Bed and Breakfast from £35 – £45 pppn.

There is also a self catering cottage available for small groups.

Half Day Coasteering £50 (adult)

Reiki Session £20 hour.

Telephone 01437 721678 or email stay@tyf.com

TYF Eco Hotel. Caerfai Road, St David's, Pembrokeshire. SA62 6QS.

Check out their excellent website for more information on eco policies, accommodation rates, courses and activities. www.tyf.com

Rail

Haverfordwest-16 miles to St Davids

Fishguard-15 miles to St Davids-- Enquiries 0345 484950 Timetables on-line

Bus/Coach

Coach Station-Haverfordwest

National Express Coaches

Local Bus Service

St Davids-Haverfordwest, St Davids-Fishguard

Richards Brothers-Tel 01239 613756

www.richardsbros.co.uk



Beat the Bloat

words: Kate Arnold



It is a rarity in my clinic to have someone who doesn't complain about bloating in one form or another. I would say 70% of people I see have gut problems, ranging from IBS to more serious conditions like crohns disease but the overall complaint is nearly always bloating. Bloating is one of the main symptoms of IBS consisting of alternating constipation/diarrhoea, pain and gas. Apart from the physical symptoms, it also can leave people extremely incapacitated and in extreme cases can ruin the quality of people's lives. Once you know the cause however, it can be easier than you think to conquer. So if you're squeezing into a pair of jeans this week, that last week were fitting ok, read on....

Causes of IBS

The most common causes of IBS are

- ~ Prolonged levels of stress decreasing the immunity and making the gut more vulnerable to opportunistic bacteria, yeast and parasites
- ~ Low levels of gut flora leading to gut dysbiosis. This happens after stress, a bad diet, or after a course of antibiotics
- ~ A higher than normal level of candida or yeasts in the bowel usually after antibiotics, bad diet or high levels of stress.
- ~ Parasite infections - with the amount of people travelling now, nearly 30% of people I see have undiagnosed parasites in the bowel.
- ~ Too much food creating gas i.e. indigestible carbohydrates like onions, garlic, leeks, and vegetables in general
- ~ Too much sugar in the diet leading to severe bloating and trapped wind. If the bowel has an overgrowth of yeast, the sugar will feed it. The patient will often describe this as feeling nine months pregnant!
- ~ Food intolerances or allergies i.e. wheat, gluten, cows milk etc
- ~ Undiagnosed lactose intolerance, coeliac disease, ulcerative colitis or crohns disease - if you are in any doubt, see your GP and ask for a test

Basic tips for easing the bloat

- ~ Drinking peppermint tea, fennel tea or chamomile - use at least 3 tea bags per mug
- ~ Not rushing your food when you eat and sitting at a table and not eating on the run
- ~ Not talking while eating as you take an unusual amount of air into the mouth if you do! Eating little and often can sometimes help
- ~ Never eat when really stressed
- ~ Food diaries or the latest food intolerance and food allergy blood tests are a quick way to see if something you are eating is not agreeing with you. You may also be lactose intolerance or coeliac, so its worth discussing these tests with your GP.
- ~ Most people do much better on a low gluten or low wheat diet. The reasons for this are complicated but gluten and wheat can be particularly difficult to digest for some people, sometimes leading to an inflamed gut or severe bloating.

Are probiotics any good?

What are they?

Probiotics are, put simply the digestive tracts best friends. Amongst the largest group of good bacteria are the lactobacilli and bifidobacteria. There are three strains of lactobacillus, acidophilus, bulgaricus and casei (used in Yakult). The main contributors to low levels of good gut flora, are antibiotics, stress, alcohol and a bad diet.

What do they do?

- ~ Help you digest your food,
 - ~ Help to break down protein and fats.
 - ~ Improve the absorption of calcium, manufacture vitamin K and B12.
 - ~ Relieve constipation.
 - ~ Help heal a number of digestive disorders inc crohns disease, ulcerative colitis, and IBS
- If you are going to use an acidophilus supplement



I would recommend a good make, something in a dark jar that needs to be refrigerated. I would get professional help on what is best suited to your type of problem. In the meantime you can eat natural pre-biotics in your diet - these are excellent for allowing the good bacteria to grow naturally - garlic, leeks, shallots, asparagus, raw green salad leaves and bananas. Generally a diet high in fruit and vegetables will give you natural pre-biotics anyway.

Are they any good?

The simple answer is yes. There have been thousands of studies done going back to the 1930's to suggest good bacteria has many overall health benefits. The BBC series "The Truth about Food" did a small trial with some students - half who ate live natural yoghurt and half you ate a daily portion of raw green leaves. Their good bacteria was counted before they started which meant them handing over a stool sample and the bacteria was counted under a microscope. The group that ate the raw green leaves had a 30% greater increase in good bacteria after the trial than the ones eating the yogurt. As the raw green leaves would be considered a pre-biotic, this

shows the importance of a good diet, rather than dependence on supplements. Whilst there is nothing wrong with live natural yoghurt, in fact I usually suggest my patients only eat that, over non live, the importance of the quality of your whole diet cannot be underestimated.

Usually people need more pro and pre biotics after antibiotics. The key is to remember after a course of antibiotics, be sure a) to finish the course b) take acidophilus supplements or at least eat as many pre-biotics in your diet for a couple of months afterwards. People who have been on long term antibiotic treatment might need some professional help if they are having gut problems.

As a final point, if you have continuing gut problems that have not been helped by the above and are also experiencing menstrual changes, please see your GP as if can be indicative of hormonal problems.

If you would like Kate's help with your gut problems, call her on 01323 737814/722499 in confidence. She runs a digestive disorder clinic on Tuesdays at 30 Lushington Road, Eastbourne.



nutritional therapy for optimum health

Which of these common health problems do you want to avoid?

- low energy ● headaches ● migraines ● ibs ● candida ● digestive disorders
- thrush ● cystitis ● pmt ● menopause ● food allergies
- arthritis ● high blood pressure ● high cholesterol ● heart disease
- osteoporosis ● skin problems ● depression

Kate is a member of the British Association of Nutritional Therapists and a member of the Guild of Health Writers. With ten years experience in nutritional therapy Kate has a passion for getting to the root of clients' health problems, and can diagnose a range of health problems with tests not currently offered by the NHS.

Treats all acute and chronic health problems

Kate Arnold (BA Dip ION MBANT)

01323 737814 or 01323 722499

www.katearnoldnutrition.co.uk



What's in Season

eat spinach

The distinctive, slightly bitter/metallic flavour of spinach makes it something of a 'love it or hate it' food. Spinach is available year-round, but the freshest, tenderest spinach is most easily obtainable in the spring.

Nutrition

Spinach is well known for its nutritional qualities. Although it does contain high levels of iron and calcium, the presence of oxalic acid binds these minerals in a form that cannot be absorbed by the body.

But spinach IS very good for you. Vitamins A and C are present in significant amounts, as are several antioxidants and folic acid.

Buying

Spinach has a high water content and so reduces to around a quarter of its size when cooked. Buy lots. Pick dark green, thin-stemmed leaves with no signs of wilting or yellowing.

Storing

Keep in a plastic bag in the fridge for three to four days.

Preparing

Give leaves a good wash in a sinkful of lukewarm water to remove any traces of grit (if bought from a farmers' market) or chemicals (if bought from a supermarket), changing the water two or three times. Drain, or dry in a salad spinner if the leaves are to be eaten raw. Cut out any thick stems.

Spinach can be steamed in the water clinging to the leaves after washing. Give them 5 to 10 minutes in a large saucepan. Sauteeing and microwaving are also good cooking methods.

Raw spinach is excellent in salads and, like watercress, has a natural affinity with bacon. Spinach also pairs beautifully with smoked haddock and with cheese, especially feta.

Thanks to www.eattheseasons.co.uk for information supplied.

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At Waitrose, we combine the convenience of a supermarket with the expertise and service of a specialist shop. Above all, we take pride in the freshness and quality of our food.

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Health Benefits of Probiotic Bacteria

'Probiotics' are increasingly to be found in every day food and drink products. Probiotics, which means 'for life', have been used for centuries as natural components in health-promoting foods. Many experiments and studies have linked probiotics to aiding a range of ailments, such as lactose intolerance, colon cancer, lowering of cholesterol and blood pressure and, most importantly, improving immune function.

One new way of getting a vast amount of these beneficial bacteria into your diet is by drinking a unique tea infusion that originated in Ancient China 2000 years ago. Kombucha tea contains 65 million probiotic bacteria 5 per 100ml serving, the optimum amount required to populate the large intestine and effectively dissolve harmful micro-organisms.

The UK's only brand of authentic, handmade, organically-certified Kombucha tea is Gaia's Organic Kombucha, available from www.gaia-kombucha.com at £3.99 for a 750ml bottle (£47.88 plus £11.95 delivery for a case of 12 or free delivery for 2 or more cases).



Organic Food from the Plant to the People

Every week there seems to be a new snack or cereal bar on the market, claiming to be healthy and nutritious, but often when you actually read the ingredients list, the illusion is shattered. Full of simple carbohydrates and sugars to give an energy surge, the bars will soon have you crashing back to earth feeling more tired and hungry than before.

However now there is a bar hitting the UK that lives up to all its promises of being great for your body, and tasting fantastic...

The adult bars are available in 3 fantastic flavours: Chocolate Coconut, Chocolate Choc Chip and Cinnamon Raisin, and the junior bar is available in Apple Pie from Health Stores nationwide.

For information visit www.organicfoodbar.com



Emu Oil

Praised by the likes of Paula Radcliffe, Demi Moore and Shane Warne emu oil has many famous advocates, but as an unusual alternative remedy it has often been overlooked by the UK medical profession, despite being a registered therapeutic anti-inflammatory in Australia...until now that is.

Europe's leading emu oil is Golden Emu Oil (featured on the This Morning show), which is of the highest possible quality and is the only emu oil available in the UK, and is also of a registered pharmaceutical grade in Australia. The Golden Emu Oil range, which includes muscle, joint and skin care products, is available directly from the Pioneer Trading Company by calling them on 01526 344971 or visiting their website at www.pion-tc.co.uk.



Spring Clean with Lemon Detox

There's nothing like a good old clean-out to help us shake off that winter feeling and launch into spring looking and feeling cleansed and rejuvenated. Celebrity favourite, Lemon Detox, is leading the way in 'detox world' due to its internationally acclaimed cleansing programme that can be altered specifically to suit every need AND lifestyle.

With programmes that vary in length and intensity, from a five to 10 day fast to more relaxed versions where a meal a day or a full day's meals a week are replaced by the Lemon Detox formula, each is designed to cleanse your body from the inside out at a pace that suits you!!

Lemon Detox is fully endorsed by leading medical experts including Dr Janine Leach, President of the Naturopathic Society, Amanda Griggs, leading nutritionist based at the prestigious Balance Clinic on London's Kings Road, Dr Michel Odent, one of the UK's leading Obstetricians and Dr Elizabeth Adalian, Chair of the Homeopathic University.

Madal Bal Natural Tree Syrup is priced £39.99 for a one litre tin and is available from leading health food shops, beauty salons and spas nationwide. For stockist details please call 0845 370 1012 or 0845 370 1014 or visit www.lemondetox.com.





The effects of toxins and chemicals on hormone health



Words: Dr Marilyn Glenville

Xenoestrogens ('foreign oestrogens') are oestrogen-like chemicals usually from pesticides or plastics that have been linked to disruptions in hormones for both men and women. These endocrine (hormone) disrupting chemicals (EDCs as they are often called) which are chemicals in the environment which mimic our own natural hormones. They are found in everything from plastics to pesticides, and the residues of hormonal medications e.g. the Pill and HRT, that don't break down once they pass into our water supply. Even though the government tells us EDCs are perfectly safe there is a growing body of evidence to suggest that they are not and that they have potentially damaging effects to hormonal health and health in general. In the wild, some of these problems have been dramatic. For example, the Environment Agency has found that a third of the male fish in UK rivers have become feminised and have produced eggs after developing female sex organs.

The increasing levels of xenoestrogens in our environment have coincided with an earlier onset of puberty. At the turn of the century the average age for puberty to begin was 15. Now some girls as young as eight are growing breasts and pubic hair. Women with higher concentrations of certain pesticides in their bodies run a greater risk of developing oestrogen dependent breast cancer than women with lower levels.

Xenoestrogens are stored in body fat and can affect men and women differently. Overweight people tend to have higher concentrations because xenoestrogens are lipophilic – which means that they love fat!

There's no doubt that all of us are affected by xenoestrogens, and they may be at the root of more health problems than we know. It's no coincidence, in my opinion, that the

huge proliferation of xenoestrogens in the last 20 years has coincided with: a decrease in sperm counts of 50%; an increase in testicular cancer; an increased number of boys born with undescended testes and other problems with their reproductive organs; more girls than boys being born and an increase in oestrogen dependent health problems such as breast cancer, endometriosis and fibroids.

Researchers have found a connection between dioxins (a class of xenoestrogens from pesticides) and the development of endometriosis. They found that 79% of female rhesus monkeys spontaneously developed endometriosis after being fed food containing dioxin. Dioxins can be found almost everywhere, not only in the food we eat but also in many products we use on a daily basis, such as the material used for tea bags and sanitary products.

Last year two companies had to remove their cod liver oil capsules from the shelves because of the high levels of dioxins found in them. In the sea, fish accumulate toxins, which pass through their livers (the organ responsible for detoxification). Extracting the oil from the liver of the fish is likely to provide high quantities of these toxins. My advice is to avoid fish liver oil and use fish oil taken from the body of the fish. (In my clinic I use Omega 3 Plus from www.naturalhealthpractice.com 0845 8800 915).

Other examples of xenoestrogens are:

- Nonylphenols - used in the manufacture of plastics, skin creams, detergents, toiletries, lubricants and spermicides
- Bisphenols - leached from polycarbonate plastics when heated
- Phthalates – found in make-up, nail polish, hair spray, plastic, carpets



What can you do to help yourself?

- There are 3,900 brands of insecticide, herbicide and fungicide which are approved for use in the UK and some fruit and vegetables are sprayed as many as ten times before they reach the supermarket shelves. What's the answer? Buy as much organic as you can afford. If not then wash and peel non-organic fruit and vegetables before using.
- Avoid, as far as possible, food and drinks in plastic containers or wrapped in plastic. Don't store any fatty foods (such as cheese or meat) in plastic wrap. Because xenoestrogens are lipophilic (fat-loving) they will tend to migrate into foods with a high fat content. Remove food from plastic packaging as soon as possible.
- Reduce your intake of saturated fats. There are two reasons for this. First of all, you will lay down fat stores that will present a welcome home for xenoestrogens, and secondly, the fat you take in is likely to contain xenoestrogens from the animal's environment.
- Do not heat food in plastic especially in a microwave oven.
- Increase your intake of fibre, which helps to prevent the absorption of oestrogenic chemicals into your bloodstream.
- Eat more cruciferous vegetables, such as broccoli, Brussels sprouts, cabbage and cauliflower. These are high in a substance called 'indole-3-carbinol', which helps to prevent toxic oestrogen from being absorbed in your body, while at the same time encouraging its elimination.
- It is especially important to make sure you are getting enough antioxidants in your diet, and the best way to do this is to eat lots of antioxidant rich fruits and vegetables. Antioxidants are protective substances that patrol your body, mopping up toxins. Research has shown how powerful they can be in the removal of toxins from the body. For instance, the antioxidants vitamin A, E, and C and zinc and selenium all have powerful detoxifying effects.
- Eat a wide variety of fruits and vegetables as specific pesticides are used for specific crops and you'll avoid eating too much of a given pesticide.
- Eat phytoestrogens, such as soya, chickpeas and lentils, which can reduce the toxic forms of oestrogen in your body.
- Avoid using pesticides in the garden and flea sprays
- Buy 'natural' cleaning products for your home, to re-

duce the number of potentially xenoestrogenic chemicals in your household.

- Use natural toiletries e.g. organic sanitary products, deodorants and skin creams – in particular, anything that is rubbed into your skin especially around your breast
- Other research has raised questions about the safety of cling film made of a type of plastic called polyvinyl chloride (PVC). Use cling film made of polyethylene or use paper instead.

Dr Marilyn Glenville PhD is the UK's leading nutritionist specialising in women's health. Dr Glenville is President of the Forum for Food and Health at the Royal Society of Medicine and a registered nutritionist. She is the author of a number of internationally best selling books including 'Fat around the Middle', 'Getting Pregnant Faster', 'New Natural Alternatives to HRT', 'Osteoporosis-the Silent Epidemic' and 'The Nutritional Health Handbook for Women'. Dr Glenville has clinics in Tunbridge Wells and London. For more in depth information look on Marilyn's website www.marilynglenville.com. If you are interested in a consultation you can contact Dr Glenville's clinic on 0870 5329244 or by email: health@marilynglenville.com

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Crohn's Disease

Words: Kimberley Mack – founder of the Aloe Vera Clinic in Whitley Bay



As a lifelong sufferer of Crohn's disease, my illness began in my late teens and remained chronic until my late twenties, before, due to my own research, I finally made a breakthrough. Crohn's is a serious inflammatory bowel disease that causes chronic pain and a weak bowel. Due to my condition, my life was drastically limited. Eating out was impossible and I suffered from very low energy, I was very underweight and had very cold feet and hands due to bad circulation.

At the age of 17, I had a part of my colon removed, which was quite a big operation. For the next 8-9 years, I was taking ongoing prescribed medication including steroids and anti-inflammatory tablets to

help manage my condition. However, the medical profession never gave me advice on how to manage my diet. I would have attacks approximately once per year which would leave me hospital-bound for up to at least a week, and where I would have to be fed intravenously as my body was unable to accept food.

In 1988, I had another section of my bowel removed, which came with the fear of losing the bowel altogether. This was the turning point. I was in my late twenties and I decided I had had enough of relying solely on the orthodox system. I began seeking alternative methods of treatment to help ease and also improve not just the disease itself but also my general health and well-being. I realised I couldn't live on steroids for the rest of my life.

My quest began with a visit to a nutritionist, who showed me in just one hour, how I was self-inflicting a lot of my discomfort with the food and drink I was consuming. This had never been questioned before. This included coffee, cheese, wheat, fast food etc. Being so underweight and low in energy, I craved sugar, and because I was underweight, didn't think it was a problem. After working with my nutritionist for six months, I felt so in control of my body and the disease, it was almost impossible to believe. With food changes and specialised nutrition, my life

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Lean body massage, Aromatherapy, Tai yoga massage

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changed completely. This gave me the confidence to go out, eat at restaurants and simply live my life normally for the first time in ten years. It was at this point that I travelled to Australia where I discovered Aloe Vera. This was another turning point, as, since it is a natural inflammatory, and contains many essential nutrients and amino acids, it helped to keep my body in balance. Until I saw my nutritionist, my body was starved of the correct nutrients it needed. I began to learn more about the power of good quality foods, plants and botanicals.

I carried on to the States and began working in a natural health clinic where the benefits of alternative therapies such as colonics, acupuncture and reflexology as well as nutrition all assisted in keeping me well. I learned here that the emotional really does affect the physical. I began working with Louise Hay which was yet another critical point as it made me see how the disease may have manifested itself in the first place. Following a serious car accident in the States, I returned to the UK in 1991 to recover. At this point, I had managed three years without any form of orthodox medication. Following my recovery, I continued working in the natural health industry and, in 1994, began studying Macrobiotics and the benefits of food in health for one year. In 1995,

I founded the Aloe Vera Centre in Whitley Bay offering the highest grade products and ongoing advice to those wishing to look and feel the best they can naturally. I also exhibited at many natural health shows around the country to spread the word to those who were sick and seeking natural alternatives about how nutrition and alternative health in general could help. Today, my clinic is going stronger than ever. My

husband and I also set up 100% Collagen Ltd, a company that distributes natural health products and supplements nationally such as Pure-Col (100% collagen capsule), Perfect C (natural breast enhancer), Perfect Aloe (real Aloe Vera juice that boosts overall health), Perfect W8 (natural slimming supplement) Perfect I (natural eye lifting gel) and Perfect Harmony (a natural HRT replacement). These products offer people a natural way to enhance their skin, body, mind and well-being and the company is going from strength to strength. I am no longer a victim of Crohn's although I still have the disease. I always asked myself the question, 'What am I doing that is making me feel unwell?'

As a result of my search for a solution, I found the answer that quite literally transformed my life. My nutritionist gave me control back over my own body. Since I opened my clinic, I have learned that many people are looking for a quick fix. I teach them that this is not the answer – it's about a lifestyle change that is ongoing. My clinic helps people with minor to serious conditions, enabling them to regain control of their lives with natural products. We have seen quite literally hundreds of people regain health and happiness and many I still work together with ten years on. I specialise in digestive and bowel problems as well as inflammation. Often, we find that clients who come for a headache, for instance, have a digestive problem. The orthodox system may have been treating them for days, weeks and even months for a headache and not ever considering the root cause. 100% Collagen (0191 291 3385) and the Aloe Vera Centre (Tel: 0191 297 2212), Duchess Street, Whitley Bay www.collagen4u.co.uk



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Natural Fitness Centre offers a wide variety of yoga classes, beginner introduction, gentle classes, classes for the more experienced, special classes for seniors, maternity yoga and fitness yoga which is a great body toning class based on yoga moves.

We also offer pilates classes every day, thai chi and balleticise and a wide range of complementary therapies.

Call in to discuss any health concerns you may have in a relaxed and informative atmosphere, The Redoubt, Royal Parade (look for the sign above the tank) Eastbourne on phone 01323 732024.



Truth about Soya

Words: Lucy Pook



The image of Soya as a wonder bean has over the last few years been increasingly drip fed to the media, nutritionists, health journals, and the NHS by scientists and various 'health' experts and has thus taken a hold in the consciousness of the alternative health world as a miracle food of the 21st century.

We have all been gradually buying into the idea that soya can balance our hormones, prevent osteoporosis, protect against breast cancer and that it is a perfect replacement for cows milk for vegans and anyone with a dairy allergy.

But is this miracle food all that it is cracked up to be? Where is the information coming from? Who are the experts and scientists purporting this so-called wonder bean as a cure all? Is it really true, as the latest independent research suggests that instead of being a health food, it is actually very toxic to the body and is creating a multitude of health problems for many people in the western world. We have been led to believe the reason the Chinese accrue great longevity and Japanese women sail through the menopause without any ill effects is due to their soya rich diet.

Soya or soy as it is called in the rest of the world has been making a name for itself because it is rich in phytoestrogens or isoflavones, which have an apparent ability to balance hormones. This has been great news for women transiting through the menopause and worried about the side effects of HRT.

But far from balancing hormone levels, isoflavones and other toxic substances (see below) found in soya can actually disrupt the endocrine system leading to problems with fertility, thyroid disorders, early onset of puberty in children, menstrual disorders and a depletion of vital nutrients such as zinc, iodine and calcium.

In fact, the over consumption of soya has led to an epidemic of thyroid problems in the west all due to an inability to understand the true nature of the Japanese diet; of what the health benefits really are and the health problems associated with processing foods (soya) in the wrong way.

Here are the facts:

It has been well known in the Australian farming industry since as far back as the 1940's that infertility levels rose when sheep consumed clover. The syndrome has even been labelled as 'Clover Disease'. Clover is very high in isoflavones, just like soya, causing hormone-disrupting effects on the sheep. One of the isoflavones, genistein, inhibits an enzyme important for the synthesis of testosterone.

Japanese monks have been known to dampen their libido by increasing their soya intake and Japanese women give it to their husbands to acquire the same effect. Again it has been known for at least 1/2 century that phytoestrogens can make animals infertile. Just ask any bird breeder about soya. They avoid it for exactly the same reasons.

Phytoestrogens are known as endocrine disrupters. Another worrying factor is that babies fed soya based milk formulas are developing problems with premature sexual development due to upsetting the baby's own natural hormonal balance. Professor Jill Schneider from Lehigh University in Pennsylvania discovered in studies involving rats that were fed soya developed the onset of puberty far earlier than normal. For babies fed soya formulas, as well as increased risk of harm to the child's future sexual development and reproductive health, they are also being exposed to the risk of thyroid disease such as hypothyroidism.

One of my students told me about her son being born with genital malformation after we were discussing why soya is not as nutritious as we have been led to believe. She consumed a lot of soya during her pregnancy thinking it would be benefiting her health.



Mike Fitzpatrick, a toxicologist has made the link between drinking 2 glasses of soya milk a day to ingesting 2 birth control pills a day. Consuming the same amount can also alter menstrual cycles in women.

One of the biggest concerns is the effect that soya has on the thyroid. Over 8 years ago now, at the college where I studied to be a nutritionist, it was a well-known fact that Soya has a depleting effect on the body, especially of iodine (important for the health of the thyroid) and so it was never a recommendation to any of our clients. We were also taught how it's high levels of aluminium were toxic to the body (due to the aluminium vats that soya milk is made in) and so I am always surprised when I hear other people in my field of work promoting this product.

Japanese researchers have known for the last 50 years that the intake of soya causes enlargement of the thyroid and suppressed thyroid function. Theodore Kay of the Kyoto University Faculty of Medicine concluded in 1988 that;

‘Thyroid enlargement in rats and humans especially children and women, fed with soybeans has been known for half a century.’

But I hear you all say, how is it that the Japanese diet is the best in the world and they consume lots of soya but they don't suffer the same effects?

Well, for one, there are a number of inaccuracies involving the Japanese diet, which have lead people to believe the above statement.

1. The Japanese don't eat as much soya as we have been lead to believe. Their intake is approx 7-8gms a day. The poorer the Asians the more soya they consume.
2. The soya bean has to go through a number of processes before it is deemed edible for human consumption. This well known fact is why in Asia the beans are always cooked with seaweed, which helps to break down the fibres and makes it easier to assimilate.
3. They consume lots of seaweed, which is rich in iodine and thus replace the iodine levels depleted.
4. They don't eat as much of the hormone disrupting soya products such as tofu and milk. They consume more miso, tempeh, and tamari, which are fermented soya, as well as bean sprouts. The fermenting and sprouting process reduces the isoflavones and mineral binding substances such as phytic acid and oxalic acid. This is another problem with soya. It is high in phytic and oxalic acid, which blocks the uptake of vital minerals such as zinc and calcium. Another reason for menopausal women to avoid soya and find a better way of supplementing their diet with calcium.
5. And lastly, even though I, and many nutritionists believe

the Japanese diet is one of the best in the world, it is not perfect. High sodium levels, mercury in raw fish, increased intake of unfermented soya along with other factors attributable to the modern age has led to increased rates of stomach, pancreas, liver and thyroid cancers.

Simply drinking pure soya milk is exposing people to high levels of unnatural hormones and aluminium and the most vulnerable are menopausal women and babies, the ones who are targeted by advertising.

75% or more of processed food containing vegetable oil is actually soya oil and due to its high demand, the left over product (protein) needs a market. The soya bean is America's 3rd largest crop. I leave you to draw your own conclusions.

When studies are made by western scientists claiming the benefits of soya in promoting health, there is rarely a clear definition of the type of soya used. A study involving 143,000 Japanese women concluded that incidences of breast cancer were reduced when soya was included in the diet. But the type of soya that was used wasn't, tofu or milk, it was miso. When tofu was introduced into the diet, breast cancer rates increased.

Soya alternatives

If you are consuming a lot of soya and are worried about what to replace it with try increasing your intake of nuts, seeds, dark green leafy vegetables and seaweed which are rich in calcium, protein, zinc, essential fatty acids, iron and B vitamins. In fact, all the nutrients that soya purports to contain, but in a more absorbable form. The seaweed will also replace the iodine levels that have been depleted. The essential fatty acid Omega 3 which is found in high levels in raw fish in the Japanese diet is the key ingredient to balancing hormones in the body, not soya. Ask any nutritionist what the super foods of the Japanese diet are and they will mention, seaweed, uncontaminated raw fish, fresh vegetables and bean sprouts.

Use rice milk to replace soya milk or make your own. Take a handful of soaked almonds, 2 dates and a cup of water. Whiz together in a blender for 3 minutes and you have your own raw highly nutritious fresh milk.

Recommended reading:

The Whole Soy Story by DR Kaayla.T. Daniel
Lucy Pook, Nutritionist, Naturopath, Health journalist, Raw chocolate chef lucy.pook@ntlworld.com
01272 232862



Chinese Whispers

Words: Lulah Ellender

Trying to find the right treatment for a sick child can be a frightening and stressful experience for a parent. We wish we could 'kiss it better' and be miraculous healers, but all too often we end up frantically calling NHS Direct or rushing to our GP. Whilst these conventional methods of treatment provide vital emergency care and can be useful in the short-term resolution of problems, many parents are increasingly turning to 'alternative' medicine as either a complementary treatment, or as a stand-alone means of treating their children. For those parents who want something different, the answer could lie with Traditional Chinese Medicine.

Skilled practitioners of this ancient form of medicine (known as TCM) have successfully treated a wide range of diseases: from curing common complaints such as eczema, asthma, bedwetting and acne, to alleviating the symptoms of HIV, cancer and Down's

Syndrome. It can even be used with premature babies to strengthen their vulnerable immune systems and stimulate their appetites. If a child suffers from acute illness or allergies, TCM could offer them the relief they haven't been able to find elsewhere.

The basic method of treatment begins with an in-depth consultation, in which the practitioner will observe the patient's external manifestations of the complaint. To a trained eye much can be gleaned from a well poked-out tongue and a feel of the pulse! The practitioner builds up a 'pattern diagnosis' to determine exactly where the illness is coming from. Unlike the Western medical approach, which basically treats each symptom individually, TCM aims to find patterns which reveal where the body is out of balance in order get to the root of the problems presented. For example, we might go to the doctor with a cough, but a TCM practitioner would explore exactly what kind of cough we have; children suffering from asthma very often also have eczema, and TCM would treat these illnesses in conjunction. Where Western allopathic medicine looks to suppress specific symptoms TCM treats the whole body, through a combination of herbs (often using up to 15 at a time to address each aspect of imbalance), tuina massage, acupuncture (or acupressure in the very young) and dietary / lifestyle changes. The initial consultation will be followed by weekly visits until the symptoms improve, increasing to every two weeks until the patient is cured.

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According to Robert Helmer, the UK's only dedicated paediatric practitioner of TCM, "Chinese medicine can offer substantial benefits to patients who have been unresponsive to other forms of treatment. In my experience these treatments are effective, safe and easy to use. In clinical practice, I use TCM as both a complementary form of medicine for those who are using modern medicine and an alternative treatment for those dissatisfied with their current treatment. The TCM treatment of diseases should have no side effects and is often curative not palliative as it aims to eliminate the pathology of the disease instead of controlling or suppressing the symptoms." From his clinics in East Sussex and London, Helmer has successfully treated children experiencing a great variety of problems, and is passionate about the value and efficacy of TCM. He explains, "Parents of children who are unwell are delighted after they use TCM and quickly discover the benefits of this practical, logical and time-tested medicine." Helmer is currently developing a specialised training course in asthma treatment for TCM practitioners worldwide as he believes strongly that this treatment can deliver enormous benefits.

When asked whether his discerning young patients will actually take the pungent, brown tinctures he uses Helmer explains that most children get used to it and are happy to take the herbs once they see their conditions improving. He also gets them involved in their treatment through the keeping of food journals, which enable him to show the impact of dietary factors and to advise on potential changes which may be needed.

In a world where allergies are the norm and an estimated 70% of adult illnesses result from ineffectively treated childhood complaints, it seems even more important that we broaden our horizons and embrace complementary treatments. This does not mean rejecting Western medicine, just being open to using other methods in conjunction. As the Chinese say, "One hand washes the other". It seems TCM could offer a gentle, side-effect free cure for children experiencing the stress and pain of on-going illness, and a ray of hope for their families.

For more information see: www.roberthelmer.ca www.lcta.com or contact your local TCM practitioner. Written by Lallulah Ellender t.ellender@btinternet.com

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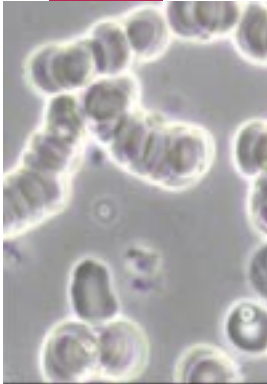






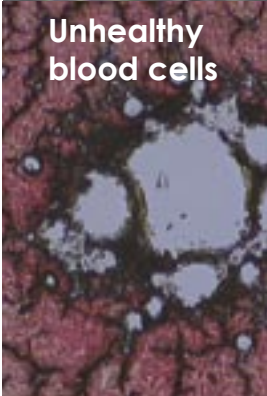
Live Blood Microscopy

Words: Kate A'Vard



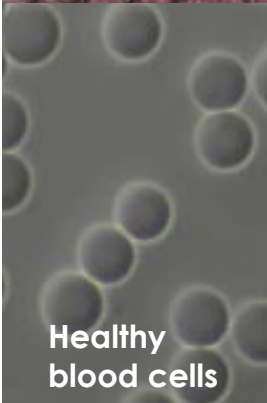
Being a live blood microscopist I see everything in the blood about a person's life, their history, stressors, scars, operations, trauma and of course, blood functioning whether good or bad. I have a special interest in cancer and debilitation. Most of the people that come to me, have already been through the mill of not wanting to touch chemo or radiotherapy, and have explored the protocol of alkalising as a way of reversing their condition.

Unhealthy blood cells



We look at the terrain of the blood and body, how acidic it is, how rapidly you are aging and the speed at which cells break down. I know very quickly if someone is building, or destroying their blood, it is that obvious as blood should look a certain way. The blood is slightly alkaline at a pH of 7.365 and when this is true, the blood cells are perfectly round, fully functioning with a strong cellular structure. (see healthy blood cells) When the environment has been compromised, the blood cannot thrive or function properly and so begins its fermentation, or rotting process early. Dr Robert Young coined the phrase The New Biology, looking at how blood functions in its environment relative to the level of acidity present. He states that 'the over-acidification of the body is the single underlying cause of all disease'.

Healthy blood cells



When looking at cancer under the microscope, there are several things which are immediately obvious. First is the quality of the red blood cells, degradation, crystallisation and the state of the organs such as the digestive tract, kidneys, liver, brain and bowel. The red blood cell count is critically important and we work with other markers as they usually correspond with what we see in the blood. The bowels, are always compromised. The small intestine, where blood is

created, is always degraded. Along with cleansing the blood through detoxification, the one other thing we do is build the blood with exact match resources. We go about healing the colon, healing the liver and healing the blood. When cancer is present, that person always has the highest count of yeast and bacteria observed in the blood. A full alkalising programme is recommended at this point to return homeostasis to the blood and to allow rapid healing.

My client Jenny is in her 40's, married with 3 teenage children and who has had a diagnosis of Mesothelioma for several years. Its manifestation is a lung tumour. By the time Jenny came to see me, she had been on an alkalising programme for a while, however, there was not much of a change in her blood. She was not following it 100% and previous guidance suggested a lack of knowledge with the practitioner. The alkalising programme is called C.O.W.S. Jenny was consuming liberal amounts of Chlorophyll, Clay and was regularly partaking in Colonics. Next, she was consuming liberal amounts of Oils, and focussed breathing for Oxygen intake. The Water is most important, making sure that it is ionised and highly alkaline. She was also consuming essential Salts, critical for creating minerals in the blood. Within 3 months, her blood had responded with focused attention, and second observation deemed that there was no trace of cancer in the blood. When you give the blood and body exactly what it needs to heal itself, then rapid healing is available. Blood microscopy is a strong tool which indicates the immediate state of your health, and improvements in the blood on any healing protocol.

Kate consults from The Wyndham Centre in central London, and by private appointment in the Brighton/Hove area. www.alkalinebydesign.co.uk 07795 048 998



The body heals itself, given the chance!

Words: Marilyn Vrabez

In September 2006 I was clinically diagnosed with pre-carcinoma (early signs of breast cancer) and my biopsy revealed “high-risk malignant cells”. The hospital consultant suggested removing my breast together with four lymph nodes “as a precautionary measure” as the affected mass spanned 10 cm, which, I was told, was medically untreatable. The diagnosis threw me into complete shock and I was stunned for seven days.

I confided in a close friend who, fortunately, was a gifted healer and knew other healing therapists who could help aid my recovery. My nutritionist friend, Lucy Pook, also assured me that I could recover through nutrition and so we worked together using a 100% organic diet, pure water, inner cleansing through detoxification to support the liver and deep cleansing techniques such as infra-red saunas, gentle enemas and occasional colonic irrigation, all working in co-ordination with regular healing sessions.

My sister and daughter opposed my decision to heal myself (I believe through their own inner fears of losing me) and even some friends and colleagues were sceptical, so I had to distance myself from their opinions and negativity in order to protect myself and fully focus on the ‘Process’ that I trusted and believed in.

At first, the mass was so painful and, for four months, I had to sleep with the affected breast on a soft pillow because any pressure caused me discomfort and kept me awake. After this time, the pain subsided, and I knew I was beginning to heal and there wasn’t any doubt in my mind that I was on the road to recovery.

I managed to continue working as a full-time PA within the NHS, but it became a struggle as the detoxification programme did produce side effects and feelings of emotional grief, which I identified as ‘coming up’ as part of the healing process. However, I held on diligently and was grateful for the ongoing support of my close friends and therapists. I never felt alone in my plight to heal myself and wanted to

break through at all costs, after all, these side-effects were a small price to pay compared to the trauma of intrusive surgery and of knowing that my ‘Body Temple’ would never feel the same again.

My sister was absolutely amazed at the results as she was checking me over once a month and, after 18 months, could not feel anything abnormal at all and said it was “a miracle”. I tried to explain to her that everything was working in harmony together and that it wasn’t just a question of luck, because through the ‘Path’ I had taken, I had given my body the power and ability to heal itself. Therefore, by removing stress on all levels i.e. physically, mentally, spiritually and environmentally through diet, therapy, detoxification techniques and healing, the body was able to bring itself back into balance.

I attended my local hospital 18 months after the original diagnosis for a routine, manual examination (my 3rd since the diagnosis) and the doctor said she could feel “nothing abnormal.”

I always believed that my body was my Temple and that with the correct nurturing, the malignant cells would become replaced with normal cells and my breast could become healthy once again.

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Pedal your way to good health

Words: Tony Doyle, MBE, Former World Cycling Champion

Rising public transport and fuel costs, the desire to improve health, lose weight and to do a bit for the environment are all reasons why thousands of us are ditching our cars and train journeys, in favour of cycling to work. In London alone, there was a 10% increase in the number of cyclists on the road between April and September 2007, compared with last year and an estimated half a million people are now cycling every day.

The good news is that cycling is not arduous; anyone can do it. It is not challenging sport and it is a fun activity, which offers a great alternative to the monotony of gym visits. It also has major health benefits – cycling for half an hour three to four times a week can lead to fitness levels of someone 10 years younger and reduce the risks of heart attacks, according to the British Heart Foundation. 190-415 calories can be burned by cycling at a moderate speed of 10 mph in just half an hour, so cycling in conjunction with a healthy diet can speed up weight loss. It is also a cheap and green way of getting around. It uses all the major muscle groups, giving all round fitness.

Tax free cycling schemes to save money

Taking up cycling doesn't have to be expensive. There are many work related bike programmes

available including 'On your bike' and 'Cycle to Work,' both of which offer tax incentives so that you can purchase tax free bikes and cycling accessories – you could even ask your boss to set up a corporate scheme.

A team effort

To keep motivated, you could get your work mates or friends involved. There are many group cycling activities and one of the most successful is the London Freewheel Mass Bike ride which is taking place in September. The event will see the streets of London being taken over by huge volumes of cyclists of all ages who bask in the great atmosphere. Perhaps you could cycle to raise money for charity and set yourself a new challenge at the same time by entering the London to Paris bike race later this year?

Safety on the roads

However, there is no denying that for some people, safety is a barrier to taking up cycling with many believing that cycling on the roads is dangerous.

In a survey, conducted at the national UK cycle show in October 2007 by bike lighting specialist, Pedalite International, 61% of cyclists complained that cars and lorries come too close to them, causing them to wobble or throwing them off balance and 51% said that their biggest worry was not being seen.



Here are some of my other top tips to ensure you enjoy cycling but remain safe on the roads:

I would recommend that cyclists take every precaution to add lighting to their bikes to ensure they can be clearly seen by cars and from any angle. It is particularly important they choose lighting that enables them to be seen by motorists when they stop at road junctions – this is where three out of four accidents involving cyclists happen, according to the Royal Society of the Prevention of Accidents.

Because of these worrying statistics, I campaign on behalf of Pedalite International Ltd, which offers battery-free 360 degree visibility pedal lighting to enhance cycling safety. Powered solely by cycling energy, Pedalites provide always-on lighting, so bikes can be seen any time day or night. What's more, they flash from every angle, so cyclists can be seen at road junctions, from up to 1km away and critically from the side. Pedalites start flashing as soon as the cyclist starts to pedal and the lights stay on for up to five minutes after the pedalling has stopped, protecting the cyclist at road junctions. Pedalites make bikes seem wider too - the flashing lights create a virtual cycle lane, so cars give them a more space and distance eliminating the likelihood of accidents.

Always wear a helmet

Wear reflective clothing to ensure you are as visible to motorists as possible

Give your bike regular safety check ups – any good bike shop will provide a service and this is essential if you are using your bike to commute

Pump up your tyres and check your oil

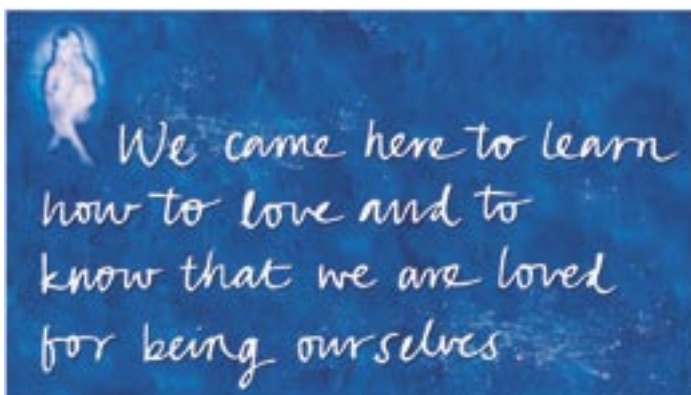
Always ensure you carry spare batteries for your lights

Fit battery-free Pedalites on your pedals – the flashing pedal lights will ensure you can be seen any time day or night and of course, remember to have fun!



Give Away

Pedalites are giving away a set of Pedals and toe clips to the first person, whose detail will be selected at random on the 30th June. To enter please email your name, address and contact details with the subject heading 'Pedalites' to rachel@wellbeingmagazine.com



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Andrew Shields, Sports and Health Editor, *Time Out*



“The Toughest Footrace in The World”

Words and photos: Mark Gillett



Two years ago, I entered, ran and completed the Marathon Des Sables. I was very proud of my achievement and knew I would do it again some day. Two weeks before the 2008 23rd edition, I got photographic accreditation to cover the event and so here I am back in the desert but with a comfy seat and no road book to sweat over. However there is a certain amount of envy running through my veins right now.

The race takes runners over the highest sand dunes, along dry plains, through soft sandy wadi's (dry river beds) and over high jebels (small mountains). It is a relentless journey that slowly takes its toll on the most hardened runners and they start dropping from day one. Those who remain in the race invariably need to address foot blisters or sores on their back from the rubbing of the rucksacks. Many just need to rest from the exhaustion. The sun beats down relentlessly and reaches highs in the 40's, sometimes 50's. This is the toughest foot race in the world.

Sophie is a delightful bubbly girl with a huge personality. I have known her family for many years, since we all worked in Oman in the early 90's and Sophie was just six.

She is now a 24-year-old girl with a dream to complete the Marathon des Sables. She first told me about it a few years ago. Before I ran it. She wanted to do it and when I returned I said I would sign up with her. Instead, I am following her progress for other journals.

My circumstances changed but Sophie, however, stuck to her promise and is now one of only 24 British female runners and the youngest female overall.

My journey back to document it brought back many

memories and to be honest they are mostly good. Yes, it was a tough race, hard every day with the effort increasing and the pain sometimes beyond the imaginable. Now I was watching Sophie go through the same. Did I really encourage this? I want to know what motivates people to do this. What motivated me?

“I am nervous, Mark. Can I really do this?” The phone call came after I had put my daughter to bed the night before departure, and she really was nervous. I tried to imagine me at the same age. I could barely remember that far back let alone, imagine it. She is a very brave girl, that there is no doubt.

“You have no choice now Soph, well you do but I know you are not going to back out. Of course you can, and you will do it for your dad.” I could not think what else to say really, as I knew she could do it and would. As for her motivation I still don't know.

I have now asked the question to a few runners. Why? The answers are much the same. No one knows and everyone is different. I am sure there are some underlying common traits but they are not too evident. Most seem very content, though. They are happy, confident and just wanting another challenge. For some it was a discussion in the pub, for others just a “want”. Some have done marathons and lots have not. Many have a story but also many don't. I feel the spectrum of people is almost as broad as that you might find in the local pub.

I also know a psychologist will insist on something more academic but most of us are not psychologists and don't think in such a way. Essentially the desert is raw. Its life in its rawest form and strips us of our perceived identity and exposes the real us.



Distance 250 Km in the Moroccan Sahara, First started 24 years ago, It is the brainchild of Patrick Bauer , there are 850 Participants. The stages are 30km, 38km, 40km, a whacking 75km, 42.2km, then the final stage is around 15km. Temps 40-50 degrees daily. 3-10 by night.

The more I speak to other runners about their motivation for the race, the more I am sure there is no one thing, just an “I can do personality” or a need to see if they can survive in such harsh conditions and to prove that in these days of high tech wizardry and no real need to strive for survival they can still cope.

Sophie took 17 gruelling hours to complete stage 4. I fell asleep in my tent wondering if I should wait up. She arrived back at 2am and I missed her. When I woke I went to her tent to check if she was back. I felt kind of responsible. I asked how she got on. “God that was the f***ing pits!” She said. I was not sure what she meant at first. She was disappointed with the time. She also said how she was hoping I would be at the finish line. I felt bad.

Her blisters were now bleeding; her body was sore yet she still laughed. Then slept again.

Having witnessed this amazing race from the “other” side I would say that the feelings when you finish are

so mixed between pain and elation but are primarily of a huge sense of achievement. My respect for the runners of the MDS has ballooned. Just watching from the trail or a helicopter you appreciate the enormity of it all.

The MDS has a profound effect on everyone whether they run, walk or {both} their way through the 250 km’s. But also for those who work it like me. There are 500 staff that all volunteer to go back each year and it has as big an effect on them as it does the runners.

Sophie finished brilliantly. Happy, hurting, sore but has come home “flying”. She is a brave girl and this last week will leave a positive mark on her for life. She will also do it again, I know.

For me, I had another great week. I met the most fantastic people both in the race and on the organiser side. I sit at my desk trying to comprehend what has just gone by. When you run it your head goes down and you just do it. When you document it, chat to the runners; see the distance, weather and terrain and what they achieve, its inspiring.

And guess what? I am running again in 2010!

Photos: Mark Gillett, mark@junglemoon.co.uk





Psychological Detox

Words: Leilani Mitchell

Psychotherapist Leilani Mitchell explains how psychological toxins can be as poisonous to our wellbeing as chemical toxins.

The more we know about toxins and chemicals the more we realise the affect they have on our health. This is also true of what we call psychological toxins. These are the negative messages that we often use to blame, shame and condemn ourselves.

Depending on the people around you and the decisions you made when you were growing up, you may have supportive nurturing internal voices or you may have more destructive, 'toxic' voices. It is most likely that you will have some of both.

One way to assess this is to think about the things that you say to yourself. For example, if you have made a mistake or are going through a hard time, what do you say to yourself? Are your words supportive, encouraging and nurturing or are you more likely to be tough on yourself and tell yourself to 'get a grip', 'stop whinging' or 'pull yourself together'?

We can use these voices like tapes that we play in our head. Most parent's (or parental figures) do the best for their children. However, all parents get it wrong some of the time; some get it wrong a lot of

the time. If you had a parent who could be shaming, cruel, harsh, abusive or blaming, you are more likely to have an internal toxic voices.

Imagine if you were to be critical toward another human being a large proportion of the time. What affect would that have on them? If you are critical of yourself it will also have an affect. You will undermine your own self-esteem and self-confidence. This can also have a physical affect on your health and wellbeing.

When we are judgmental of ourselves, it is painful and we have a physical response to that. It might be that we clench our stomach or shoulders, it might be that we feel sick or tighten our jaw. If we tense those muscles enough times it will have an affect on our physical health. Ulcers are a good example of this.

If you think that you have toxic voices don't worry. Although it feels as if we just automatically run those negative messages, we do have a choice. There is probably some underlying reason that we do this to ourselves, maybe when we were young the best



First steps to a new career

Talking therapies are a growth area. Counsellors must have qualities such as empathy – the ability to put themselves in someone else's shoes.



Based in Sussex, The Link Centre offers part-time counselling and psychotherapy training courses, which run for three/four years across ten weekends a year.



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The Link Centre is currently interviewing for the October intake.

Introduction to Transactional Analysis (TA101), provides an overview of TA theory and is held over a weekend at dates throughout the year. The next courses take place on 7th/8th June and 6th/7th Sept.

For more information contact **01892 652487**
www.thelinkcentre.co.uk





way to survive our family of origin was to feel bad about ourselves. While a useful decision then, if it is a strategy we still use in adulthood, we are just in the habit of doing it. By being self-critical, we keep ourselves in that place of feeling bad about ourselves which can sometimes feel comfortable because it is so familiar. The more nurturing you are towards yourself, the less critical you will be.

Experiment with telling yourself all the good things about you; be supportive and nurturing towards yourself. Decide to have a psychological detox and change those internal messages, the more you do it the easier it will be. Sometimes it is hard to change patterns because of the underlying, often unconscious, psychological reasons for doing them. In

these situations it can be good to get help from a counsellor, psychotherapists or someone trained in helping us uncover our unconscious motivations.

It is very important not to discount our psychological health. Our physical and psychological health is inter linked and affect each other. You can release yourself from the self-destructive nature of toxic voices. It will not be easy, but the outcome may be that you will feel better, have more confidence and enjoy higher self-esteem.

Leilani Mitchell Dip Couns, CTA, UKCP Reg. Psychotherapist, PSTSA is a counsellor, psychotherapist, supervisor and trainer. She is co founder of The Link Centre, a centre for counselling and psychotherapy training based in Newick, near Haywards Heath. www.thelinkcentre.co.uk

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Tristan's Astrology Report

Venus springs some emotional surprises now for most signs, so be prepared for Passions to flare! How exciting!



Aries: Finances are likely to be very bright during May for Aries folk. Things will go well as long as you stay focussed. This is not the time to be partying, sadly, but the hard work will pay off as June approaches. The link between Venus and Neptune at the full moon on the 20th signals suspicions, so watch out for tricksters.



Taurus: If there has been tension in the family wait for a soap opera style showdown in the next couple of months! You better get those shoulder pads on and keep that Taurean calm, especially around the 21st. Finances look good, however, particularly around the 13th and 24th, so you can shop at least!



Gemini: Mercury, the planet of communication, will be having a huge effect on you during May. For Gems it means you will be in your element, as you do love to talk! For those trying to make money, opportunities will now arise as recent demands seem to calm down. The 18th is likely to be interesting for Love!

Cancer: There may be some interesting reconnections with the past early this month, with nostalgia ruling the day. Venus moves through a congenial part of your solar chart so you will be able to broaden your social horizons. This means increased popularity and the chance to make new friends ...or (even better) a partner (if you're single !)

Leo: Mars is about to shake up your love life! It comes into your sign now and with the combination of Venus at the end of the month things are likely to get very passionate and fulfilling. Leos often live for love and excitement and it certainly won't be missing by the end of this month. Phew! Especially around the 20th and 30th.

Virgo: Saturn begins to gather strength in your sign early this month and projects that were started last year are likely to come to fruition now. A combination of Pluto, Venus and Saturn points to the possibility of unusual events in your love life, or possibly even some kind of test. You may even attract a toy boy/girl! Naughty!



Libra: The first ten days of May will likely see a shift in your life as both Jupiter and Saturn reach an important juncture that signifies re-assessment. There is a planetary Grand trine in your sign as the month begins, so you can definitely expect the unexpected. The saying "nothing is impossible" will be very relevant! It is exciting, possibly nerve-racking and clears out the past.



Scorpio: Venus will be in your house of partnerships in May. This means that any Scorpios taking the plunge or making emotional commitments will be well favoured. Now is a great season for meeting new people with network connections. As it is also likely to be a time when passion is on the menu, you could be in your element!



Sagittarius: Venus will come into adverse aspect around the 20th May so watch out for clashes at work, especially with the green-eyed monster jealousy! Secret rivalry is suggested. However your love life could witness more action towards June, but it's not a time to push too hard. Hang in there. What appears innocent may not be...



Capricorn: Your ruling Planet Saturn, gets its act together from the 3rd of May. This suggests you will get your focus back on longer term goals. Improving skills may come to the front of your mind, and it's a good month for opening up to new places and people. If you've felt down about Love, (poor goat!) Venus, Saturn and Pluto will shake things up now.



Aquarius: Home improvement is likely to come to the fore in May as Venus works its magic in your sign. The 18th may see some great fun with friends. Its possible that a past connection may reappear in your social circle this month. May is a mixed bag but Mars influences in June will give you more energy and drive, especially in love!



Pisces: Saturn in your house of Partners will bring relationships to prominence in May especially during the first week. It gathers strength early on and you are likely to be reassessing whom you keep as company. However, don't swim away too quickly! Love is brighter as June ends when Venus moves into a romantic area of your sign. Meanwhile, don't be a wet fish!



Tristan Morell offers a variety of psychic guidance to celebrities, sports personalities and clients national and world-wide. He gives one-to-one readings in London and Sussex and on-line, has opened his clairvoyant and Astrology shop in Eastbourne called "Visions" and is featured on Beon.tv. If you would like a personal Birth Chart with interpretations, or a reading, contact Tristan on 07806942301 or see his website www.tristanmorell.com

Ask the Expert?



Julia Armstrong
Core Therapist

Q. My husband always tells me what to do and he never does things the way I want them done, it's ruining our relationship, please help!

A. 'He always..' or 'she never..' communicates a need to be heard and understood within the criticism. What is the need within the criticism? Your husband has most likely done or said something that has triggered unresolved pain from the past. If you feel your partner is telling to what to do, listen to what they are saying and make it clear that you have heard them. Seek to understand why they want you to do something in a certain way before you respond. If your husband is not doing things the way you want them done, listen to his process and see if you can understand it and then communicate that it makes sense to you why they would do it that way. Healing will occur if you feel heard and validated and you do the same for your partner.

Julia's new book *Running to Learn* is available from www.amazon.co.uk.

Visit her website www.juliaarmstrong.com to learn more.



Kate Arnold
Nutritionist

Q. I suffer from high blood pressure and have taken up some gentle exercise every day; but is there anything else I can do to lower it?

A. Yes, there is a lot you can do to lower your blood pressure! Follow a strict salt free diet. Read labels carefully and avoid monosodium glutamate, baking soda, canned foods, and over the counter medications e.g. ibuprofen, sugar substitutes like aspartame etc and soy sauce. Eat a high fibre diet and take supplemental fibre i.e. psyllium husks. Eat plenty of fruits and vegetables e.g. apples, bananas, broccoli, cabbage, garlic, grapefruit, green leafy vegetables, peas, squash and sweet potatoes. Avoid refined grains and try brown rice, buckwheat, millet and oats instead. Avoid ALL animal fats and aged cheeses. Take 2 tbsps of flaxseed oil daily, this is high in omega 3 and has been proven to reduce blood pressure and protect the heart and try kyolic garlic or raw garlic in your diet. This lowers blood pressure and 'clears' the arteries.

Kate runs a busy, successful practice in Eastbourne, call 01323 737814 or visit www.katearnoldnutrition.co.uk

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Wakeham's Wellbeing Opens in Eastbourne Town Centre

Wakeham's Wellbeing, a centre for the mind, Body and Soul is set to open in Susan's Road, Eastbourne in early June. The centre will offer a full range of beauty treatments and alternative therapies including hypnotherapy, reiki and massage. Wakeham's will also be selling a wide range of mind, body and soul products including crystals, books, CDs, natural soaps and cards. Don't miss the grand opening!

To Find out more about Wakeham's Wellbeing visit www.wakehams.webeden.co.uk

Or pop into 63 Susans Road, Eastbourne.

What's on

Inner Calm, Hailsham

Spiritual Workshop with Darren Bayliss - Saturday 24th May -10am-4pm, £45

(All materials included)

Tarot Readings with Sue Knight - Saturday 31st May

Happiness Workshop with Mel Hamilton Saturday 31st May, 10am-2:30, £25 (Includes workbook)

All workshops are run in small groups of 4/5 people. To Book call 01323 844045.

The Natural Fitness Centre

Reiki first degree workshop - June 15th 10am-5pm

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'Fantastic Fingertips' Becomes 'Perfect Elegance'

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g.wright_pilates@btopenworld.com
 web: www.gwpilates.co.uk

Chinese Medicine Shiatsu • QiGong

Rose Fuhrmann
 Telephone **01273 400914**
 room116.lewesonline.com

The Yoga Life Studio
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Yoga classes for all ages and abilities

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Contact Wenche
07812 052742
wenche@yoga-life.co.uk
www.yoga-life.co.uk

Heal2Toe
07961 276233

Eastbourne

Family Chiropractic



- Sat & Late Evenings
- Caring Team
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- Findings Explained Clearly
- Massage, Rehab & Other Therapies
- Professional Service Throughout
- All Ages, Birth to 90
- Money Back Satisfaction Guarantee

We believe that everyone, regardless of their age or stage of life, deserves **specialist diagnosis, gentle care and expert advice**. That includes you!

In fact we've always guaranteed that our patients will be completely satisfied with the service and professional care they receive. We can't guarantee that every patient and every condition will be "miraculously" cured, that's just not realistic. But we know that you will be treated in a safe, professional environment, focused on delivering the high standards of care you deserve.

Award Winning Clinic

Lushington Family Chiropractic
30 Lushington Rd, BN21 4LL

Call

01323 722499

95% of patients report very good to excellent satisfaction with treatment.

During your first visit the chiropractor will go through your case in detail, taking time to fully explain their diagnosis and answer all your questions.

Pain is an important warning ... Don't ignore it!



Helen: I felt nervous before my first treatment but soon discovered I had nothing to worry about. My headaches disappeared and my lower back pain was no longer a problem. I would recommend chiropractic to anyone with back problems.



Caroline: I highly recommend paying Lushington Chiropractic a visit. The staff are extremely helpful and easy to talk to. You can feel secure in the knowledge you are receiving the best professional care available.



John: Now I feel as if I have been given new legs, it's all due to you and your marvelous treatment and help. I would recommend you to anyone.

We Treat:

- ✓ Severe pain
- ✓ Back pain
- ✓ Neck pain
- ✓ Whiplash
- ✓ Migraine
- ✓ Sciatica
- ✓ Arthritic aches
- ✓ Trapped nerve
- ✓ Pins / Needles
- ✓ Pregnancy pains
- ✓ Colic in babies
- ✓ Growing pains
- ✓ Sports injury



www.chirocare.co.uk

Dr James Revell
DC, MSc(Chiro), BSc(Chiro), BSc(Bio)
Dr Martin Fruin
DC, MChiro, BSc(Neuro)