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July/August 2008
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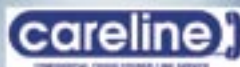
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Sex and the City...

Words: Rachel Scriven

A couple of years ago I attended a personal development event called 'Unleash the Power Within'. For anyone who is familiar with Anthony Robbins, you will know it can be a life-changing event.

Having read his books, I decided to go and even if it didn't change my life I would have the opportunity to do the 'Firewalk', which I am proud to say I accomplished without burning my feet! Throughout the four day event I was blown away by Tony's charisma, energy and passion as well as his ability to transform lives.

Looking back on the event, one particular transformation still stands out. A woman in her late forties stood up to share with the audience her reason for coming to the event. With the cameras on her, projecting her image onto a huge screen for us all to see, she stood, looking very stern and quite masculine. She explained that she was no longer enjoying her career and that she wasn't connecting with her colleagues. She was an airline stewardess and wanted to know how she could reconnect with her work, to live a more fulfilling life.

Tony Robbins let her speak for a few minutes while she explained in a sorrowful voice that she was unhappy and unfulfilled. When he started to speak

I was expecting him to give her advice on changing her career, and how to connect with her colleagues but instead in his loud, dramatic, voice he simply said, "When was the last time you got laid?"

The woman looked shocked, the audience gasped and silence ensued as the poor woman composed herself. Not quite sure how to reply, she simply said, "my husband and I don't really talk any more".

Her face softened and Tony went on to explain that behind most people's reasons for being unfulfilled and disconnected, there is usually a person desperate for love and connection with a partner.

The woman bravely stood there, answering more of his questions, she realised she had been pushing her husband away, she was no longer the carefree, fun loving woman he had once met and fallen in love with. It was nothing her husband had done but simply that she had become distant over time. Again as the realisation sunk in her face softened, she started to smile, she looked more alive, they started playing some music and he asked her to come up on stage and dance. This amazing woman got up and in front of 12,000 people she started to dance. Visually this stern, masculine looking woman transformed into a beautiful, smiling young woman, she seemed



to regain 10 years of her youth. People clapped and cheered, some shed tears and some were still furious about the question he had originally asked her, it seemed they were unable to recognise the importance of the question and the way in which he shocked her into answering it. It enabled her to realise how her unfulfilled relationship with her husband and lack of sex life had impacted on many other areas of her life including her career.

The following day the camera picked her out in the audience, she was smiling and radiant and with pride she pointed to a man standing next to her, it was her husband and he was smiling too.

This experience always reminds me how important our relationships are, how we must nurture and care for our partner needs or perhaps spend time in finding someone to share our lives with. Over the last few months I have been asked if I would write about subjects such as sexual health, sex toys and gadgets and until now had been reluctant to commit to writing the article. It's a difficult subject to write about, the mere word 'sex' can offend and disgust people but this story always reminds me of how important good sex is to our health and wellbeing.



I remember the uproar of Southborough residents when the sex shop opened on the main London Road and in Tonbridge when the fruit and veg shop became 'Between the Sheets'. So how can people who want to spice up their sex life or just find out how to be more intimate, find out about these things without creeping into a back door sex shop in Soho?

Fortunately there are a number of companies who recognise that there are many men and women who are inquisitive in this area but aren't necessarily confident about walking into a shop.

For those who are little inquisitive here are a few websites and products that we feel happy to recommend.

Jo Divine, a Tunbridge Wells based company, has a very different ethos from many of the companies out there, they only sell quality, brand name products which can be bought through their website. They have also created events, unlike the traditional 'sex toy party', where they treat party guests as adults where they can view products in an unthreatening atmosphere, with no party games or novelty items. These events can be held for a group of friends in the evening or as a slightly unusual coffee morning or lunch time event. For more information visit www.jodivine.com or contact Samantha or Paul on 01892 888460 to arrange an event.

The We-Vibe™ has recently scooped the title of Top Toy of the Year by the viewers of "Talk Sex with Sue Johanson in the US; and is now available in the UK. www.we-vibe.com



Lelo is a Swedish based company, founded in 2003, devoted to the design and development of sensual pleasure objects. www.lelo.com

Fun Factory has become a trend setter for high quality toys www.funfactory.co.uk

Nookii presents an original, creative and beautifully designed collection of fun adult games, gifts and toys. www.nookii.com

In the beautiful and luxurious B3™ Collection, form meets function with clean, sleek and contemporary lines that are crafted from phthalate-free plastics, hygienic stainless steel and non-porous silicone.

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www.BigTeazeToys.com



Java Adventure

Words: Jennifer Branson

Where is Java? In Indonesia, of course – indeed, Jakarta, its principal city, is the capital of Indonesia. But you are unlikely to find Java mentioned in the glossy brochures supplied by your travel agent. Nevertheless, April 2008 found us flying to Java for the wedding of our son in Mojokerto, a small town near Surabaya on the north coast of East Java. In order to make the most of the two weeks either side of the wedding, we engaged the services of a professional guide and his driver.

Our guide, Adi, was a graduate in Dutch Law and a member of the Indonesian Tour Guide Association, who spoke English well. He planned our initial itinerary around the wedding, and then modified it continually so as to tailor it to our preferences and maximise the events that could be included. As we toured from one end of the island to the other, he tutored us on the geography and geology, the history and the politics, the culture and the language. He took us to see the making of leather, silver ware, batik, wood carving and pottery.

In the countryside we saw rice being planted and harvested, brick-making in the sun and tobacco drying houses. We were introduced to local cuisine and shown the trees that produced coffee, cocoa, cloves, bananas, pineapples, coconuts, tamarind and the dreaded “durian fruit”. We saw beautiful mosques and magnificent temples, including the mighty Borobudur (Buddhist) and Prambanan (Hindu). We watched a display of Kecak traditional dance. We saw children playing Angklung music on bamboo

instruments, and elsewhere we watched as others were taught Javanese traditional dance with its complex language of hand and foot movement. In Bali we were treated to a theatrical performance of an old folk tale depicted through traditional dance and music by a Gamelan orchestra.

We went up several volcanoes, by car and jeep, on horseback and on foot. We rode motorbikes around the rim of a crater formed by a “mud eruption” where a volcanic disturbance some 5 years earlier had buried 41 villages so that only the top turret of a rural mosque still showed as evidence of the houses buried beneath. We bathed in a hot spring and stood inches away from a bubbling cauldron of murderous sulphuric mud. We climbed the mountain trail used by sulphur miners and stood aside in sympathy as they ran past carrying pannier loads of sulphur blocks weighing between 60 and 120kg

We stayed in mountain huts and luxuriated in 4-star hotels. We crossed to Bali by ferry and were surprised to find a branch of M&S in the grand main street of Kuta, a busy tourist resort. It was the trip of a lifetime and an amazing experience.

Does this whet your appetite enough to try this adventure? If your tastes veer more towards white water rafting and exploration of tropical jungle and mangrove swamps, then this can be provided too.

Further information from: Siamet Supriyadi, SH (call name, Adi. S), e: in_your_alternative@yahoo.com (N.B. underscore in spaces!)



Swimwear Swap Shop

Summer is here, which means more people start to think about looking good in the sun. But there's no need to start worrying about complicated diet plans or odd looking diet shakes because, according to leading nutritionist and author Fiona McDonald Joyce, losing those few extra pounds to fit into your swimwear doesn't have to mean sacrifice, but rather simple and tasty swaps.

Fiona's top ten swimwear swap tips.

1. Swap rice cakes and crispbreads for oat cakes and whole grain breads - they may be higher in calories but they're also digested more slowly, which means they'll keep you feeling full for longer without upsetting blood sugar levels, thus helping you to lose weight.



2. Swap intensively reared supermarket meat for free range, better quality sources. Not only will you be doing your bit for animal welfare, but the animals' increased exercise helps to keep their saturated fat levels down



3. Swap sweetened fizzy drinks for water - It might sound boring, but water will not only reduce sugar intake and improve skin condition, it'll also help detoxify your body leaving you energised and ready to hit the gym.

4. Swap sugar for xylitol – xylitol is a natural sugar alternative. Whilst being lower in calories and carbohydrates than sugar it is xylitol's low GI value that is important. It releases its energy very slowly when it is digested and studies have shown those that swap sugar for xylitol go on to eat less calories during the day. Plus it's great for your teeth. Xylitol is available in shops under the brand name Perfect Sweet.

5. Swap that mid-morning biscuit or cereal bar for a handful of nuts or seeds - the added protein will boost your energy and stabilise blood sugar levels without fattening you.



6. Swap pudding for a slice of pineapple - the bromelain in pineapple is a digestive enzyme, which helps you breakdown your meal and absorb the nutrients more effectively.



7. Swap tea and coffee for herbal teas or green tea to help keep you hydrated whilst avoiding caffeine to keep your energy levels stable.

8. Swap white bread, rice and pasta for wholemeal versions which are more filling, easier to digest, and less fattening.

9. Swap white fish such as cod, plaice and haddock for oily fish like trout, salmon and mackerel, to boost your level of skin, hormone, brain and heart-helping omega 3 essential fats

10. Swap normal yoghurts for live probiotic ones – not only do probiotic products aid digestion and improve wellbeing, recent research has suggested they may also have a positive impact on metabolism.

For other great tips and recipes from Fiona see "The Holford Low-GL Diet Cookbook", co-authored with Patrick Holford and published by Piatkus.



eat broad beans



Broad beans Broad beans are small oval shaped creamy green beans with a distinctive flavour and a smooth creamy texture. They are available either in the pod or removed from the pod. Choose young small tender plump pods or small beans for the best flavour.

Nutrition

Broad beans are good sources of protein, fibre, vitamins A and C, potassium and iron. They also contain levodopa (L-dopa), a chemical the body uses to produce dopamine (the neurotransmitter associated with the brain's reward and motivation system).

How to Buy

For the freshest broad beans try a farmers' market or, better still, a Pick Your Own farm. Choose crisp-looking unwithered pods.

How to Use

Broad beans are usually served cooked and can be eaten hot or cold. Broad beans are a popular summer vegetable, serve simply with a sprinkling of fresh herbs such as parsley, chives, dill or thyme. Or include cooked broad beans in salads. For a quick, tasty supper fry some chopped streaky bacon, stir in some cooked broad beans, sprinkle with salt, pepper and fresh parsley and serve with warm crusty bread or mashed potato.

How to Prepare

Small broad bean pods up to 7 cm long, with the beans inside, are quite a delicacy, if you're lucky enough to find them they can be cooked whole simply wash and top and tail before cooking. To remove larger beans from the pod, snap off one end of the pod and split it open to reveal the broad beans. Wash the beans before cooking.

How to Cook

Broad beans can be boiled or steamed. Cook small broad beans in the pod in boiling water (without any salt or the skins turn tough) for 5-7 minutes until just tender. Cook broad beans in boiling water (don't add salt or the skins tend to toughen) for 5-10 minutes or steam for 7-12 minutes, the cooking time will depend on the size and age of the beans really fresh, small beans will cook quickly while larger, mature beans will take longer. When cooked, remove larger beans from their skins as they may be tough.

How to Store

Keep refrigerated after purchase.

Thanks to www.thinkvegetables.co.uk for the information on Broad beans, images and recipe. Thanks also to www.eattheseasons.co.uk



Summer Greens with Bacon and Feta



This stir-fry of pods and beans is so pretty and summery, and if you have mint in the garden, which is growing wild as a jungle – it's a wonderful way to use some of it!

- 100g fine French beans or sliced runner beans
- 200g mixed, podded peas and broad beans
- 150g lightly smoked bacon pieces or lardons
- 4 tbsp vinaigrette dressing
- 100g baby plum tomatoes, halved
- 100g feta cheese, diced
- Small handful fresh young mint leaves
- 4 small eggs

1. Put a large pan of water on to boil. Drop in a few of the mint leaves then add the French beans. Return to the boil and bubble for 2-3 minutes before adding the broad beans and petit pois. Return to the boil and bubble for a further 5 minutes. Remove the vegetables with a slotted spoon and drain well in a colander. Return the water to the boil, and to poach the eggs drop in the four eggs (out of shell) and immediately take the pan off the heat and set aside.
 2. Now place a wok over a high heat. As soon as it's very hot, add the bacon pieces and stir-fry for 2-3 minutes until they are golden and beginning to crisp. Remove to a plate with a slotted spoon. Add 2tbsp of vinaigrette to the fat in the pan, let it sizzle, then add all the vegetables with the tomatoes and mint. Stir-fry for 2 minutes then add the feta cheese and remaining vinaigrette dressing.
 3. Serve the stir-fried greens with a poached egg on top.
- Tip: try replacing the feta cheese and mint in the stir-fry with flaked tuna and fresh basil.

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Peace of Mind

Words: Kate Arnold

As a nutritionist I believe if you start young, you can prevent many of the diseases that plague the western world; no smoking, plenty of exercise, a good diet, low levels of stress and great genes can take you a long way. Even the government has woken up to the prevention is better than cure' school of thought and it is certainly true that in the long term a preventative scan catching disease early could save the NHS millions on operations and intensive care costs.

When I was asked if I wanted to have a body scan I jumped at the chance and found myself sitting in the waiting room of LifeScan on a miserable Thursday morning, feeling slightly apprehensive. Ten years of good living may not have made up for my earlier years of decadence and I was pondering at how much damage I might have done to my body.

The LifeScan team couldn't have been more professional, efficient or put me at my ease. The scan itself is not claustrophobic like an MRI can be and is a little like lying inside a huge revolving polo mint - it took about 10 minutes, where I was talked through the process by the delightful radiologist. I had opted, due to my age for a heart, lung and abdomen scan which also incorporates an osteoporosis screen. The heart scan can detect early signs of heart dis-

ease, in particular areas of calcification, which represent hardening of the arteries. The lung scan detects any early stages of lung cancer/emphysema and aortic aneurysms. The abdomen scan is able to detect cysts in the liver, gallstones, kidney stones, nodules in the adrenal glands, most cancers, hardening of arteries, and enlargement of the ovaries in women. After the scan the radiologist showed me some of the thousands of images the scan had taken of my body, which was absolutely fascinating.

On top of the body scan I also opted to have a mole screen. With a family history of mild skin cancer, and having lived in a hot country, with two dodgy looking moles I was well overdue a check up. I was first given a thorough visual examination and given time to ask questions about any moles I had concerns about. A SIA scope was used which shines light of different wavelengths and analyses the mole, the pigment of the skin, the blood supply and whether the mole is damaging the dermis. This information is then fed into the computer imaging suite called Demetrics.

The results of all the scans are sent to consultants to analyse and the results are sent to you within 3-5 working days.



So what were my results? As promised the results arrived on time and to my relief they were all normal. My calcium score was zero, which means I am at very low risk of coronary artery disease, my osteoporosis screen was normal as were all the other organs and my moles were also fine. They also send you the whole scan on CD which is just great fun to watch!

Many people bury their heads in the sand about health and if they don't actually feel ill, will generally assume they are ok. Often this is not the case, and certainly if you are over 40 with a history of smoking, bad diet, stress or hereditary illnesses, preventative scans can give you total peace of mind. I think it's an

investment definitely worth making.

Kate visited Lifescan in Tunbridge Wells, Pantiles House, 2 Nevill Street, Tunbridge Wells, Kent, TN2 5TT
Tel: 01892 547341 www.lifescanuk.org

Kate Arnold 01323 737814/722499



Images Supplied by Lifescan



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.

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Bread of Life

Words: Christine Vorrés

The History of Bread

Bread, in one form or another, has been in the staple diet of man for thousands of years. Early records show that Stone Age man made solid loaves from milled barley and wheat, loaves of bread have been discovered in Egyptian tombs and the ancient Greeks and Romans both knew the importance of bread as a nutritious element of a staple diet. Although unlike today, white bread symbolised great wealth.

The Egyptians were probably the first to realise the value of cultivating wheat and baking bread as a means of feeding a lot of people cheaply and quickly. They developed a new strain of wheat that allowed for refined white bread, and isolated yeast so that they could introduce it directly to their breads. This could be called the first truly modern “convenience” food.

Bread has a long history and is perhaps the most important item in our diet and is often referred to as “the staff of life”.

What caused Bread to fall from Grace?

Since 1960, bread consumption has declined dramatically. Changes in wheat varieties, milling processes and industrial baking methods have all helped to make bread less popular today. There is evidence that significant numbers of people are simply unable to digest the modern breads, and actually feel unwell after eating it. What is needed is a return

to traditional methods and ingredients, with proper attention to nutritional quality.

Although we are all told that cereals, especially whole grains should be a component of a balanced diet, we persist in avoiding them, or replace good wholesome grains with processed sugar coated varieties.

Industrialised Baking

The Chorley-wood Bread Process (CBP) was developed in 1961 by the Flour Milling and Baking Research Association at Chorleywood, and is used to make 80% of British Bread. The process produces more bread, at a lower price.

CBP differs from traditional bread making as it uses three or four times more yeast, chemical additives and enzymes and reduces the fermentation time to almost none at all. Although this method saves valuable time and costs, little or no research has been done on the effects these changes may have had on the digestibility of the bread.

One drawback of CBP is that the short fermentation time prevents the formation of lactic acid bacteria within the dough. Traditional bakers used to talk about the dough being ‘ripe’ after long fermentations, and using the latest molecular analysis we have learnt that this bacteria is actually beneficial.

Lactic Acid Bacteria can be responsible for improving the ‘bioavailability’ of minerals, lowering glycaemic response (which is good for weight and diabetes control). It can also increase the amount of important



vitamins and anti-oxidants and helps reduce levels of phytic acid, which can 'lock up' certain minerals.

In response to public health concerns the industrial bakers have developed breads with all manner of additives; fibre, selected micronutrients such as calcium, omega-3 fatty acids, iron and selenium. However this now means that bread has become the carrier for whatever supplements and nutrients the scientific authorities deem to be essential.

Campaign for Real Bread

There is now a growing trend to go back to grass roots, to eat a more natural and wholesome diet. To this aim, a new group has been set up called the Real Bread Campaign. (www.realbreadcampaign.org)

Andrew Whitley, author of Bread Matters is working with Sustain: (The alliance for better food and farming), to bring together bread and campaigning experts to explore what the Real Bread Campaign could achieve.

“The Real Bread Campaign aims to increase the enjoyment, production and consumption of bread made with natural ingredients, appropriate fermentation and no adulterants, so that good bread may play a larger part in the physical, mental and social wellbeing of the nation. It also promotes policies and practices that put grain and bread production at the heart of a sustainable ecological food system”.

However, the industrial production of bread has left us with a shortage of real bakers – bakers who 'feel' the quality of the dough and use only natural ingredients. There has been a small re-emergence of bakeries, but they face the same troubles as other small producers. They struggle to compete with the ridiculously low prices charged at supermarkets, and to serve a population that is ignorant of the delights and benefits of proper bread.

Janet Williams of Pilgrims Tearooms and Restaurant in Brecon has been making bread for 40 years. She uses only the finest organic ingredients and traditional methods.

I had the pleasure of watching Janet make bread and was in awe of just how effortlessly she moves through the whole process. She has a very real “no fuss” approach to bread making.

The ingredients are weighed out (“that’s the longest process” Janet claims) placed in a bowl, water added and then it’s hands in. Janet doesn’t believe in too much handling, and using dried yeast means she isn’t worried about finding a special warm area to leave the dough to ferment. Once risen, the dough is gently kneaded a little, then rolled and folded into loaf shapes. No tins are used, as they just need washing up afterwards!

Reading books and recipes for bread making can make bread making seem mythical and daunting. The science behind the rising, the weighing, kneading, can all seem to be too much hard work. After watching an artisan at work, I realised there is no need to be daunted at all – just get stuck in!

Janet bakes many types of bread for use in Pilgrims tearooms and restaurant, and they are also sold at local farmers markets. One of her specialties is a “Miracle Bread” said to help women during the menopause due to the combination of seeds and soya used in the recipe. Nothing artificial is added to any of the recipes, just pure natural ingredients skillfully married together to give us ‘our daily bread’.

Bread Machines

Recently, thanks to the domestic bread machine, more people have tried making their own at home. The first automatic bread machines started to appear in Japan in the late 1980’s and since then have gained popularity all over the world. Quite simply, they make the process simple and effortless. The end results are heart warming and rewarding, and encourage users to experiment with flavours for themselves. Although she is an expert in bread making, even Janet wholeheartedly approves of bread machines as a way of introducing people to the joys of home baked goodness.

Once explained, the science of bread making loses its ability to strike fear into the novice baker’s heart. The list of ingredients for basic bread is very short, and all easily available, and preparation is quick and simple. Even Delia Smith says that it takes longer to go out and buy a loaf of bread than it does to actually make one.

What's New?



All Natural

Research from Mintel has shown that more than just a natural product, women are seeking true results as they become more suspicious of claims and increasingly concerned about chemicals. Natural is not enough but 100% natural with evidence of efficacy has become the platform to deliver the inner and outer needs of savvy woman.

Kimia Exquisite Rejuvenating Facial System is an all-natural product duo that treats the skin from the inside. Made up of a facial oil and accompanying hydra-activator, this beautifying system helps combat and even reverse signs of ageing, reduce wrinkles and heal skin from the pressures of everyday life.

The Kimia formula leaves skin velvet soft and radiant from within and glowing with youthful exuberance or the 'Kimia Glow'. With a unique, addictive appeal, Kimia simultaneously soothes the skin and the soul by working deeply to alleviate stress and tiredness.

Kimia is priced £69 and is available from select outlets. For stockist details or to purchase please call Natural Healing Ltd on 01706 836 565 or visit www.kimia.co.uk.

The future of feminine hygiene

UK women buy three billion sanitary products each year. Despite many brand options, real choice is limited. A new, modern version of an approach first used in the 1890s, but largely forgotten with the advent of disposables, now promises to make a superior alternative widely available through mass market distribution.

Femmecup™ is worn internally during menstruation. Made from soft 100 per cent FDA Approved natural medical grade silicone, it is easy and convenient to use, secure, discreet and places no limitations on activities, including watersports.

Femmecup™ is unperfumed and has no impact on microbial balance. It is non-absorbent, does not cause irritation or peeling of the mucous membranes, dryness, infections or lesions.

Women currently spend an average of £100 a year on disposable sanitary products. By contrast Femmecup™ costs £14.99 and has an estimated five to 10 year life.

Femmecup™ is available from Femmecup™ Ltd. At www.femmecup.com Telephone: 01279 329307

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So Organic provides detailed information about the products they sell, such as ingredients and details of origin. You can trust the team at So Organic to have roadtested every single product to ensure its efficacy. Products are delivered straight to your door (the following day if you order before 12 noon) and So Organic's courier service is carbon neutral.

As well as being the UK's leading organic E-tailer, So Organic has a flagship store in historic Greenwich at Eagle House, 7 Turnpin Lane, Greenwich, London, SE10 9JA

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Most sports injuries are treated with ice – but this innovative new product is a ready-to-use bandage soaked in natural cooling oils, and arnica for bruising.

The elastic bandage compresses the injured area, drawing out the heat, soothing and cooling the injury for a good hour.

It is small and compact, requiring no refrigeration, so is suitable for any kitbag or first aid box.

Cliff Eaton, Medical Manager at Northampton Saints said “using Recoverice on soft tissue injuries,

especially haematomas, has reduced the recovery time when it has been applied immediately after the initial trauma.”

The flexibility and durability of Recoverice make it an appealing alternative to icepacks, which can reduce the blood flow around an injury. It also covers the whole joint, not just a single point of contact, so is ideal for reducing swellings.

After a strenuous workout use Recoverice to soothe tired and aching muscles. It is also suitable for swollen feet and ankles, and for treating minor burns/sunburn.

Recoverice is available from Halfords Bikedshed stores, and from various on-line outlets. Visits www.fitbag.co.uk for a full list of stockists.



For the advice seeker . . .

If you're looking for some alternative therapy, the BT PodShow network has a selection of shows to suit with advice from talented professionals including The Barefoot Doctor and spiritual healer, Gordon Smith

The Barefoot Doctor Sessions give tips on a wide variety of ailments and issues from detoxing and dieting to dealing with depression and stress, drawing together The Barefoot Doctor's expertise from traditional Chinese medicine and ancient Taoism www.barefootdoctor.btpodshow.com

For the spirit follower . . .

Alternatively, Gordon Smith in his show Spirit Messenger demonstrates his unique ability to 'get in touch' with the spirit world as he provides individuals he has never met before with readings from their loved ones. Hailed as one of the most astounding and accurate mediums of our time, Gordon Smith's Spirit Messenger show is not to be missed www.spiritmessenger.btpodshow.com

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The image is a vertical banner with a dark background. It features three circular images, each surrounded by ornate, colorful floral patterns. The top image shows a landscape with a tree and a path. The middle image shows a person sitting on a chair. The bottom image shows a landscape with a tree and a path. The text is white and yellow, and the overall design is artistic and calming.



Boost your oxygen uptake for a healthier life

Words: Michael Lingard



It is used everyday in emergency medical centres, thousands of people are reliant on the delivery of it to their home to enable them to get on with their lives and it is essential for life support on space missions, in fact oxygen, this simple gas, is the very essence of life.

Despite this understanding, how many of us even consider how well we tap into this amazing invisible, tasteless, odourless, life giving air all around us?

In contrast consider the millions of words written and spoken about how we can improve our nutrition with this diet or that food or drink. Today eating has become a complex science we all have to study in order to survive. We are daily made aware of the minefields of foods that may be cancer stimulating, obesity risky, toxic, lacking essential nutrients, damaging to this or that organ, or the governmental advice that we must have our five fruit & vegetables each day or perish, or the news on Monday that a glass of wine will give long life, yet on Wednesday it may damage your health. All this leaves most of us bewildered and deaf to the barrage of advice about a

subject that used to be based on common sense and the enduring joy of eating and sharing food together in family or social gathering, the delight of company (from the Latin "Companionem," which was, "one with whom you would eat bread" -- "Con" (with) and "Pan" (bread) -- presumably, your "companion" was someone with whom you would "break bread.")

Why, I must now ask, has not the question of good respiration or breathing been a subject worthy of at least a mention in our daily news or journals? There is no more sociable activity than breathing from the same air around us all, and if, as we all agree, the uptake of air is so vital for life, is it not astounding that it has received so little attention?

Until, I would suggest, now!

Once in a while society is enriched and enlightened by a great philosopher or thinker. Sadly it usually takes a few generations for society to recognize their wisdom. Our mind set or habitual behaviour makes it difficult for most of us to raise ourselves to a new level of consciousness necessary to embrace new ideas that challenge our old thinking and behaviour. In a small village near Kiev in the Ukraine one such man was born on January 27th 1923 Konstantin Pavlovich Buteyko. This simple yet extraordinary man devoted his life to studying breathing and made one of the most profound discoveries in the history of medicine.

After forty years of dedicated medical research and constant struggles with the Soviet Communist system and the medical establishment Professor Buteyko eventually prevailed and gained full approbation from his native country for his work on breathing. This work became known in the West when Professor

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Buteyko and his associate Sasha Stalmatski were invited to Australia to give training courses for asthmatics and others suffering from breathing related problems. These courses had such amazing results that caused a great impact on the public and medical profession there, leading eventually to a major clinical trial at the Mater Hospital in Brisbane that clearly demonstrated the effectiveness of what had become known as “the Buteyko Method”.

The Buteyko Method teaches normalization of breathing which gives a multitude of beneficial effects on health. The central tenet of Buteyko’s work is that most modern diseases are associated with poor oxygen delivery to tissue, along with impaired biochemistry and the body’s protective reactions of smooth muscle spasm, increased histamine and mucus production all arising from dysfunctional breathing. The most common problem being chronic hidden hyperventilation (CHVS) that he claimed was the main cause of asthma and over a hundred other modern diseases.

The science underpinning Buteyko’s work is sound and is based on standard medical research and teachings of Western medicine. The simplest scientific concepts are often behind major leaps forward; Einstein’s “ $E=mc^2$ ” is a perfect example. Buteyko looked, questioned and revealed what was really already there for all to see, but few, if any, had the conceptual eyes to see what was really so obvious.

The practical application of his work takes the form of Buteyko Method courses that are taught throughout the world by Buteyko Practitioners, they benefit everyone who has developed CHVS. Sufferers from asthma, hypertension, anxiety panic attacks, sleep apnoea, IBS, chronic fatigue syndrome, hay fever, eczema, breathlessness, or a myriad other condi-

tions associated with poor oxygen uptake and biochemical dysfunction arising from CHVS and also those without any significant health problems who just want better sports performance or health, can all improve with the Buteyko Method training.

Do you want to know how well you breathe? Either send for a free introductory leaflet on the Buteyko Method which includes two simple breathing tests or visit our website at www.buteykokent.co.uk.

Michael Lingard BSc DO BIBH. ButeykoKent
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The Global Medicine Hunter



Words: Dr Meg Jordan

The real life medicine man turns out to be a woman and whilst her quest for new cures might not quite be as glamorous as that portrayed by Sean Connery in the film *Medicine Man*, it certainly has its perks.

Dr Meg Jordan is a medical anthropologist, which means she searches for effective medicinal remedies from healing traditions around the Globe. When she discovers something she believes of value, she negotiates with the natives to bring it back, arranges a fair trade, tests it for scientific validity, and, if all that works out positively, tries to convince labs, clinics, universities and hospitals to integrate the remedy into medical practice.

Meg's search for new medicines has taken her everywhere from the Caribbean to the Amazon, Southern India to the rain forests British Columbia. But the jet-set lifestyle isn't all glamour and excitement, and whilst Meg loves meeting people from different cultures and learning about their way of life there's a lot of hard work to do as she wades through mud, clambers up mountains and scrounges through snake-infested jungles in her quest to find natural medicine that really works.

The real satisfaction lies in finding something that really does work and helping the locals benefit from its export. A recent trip to St Vincent led to Meg meeting a local who was an enthusiastic spokesman for the healing therapies of his elders, the Caribs, the earliest known native residents of the Caribbean chain of islands.

Meg was particularly interested in the trumpet leaf, a local broad leafed plant that is used for coughs, colds, flu, nasal blockages, head congestion, asthmatic conditions and more.

A tea is made with the dried, ground up leaf, brewed to a certain strength for at least 20 minutes, then sipped all day long. The steam from the tea is most beneficial. Wrapping a towel around one's head and inhaling the aroma is a sure fix for clearing up clogged nasal passages.

Meg is now trying to convince companies to strike a fair trade deal with the Caribs, in order to cultivate, harvest, and market their local cold and cough remedy and hopes to have some good news soon. St Vincent was hard hit in recent hurricanes and Meg feels it seems only right that the society should benefit from conscious global trade, now that they are swept up in the dire consequences of more frequent and harsher storms, more than likely due to climate change.

Meg's real passion though, and at the center of her quest, is a desire to find the richest, and most potent 'adaptogen'. An adaptogen is a herb or botanical compound that helps to normalise the body and aid its natural processes. Those adaptogens that have been found appear to have an uncanny ability to help the body with a large range of problems. For example, if you have low blood pressure, adaptogens help to raise it slightly. If you have high cholesterol, adaptogens help reduce it. Scientists have never been able to manufacture in a laboratory what natural adaptogens are able to achieve within human physiology.

Out of thousands of botanical remedies, only a few qualify as adaptogens. In Russia, Meg came across rhodiola; in India, ashwaghandha. Both have been used by native healers and are now integrated into modern medical practice. Meg is most excited



however by an adaptogen she found in the East - the Japanese Red Reishi mushroom. This rare, woody mushroom from the remote Asian highlands is considered the most superior energy adaptogen on the planet. Used for over 2,000 years by traditional Chinese and Japanese healers reishi's rarity meant it was once reserved solely for use by Emperors.

Thanks to the likes of Meg though reishi has now become more readily available and various scientific studies have helped show that, as with many of Meg's finds, its claimed benefits appear to be real. Various therapeutic compounds, such as polysaccharides, beta-glucans, and ganoderic acid, have been identified in reishi and are seen to help strengthen the body's response to disease-causing processes, rebuilding and restoring immune system function, and improve the body's overall ability to cope with life's stresses mental, physical and environmental. Japanese Red Reishi is also thought to help enhance energy levels if you're feeling run down and stagnant, or help calm you if you're irritable and stressed. (It is sold in the UK under the brand name Mikei Red Reishi Essence; for more information visit: www.haeon.com)

Despite Meg's passion she is aware that not every cure is going to be found deep in the jungle, a fact brought home to her by the native healer who gave her the name "Global Medicine Hunter". They asked Meg what she was doing so far from home -

"Don't you know your medicine is in your own backyard?"

She had a point and Meg realizes that good medicine is the one that works for you, no matter if it's alternative, complementary or conventional, but seeks to discover why the Eastern approach to cul-

tivating and sustaining energy is so vastly different from the West's material, structured approach.

Perhaps the most important lesson Meg has learnt from her travels is that its not always about the actual remedies themselves...

"More than anything, what medical anthropology has taught me is to honor wholeness and interconnectedness, and understand how every intervention is holistic in its impact, affecting person, place and planet."

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“Arthritis does not need to be a life sentence”

Words: Dr Tony Parker

Imagine you have an onset of back pain (or neck, shoulder, arm or leg pain for that matter). You seek a consultation with your preferred health care provider. Being very careful to ensure you receive the correct diagnosis your provider sends you to a specialist who considers the best course of action is to conduct some investigations and tests and order some x-rays.

A few days later you get a call from the secretary to the specialist who suggests you re-visit to discuss the findings.

The tests come back negative for any conditions other than mechanical or movement related and the x-rays show some deterioration of the spine. You are uncomfortable about these changes but the specialist is reassuring in saying that being aged over 25 years there is a good likelihood of finding some arthritic deterioration on x-ray, however very little can be done about it.

This is the scenario we have encountered so many times whereby the patient has been told about their arthritic condition, that nothing can be done about it and they will have to learn to live with it, hope it will go away, or consider using medication for the remainder of their lives.

In so many cases the statement about having arthritis is true, but it is not the cause of the pain and the person should certainly not have to learn to live with it or consider long-term medication. Correction of spinal incorrect movement is very often the best and most natural source of pain relief (the pain is so often due to nerve interference). This is the speciality of the chiropractor –although they do help with many other conditions.

Not all specialists fail to understand the importance of correct spinal movement, and many GPs and specialists are under the care of chiropractors (often saying they could not perform their vital roles in society without visits to their chiropractor for spinal correction).

Do you have a pain that keeps coming and going? Do you have a suspicion that it might be associated with other health or fitness problems? Are you sometimes clumsy or have difficulty with your balance? Has there ever been any trauma in your life: a fall down stairs, fall from a horse, car accident, a sudden slip with a twist. An impact, as low as 3 miles per hour, can have an effect on your spinal movement and can lie undetected for years before giving you any symptoms. For many people the problem is getting worse, with no pain to tell them so. This can be compared with other health conditions e.g. for some heart attack victims the first sign of a problem is death, tooth decay can be over 40 % before any pain, tumours can often be late stage before any symptoms are noticed.

If you have obvious or hidden spinal malfunction or decay you could do yourself an enormous favour by seeking a consultation with a chiropractor. He or she will properly investigate your condition and tell you the options for restoration or improvement.

Chiropractors can only use the title chiropractor by conforming to a strict set of guidelines, are fully trained to internationally accepted standards (usually a five year full time degree course) and adhere to a code of practice. Look in your local telephone directory, where the qualifications will be available to view.

Tony Parker:- drtony@abilityback.co.uk
www.abilityback.co.uk



Heavenly Hands and Fabulous Feet for Summer

Keeping your hands and feet in tip-top condition this summer is easy. With just a few moments each day you can keep hard skin at bay, and those talons long and strong.

Ideally, have a professional manicure and pedicure every 4-8 weeks but if your budget cannot stretch to this then treat yourself at the beginning of spring/summer to get them into great condition. Then all you will have to do is maintain the results and that's easy!

Exfoliating 2-3 times weekly will remove dead skin cells revealing brighter, healthier skin and it improves circulation and stimulates new cell growth. By removing the dead cells, the skin is ready to fully absorb moisturisers.

Apply a good quality moisturiser, preferably one containing shea butter, which is really rich and will soften and protect. Some less expensive creams may contain ingredients to bulk them out, so choose carefully. Other ingredients to look for are sweet almond, safflower, avocado, jojoba and vitamin E. If you visit a professional salon they will be able to prescribe the best cream suited to your individual needs. Apply the cream to hands and feet morning and evening, the most important time being evening just before bed, as this allows for the ingredients to penetrate and nourish whilst you sleep.

Crystal Nail Files allow the nail to be shaped in a sawing motion, a Big No No with any other file as this can cause the nail to flake. If you are not sure which shape suits you then mirror the shape of your cuticles. Nails do not have to be extraordinarily long to look good, as long as they are neat and uniformed they will look gorgeous.

Just as the visible portion of your hair is dead and still needs to be conditioned so the visible portion of your nail (made from similar protein called Keratin) still needs to be conditioned. Whether your nails are brittle, weak or healthy they all need care and attention. A high quality Cuticle and Nail Oil is a great all rounder, not only will it soften the surrounding skin and cuticle, it will also condition all nail types too. For brittle nails it will add flexibility, weak nails will be strengthened and healthy nails maintained. I recommend Entity Cuticle Oil, available from Entity stockists.

This seasons fashion for fingers and toes says goodbye to matching polish and hello differing shades that compliment or clash that give you a new look that will help you stand out from the crowd. Bright matt shades are in this season – everything from cherry red to acid green. Don't worry for those of you who don't want to wear your sunglasses to admire your nails – go for creamy tones of these shades.

For an extra special look visit a professional nail artist and have some tasteful nail art or sparkly gem stones that will really give the WOW factor.

Bridal manicures still see the French Manicure look but if you are used to stronger colours then why not try a twist, use a bolder colour for the nail plate with the white tip as usual. It gives a great contrast and the bolder colour could match bridesmaid dresses or flowers.

If you would like any more information or professional advice you can call 01323 411500 and one of The Perfect Elegance Team will be only too pleased to help and advise you.

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Hay-fever

is there genuine relief in sight?

Words: Ginny Day

As we head towards summer, the hope of warmer weather with sunny days is a welcome prospect for many of us. For others it's the start of itchy noses, streaming eyes and continuous sneezing.

Some sufferers will buy over the counter products to ease their suffering, whilst others will see their general practitioners. However these substances can be very powerful and whilst sometimes effective at suppressing the symptoms, have undesirable side effects and do nothing to cure the problem. Consequently many sufferers are now turning to homeopathy for help.

What is homeopathy?

Homeopathy is a gentle, holistic system of healing which is suitable for everyone and treats you as an individual.

What is hay-fever?

Hay-fever is caused by a reaction of the immune system to an environmental trigger. The body over-reacts to external substances leading to irritation and inflammation.

Hay-fever is a deep-seated condition which requires constitutional treatment from a qualified homeopath. Orthodox medical treatment can manage the condition with powerful drugs that have a number of side effects but constitutional homeopathic treatment over two or three seasons may cure the condition completely and, without any side effects.

A case study.

I first met Alex when he was 12. He had been suffering from hay-fever for several years. His mother had tried everything else and homeopathy was the last resort. His school work was suffering and he stayed indoors as much as he could through the summer, being too congested and uncomfortable to join in sports or other activities.

His hay-fever began in early May and would continue through to the end of August. He presented with an itchy palate, irritable throat and, even though his nose could be extremely runny, it felt obstructed causing him to breathe through his mouth. He suffered from regular headaches and at times his face could become very "puffy". Alex also suffered from mild eczema, particularly during the winter months.

I saw Alex several times during the summer. The prescribed remedies helped him tremendously. Alex confirmed he felt "much better than before, it helped me much more than the antihistamines I took last year – and I wasn't drowsy!"

I prescribed for Alex during the following winter months to prepare him for the spring. His hay-fever started in June. The symptoms were not as bad as the previous year and he even helped his dad cut the grass! His eczema completely disappeared.

Over the next couple of winters, I prepared Alex for the following spring. His hay-fever season increasingly became shorter and much reduced in severity. By the time Alex was 15 his hay-fever symptoms had completely disappeared.

The ultimate test came when Alex was old enough to apply to the Royal Air Force and had to undergo a medical. This medical involved having pollen of every description blown into his face to test him for allergies. The test was completely clear. The official conclusion is that Alex does not suffer from hay-fever any more.

If you are suffering from hay-fever or other allergies or other health concerns, a qualified homeopath may be able to help you with completely safe and effective treatment.

Ginny Day, at the Atman Clinic 01892 544783



Mind the Gap

Words: Leilani Mitchell

Many people ignore the connection between mind and body, but the health of one is integral to the wellbeing of the other. Resident psychotherapist Leilani Mitchell gives her own 'hands on' views on overall health.

As well as being a Psychotherapist and Counsellor, I am a qualified masseuse and have received several years of bodywork therapy. I've always been interested in physical as well as psychological health and the link between the two.

These days we are much more accepting that physical and psychological wellbeing are interlinked. Even so, people often focus more on one or the other. I see people coming for therapy, taking care of the psychological wellbeing, that may be overweight, have a poor diet and not be exercising. I go to the gym and see people taking good care physically but who may be stressed and 'driving' themselves and not considering their psychological wellbeing. Both are important for health and quality of life.

As a masseuse, I invited people to lie down and to be vulnerable while I took care of them. While this should be a joy and relief, for some people there was anxiety in receiving a massage. It invites a certain psychological relationship that practitioners need to be aware of and not abuse.

As a transactional analyst, I am interested in all aspects of a person - thinking, feeling and behaviour, as well as internal physical response to things. One of the first things I see when a client walks through my door is how they hold themselves physically. This can give me all sorts of useful clues about them and the issues that they are bringing.

Imagine a baby who is born into a family in conflict. Some of the very early experiences this baby might have could be of noise and fights – how would a baby react? It is likely to feel scared and to tense its body – this would be a natural response to a perceived or actual threat.

As that child grew it may experience many other examples of feeling threatened and insecure. This child may witness others being shouted at, as well as themselves. Each time this happened they would feel scared and tense their body. As this child grows and develops much of its time might be spent wary of what is going



on around it or anxious that something is

about to happen. This will affect the muscle development of this child. As an adult they may be hunched over and appear nervous.

As this person gets older their posture may become more and more affected. This will, of course, affect other parts of the body - they may get bad knees or tension in their shoulders. One thing can lead to another. In later life this person may present for counselling or psychotherapy because of the psychological issues they are left with from growing up in this environment. They are just as likely to present for a massage or some physical treatment for the aches and pains they are suffering physically.

When I am working with people as a psychotherapist I may often be aware of these physical manifestations of the issues they are bringing. Think for yourself of how a depressed person may hold themselves, as opposed to someone who is anxious or another person who is feeling happy and confident.

Sometimes people address either the psychological or the physical problems but may still suffer with the other. Someone may have formerly been depressed and still hold it in their muscles. There are some things we can do in Psychotherapy in this instance but often I refer them for a massage or to an osteopath to help shift the physical remnants of these issues.

Physical and Psychological health is linked. Often we focus on one or the other, but both are important. We can hold our psychological issues at a somatic (physical) level. Sometimes these symptoms are more obvious than others. For example, someone who has eczema that is worse when they are stressed has a clear physical manifestation of their psychological wellbeing. It's a good idea to treat both physical and psychological health – to deal with the body, mind and its related issues as a whole.

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



Expanding your Knowledge

I remember leaving college and thinking “thank goodness I won’t ever need to study again”, the endless reading, lectures, exams of school and college seemed quite a chore and not something I was particularly keen to repeat any time soon.

However a few years ago, I started to take an interest in subjects that weren’t available to me at school and I began to look around at courses to expand my knowledge further. It was quite exciting sending for information, searching on the internet and deciding on which subject interested me the most.

Since my initial investigation three years ago I have studied nutrition, reiki and hypnotherapy, have attended lectures on blood microscopy, past life regression, Journey work, life coaching, wealth mastery, True Colors® and have attempted Sufi whirling meditation and fire walking over hot coals.

I have read books on Buteyko, stress management, personal development, weight control, fertility, reflexology, massage to name but a few, and I look forward to finding new and interesting courses/lectures/workshops to attend.

Sometimes lack of self confidence and nervousness can stop you from trying new experiences and learning new skills, but there are even books and workshops to help you overcome this. Andy Garland, founder of YOU...bethebestyoucan© and authorised trainer of Dr Susan Jeffers workshops writes:-

“What is stopping you from being the person you want to be and living your life the way you want to live it?”

“Dr Susan Jeffers tells us that the answer to that question is fear... fear of tackling an issue with your boss, fear of getting to grips with a problem in your life. Fear of change, fear of taking control.. The list could go on! Susan wrote the ground-breaking popular psychology self-help book, *Feel the Fear And Do It Anyway* over 20 years ago and it continues to ride high in the bestseller charts because it showed us all, in simple terms how to transform our anxieties into confidence, action and love.

She notes that fear seems to be an epidemic and for many of us, it holds us back from achieving great things in our lives.

To take full advantage of living a fulfilled life, Susan teaches several tools that will help you on your journey.

Whatever your fear is, her teaching will vastly improve your ability to handle any given situation - *You Can Handle It!*”

Check out your local Adult Education Centres or colleges for details of courses. There are also many excellent privately run courses and workshops. Use the internet to find online distance learning and conference calls with key speakers from around the world.

There is a vast selection of CDs and books available either to buy or hire from local libraries.

Some courses will also have the additional benefit of the social element, meeting new people who share a common interest with you.

Expanding your knowledge is a worthwhile pursuit, whether to learn about a particular field or to continue using your brain and keeping your mind active and inquisitive. Use it or lose it!

Feel the Fear and Do It Anyway® is the registered trademark of Susan Jeffers, Ph.D. and is used with her permission.

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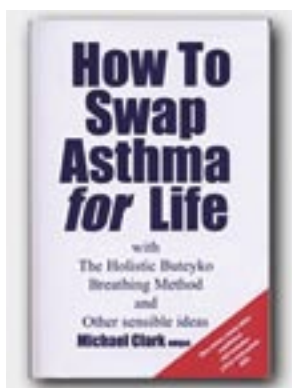




Book Reviews

What have you read lately?

You can tell so much about a person by the books they read.....



How to Swap Asthma for Life

Michael Clarke

Discover how you can protect your children and loved ones from the dreadful and often

frightening condition known as asthma; easily, simply and without drugs!

Many people are now exploring the possibility that their conditions can be improved with a little self help. This book opens your mind to the possibilities that most conditions could improve with a better understanding of something as simple as better breathing.

The ideas and steps are easy to follow and came in very useful when my partner suffered an unusual attack from all the dust when we recently moved house. He was able to implement some of the techniques described in the book to overcome the panic many people encounter and enable him to recover without the use of medication.

Whether you are an asthma sufferer or know one this is an invaluable book to read and for those who are lucky enough not to suffer I still recommend this as a good read in helping you understand the importance of good breathing for a better quality of life.

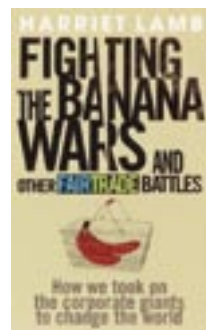
Stockists visit www.holisticbuteykotraining.com

Fighting the Banana Wars and other Fair Trade Battles.

Harriet Lamb

ISBN:9781846040832

Harriet Lamb, Director of the Fairtrade Foundation, explains the fascinating story of Fairtrade creating a better deal for workers and farmers in the developing world.



If you have ever wondered how and why fairtrade started then you will find this book a great read.

After the first chapter I had truly decided that I would only ever buy Fairtrade bananas, the horrifying stories and the amazing stories that people, like Harriet have endured, to ensure a fair system and better quality for us all.



Make it! - Blue Peter in a book.

Part of the Dorling Kindersley (DK) Made with Care books, 'Make it' is one of the four new titles that they claim to be the greenest books in the world.

It is essentially for children of all ages, but the bird feeder made from plastic water bottles impressed me, as did the mini-greenhouses. I'm not sure if my friends are ready for gifts of necklaces made from junk mail jewels, but I shall be transforming my old jeans and skirts into trendy handbags from now on!

The book is full of ideas of how to make something useful from paper, fabric, plastic and waste metal.

PRIZE GIVEAWAY

This Month Wellbeing Magazine have three books to give away from the DK series. Earth Matters, Green Babycare and Make It.

To enter the prize draw email your name, address and telephone number to rachel@wellbeingmagazine.com with the title 'DK Book Prize Draw'

Tristan's Astrology Report

Be prepared for some unexpected twists and turns during July and August as the planets weave their magic...

Aries: Aries folk are likely to see gains in life in general until the 16th July. However, be prepared for family trouble after 17th and career hassles are likely as well!. A solar eclipse at the start of August will see you focusing on social life, and after that period, work and leisure are likely to be equally satisfying. So hang in there - its worth it!

Taurus: Opposition to your ideas at work may get you stamping your feet and seeing red until mid-July. This really is a time to find a new structure for your talents. It may be the moment to move on with your career, a theme that has been relevant for many Taureans over the last couple of years. Now the Taurean bull will be charging into new territory, in one way or another. Ole!

Gemini: Tax or money issues may loom in the second part of July. Never mind, we can't escape them! Its not the season for get rich quick plans, though, the planets really warn against them now, unless really secure. Mars and Saturn join forces in the lower sector of your solar chart, signalling potential stress at home and it may be time to change tracks in love!

Cancer: There are potential losses before July 16, then better prospects. Be wary, but ego trouble may interfere with things. Following general advantages through 2008, wait for dynamic times of movement in August for Cancer. Venus graces your sign now and the 6th may see surprises in love! There's a powerful accent on travel in August.

Leo: Look out for hurdles in August ! You will see them as mere challenges, no doubt, being a lively Leo. With both Mars and Saturn activating the money area of solar chart, things should get moving financially so you can probably treat yourself anyway!. Watch your energy levels between 9th and 18th or you'll be a lazy lion.

Virgo: A good phase in career matters over July is likely. There could be more clarity and more money after the 7th!. However August could be a low profile month after 17th. Mars and Saturn may make you preoccupied with yourself. (unusually! Unlike Leo) Romance goes "wobbly" round the 10th August and Mercury highlights travel for you too.

Libra: A rise in career and power shows up after the 17th So you can take over the world now! (no, dont go mad!) but it is a good period for career. After the 8th July your social life will be important and networking too as Venus changes signs on 12th and could reveal love and support for you in unexpected ways!.

Scorpio: Support at work after August 10 will enable you to move career goals forward. Its great time for Scorpio . The 6th is important for love and new connections and the first half of the month is very good for a break in routine. There will be likely to be many opportunities to change your life now so embrace and have fun!

Sagittarius: You may experience a slow down in career until July 16, but improvement in luck is likely to arrive in August. Watch out for the past to rear its head, as an old friend or acquaintance may turn up in July. The whole month may have dramatic overtones and help to tie up loose ends from the past as well.

Capricorn: Be prepared! There could be lots of anger this month, made worse by the impact of ego. You may also have low energy into late July . However, by as early as August 2, you could see improvement in career or future plans. Travel is likely to be very important in August, too, and new horizons may beckon. But be prepared for travel delays, take a flask and a good book!

Aquarius: Watch out for progress in your career, due to the hard work you have put in - and there are likely to be new associates in August that will be helpful to you. However, be prepared for odd twists as the planets take some strange turns! Relationships are under the spotlight too, but Venus in your opposite sign signals well founded new beginnings now. It won't be dull!

Pisces: Career matters are likely to be positive now, with good potential happiness in love issues after the 10th, especially if you have a current partner. If you don't believe in miracles the 6th may bring one to change your mind! Partly due to Venus and Uranus stirring up the action in your love life! Uranus in your sign in August brings travel into the picture in a BIG way! It should be exciting and fun.

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



Q- Why is it important to choose a Natural Sun Block?

A- Any body who cares for their skin knows that it is important to choose a Sun Block which is chemical free and formulated from natural ingredients so that the skin is fully protected.

The best advice is to avoid the sun altogether or use a Full Sun Block Factor 50 to ensure your skin remains healthy and protected. It is important to ensure that the Solar Factor you use has a reputation which ensures your safety.

Ensure the products do not contain any perfumes. Most of these are synthetic and irritants. Always keep your Solar Factor in a cooler, products exposed to the sun can easily go off and contain bacteria. Remember to re-apply your Sun Block frequently especially after swimming, crawling on the sand or clothing taken off or put on. Always wear a hat- this protects your eyes, scalp, facial skin and neck. Ensure the back of your neck is covered. Always wear sunglasses with UV protection. Drink plenty of water to keep hydrated. Sit under an umbrella or find shade.

In April 2001, the Department of Health in Denmark advised that all sun factor products produced from chemicals be taken off the market. The reason? A Swiss research survey found that these chemicals were actually disturbing the hormone balance of the human body. Only two ingredients, Titaindioxide and zincoxide were acceptable. Titaindioxide is a natural mineral found in the earth (also in beetroot).

As we enjoy Mother Nature and being outside, what we all need to do is apply common sense. Enjoy your summer whether at home or abroad!

Elena is a nurse and skin specialist who has been running Elena's Nature Collection for 22 years, and the products are now available on the NHS. All products are handmade, using only the finest natural ingredients and are safe and suitable for people who may be prone to eczema or psoriasis, in fact, everybody including babies.

To contact Elena phone the helpline on 01435 882092/884090 or go to www.elenasnaturecollection.co.uk where you can order online.

Full Sun Block from Elena's Nature Collection (£16 for 100mls or £30 for 200mls) has become one of their best selling products with no reports of either reactions or sunburn and suitable for all ages.

Wellbeing in the Workplace

8th October 2008, Spa Hotel, Tunbridge Wells

Wellbeing Magazine launched the first Wellbeing in the Workplace event in Tunbridge Wells last April.

The event was put together by local practitioners and businesses offering ideas and solutions to HR Managers and businesses owners.

Employee wellbeing is become recognised as an important part of many company's benefits packages.

Over 20 companies took part offering solutions such as on site chair massage, filtered water, pos-

tural, coaching and nutritional advice, yoga, health screening, workshops, finance and HR advice.

The event was informative and relaxed with many visitors taking up the free taster treatments.

"We hope this will be the first of many events around the UK, we have already been asked to host a similar event in Maidstone and Ashford.

Due to the success of the Tunbridge Wells event we have now booked the Spa Hotel again for the 8th October to give other companies a chance to take part." said Rachel Scriven, Publisher of Wellbeing Magazine.

For more information on exhibiting or visiting future events please call Rachel on 01892 541621 or visit www.wellbeingintheworkplace.co.uk





Summer Open Day at Lushington Family Chiropractic!

Saturday 26th July 10am – 4pm

Enjoy a free BBQ, relaxed atmosphere, demonstrations and advice from a range of healthcare professionals, as well as a charity balloon race and other games!

- 10.30 Chiropractic top tips with Dr James Revell
- 11.30 A practical guide to wellbeing with Mari-Anne Elder
- 12.30 Reflexology demonstration and talk with Natalie Joad
- 1.30 Balancing energies in the body with an acupuncture and alternative practitioner

Perfect Elegance offers 25% off for Wellbeing Readers!

Plus – free make-up and skincare consultations when you mention the magazine!

To celebrate its grand re-opening, Perfect Elegance in Church Street Old town (previously Fantastic Fingertips) is offering all Wellbeing readers the chance to have a free make-up and skincare consultation with its resident beauty experts. Perfect Elegance is home to acclaimed make-up range Royal Effem, a beautiful eye catching range of quality Italian products, offering the most up-to-date colours and finishes. Before coming to Perfect Elegance, Royal Effem was only available in stores in London and Europe so pop in for personal, professional advice and practical demonstrations of this gorgeous range. And if you book a heavenly hands manicure or a fabulous feet pedicure you'll receive 25% off! Call 01323 411500 for an appointment and don't forget to mention Wellbeing Magazine!

2.30 Pilates demonstration by the Natural Fitness Centre

You can indulge yourself with 10 minute massage tasters during the day, pick up some useful health tips, get your blood pressure and blood sugar checked, have a mini fitness consultation, chat to June Aukett of Clarity Counselling, have a free digital foot assessment, enjoy some beauty therapy treats, or even have a posture check with a chiropractor!

30 Lushington Road Eastbourne,
www.chirocare.co.uk

Weigh Out Course – “You can lose weight without dieting”

July 12th & 13th 2008 Time: 10.00am to 5.00pm

Venue: Angel House, 1 Brunswick Terrace, Hove, BN3 HIN – For more information or to download a booking form go to www.juliemann.co.uk. Or Cici.collins.co.uk or telephone Jules on 01273 812028 or 07803 716814 or Cici on 0207 820 9391 or 07702 696940. More courses will be run in September and October.

Free Buteyko Seminar

Tuesday July 22nd – 6.00 pm to 7.30 pm

Venue: Total Health Matters, Rye Road, Hawkhurst, Kent, TN18 5DA – Places must be booked in advance by telephoning Michael Lingard on 01580 752852 or email lingard@buteykokent.co.uk

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