

The Wellbeing Handbook

The state of feeling healthy & happy

East Sussex Edition



informative



inspiring



enlightening

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Wellbeing Handbook East Sussex Edition

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The state of feeling healthy & happy
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Bodywork

Chiropractor

Through adjustments of the spine and joints, chiropractors can influence the body's nervous system and natural defense mechanisms in order to alleviate pain and improve general health. Because of its effectiveness in treating back problems, headaches, and other injuries and traumas, chiropractic has become the second largest primary health care field in the world.

Chiropractors treat problems with joints, bones and muscles, and the effects they have on the nervous system. Working on all the joints of the body, concentrating particularly on the spine, they use their hands to make often gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of the nervous system and release the body's natural healing ability. British Chiropractic Association www.chiropractic-uk.co.uk

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Colonic Hydrotherapy

Many people have pre-conceived ideas about Colonic Hydrotherapy and Colonic Irrigation and imagine the worst, whereas it is in fact a colonic treatment which leaves you feeling clean, revitalised and well. It was used in UK hospitals until relatively recently when the cost became uneconomical in face of strong purgatives used before bowel procedures.

The colonic treatment itself exercises and tones the bowel thus aiding the evacuation of waste both during and after treatment. The toxic load on the body is reduced. Colonic treatment is now used in the UK as a naturopathic modality and is particularly useful in treating: Primary bowel conditions such as Irritable Bowel Syndrome (IBS) and constipation where the bowel can be normalised through water temperature variation during treatment.

Some organic disease states such as diverticulosis where regular elimination is important, bowel transit time is improved. Many secondary conditions, especially those affecting the other eliminative organs (skin, urinary tract and lungs), where they are accompanied by poor bowel mechanics. Body detoxification, when accompanied by dietary measures.

The benefits of colonic irrigation can often be quickly observed in the form of improved bowel function together with clearer skin, more mental clarity and fewer headaches. Circulatory, immune, inflammatory and weight problems can also often improve with colonic treatments when accompanied by recommended diet and lifestyle changes. After treatment from colonic therapists, the bowel is better able to absorb nutrients and less likely to absorb enterotoxins. Unlike enemas, it is not habit-forming. Association and Register of Colon Hydrotherapists www.colonic-association.org

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Massage

Massage is the practice of soft tissue manipulation with physical, functional, and in some cases psychological purposes. Massage involves acting on and manipulating the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Target tissues may include muscles, tendons, ligaments, skin, joints, or other connective tissue, as well as lymphatic vessels, or organs of the gastrointestinal system. Massage can be applied with the hands, fingers, elbows, forearm, and feet. There are over eighty different recognized massage modalities.

In professional settings massage involves the client being treated while lying on a massage table, sitting in a massage chair, or lying on a mat on the floor. The massage subject may be fully or partly unclothed. Parts of the body may be covered with towels or sheets.

Ayurvedic Massage

Ayurveda, literally translates as 'knowledge of life', is an ancient philosophy and traditional medicine that hails from India and has become popular as an alternative therapy in the Western world.

Ayurveda is concerned with the body's harmony with the natural world, encouraging a lifestyle that works with, rather than against nature, and aligns with our life stage and environment. The treatments in Ayurvedic medicine are varied and plant-based, with massage, yoga and meditation playing big parts in the promotion of general wellbeing. Ayurveda is suitable for all ages and lifestyles, and is said to have many health benefits.

Baby Massage

Usually taught to parents and caregivers of babies in a group class format. Infant Massage has been shown to help with bonding, calming, communication, and healthy maturation for both baby and parent. Baby Massage helps with:- infant-parent attachment or "bonding", relaxation, makes baby feel loved, promotes better sleep, facilitates body awareness, boosts immune system, sensory stimulation, improves skin condition, improves blood circulation, helps digestion, balances respiration, relief for teething pains, help waste elimination, helps build parents' and baby's self-esteem, helps you learn about your baby (their needs and desires), relaxes parents, pleasurable experience, stimulates production of oxytocin. International Association of Infant Massage www.iaim.org.uk



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Osteopathy

Osteopathy recognises the importance of the link between the structure of the human body and the way it functions. Osteopaths focus on the body's skeleton and joint function along with the underlying muscles, soft tissue and internal organs. They consider each person as an individual. Utilising a highly developed sense of touch, they identify problem areas of the body. Using gentle stretching and mobilising techniques as well as manipulating joints, an osteopath works with the body to create the perfect conditions to facilitate the healing process.

Treatment usually consists of a combination of soft-tissue releasing techniques, and some specific adjustments affecting joints and soft-tissues (muscles, tendons and ligaments). Advice can also be given on self-help treatments.

British Osteopathic Association www.osteopathy.org

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Physiotherapy

Physiotherapists are involved in a huge range of care including: Spinal problems, joint problems, injuries, rehabilitation after orthopaedic surgery or fractures, abdominal problems, gynaecological conditions, obstetrics, chest conditions, neurological conditions, paediatrics, circulatory problems. Physiotherapists will not only treat the problem but by spending time with the patient will often be able to show the patient how to help prevent the problem happening again.

Physiotherapists use a number of different techniques including manipulation and mobilisation, massage, hydrotherapy, exercise programmes, electrotherapy (eg. ultrasound) and in some cases acupuncture.

Under current law only people who are Registered with the Health Professions Council are able to call themselves physiotherapists. This means it is particularly important to make sure that any physiotherapist you visit

is registered. You can do this by viewing the HPC Register at www.hpcheck.org and searching the physiotherapists list. They will probably also have one of the following sets of initials after their name:

MCSP – Member of the Chartered Society of Physiotherapy
FCSP – Fellow of the Chartered Society of Chartered Physiotherapy is a comprehensive treatment using a variety of techniques to assist healing and to ease symptoms of back, neck and joint pains and injuries.

Ella Gibbs MCSP SRP

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Reflexology

Reflexology is the application of appropriate pressure by thumbs and fingers to specific points and areas on the feet, hands, or ears in order to improve the recipient's health.

Reflexologists understand that these areas and reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the organs and person's general health. For example, reflexology holds that a specific spot in the arch of the foot corresponds to the bladder point. When a reflexology practitioner uses thumbs or fingers to apply appropriate pressure to this area, it affects bladder functioning.

The left foot corresponds to the left side of the body and all organs etc. found there.

The right foot corresponds to the right side of the body and all organs found there. For example, the liver is on the right side of the body, and therefore the corresponding reflex area is on the right foot.

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Zero Balancing

Nicola Smith

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Aromatherapy

Aromatherapy is the systematic use of essential oils in holistic treatments to improve physical and emotional well-being. Essential oils, extracted from plants, possess distinctive therapeutic properties, which can be utilised to improve health and prevent disease.

These natural plant oils are applied in a variety of ways:

- Massage (most used method)
- Baths (add a few drops to warm water)
- Inhalations (not for asthmatics)

Aromatherapy is an especially effective treatment for stress-related problems and a variety of chronic conditions.

www.aromatherapycouncil.co.uk

Anna Kent

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Buteyko Method

Most of us in the West breathe badly, some suffer serious health problems because of this; asthma, panic attacks, hypertension, sleep apnoea are examples, the rest of us are operating well below par. All this can be changed with a little time and effort to break the old bad breathing habits and replace them with normal healthy breathing. In a short Buteyko workshop of 60-90 minutes a group of twenty or more can learn enough to start to change their breathing, their lives and improve their health. For some this will be all they need or want, to help them deal with stress or to improve their general health, others may decide to take the next step of enrolling for a full Buteyko course. With a full Buteyko course of five sessions of 90 minutes, in small groups, everyone can learn to take better control of their breathing and enjoy a healthier life, less troubled by the day to day stresses that are part of our modern work & living.

Information supplied by Michael Lingard, Buteyko Tutor on 01580 752 852

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Homeopathy

Homeopathy is a natural system of medicine that stimulates the body's own immune system to heal itself. Homeopathy is based on three main principles:

Our bodies have the ability to heal themselves if properly stimulated rather than relying on the actions of drugs;

Homeopathy treats people rather than illnesses, so each prescription is tailored to the unique circumstances of a person;

Homeopathy addresses the underlying cause of an illness, not just the symptoms.

Homeopathic remedies are made from very small doses of natural substances. They act to strengthen the body's natural defenses against illness. After a period of homeopathic treatment most people find that they are less susceptible to illnesses going around. Their own immune system has been strengthened and is working as it should, to prevent them from illness.

Because homeopathy treats the person rather than the illness, people with a whole range of problems can be treated homeopathically.

Health Together Homeopathy

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Sallyanne Wilson

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Reiki

Reiki is an ancient healing technique which balances the body, mind and spirit. It is a non-invasive treatment which reduces stress, allowing the body to heal itself. In essence, a Reiki treatment has the effect of optimising the body's immune system so that it may cope better with illness and disease. Reiki should be understood to be a "maintenance" therapy rather than as a "cure". Simply

put, if the human body is well maintained, the likelihood of disease, depression etc. is reduced.

Reiki can help with:

Stress, depression, post operative healing, anxiety, arthritis, lethargy & fatigue, the side effects of traditional cancer treatments, sleeping disorders, incontinence.

Abigail Bennett

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reiki@abigailbennett.com

www.abigailbennett.com

Shiatsu

Shiatsu is a style of bodywork developed in Japan. Its goal is to restore the healthy flow of energy throughout the body.

Shiatsu is similar to acupuncture, but uses finger pressure instead of needles. Its name comes from two Japanese words -- "shi" or finger and "atsu" or pressure.

What happens during a shiatsu massage?

For shiatsu, wear loose clothing. It is usually performed on a mat on the floor. The practitioner will use their fingers and thumbs to apply pressure to specific points on the body's energy pathways, known as meridians. They often use other techniques such as rocking, stretches and joint rotations.

Shiatsu treatment is holistic, addressing the whole body rather than focusing on the one area where symptoms are most obvious. A shiatsu session usually lasts between 45 minutes and an hour.

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Mind, Learning & Development

Counselling & Psychotherapy

Counselling

The BACP definition of counselling

Counselling takes place when a counsellor sees a client in a private and confidential setting to explore a difficulty the client is having, distress they may be experiencing or perhaps their dissatisfaction with life, or loss of a sense of direction and purpose. It is always at the request of the client as no one can properly be 'sent' for counselling.

By listening attentively and patiently the counsellor can begin to perceive the difficulties from the client's point of view and can help them to see things more clearly, possibly from a different perspective. Counselling is a way of enabling choice or change or of reducing confusion. It does not involve giving advice or directing a client to take a particular course of action.

For more information visit www.bacp.co.uk

Psychotherapy

It is not possible to make a generally accepted distinction between counselling and psychotherapy. There are well founded traditions which use the terms interchangeably and others which distinguish between them. If there are differences, then they relate more to the individual psychotherapist's or counsellor's training and interests and to the setting in which they work, rather than to any intrinsic difference in the two activities. A psychotherapist working in a hospital is likely to be more concerned with severe psychological disorders than with the wider range of problems about which it is appropriate to consult a counsellor. In private practice, however, a psychotherapist is more likely to accept clients whose need is less severe. Similarly, in private practice a counsellor's work will overlap with that of a psychotherapist. Those counsellors, however, who work for voluntary agencies or in educational settings such as schools and colleges usually concentrate more on the 'everyday' problems and difficulties of life than on the more severe psychological disorders. Many are qualified to offer therapeutic work which in any other context would be called psychotherapy.

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The Link Centre provides an opportunity for people to train as psychotherapists / counsellors , runs short introductory courses and Continued Professional Development workshops. Personal counselling and psychotherapy sessions also available.

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Hypnotherapy, EFT & NLP

Hypnotherapy

Hypnotic techniques can induce everything from a light to a heavy hypnotic state to help a client overcome psychological or physical problems. From helping people to overcome a craving for cigarettes, overcoming phobias such as fear of flying to managing chronic pain from an illness or accident, trained hypnotherapists work with a wide variety of problems.

The hypnotic state is an optimum state for making changes in our lives. However a hypnotherapist cannot force change. The hypnotist's role is merely to facilitate clients to achieve whatever it is they want to change in their lives.

EFT

EFT relieves symptoms by an unusual routine of tapping with the fingertips on a short series of points on the body that correspond to acupuncture points on the energy meridians. Where there is an imbalance, there is a corresponding blockage in the flow of energy through the meridian system. The tapping serves to release the blockages that are created when a person thinks about or becomes involved in an emotionally disturbing circumstance. Some examples of energetic patterns that have been successfully cleared using EFT: Fears related to performance like public speaking, concentration, sports, etc., phobias like the fear of heights, flying, enclosed spaces, driving, etc., emotional trauma from war experiences, physical abuse, etc., disturbing emotions like depression and anger, emotions related to addictive patterns like eating and smoking, insomnia, emotions related to physical conditions.

Eastbourne Hypnotherapy Practice

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Learning & Life Coaching

Coaching is not therapy, counselling or even mentoring. A coach is a skilled person who supports you in building your goals and helps put you on the path to achieve these. The process is totally confidential and as long as you build rapport with your coach it will be most thought provoking. More importantly it will enable action-planned change. Coaching offers a vehicle for analysis, reflection and action that ultimately enables the client to achieve success in one or more areas of their life or work.

Coaching is all about looking ahead and going forward. If there are historical issues holding you back, a coach who is trained in NLP (neuro-linguistic programming) or something similar can help you to remove these limiting beliefs that may have been ingrained since childhood. It is important to assess a coach and ensure that person is going to fit you and be able to help you with your specific issue.

There are many types of coaching where someone may specialise in a particular area such as business coaching, retirement planning, life coaching, confidence coaching, parental coaching.

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Dyslexia Therapy

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HEALTHY LIFESTYLE

Diet & Nutrition

This is a very large and complex area with many different companies offering solutions to weightloss/gain.

There are qualified or unqualified people offering supplements, food plans, support groups, counselling etc. Nutritional therapists or dieticians will have qualifications and an understanding/knowledge of medicine studies. If a previous medical condition needs to be taken into consideration please visit your doctor or qualified therapist before embarking on a supplementation programme.

Nutritional therapy is a system of healing based on the belief that food, as nature intended, provides the medicine we need to obtain and maintain a state of health: our food is our medicine and our medicine is our food. Although some health problems require specific medication, many conditions can be relieved effectively with nutritional therapy. These include disorders ranging from chronic fatigue, energy loss, insomnia and depression, to backache, skin complaints, asthma, and headaches.

Nutritional therapy will also benefit you if you have no specific illness, but want to maintain a state of optimum health. It is safe for babies and children as well as adults, and the change of eating patterns that is typically prescribed usually has far fewer side effects than synthetic medicines.

There are many different forms of advice within the realms of nutritional therapy, some work with supplementation while others believe that all nutrients can be found with the food we eat. It is advised to have a consultation to decide which form works best for you and your lifestyle. There are also different qualifications, some therapists will have attended college or university.

- Food Intolerance
- Health Screening
- Holistic Health
- Nutrition Therapy



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Which of these common symptoms are dragging you down?

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Hair & Beauty**Arbonne Southern**

Sue Lewis

Brighton

07879 075817

suelewis14@tiscali.co.uk

Denise Gell

Dr Hauschka therapies and products

Eastbourne

07904 858081

denisegell@myguide.net

www.eastbournehauschka.co.uk

Lisa Cove

Massage & Beauty Therapist

The Carlton Clinic

1 The Green,

Ringmer BN8 5QG

07929 755296

www.carlton-clinic.net

Liz Silvester

Make-up artist

Eastbourne

01323 728788 or 07800 870525

lizsilvester12@gmail.com

Suzanne Arnold

Lower Barn,

Westdean

Seaford

BN25 4AL

01323 871317 or 07778518265

www.beautybusiness.com

Tamsin Farrant

Dr Hauschka therapies and products

Eastbourne

07979 498626

info@facialeastbourne.co.uk

www.facialeastbourne.co.uk

Home - Garden**Mays Terracotta**

The Home Farm, The Green

Wilmington (A27), Nr Polegate BN26 5SP

01323 486400

www.potwarehouse.co.uk

www.maysterracotta.co.uk

Home - Green Solutions**OvenCleaners4U**

Eco-friendly cleaning

Alex Young

Hove

07768 256747

Networking & Groups**Helen Raggett**

Brighton

01273 564829

www.freetoprosper.net

Looking for ambitious and hardworking people in our Health and Wellness business. Full Time & Part time opportunities

The Pot Warehouse & Plant Centre
 incorporating *The Secret Garden*

The Home Farm - Thornwell Road, Wilmington Bn26 5SP

Phone 01323 486400 Open 10am until 4pm 7 days a week
 We are stockists of Lucas Garden Staluary www.lucasstone.com
 www.potwarehouse.co.uk www.maysterracotta.co.uk

The advertisement includes a map showing the location near Polegate, Lewes, and Long Steep. It also features four photographs: a garden with a white metal table and chairs, a variety of potted plants, a large potted plant, and a garden with a white metal table and chairs.

Health & Fitness

Travel & Leisure - B & B

Netherwood Lodge Bed and Breakfast

Chiddingly
Nr. Lewes,
BN8 6HS
01825 872512
netherwoodlodge@hotmail.com
www.netherwoodlodge.co.uk

Travel & Leisure - Festivals

Out of the Ordinary Festival

Out Of The Ordinary
P.O. BOX 52 50
BN50 9ZS
01273 688788/ 07807 918 678
info@outoftheordinaryfestival.com
www.outoftheordinaryfestival.com

**Netherwood Lodge
Bed and Breakfast**
Chiddingly, East Sussex

Locally sourced food • Natural furnishings • Eco toiletries

www.netherwoodlodge.co.uk
01825 872512

SUSSEX HOLIDAY HOMES
BRITAIN'S FINEST
Sandys Special Places

Dance & Movement

Creative Embodiment workshops

Sudakini
Eastbourne Natural Fitness Centre
Eastbourne
01323 732 024
sudakini@googlemail.com
www.naturalfitnesscentre.co.uk

Deep Bodywork & Postural Integrity

Tim Brown
Hove
01273 271408
www.bodyworks.org.uk

Gym

Curves Gym (Eastbourne)

Sarah Lush
3 Cornfield Lane
Eastbourne
BN21 4NE
01323 648 837
www.curveseastbourne.co.uk

Pilates

Pilates engages the mind and the body to provide a full body workout. It is practiced on a mat or with special spring-loaded equipment. Pilates focuses on executing movements with good technique to integrate the mind and muscles.

Mat Classes: A Pilates mat class, uses your own body weight for resistance. These classes assist in improving core strength and overall flexibility. You will also use Pilates apparatus during the class. There are different levels of mat work to fit your needs. Beginner, intermediate, advanced and mixed abilities.

Standing Pilates: Helps develop coordination and balance in relation to gravity. This is a truly functional fitness. Benefits of the work include building stronger bones, better balance, great for pelvic floor, conditioning and improved posture. It will definitely give you flatter abs, tone legs and buttocks, giving a longer leaner look.

Children and Teen Pilates: By the age of 6, children can start having a poor posture. Sitting at school all day long and not exercising enough are some of the reasons for

this. While gaining incredible popularity with adults, the Pilates method also offers a range of benefits to children. These benefits are increased strength and flexibility of the abdominal and inner muscles of the body. It is a basis for improving posture and spinal alignment, increasing strength and flexibility.

Props Pilates: Mat class with small apparatus to challenge you deeper.

Pregnancy Pilates: Feel strong and pain free as your body is changing.

Pilates on the Ball: This class focus on your balance, strength and core stability. Great class if you want to challenge your body.

Pilates may help alleviate some of the pain associated with arthritis and sciatica. Exercises may be done standing or seated for seniors who have difficulty getting up and down from the floor. Pilates is one of the greatest tools for keeping aging bodies ageless!



"Where Physiotherapy meets Pilates"

Specialist Pilates studio in the heart of Old town, Eastbourne

Matwork & equipment sessions

www.theclinicalpilatesstudio.co.uk

07986 060354

THE CLINICAL PILATES STUDIO

Pilates at Brighton Natural Health Centre

27 Regent Street (North Laines)

Brighton, BN1 1UL

01273 600010

info@bnhc.co.uk

www.bnhc.co.uk

The Clinical Pilates Studio

Mary Thornton

Eastbourne

07986 060354

www.theclinicalpilatesstudio.co.uk

The Wellington Centre

51 High Street

Hastings TN34 3EN

01424-722588

www.thewellingtoncentre.com

enquiries@thewellingtoncentre.com

Tai Chi

Tai Chi at Brighton Natural Health Centre

27 Regent Street (North Laines)

Brighton, BN1 1UL

01273 600010

info@bnhc.co.uk

www.bnhc.co.uk

Tai Chi for Health

Equilibrium Complementary Health Centre

16 Station Street,

Lewes,

East Sussex, BN7 2DB

01273 470955

www.equilibrium-clinic.com

Yoga

A general term for a range of body-mind practices used to access consciousness and encourage physical and mental well-being.

In our hectic modern world many people are taking 'time out' to practice yoga - a system of philosophy that originated in India 5,000 years ago. Everyone can practice yoga, regardless of age, sex or ability.

Yoga offers an holistic approach to body, mind and spirit, which can provide us with the tools to cope with the challenges of daily life. Yoga can also complement medical science and therapy for specific conditions.

You may be drawn to yoga simply for health and fitness, or be seeking relief for a specific physical condition. You might want help with managing stress, or would like pregnancy yoga classes or exercises suitable for the less able-bodied. Whatever your objectives, there are yoga classes that can meet them.

By making yoga a part of your daily routine, you may become aware of subtle changes in your approach to life. In your yoga class you may well begin to glimpse a state of inner peace...your true Nature.

Forms of "physical" Yoga include Hatha (Iyengar, Bikram, Ananda, Astanga Vinyasa/Power, Phoenix Rising, etc.) and Kundalini.

The Natural Fitness Centre

The Redoubt, 51 Royal Parade

Eastbourne

BN22 7QA

01323 732024

info@naturalfitnesscentre.co.uk

www.naturalfitnesscentre.co.uk

The PranaStar Studio

3a Cornfield Lane
Eastbourne
BN21 4NE
07727 124 097
www.pranastar.co.uk

The Wellington Centre

51 High Street
Hastings
TN34 3EN
01424-722588
www.thewellingtoncentre.com
enquiries@thewellingtoncentre.com

The Yoga Life Studio

The Enterprise Centre
Station Parade
Eastbourne BN21 1BD
07812 052742
info@yoga-life.co.uk
www.yoga-life.co.uk

Yoga at Brighton Natural Health Centre

27 Regent Street (North Laines)
Brighton, BN1 1UL
01273 600010
info@bnhc.co.uk www.bnhc.co.uk
Over 30 yoga classes in the heart of Brighton. Astanga, iyengar, hatha, classic, vajrasati, mums & babies and pregnancy yoga.

Medical Centres and Natural Health Clinics

Anahata Health Clinic

119-120 Edward Street
Brighton, BN2 0JL
01273 698687
info@anahatahealth.com
www.anahatahealth.com

Battle Healthy Living Colon Therapy Clinic

Old Brewery Yard, High Street
Battle TN33 0AF
01424 773373
info@battlehealthylivingclinic.co.uk
www.battlehealthylivingclinic.co.uk

Eastbourne Clinic of Natural Medicine

69 Mead Road
Eastbourne
East Sussex BN20 7QL
01323 734664
www.eastbournenaturalhealth.co.uk

Equilibrium Complementary Health Centre

16 Station Street,
Lewes, East Sussex BN7 2DB
01273 470955
www.equilibrium-clinic.com

16 www.wellbeingdirectory.co.uk

The Carlton Clinic

Jonathan Cove
1 The Green
Ringmer BN8 5QG
01273 813833
www.carlton-clinic.net

The Carlton Clinic provides Osteopathic treatment and a wide variety of other therapies such as acupuncture, chiropody, homeopathy, hypnotherapy, massage, nutrition and physiotherapy. Practices in Horley and Ringmer.

The Natural Fitness Centre

The Redoubt,
51 Royal Parade
Eastbourne BN22 7QA
01323 732024
info@naturalfitnesscentre.co.uk
www.naturalfitnesscentre.co.uk

The Wellington Centre

51 High Street
Hastings
East Sussex TN34 3EN
01424-722588
www.thewellingtoncentre.com
enquiries@thewellingtoncentre.com