

Contents

Wellbeing Magazine

Welcome to Wellbeing, the magazine that offers inspirational and inspiring information. It encompasses what we eat, how we look after our bodies and mind as well as our home and working environment. With the start of 2007 the theme of this months edition is how to set goals for your health, body and mind. As always we encourage you to research and find out additional information for yourself by reading our recommended websites and books. You are welcome to write or email and we look forward to sharing your stories. If you didn't receive last months edition please view the back issues at www.wellbeingmagazine.com Enjoy and be inspired.



Rachel Scriven

A background in publishing and a passion for health and nutrition. I hope Wellbeing will inspire you to explore your own health and wellbeing, enabling you reach your full potential and to enjoy a full and active life.

Rachel Scriven

Publisher

Tel: 01892 541621

rachel@wellbeingmagazine.co.uk

Editorial Department

editorial@wellbeingmagazine.co.uk

This months contributors

Richard Branson
Fleur Brown
Jorge Bustamante
Karen Martin
Anji Marychurch

David Pass
Lynette Prigmore
Clare Robinson
Vicky Salter
Sandrine Walker

Published by Wellbeing 5 Bentham Hill House,
Stockland Green Road, Tunbridge Wells Kent TN3 0TJ
Tel: 01892 541621 www.wellbeingmagazine.co.uk

Printed by

Pensord Press Tram Road, Blackwood, Gwent NP12 2YA

Whilst every care has been taken to ensure that the data in this publication is accurate, neither the publisher nor its editorial contributors can accept any liability to any party loss or damage caused by errors or omissions resulting from negligence, accident or any other cause. We are unable to check claims made by advertisers are legal and truthful and that all products and services are safe, Wellbeing does not accept any liability in relation to advertisements placed.



5 What do dream of for 2007?

6 What's in season?

8 New Year Detox

10 The Healing Secrets of Food and Nutrition

10 Vitamic C - It can defeat cancer



18 New Years Resolutions - Bah Humbug

20 What is a business coach?

Online directory and archived magazines visit www.wellbeingmagazine.com

Interested in running your own Wellbeing Magazine?
Call Rachel on 01892 541621



11 What doctors don't tell you

12 Colonic Hydrotherapy

13 What is Iridology?

14 Standing Pilates

16 Prevention of Injury

17 Your Hour of Power



21 Say No to New years Resolutions