



# Wellbeing Magazine

## Welcome to Wellbeing Magazine

Over the last few months we have been searching for some hints and tips to help you make the Christmas holidays go smoothly and with as little stress as possible.

We also welcome Earl Talbot to our growing list of contributors. For the last two years Earl has shared his thoughts and ideas with me, about how to become the best you can be, I like to call them "his little pearls of wisdom", see page 31

Wellbeing magazine aims to offer inspirational and educational articles. It encompasses what we eat, how we look after our bodies and mind as well as our home and working environment.

As always we encourage you to research and find out additional information for yourself by reading our recommended websites and books.

If you didn't receive last months edition please view it online at [www.wellbeingmagazine.com](http://www.wellbeingmagazine.com)

Enjoy and be inspired

## Inside this issue...



- 5 Over Indulgence, Pleasure or Poison?
- 8 Ragdale Hall
- 10 What's in Season
- 12 A healthier festive feast
- 16 How well do you know your nuts?



- 19 Walking - A lost art
- 20 Alternative ageing
- 21 Banish wrinkles
- 22 Face workout



- 31 Earls pearls of wisdom
- 32 Tis the season to be jolly!



- 24 Christmas Gifts
- 34 Wellbeing Property
- 35 Book Review
- 36 Community News
- 39 Wellbeing Directory



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Published by  
**Wellbeing Magazine Ltd**  
5 Bentham Hill House  
Stockland Green Road  
Tunbridge Wells  
Kent TN3 0TJ  
Tel: 01892 541621  
[www.wellbeingmagazine.com](http://www.wellbeingmagazine.com)

Printed by  
Pensord Press Tram Road,  
Blackwood, Gwent NP12 2YA

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