



Wellbeing Magazine

Welcome to Wellbeing Magazine

This months issue is all about the six senses, taste, touch, smell, sight, hearing and intuition and how by using all your senses effectivley you can enhance your life and wellbeing.

We welcome Kate Arnold as a regular contributor to Wellbeing offering you nutritional advice each month, with this months focus on allergies.

We look at Bach Flower Remedies, buying essential oils and as we hit the hayfever season we look at some of the alternative remedies available to you.

Music has always been used as a form a therapy so perhaps it is time to learn to sing or take up a new instrument (see page 20)

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

If you didn't recieve last months edition please view it online at www.wellbeingmagazine.com

Enjoy and be inspired



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