



What Have You Read Lately?

Book Reviews

What have you read lately?

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



Herbal Remedies by Andrew Chevallier from the Eyewitness companions Dorling Kindersley ISBN 978-1-4053-1282-0

Another wonderful book from the Eyewitness Companions range.

If you are interested in growing herbs to use as Herbal Remedies then this

is definitely a must for your book shelf. More than 140 key plants are covered in detail, with latin name, picture, which parts of the plant are used, what they are used for and step by step instructions for making simple herbal preparations.

Beautifully illustrated and perfect for anyone who is just getting started or is already interested in herbal remedies.



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Stress reduction and relaxation - Composed By Matthew Slater, NLP written by Frances McGinty

Natural Thinking, www.naturalthinking.com

Take Time out and experience a different you. A new CD from Natural Thinking combines the power of binaural beats with Neuro Linguistic Programming.

This is a CD that you play through headphones to enable the Binaural beats to be sent to the right and left sides of the brain. Certainly not one for the car as having played this CD a number of times after a hard days work, I found myself fast asleep before the end of the CD. The sounds are beautiful and offers a great way to relax and unwind after a hard day in the office. This CD can be purchased for the special Wellbeing price of £11.99 or calling 0800 7817356 www.wellbeingmagazine.com/readeroffer



Ragdale Hall, Healthy Food Tasting Good

ISBN: 0-9540496-1-1

This new book, published by the award winning health spa based in Leicestershire, features a wonderful selection of their most popular recipes, ranging from energising breakfast ideas, smoothies, healthy organic cakes and snacks, to soups and light lunches, followed by a selection of dinner menus and deserts.

Each recipe is beautifully illustrated and simple to follow (no long complicated instructions) and would make an ideal gift for anyone who has already visited Ragdale Hall or anyone you likes to cook and try new recipes. The book is available from Ragdale Hall £9.99 (Plus £1.50 p&p) call 01664 434831 or email: marketing@ragdalehall.co.uk

Reader Giveaway

Wellbeing Magazine has **two copies** of Ragdale Hall to give away. Email your name, address and contact details to rachel@wellbeingmagazine.com with the subject '**Ragdale Hall**' and the first two readers selected on the 6th July with be sent a copy.