

October 2006 Issue 1

www.wellbeingmagazine.co.uk

tunbridge wells

Wellbeing

"the state of feeling healthy and happy"

informative ●

inspiring ●

enlightening

Headaches:

Is it all in the mind?

Are you on the
right path?

- How can you change your health, wealth and future?
- What's in Season - support your local farmers & suppliers
- Hanging upside down isn't just for children



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Wellbeing Magazine

Welcome to the first edition of Wellbeing Magazine. The wellness industry is currently the fastest growing industry as more and more people are looking to take responsibility for their own health and wellbeing.

Wellbeing encompasses what we eat, how we look after our bodies and mind as well as our home and working environment.

We bring together advice, knowledge and wisdom from therapists, practitioners and experts from around the country. We also encourage you to research and find out for yourself by reading our recommended websites and books. You are welcome to write a letter and share your stories with us. 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

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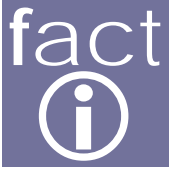
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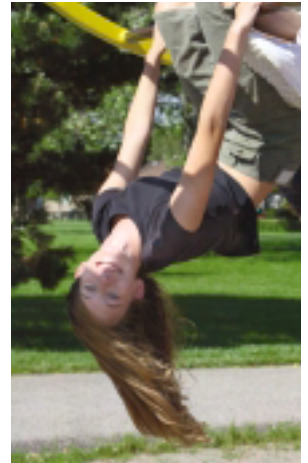
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did you know?



How fresh is your fruit?

Modern food storage methods mean that we often eat food we assume to be fresh but which was picked possibly months before hand, held in storage, gassed and sprayed. The nutritional value depleting as it proceeds on its long journey from farm to plate. For example in a recent study a Marks & Spencer's fresh mango contained just 42% of the vitamic C content of the unprepared fruit. Why not source local produce from your local farm shop to cut down on long transportation times.

Hanging upside down isn't just for children

Hanging upside down isn't just for children playing on climbing frames or acrobats in the circus - it can also be good for your health. Known as inversion therapy, it can help back problems, posture and your brain. There are two types of this therapy. Some practitioners use their own body to support the client, others use specially - designed tables.

Check your fridge temperature regularly

- if it goes above 5°C bacteria starts to multiply fast.



3,500 chemicals in the food we eat

Since the 1950s 3,500 man-made chemicals have found their way into the food we eat, and many are know as anti-nutrients, meaning they interfere with the absorption of nutrients which are essential for our wellbeing.

Holidays can offer a life changing experience



Each month we will be looking at life changing holiday experiences to give you ideas and inspiration rather than the usual tourist package holiday.

One Christmas a couple of years ago, life had become unbearable, a failed relationship, a job I hated and the prospect of Christmas alone was daunting. A couple of weeks before Christmas I emailed a friend, who had been extremely brave and escaped the rat race, setting up a conservation dive centre in Belize. I had always wanted to learn to dive and although I had no idea where Belize was, decided that this would be the perfect escape for the Christmas break.

Polly thought she may be able to accommodate me, it seemed I wasn't the only one looking to escape Christmas. Two weeks later I set off on my adventure, a 12 hour stop over flight to Houston, a three hour flight to Belize City and then a small plane down to Punta Gorda. This was quite an experience as the plane made many stops at small remote villages along the way, the airport terminal was actually a shed and the runway was a dusty

road, I knew this was going to be a great adventure.

There were no hotels, nightclubs or tourists, just lots of smiling, happy, relaxed locals. On arrival it was like entering the Big Brother house, introducing myself to the other guests who I would be living and diving with on a remote island (the size of a football pitch) 40 miles off the mainland.

I truly loved the whole experience it gave me, the peace and quiet to reflect on my life (as my mobile didn't get a signal and there was no TV) and the space to put my world back home into perspective.

It gave me the confidence to take action when I returned, finally cutting ties with the negative influences of my past. I made a new home for myself in Speldhurst and a few months later found my dream career and started a new business. I did return to Belize a few months later to eager to complete my advanced diving and on my return the second time I met the man of my dreams.



*'Having already dived in other places throughout the world....diving with ReefCI on the Sapodilla Cayes is a whole new experience. I now have a totally new perspective of the reef environment and my diving has definitely changed for the better. Not only am I a better diver, I can now recognise fish, coral, invertebrates and other species that I was not aware of before. All of this combined with the island experience, the jungle and the people I have met, has made this a fantastic holiday in fact, I just HAD to stay another week!!!!
.....Robyn 20 years*



ReefCI offer marine conservation trips to Belize with a difference. The trips are focused on the environment and also on the people that go on them. We accept small groups only and a variety of ages. The ReefCI customers so far have ranged from 18 years to 65 years! The diving is structured but extremely relaxed and not regimented. It is safe, non challenging diving in the Caribbean which does not have strong currents and visibility ranges from 15-40 metres. There are rarely other divers in the area (we never have to share a site) and we often discover new dive sites. We also do pre-breakfast and night

recreational dives which are both fantastic. The pre-breakfast dive is a great way to start the day and the night dives are amazing with loads of life. Lots of shrimps and prawns, octopus, huge groupers and free swimming moray eels, lobsters out of their holes, squid, crabs.....and the string of pearls during the lunar cycle.....a real favourite.

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Email: info@reefci.com www.reefci.com



Pumpkins & Squash

Pumpkins and squash are an excellent source of antioxidant beta-carotene (only carrots and sweet potatoes have more) and are the number one source of alpha carotene, a cancer inhibitor potentially more powerful than beta-carotene. They also provide vitamins B5, C, E, potassium, calcium and fibre. And don't throw out the seeds, as they are an excellent source of zinc, essential fatty acids, and are a great source of plant protein

During the Pilgrims first winter in America, this pumpkin saved many of them from starvation. Now popular in Britain and associated as a symbol of Hallowe'en the pumpkin is just one of a variety of gourds and squash that can be used to make an array of set and savour dishes.

When choosing a pumpkin it should have a smooth skin and be firm to the touch. Smaller pumpkins contain more flesh and are best for eating and have a sweet, honey flavour. Choose winter squash and pumpkins that are heavy for their size, and have hard, dense, unblemished skins.

With November just around the corner, find out what fruit and vegetables are in season. Buy local produce where ever you can. Not only does freshly picked produce taste better, you also know that it hasn't been transported many thousands of miles and stored until it reaches the supermarket shelf. It also gives you an opportunity to support local farmers and suppliers.

October

Vegetables: Broccoli, autumn varieties of Cabbage, Marrows and Squashes, Potatoes and young Turnips.

Fruit and Nuts: Fresh Walnuts, Sweet Chestnuts, Hazelnuts, Kentish Cobs, Quinces, Crab cooking and eating Apples and Pears.

Game: Pheasant, Woodcock, Partridge, Grouse, Guinea Fowl, Hare and Mallard.

Fish: Brill, Cod, Dover Sole, Mussels, Oysters, Squid and Turbot.

November

Vegetables: Parsnips, Turnips, Beetroots, Cabbages: Red and Savoy, Carrots, Cauliflowers, Celeriac, Celery and Leeks.

Fruit and Nuts: Apples, Pears, Quinces, Medlars, Almonds, Chestnuts, Hazelnuts and Walnuts.

Game: Pheasant, Partridge, Mallard and Grouse. Hare and Wild Rabbit.

Fish: Halibut, Herring, Sea Bream and Sprats.



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Although available almost all the year round, winter squash make their ripest appearance in the early autumn. They are characterised by thick, hard skins and meaty seeds that are often wonderful for toasting. Their dense orange-yellow flesh is usually best baked or steamed, when it can be puréed for soups. Unlike courgettes and some other summer squashes, winter squash should not be eaten raw. Varieties include butternut, acorn, spaghetti, delicata, sweet dumpling, turban, and of course the mighty pumpkin. Most can be stored successfully, uncooked, for up to one month in the refrigerator or another cool place that's out of the sun.

Autumn and winter squashes and pumpkins last for weeks stored in a cool dry place. Smaller squashes such as butternut, acorn and patty pan are particularly sweet and nutty.

useful source of:

- Vitamin A (Retinol)
 - Beta-carotene
- Also contains:
- Phosphorus
 - Iron
 - Vitamin C
 - Magnesium
 - Betacarotene
 - Vitamin B6 (Pyridoxine)
 - Potassium
 - Niacin (Vitamin B3)
 - Zinc
 - Calcium
 - Vitamin B1 (Thiamin)
 - Lutein (Carotenoids)
 - Folate
 - Copper



Nutritional Info

100 grams raw pumpkin typically contains:
 13 calories
 0.2 grams fat
 0.1 grams saturated fat
 2.2 grams carbohydrate
 1 gram fibre

80 grams of boiled pumpkin typically contains:

10 calories
 0.5 grams protein
 0.2 grams fat
 0.1 gram saturated fat
 1.7 grams carbohydrate
 0.9 grams fibre



For more information on vegetable, whats in season, their nutritional value, images and recipes visit www.thinkvegetables.co.uk
 Thanks to Think Vegetables for the risotto recipe and accompanying image.

Spicy Pumpkin Risotto

- 1 large onion, peeled and chopped
- 2 tbsp olive oil
- 1 red birds eye chilli, finely chopped
- 1 2 tsp ground cinnamon
- 300g risotto rice
- 1 small pumpkin (approx 1kg), peeled and diced into 2cm pieces (or butternut squash)
- 100ml white wine
- 1 ltr hot vegetable stock
- 4 tbsp grated Parmesan, plus extra for serving
- Salt and freshly ground black pepper

1: Fry the onion in a wide pan for 4-5 minutes or until softened. Stir in the chilli and cinnamon and cook for 1 minute.

2: Add the rice and turn in the oil until all the grains are coated.

3: Stir in the pumpkin, add the wine and bring to the boil. Add the hot stock, 2 ladles at a time and allow to be absorbed by the rice before adding more. Stir frequently over a medium heat for 15-20 minutes until the rice is tender and all the stock is absorbed. The rice should still have a slight bite .

4: Mix in the Parmesan and seasoning, spoon into large bowls and serve immediately with extra grated Parmesan.

This pumpkin risotto is also delicious with the addition of fried crispy bacon pieces scattered over the top just before serving.

Pumpkin, butternut and crown prince are all winter squash. Their flesh is firm, the skin is hard and they keep very well. They are all ideal for roasting or mashing to use as a pie-filling or stuffing for pasta.
 For a tasty snack, the seeds of a pumpkin can be washed, dried and mixed with oil and salt before roasting in a hot oven for 15 minutes.



Why you & your family might be over weight

For many years, obesity was considered an “American” problem, and - to a certain extent - it was. But not any more. A Select Committee Health Report produced by the UK Parliament has made it perfectly clear that obesity is a new epidemic sweeping the globe and is even affecting countries previously linked to malnutrition.

In Great Britain, where obesity figures have grown by almost 400% in the last 25 years, a staggering two-thirds of the population are believed to be overweight* or obese†. Of particular concern is the increasing incidence of childhood obesity as, according to the Report, “most overweight or obese children become overweight or obese adults”. But why, exactly, have so many Britons become overweight in recent decades?

In some respects, the answer to this question is relatively straightforward: their energy (calorie) input consistently exceeds their energy output. They are simply eating too much and doing too little.

Conditions linked to being overweight

Greatly increased risk:

Type 2 **diabetes** •gallbladder disease • insulin resistance • **breathlessness** •sleep apnoea

Moderately increased risk:

Coronary **heart disease** •hyper-tension •**osteoarthritis** • **gout**

Slightly increased risk:

Cancer (breast cancer in post-menopausal women, endometrial cancer, colon cancer) •**reproductive hormone abnormalities** •polycystic ovary syndrome •impaired fertility •**low back pain** •anaesthetic risk •**fetal defects** associated with maternal obesity.

Remember: small rather than radical changes are safe, more achievable, and will make a difference when tackling a weight problem.

* Overweight is generally defined as a BMI (Body Mass Index) of greater than 25

† Individuals with a BMI greater than 30 are considered obese For A BMI calculator visit: www.best-look.com

1 Many of today’s convenience foods are calorie dens e.g .they contain a high number of calories for their weight.

2 People have more disposable income to spend on food (especially takeaways and dining out, where the consumer has less control over the ingredients and portion sizes).

3 Eating a healthy diet can cost considerably more than a less healthy diet for those on a limited food budget.

4 The consumption of alcohol (which can be highly calorific) has dramatically increased in recent years.

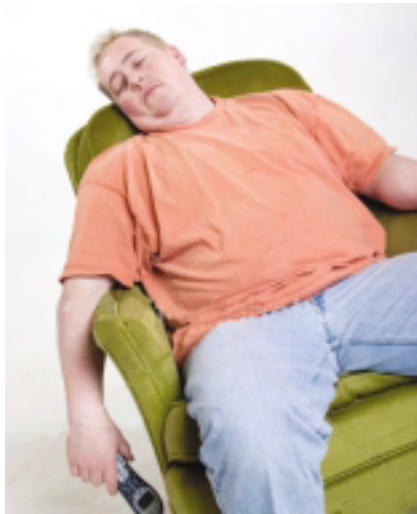
5 A large number of jobs require little (if any) manual exercise, many children and adults now live too far from school or work to cycle or walk, town planning has increasingly prioritised the needs of motorists above those of pedestrians and cyclists.

6 A growing number of British people now lack the basic skills and confidence to prepare and cook healthy meals. Food technology in schools has recently focussed on manufacturing and processing food rather than practical cooking skills.

7 Many schools and offices have installed vending machines selling fizzy drinks and confectionery in order to boost their budget.

8 A number of less healthy food options are marketed towards children who have more pocket money to spend than before, and give rise to ‘pester power’.

9 Some parents/carers no longer consider it safe for children to play outside without adult supervision, and so they play indoor games or watch television instead.



So how can we fight against obesity?

There are a wide number of treatments that can help to break down and disperse body fat, relieve back pain, improve circulation and basically alleviate a myriad of other symptoms linked to being overweight. However, such treatments will be of little benefit if the person ignores the importance of a balanced diet, regular exercise and a healthy lifestyle.

5 ideas to help you make a difference

Walk rather than use the car wherever possible (even if work is not within walking distance, try parking the car 15 minutes away, or get off the train or bus one stop early)

Exercise whilst watching a favourite television programme (even if this is just walking on the spot)

Prepare smaller meals

Have a piece of fruit, vegetable or nuts and seeds if the need to eat something is overwhelming.

Drink home-made fruit smoothies instead of wine. For a nutritional shake try ShapeWorks (www.best-look.com)

Eat until you're hara hachi bu

Translated from Japanese, this literally means "eat until you're 80 percent full." Residents of the Japanese island of Okinawa, who are among the oldest and healthiest people on the planet, have perfected this practice over the years.

In general, Okinawans eat 10 percent to 40 percent fewer calories than Americans. Try eating until you feel mostly full, then wait 20 minutes. Research suggests that many people are satisfied after following the 80 percent rule, even though they eat less.

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It's a common complaint: how can you lose weight if you're hungry all the time?

The solution may be easier than you think. Many acts of overeating, in fact, may have less to do with appetite than the sheer amount of food we have on our plate.

If we "super-size" our meals, it only stands to reason we would want to get our money's worth by cleaning our plates. But this is not how our bodies are meant to work. "Big meals override the cues that tell us we are full and should stop eating," says Rolls, who has seen this time and time again in various studies. "It's quite strange."

Food packaging and commercials may suggest cravings that are not really there; plus there's depression, anxiety and other outside influences that cause us to eat when we're not really hungry.

Super-size filling foods

Fruits and vegetables contain a lot of water and fibre, which can quickly fill you up and are low in calories. Why don't you super-size these foods much like you would fast food rather than cutting back, just eat more fruits and vegetables instead. Try a variety to keep your diet interesting. Corn or strawberries may prove more appealing than Brussels sprouts or grapefruit, so don't give up on all of these foods just because you don't like a few.

Snack "smart"

A little snacking may not only keep your hunger in check between meals, but may also leave you less tempted to overeat at dinner. Some research suggests that snacking throughout the day instead of sitting down for regular meals may lead to greater weight loss. Keep in mind that this does not apply to what we think of as traditional snacks, such as biscuits or crisps. Nibbling on nuts, which are high in protein, may leave you fuller than snacking on foods that are high in carbohydrates or calories. To make sure snacking doesn't become another big meal, try picking out different foods that are low in calories and keep them handy for when hunger strikes.

Limit fatty foods

Cakes and other fatty foods pack a lot of calories without adding much substance. A recent study on mice found that high-fat diets seem to override a hormone that tells the body when it's full. Foods laden with sugar and fat may taste good, but they do little to fill you up. Researchers from Tufts University found that nearly two-thirds of adults got more calories from soft drinks than any other specific food. As a whole, they were also more obese than those who stuck to fruit juice and low-fat milk.

Eat your protein

A high-protein, low-carb diet is believed to be unhealthy over the long term, but the latest diets have helped reveal a little-appreciated detail: protein-rich foods are possibly more filling. A recent study, at University of Washington School of Medicine followed 19 people who kept to a 2,000-calorie diet for several months. At first, they got 15 percent of calories from protein. Then they upped their protein to 30 percent. The men and women ate the same percentage of carbohydrates throughout, while cutting back on fats. Compared to the weeks they ate less protein, volunteers reported feeling more full when they got 30 percent of their calories from protein. They also lost more weight. As long as the protein is lean, she says that including such foods in your diet may help you eat less and lose weight.

Of course, a healthy appetite can make it hard to lose weight, especially if your stomach is grumbling because you've cut back on calories to shed a few pounds. So rather than just eating less, there are ways to feel full without giving up all that much. For hunger pains that don't go away—real or imagined—try some of our suggestions.

What Doctors Don't Tell You is a monthly health journal for consumers, which is delivered to your door. Every month it reports on the latest research that guides you to safety. www.wddty.co.uk

1 in 10 admitted to hospital will be a victim of a medical blunder

As it is, 1 in 10 people admitted to a hospital in Britain every year will suffer a mishap or accident that will harm them, said Edward Leigh, chairman of the Commons Public Accounts committee. And this is based on known, reported accidents.

"These figures would be terrifying enough without our learning that there is undoubtedly substantial under-reporting of serious incidents and deaths. To top it all, the NHS simply has no idea how many people die each year from patient safety incidents," said Mr Leigh.

Worse, Mr Leigh and his committee members have discovered that the situation is not getting any better. Doctors and hospital staff are not learning from the mistakes, but are merely repeating them every year. Guidelines are being consistently ignored, and safety recommendations are not being implemented.



Instead, doctors are turning a blind eye to the problem, probably because they either face legal action from the patient's family, or disciplinary action from the General Medical Council.

Patients have nowhere to turn, and it can be extremely difficult to prove a case of medical malpractice when hospitals and doctors constantly deny there has been a problem.

As it is, the National Patient Safety Agency says it is receiving 55,000 calls a month from people saying they were victims of a medical accident, and who don't know where else to turn.

Fortunately, becoming an informed patient is not as difficult as you might fear. At What Doctors Don't

Tell You (WDDTY), we do the job for you – and have been doing it for the past 16 years. Every month it reports on the latest research that guides you to safety. www.wddty.co.uk

Should Businesses Educate Staff about Healthy Options?

Nutrition experts are warning businesses to start educating their employees about eating more healthily to cut down on the time they'll need to take off work with illnesses this winter.

Each year it is estimated by the CBI-AXA Absence Survey that workplace absence costs the UK around £12 billion and the figure is set to rise again next year. Most absences in the country were reported to be minor with illnesses such as flu cited as the main cause of absence across the economy in 2004.

But Barbara Louvrou, who runs WellWorks based in Stockport, says it is possible to teach people to eat foods that will help them to avoid coughs, colds and flu during the winter months. She says people underestimate how important it is to eat the right food for their body. She said: *"We all spend time and money on*

looking after our cars and we make sure we don't put the wrong fuel in at the petrol station. But people generally don't give their bodies the same care and respect. By eating the right foods people can boost their energy levels and help their immune system to fight off illness."

Businesses could benefit from inviting nutritional experts into their business to teach employees about making better nutritional choices, perhaps putting healthy eating at the top of the menu at workplace canteens and help to reduce sickness absence through poor diets.

Try smarter choices about what you put in your body and learning to listen to your body's needs to prevent yourself from catching a cold or flu. If you are unlucky enough to catch a virus it is also possible to halve the time spent feeling unwell.



What would you do with an extra £186,150

We all know that smoking contributes to cancer, heart disease, bronchitis, strokes, stomach ulcers, leukemia, gum disease, gangrene, asthma, wrinkles and bad breath.

We also know that smoking makes you short of breath and that breathing in other people's smoke can cause headaches and lack of concentration.

Each year around 17,000 kids under the age of 5 go into hospital with complaints caused by smoke from their parents' cigarettes.

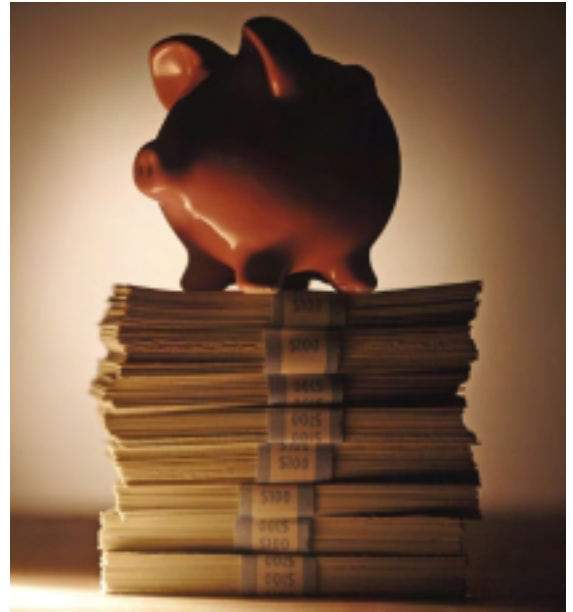
But here are some **myths** you may not know

It helps me unwind – Cigarettes don't make you relax. Nicotine is a stimulant. It actually speeds up your bodily functions - especially your heart rate.

You think it makes you look sexy - Kissing someone with a mouth like an ashtray and having smoke blown in your face isn't sexy neither is lung cancer

You think you'll put on weight if you stop - Cigarettes don't keep your body weight down and they can even cause cellulite. Some people replace cigarettes with food when they give up, and so may put on a few pounds. If you've managed to give up smoking, you'll be able to tackle weight gain.

It makes me look mature - Only in the sense that smoking gives you wrinkles before your time. There's nothing mature about smelling like an ashtray and inhaling vast amounts of grim chemicals.



Consider the money

Main brand cigarettes now cost roughly £5.10 for 20. The table shows how much smoking costs at current prices. Let's see what this means in terms of your finances.

	1yr	5yrs	10yrs	20yrs	50yrs
5 a day	£465	£2,325	£4654	£9308	£23,270
10 a day	£931	£4,655	£9,308	£18,616	£46,540
20 a day	£1,862	£9,310	£18,620	£37,240	£93,100
40 a day	£3,723	£18,615	£37,230	£74,460	£186,150

Your Mortgage

How about slicing £40,000 interest off your 25 year £100,000 repayment mortgage? You could pay the loan back eight years early, according to research by brokers, Charcol. A 20-a-day smoker can save £1,862 a year by giving up, yet when you consider what overpaying by this amount can do to a mortgage, it is even more of an enticement.

Your children

By giving up five packets of cigarettes a month, the extra cash could boost your baby's Child Trust Fund to nearly £11,000 by the time they reach 18.

Your insurance

One of the biggest ways to save when you stop smoking is, unsurprisingly, on life insurance and critical illness cover. You could also save money on insurance claims. More than half of all fire claims in the home are caused by cigarette related incidents.

Your Savings

Why not invest the £100 a month you save or pay an extra £100 a month off your mortgage. Either way it will give you something positive to focus on.

Need a bit of help to give up smoking. So what is the alternative?



Acupuncture

Acupuncture involves needles being inserted into key pressure points on various parts of the body. The process is not painful and patients are then left to relax for half an hour or so. The needles are then removed except for two tiny ones which remain in the ear. The idea is to touch an ear lobe when a craving comes on.

Hypnotherapy & NLP

Smoking has many psychological associations. Hypnotherapy and Neuro-linguist Programming tries to alter the subconscious mind's dependence on smoking as a habit. Hypnosis or trance is simply a state of mind, a natural phenomenon that we all experience every day. It is not sleep, but a normal relaxed focus state of attention, characterised by feelings of wellbeing, muscle and mental relaxation and the ability to apply new ideas to yourself as long as they are not in conflict with your values.

Do any of these methods work? Of course they do but you may have as many people say they tried it and it didn't work for them. The problem is many people expect the therapist to do all the work - people want a quick fix solution without putting in any effort.

In reality we have to take some responsibility. If you really want to give up smoking then you will, you just need to find the method to suit you. It may be hypnotherapy or acupuncture or just good old fashioned will power, the choice is yours.

So what can you do?

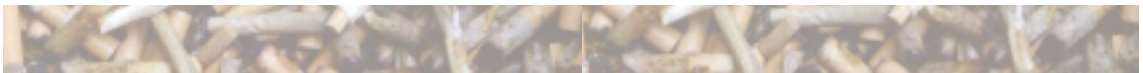
- * Don't be afraid to ask for help
- * Ask family and friends not to smoke around you
- * Wash your clothes to get rid of the smell of smoke
- * Write down the reasons you want to become a non-smoker
- * Postpone your first cigarette by one hour each day
- * Ask your partner or friend to stop with you
- * Keep busy on the day you plan to stop
- * Make a date and stick to it
- * Smoke only those cigarettes you 'really want'
- * Don't empty your ashtray to remind you of how many you smoke
- * Think of yourself as being a non smoker not an ex smoker.

Positive steps

- * Get more active. Exercise boosts your morale
- * Find activities that make smoking difficult eg. gardening
- * Spend free time in places where smoking isn't allowed
- * Change your surroundings when an urge hits
- * Avoid places where smoking is permitted
- * Put something else into your mouth - try carrots, apples etc.
- * Tell all your friends and family that you've already quit
- * Stop carrying cigarettes with you at home
- * Throw away all your cigarettes and matches
- * Visit the dentist and have your teeth cleaned
- * Avoid heavy drinking of alcohol or caffeine
- * Think positively as your body recovers from the effects of tobacco

Think of the savings - and the treats!

- * Make up a calendar for the first 90 days. Cross off each day and indicate the money you saved by not smoking
- * Take one day at a time - each day without a cigarette is good news for your health, family and your purse
- * Estimate the money saved from packs of cigarettes
- * Make a list of things you'd like to buy for yourself
- * Buy yourself a present to celebrate totally smoke-free days



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The approach of acupuncture is to:

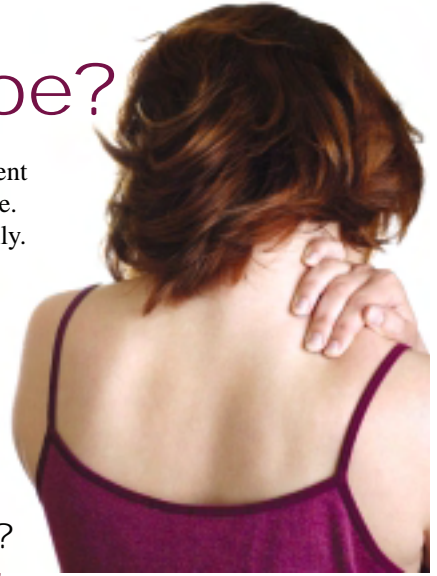
- ▶ Treat you as an individual, addressing your overall state of health, both body and mind
- ▶ Treat many conditions and can help in the support of addictions such as smoking

10 Wybourne Rise, Tunbridge Wells
01892 531967 evelyn@acuhelp.co.uk
www.acuhelp.co.uk

Evelyn Piechoczek BSc (Hons), MBACC



Pain friend or foe?



Nagging pain is an ailment that can seriously affect your enjoyment of life. Your sleep can suffer, your mood can plummet like a stone. It can affect your work, your relationships, everything you do daily. Even low levels of pain can slowly eat away at you.

Pain is something that affects hundreds of thousands of people worldwide, but before you reach for the painkillers to suppress the pain, realise that pain is an early warning system to tell you that all is not right. Perhaps ask yourself "what could be the cause and what changes can I make to ensure it doesn't come back in the future?"

● How do I choose the right practitioner?

I recently fell and hurt my back. I had a look in the local phone directory but was very confused about which therapist to choose. Can you advise me on how to choose the right practitioner for me.

A good health practitioner will be happy to answer questions regarding how they work. Here are a few things to find out.

- 1 Are they registered with their health care regulator? This is essential for osteopaths, chiropractors and physiotherapists. This can often be checked on the website of the appropriate regulatory body.
- 2 Ask about their approach to treatment eg. do they use manipulation, massage or cranio sacral style of treatment? Get them to explain their type of treatment to find out if this is something you would be happy with.

- 3 Describe your problem and ask if they are familiar with treating it.
- 4 Ask the practitioner the length of time for an initial consultation and subsequent treatments.
- 5 Ask the practitioner the cost of the initial treatment and follow up sessions.
- 6 Ask the practitioner for a treatment plan and an estimate for the number of treatments. Does this sound reasonable? If necessary get a second or even third opinion.
- 7 Be wary of practitioners who make dramatic claims about their ability to heal you.
- 8 Good practitioners of any healthcare system should be prepared to talk to your regular doctor.
- 9 Trust your instincts. If you are not happy with the treatment you are getting, don't be afraid to change to another more suitable practitioner.

Information supplied by Matt Stanford BSc Hons Ost

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headache:

Is it all in the mind?

Headaches are so commonplace that many of us have simply accepted them as an inevitable part of our modern, everyday lives.

Indeed, it isn't the fact that 98% of the population suffer from headaches that is worrying, it is more that the majority of us have decided that a headache is "normal", and that taking a couple of tablets is the most effective solution.

Unfortunately, this means that too many of us are treating a headache as being the central problem - the illness itself - when in fact it is really only a symptom, warning us that there is something else wrong with the body. Consequently, by popping a few easy-to-swallow pills the headache is cleared up, but the real problem, the cause, remains un-addressed. This behaviour is akin to turning off a fire alarm without putting the fire out!

So What Causes a Headache?

Research has shown that around 80% of all headaches are due to a person's lifestyle. There are literally hundreds of different "life factors" capable



“98% of the population suffer from headaches”

of triggering a headache in any one of us, including: certain food types; not eating when hungry; alcohol; stress; inadequate sleep; smoking; pollution; strenuous exercise; lack of exercise; frequent use of VDU screens; strong smells, or a recent cold – to name but a few! These individual triggers are all capable of contributing towards the 4 major causes of a headache, which are muscle/tension, migraine, sinusitis or high blood pressure. (For example, stress can contribute to a muscle/tension headache, a food type to migraine, a cold to sinusitis, and weight gain to high blood pressure.)

Top tips for avoiding pain

Don't make an enemy of your work place... make sure your work surface is at a comfortable height for you. Use a chair with good lower back support that's adjustable. If you have to sit for hours on end, try resting your feet on a low stool.

Get good shoes. It sounds stupid, but shoes that don't support you properly can cause your body to twist out of shape (albeit very slightly) and can cause back and joint pain. So make sure the shoes you do the most walking in are well made.

Comfrey is a perennial herb with a black, turnip like root and large, hairy broad leaves that grows on river banks and ditches throughout the UK. It's also one of nature's real power-herbs. Just a few drops of a tincture made from this herb will help ease the pain of damaged tissue and reduce swelling. You can use it for bruises, dislocations, sprains - practically any injury will benefit. So try a few drops, and see if it works for you.

Do you suffer with a bad back, but are fed up with reaching for the pain killers or just coping with it? Then why not try a soothing home-made bath tonic. All you need is one pint of water and one large handful of thyme. Put the water into a pan with the Thyme, bring to the boil and simmer for ten minutes. Strain and allow to cool before adding gradually to a running bath. Then sit back and relax



Fitness is Fun

Get into your stride with walking

It can burn up to 300 calories an hour, help you lose weight and anyone from mums with buggies to fitness fanatics can do it.


Power walking is for people who want to get fit and into shape but are bored by the idea or don't have time to go to a gym.

Power walking is suitable for everyone which makes it so appealing as it is very accessible, very low impact and it gets you outside into the fresh air. Nina Barough is the founder of Walk The Walk, the health charity which organises the Playtex Moonwalk and encourages women across the world to power walk marathons in their bras in aid of breast cancer research. She says: "The benefits are huge. You do get results quite quickly. "It really focuses on every part of the body. It's all-encompassing and it's quite addictive. Once women start seeing muscle tone and have more energy, they decide they want more of it."



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Dance your way to fitness

Like most little girls you probably had some form of dance class at school, probably spent your teenage years dancing in front of the mirror pretending you were the next Madonna, your 20's and 30's clubbing at the local nightclub and then stopped.

In my quest for getting fit I tried the gym, fitness classes and running, all of which I enjoyed but recently discovered a whole new host of dance classes from ballroom to salsa, belly dancing to dance routines. What an excellent way to get fit, have fun, make friends and relive the days dancing in front of the mirror!

Check out your local dance classes, you don't have to be superfit or even a great dancer, there are classes for beginners as well as the experienced and there are classes for all age groups. You can go with a friend or on your own - fitness never need be dull ever again.

Who can take part in a Triathlon?



Anyone... and I can prove it.

I was the girl at school who avoided sports, hated the cold weather and was always picked last for team events. So why did I decide at the age of 36 to take part in the London Triathlon as my first sporting event?

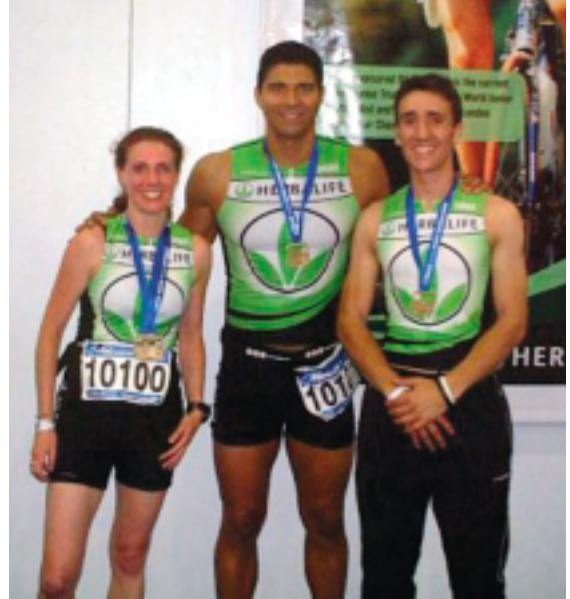
Taking part in any sporting event isn't just about being fit, it is about exercising your mind as well as your body, setting yourself goals, visualisation, overcoming obstacles and being consistent.

All these are skills we need in everyday life whether it is to achieve our grades at school, progress in our chosen career or run a household.

The Triathlon was a great choice of event as it enabled me to enter as part of a team and to focus on one aspect, in my case the 5km run. When you enter as part of a team each person has a responsibility not to let the other team members down, so this made sure I turned up on the day!

And how did I train for this event. Well running once a week from my home to our local supermarket and back, which was 5km; walking from Speldhurst into Tunbridge Wells instead of taking the car; some Ashtanga Yoga and core stability exercises. When I started my training I was out of breath just getting to the end of the drive and now a few months later I can run 5km in 27 minutes.

Taking part in an event of this size is exciting and thrilling and when I crossed the finish line having



Pictured : Rachel Scriven, Dr Luigi Gratton & Richard Branson having just completed the London Triathlon

just run my personal best, I made the decision to enter next year for the whole swim, cycle and run.

Why not set yourself a challenge? It doesn't have to be a Triathlon, it could be a fun run for your local charity or just a personal challenge like walking the kids to school every morning.

For more information on the triathlon, visit www.thelondontriathlon.com

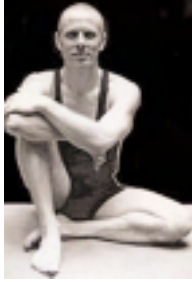
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ashtanga vinyasa yoga

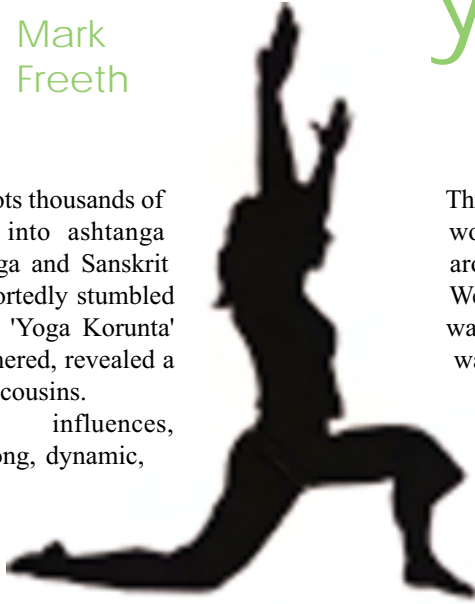
Mark
Freeth

Ashtanga is a form of yoga with roots thousands of years old, but was 're-shaped' into ashtanga vinyasa yoga in the 1930s by yoga and Sanskrit scholar, Krishnamacharya. He reportedly stumbled across an ancient manuscript, the 'Yoga Korunta' (yoga puppet), which, when deciphered, revealed a yoga very different from its many cousins.

Drawing on gymnastic influences, Krishnamacharya developed a strong, dynamic, aerobic and fast moving form, which was more explosive than the traditional, gentle, meditative form of 'yoga' - often referred to as 'hatha'.

Relying on a powerful breathing technique, the engagement of the abdominal and perineal muscles and linking the postures with a continual, flowing movement, it's not long before practitioners build up an intense heat and subsequent, oily sweat, literally de-toxing as they go. The marriage of breath and movement is the essence of 'vinyasa' and the key to the practice.

Perhaps it was this more 'physical' approach that drew Westerners to the form in the early 1970s when one of Krishnamacharya's students, Sri K. Pattabhi Jois (who added his own interpretation to the form), first agreed to teach ashtanga vinyasa to non-Indians. Western souls on the road to Asian enlightenment found themselves drawn to a yoga that not only offered insights into the 'inner self', but a mighty work-out to boot!



Through Jois's teachings, the word continued to spread around the world. Thus, the West's adoption of the form was sealed. Suddenly, here was a huge cross-section of the public sampling a potential life-enhancing discipline.

Of course, the stamina building, body-sculpting and flexibility improving qualities of ashtanga vinyasa are only three dimensions of this multi-faceted form. Not

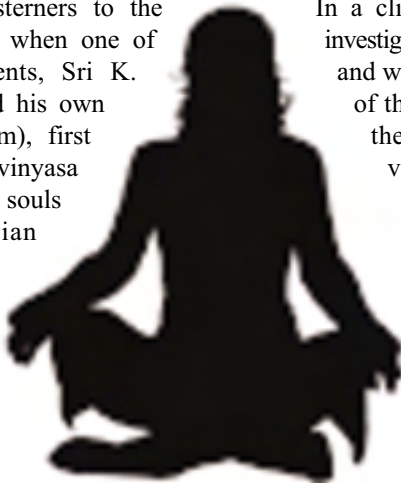
only is it life-long, non-dogmatic, non-competitive discipline, the philosophy behind it is all-embracing, advocating a benevolent attitude and promoting a gentle peace of mind.

Ashtanga' literally translates as 'eight-limbed', referring to the eight righteous paths one should strive to follow throughout one's life.

In a climate where more and more people are investigating the 'alternative' and the 'complementary', and where the health of the body, as well as that of the spirit and mind, is, once again, high on the list of people's priorities, ashtanga vinyasa addresses it all. Not only is it a complete and far-reaching discipline in its own right, it is the perfect compliment to any other form of exercise, sport or practice.

Mark Freeth is an experienced, full-time ashtanga vinyasa yoga instructor.

He can be contacted at 01825 712639 or 07050 163424 m_a_f@onetel.com www.vinyasa.co.uk



'Ninety-nine percent of all failures come from people who have a habit of making excuses' **George Washington Carver**, chemist who discovered 325 uses for the peanut

"The day you change your responses is the day your life will begin to get better" **Jack Canfield** Co creator of Chicken Soup for the Soul



You are 100% responsible for your current situation

Personal development is a key phrase used in business amongst successful entrepreneurs, but as more and more people are realising their own potential they are turning to personal development to enable them to succeed in their own careers, relationships and personal goals.

"You must take personal responsibility. You cannot change the circumstances, the season, or the wind, but you can change yourself"

Jim Rohn America's foremost business philosopher

The responses we use are often obstacles put up as an excuse for not taking responsibility. I spent eight years blaming my unhappiness on my boyfriend, because I didn't like how he spent his free time and his money. It took me eight years to realise that I didn't have to

put up with it and my happiness actually depended on my action not his.

I still didn't learn as I then spent the next few months with someone who lied and had an affair but still I blamed him, the other woman, my past relationships and ... guess what? I could have avoided all that pain had I made the decision to take personal responsibility, not make excuses for his behaviour and turn a blind eye hoping it would get better.

I had my intuition as well as family and friends warning me but I chose not to listen to their feedback, but eventually, in my own time I chose a new path. It started because I had lower back pain (probably as a result of all the stress I had put myself under) and went to see a lovely woman called Jacqui. Over the weeks she got to know me and my situation and suggested I spoke to her friend who was a counsellor. Eva helped me see things differently and opened my eyes to the possibility that I was not flawed or damaged it was just that my way of thinking needed to be changed.

I started reading more and in my local bookshop came across shelves of personal development books written by people who had gone through similar or even worse situations and had turned their lives around. All of them started with the simple task of taking 100% responsibility for themselves.

You will never become successful if you always blame someone else for your lack of success.

What is personal development?

Simply put, it is when an individual decides to take 100% responsibility for their own situation and makes the conscious and consistent effort to educate and improve themselves through reading, courses, seminars, listening to feedback and working day by day to improve their situation, health and future.

Why doesn't everyone do it?

To start with you have to recognise that you can take control of your life and that in order for the situation to change you need to change yourself first. We can get so wrapped up in our lives and situation that it becomes easy to blame some else for our circumstances *"It's not fair he always goes to the pub and leaves me with the kids"*. *"I just get bored and can't help snacking when I watch the TV"*. *"My boss won't let me"*. *"We never have enough money to go on holiday"*. *"I can't afford to retire"*. *"I would have got my dream job if my parents had sent me to college"*. We blame our parents, spouse, friends, boss, weather, country, politicians, TV commercials, education system..., in fact, listen to the next few conversations and see who blames what for their situation!

The Situation	Who do you Blame	How can you take Responsibility
I have been in my job four years and I haven't been given a pay rise	My boss doesn't like me and the new guy is always getting rewarded	What have you done to deserve a pay rise? Have you discussed what is required of you in order to get a pay rise.
My husband doesn't earn enough for us to have nice holidays	My husband can't get a better job so we are stuck in our situation	What can you do to improve your income? Sit down and discuss what you both want and see if you can work out a better solution
I'm overweight and really depressed so the doctor has put me on some medication	The medication is making me overweight and then I get more depressed so I just keep eating, so it's a vicious circle	Why are you depressed? Talk to a friend or a professional who can offer independent advice, realise that you are choosing what you eat. Look at what you are buying and ask "is this healthy and good for me?" Be honest with yourself.
I really don't like my job, I hate Monday mornings and can't wait until I retire.	I can't leave we need the money, I haven't got any other skills so I am stuck with this job and anyway I've only got another 10 years left.	You can leave - you just need to know what you want to do. If you don't have the skills you can always learn. Find out what you would like to do and research the skills you need. Ask people who are already doing that job, put together a plan

magnus the masseur says

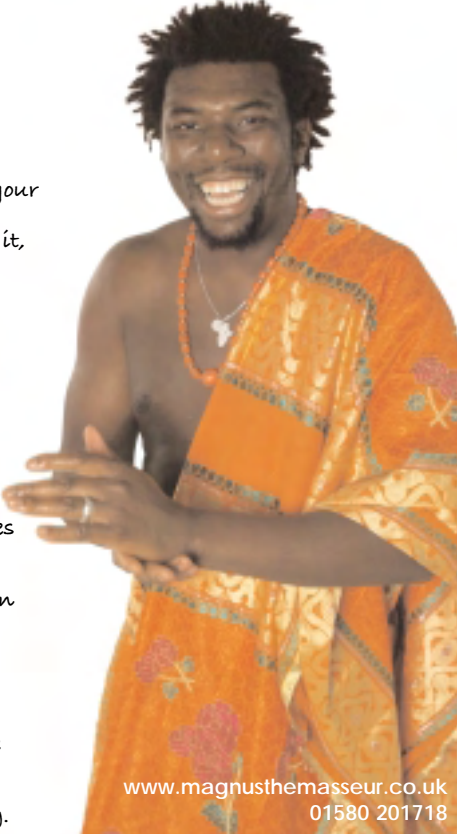
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Start by making a list of all the things that are not right in your life and then next to them write the reason why you think they are making you unhappy. Next to this see if you can work out how you can take responsibility for changing this situation.

This exercise is a great way to start you thinking and you may be surprised how many obstacles you have been creating until now!

- Remember you are the one who**
- didn't say no
 - took the job
 - abandoned your dream
 - bought it
 - ignored your intuition

With this new found knowledge that you are 100% responsible for changing your future, have a look around at your life. Are you and your family happy? Is your job going well? Do you like your friends? Are you healthy, fit and pain free? If not then something needs to happen and it can only start with you.

Are you on the right path?



For the first in our series of life coaching, which is not that intimidating and is certainly an exercise to be embraced, we have put together some questions that will hopefully provide some personal insight for you and also indicate some areas in which you might say "Wow – I have no idea" – If that's the case then coaching may well be for you.

If you have ever looked in the mirror and asked "Who am I?" – "Where am I going?" – "What's life really all about?" then a coach would be excited to work with you.

Not only can coaching help you discover your true self but it can also help you create a life that is fun, exciting and fulfilling: what are you waiting for! Go on, put aside ten minutes, although I thought it would take just that and realised an hour later how much my life could be improved by looking at situations and my interpretation of them in a different way. *[Editor]*

LIFE HEALTH INVENTORY

1. What are you tolerating? (Consider potential energy drains, incompleteness, unfinished business, promises made to self/others that are unfulfilled etc ..)
2. What's missing? (For you to feel fully expressed, vibrantly healthy, fulfilled, joyful, successful - you fill in the rest!)
3. If you really let your "magnificent self" be fully expressed, who are you?
4. Where might you be playing "small" in your life?
5. What seems to get in the way of you living fully and creating the life you really want?
6. What would you do if you won the lottery?
7. What would you do if you only had one year to live?

YOUR LIFE ROLES

Describe how satisfied you are with:-

1. Your self confidence, self esteem and your own image or belief in yourself:
2. Your life partner (if you don't have one — consider whether it is important for you to have one):
3. Your relationship with your family members:
4. Your relationship with your friends:
5. Your relationships at work, your work role or your career.
6. Your role in the community:

There are no right or wrong answers, just simply a new way of looking at your life and recognising where you can make positive changes. Enjoy!

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Feng Shui is an ancient Oriental method of divining good and bad forces, which is gaining popularity in the UK. Many people are rearranging their homes and offices to improve the flow of beneficial energy, under the guidelines of Feng Shui.

Living flowers and plants play a big part in harnessing or altering this beneficial energy. Here are a few suggestions to improve your surroundings with flowers and plants by these methods.

A white vase with red or pink fresh flowers on the bedside table will bring more romance into your life.

Jasmine is the plant of friendship and a good gift to take when visiting.

Peonies strengthen male energy - one species is known as Male Vermilion. They are emblems of loyalty and affection; and can strengthen the heart and prevent blood disorders and congestions. Peonies with plenty of flowers and leaves are an omen of good fortune.

Chrysanthemums bring laughter and happiness to your home. The Chinese have beautiful names for them such as Heaven full of Stars or Drunk with Wine made from the Peaches of the Immortals. Chrysanthemums are associated with a life of relaxation and retirement.

The Narcissus is known as the Water Fairy. Grown from bulbs and forced into bloom exactly at the new year, it brings good luck for the next twelve months.

Here are the properties of everyday fresh flowers:

Tulips: carry metal energy, red tulips in a western aspect create romance and pink tulips pleasure.

Iris: associated with vitality and passion and free energy.

Sunflowers: have fire energy, and a powerful stabilising influence.

Carnations: pink and red enhance romance and pleasure while the white carnations add dignity and serenity.

Anemone: associated with metal energy. Red ones, in a west-facing bathroom, could help prevent chi energy from dispersing.

Feng Shui & Flowers

Lilies are considered one of the eight treasures, are regarded as an emblem of summer and abundance, and are very favourable flowers to have in the home.

You should have at least one big plant in each room to freshen the atmosphere, clean the air, and bring beneficial energy. (Ideally plants should be avoided in the SW and NE areas of the home)

Green is the colour of growth. Green plants reflect peace and harmony and will ease troubled minds. They alleviate all stress, and represent balance, harmony and peace.

Spiky plants can reactivate areas of sluggish energy in the home, thus moving energy around.

Round-leaved plants encourage good energy and bring good fortune. Jade plants or money trees are particularly auspicious.

Daisy: white daisies in the north add tranquillity, in the north west dignity, and in the north east motivation.

Mimosa: with its abundance of small yellow pollen, mimosa increases the chi energy of the centre. So place them in the middle part of your home, to keep your life more centred.

Lily: flowers that point down give a settling influence, and can be used to calm an over-active part of your home.

Rose: red roses will increase the chi energy of romance and style especially if placed in the west.

Flowers With The Force



It is essential that flowers are healthy and well maintained to get maximum energy value out of them. Dried flowers, which are popular in the UK, are considered bad luck in Chinese terms, as they symbolise death and decay. So first things first, ditch those dried flowers.



Feng shui (literally 'wind water', to represent fire, earth, metal, water, tree) is a Chinese tradition based on the belief that everything has energy. Over the coming months, you will learn some basic principles of Feng Shui, which you can implement to start enhancing the energy for yourself and your environment.

Bright yellow and orange flowers with pointed leaves provide fire energy eg. sunflowers. Flowering plants with rounded leaves which are low growing, provide earth energy eg. african violets. Tall upright growing green plants produce tree energy eg. bamboo



Bringing positive energy into your home will boost your health, wealth and happiness. Who would have thought a bunch of flowers could do so much ?

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Cleaning

the green way

Your household cleaning products contain a chemical cocktail of poisons but there are plenty of green alternatives that use few chemicals and are more biodegradable. For lots of useful tips, ideas and alternatives have a look at www.greenchoices.org/cleaning



Cleaning tip:

- Avoid buying aerosol cans and over-packaged products - glass and cardboard are easier to recycle.
- If you can't find somewhere to recycle cardboard put it on your compost.
- Avoid buying chlorine bleaches and detergents containing phosphates as they are known to harm the environment.
- Bicarbonate of soda is a good general purpose cleaner and also absorbs odours.
- Vinegar is excellent for cleaning windows and mirrors, greasy floors, removing labels, cleaning soap scum off your basin along with many other practical uses. For more tips visit

www.vinegarbook.co.uk

Grow your own cleaning products:

Do you need to get your surfaces clean, but would like to steer away from the chemical-rich products currently on the market?

A good alternative and one you may be able to pick from your own garden is to use fresh sage as sage has anti-bacterial properties. Mix with half a pint of boiling water, two tablespoons of baking soda and eight drops of lemon juice and simmer for ten minutes. Shake, store in the fridge and use within one week. It's brilliant for all your kitchen worktops (even wood) and leaves a fresh-smelling aroma!

Homemade duster

You can make unbeatable dust cloths at home by stirring together one cup of lemon oil with two cups of hot water. Dip lint free cloths into the potion and let them air-dry. Then store the dusters in a covered metal container until you're ready to dust. The oil picks up the dust and the lemon gives your dusting a pleasant fresh aroma.



Cleaning a mirror

Dip a soft cloth in a weak solution of vinegar and water, then wipe the mirror clean. This works better than commercial spray cleaners, which can leave a film or deposit. Use coffee filters to dry the glass surfaces and mirrors after wiping. They make the surface shine but don't leave any lint behind.

Green is the new Black

Sarah Di Caprio



Green is certainly the new black and environmental issues are hot topics of conversation – from celebrities to check outs.

If you're leafing through Wellbeing, the chances are you are already environmentally aware. But realistically, what can you do?

Welcome to the waste hierarchy. For those in the know, this is the ideal order in which we should be treating our rubbish. The most effort should go into minimisation – cutting down on the amount of packaging or even the products we use. A good start is to refuse shopping bags at your local supermarket and to buy loose vegetables and fruit.


The least effort, and ultimately avoided altogether, should be given to landfill. We should reduce the amount going into landfill, particularly anything bio-degradable like fruit and vegetables which produces methane, a huge contributor to climate change.

Moving from the bottom up are:

energy from waste – this is quite a controversial point, with some suggesting rubbish can be incinerated and energy derived from it, others preferring a non-incineration route to get the energy.

recycle – around half the rubbish in our bins could be recycled and local councils offer kerbside collection of certain materials as well as providing recycling banks.

reuse – there are some great 'swap it' websites where you can offload your junk, for someone else's! Or more simply, use yoghurt tubs for plant pots, lidded tubs for containers, plastic food trays for storage etc.

 Recommended reading *Tunbridge Wells Friends of the Earth* www.twfoe.co.uk

Sarah Di Caprio trained as a journalist and now runs her own PR company. In May 2005 she was elected as a Surrey County Councillor for Guildford, taking on the role of Liberal Democrat Environment Spokesperson. Sarah has recently been selected to stand as a prospective parliamentary candidate for South West Surrey.



Remove the lid, crush the bottle and replace the lid, this means it will take up much less space.

Food for thought

In the UK we use:

- 150 million plastic carrier bags from shops/ supermarkets every week and around 8 billion a year. Each takes more than 500 years to degrade

- 4 billion plastic cups a year

And produce:

- about 20 times more plastic today than 50 years ago

- more than 454 million tonnes of waste each year – enough to fill dustbins from the earth to the moon and back. What's produced in less than two hours would fill the Albert Hall.

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Commuting

and the work - life balance

How is it that some people adapt to the City life and the long hours of commuting while others get so upset?

Presumably it must be the way that these individuals frame it in their own minds. It is a few years since I regularly commuted and at the time I adapted to this reasonably well. I always used the time effectively either having work to read or occasionally falling asleep and most of the time any insignificant delays were hardly noticed.

I still remember people getting extremely upset and irritated when the train arrived 5 minutes late and as this was a regular occurrence at that time, why had those individuals not allowed more time or reprogrammed their minds rather than let it bother them so much?

Why is it that some people who work in the City also spend their leisure time there while others rush to get home and out of the City.

Why do some people put in exceptional hours at work as well? I did and as a manager I expected others to do likewise. It was part of our culture to work hard and play hard but at the same time there was no leeway for going to family events. How can that be right?

Employees are working exceptional hours yet when something special at home occurs 9 times out of 10 that would be missed too! With technology, planning and hopefully more understanding bosses, this should be a thing of the past. Depending on what

your job is, so much extra can be achieved on odd days at home using broadband, particularly on more complicated work when you need to be able to concentrate.

So what is to stop people planning in one day a week or one day a month to achieve even more for the company and possibly a little relief or variety for the member of staff?

Most good employees drive themselves to achieve in such circumstances and become even more productive because of the trust given to them by their employers.

I have 2 older children who I gave substantial time to until they were 7 and 10. Now I have two younger children and again I am able to give them meaningful time. I have organised my life so that I am no longer living away during the week working.

So does that mean I have got it right? Naturally we need to earn sufficient for our families to enjoy life but earnings need to be balanced with our overall enjoyment.

How many of us wake up to the fact that we missed our kids growing up or missed out on enjoying leisure time with friends and family in the pursuit of a career!

There are many options we can explore in our present jobs. Have you considered these? More companies are realizing that if they harness the needs and wants of their staff to develop their work goals as well doing what they think is right at home, they

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can expect to gain commitment and dedication to work at more productive levels. This is not rocket science as the happier we are the more we enjoy our work and the more successful we are too. It can be a very much win/win situation for both employer and employee.

Perhaps you have tried and failed to reach a compromise with your employer but have you considered all of the options? At this stage it can be an ideal opportunity to bounce your thoughts and ideas off somebody else who is not involved. Too many people just stay where they are unhappy and too many people react too quickly and go where the grass is brown instead of green!

Likewise if you are considering such a change you need to consider what you really want, rather than just bouncing off into something else that is similar or perhaps just fits your comfort zone.

Ask yourself.....

- What are the parts of your existing work / life balance that you really enjoy?
- Looking ahead to the next 10/20 years what would you really like to do ?
- Have you the skills to do what you want in the future or do you need to learn new skills?
- To get where you want to go, do you need to have a phased approach or are you just going to go for it?

You may be one of those people who love the challenge of City life and can adapt your feelings to cope happily with the commuting and long hours, and that must make you feel great.

Last week I travelled into London in the rush hour

with my wife and after walking down the hill in the pouring rain, watching out for those paving slabs that move, queuing for the doors of the train to open and scrabbling into the carriage before anybody else whether they be male or female, and then sitting in the steaming carriage for 50 minutes. I do not need or want to do that anymore, whilst my wife has this fantastic opportunity in the City a new challenge using all of her skills in a place where she has not worked regularly before which is obviously exciting for her. She will however be working one day a week from home, which works in her particular job.

Where do you stand and what would you like to change?

Neil Williams is a mentor and business coach who runs NVW Solutions www.nvwsolutions.co.uk

Whether you are an individual having your own tug-of-war or a company that wants to give itself options to make it more successful

contact
neil@nvwsolutions.co.uk
or telephone
01892 521871





What's behind the Work From Home Adverts?

We have all seen them, in the newspapers on the internet, flyers through our doors all promising unlimited wealth and freedom from the rat race.

As more and more people are looking to escape the 9-5, grind many of us are curious and perhaps a little intrigued by these adverts.

Having just watched a program about a company who sells you a kit to make small cottages, but then never actually buys them back off you and another one wanting people to stuff envelopes, who never provides them with work, it is obvious that there are some unscrupulous companies out there. Not surprisingly people have become a little sceptical about work from home opportunities.

Trading Schemes (also described as direct selling schemes, network marketing, multi-level marketing and other names) are a legitimate form of business activity offering individuals the opportunity to earn money by selling the scheme's goods or services from home. In some schemes, participants may earn additional commission by recruiting others to the scheme and from sales by their recruits.

Trading Schemes become illegitimate and illegal when, while purporting to trade in goods or services, their real purpose is to generate money by recruiting new participants.

This is often referred to as "pyramid selling" (but not all "pyramid" schemes are "pyramid selling").

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The recruitment rewards are not in themselves unlawful. But it is unlawful to persuade someone that the main motive for joining a scheme is to profit from recruiting others or to take money from someone on the basis of such a

motive.

Any distributor who joins an ethical company has a fairer chance of earning a good living. The main reason most people don't pursue it further is a lack of understanding about how the business system works and a fear that the person at the top will make money out of them. Well isn't that the case in any business? The harder you work and the more hours you put in the more rewards and money you hope to make.

If you worked on the checkout in a supermarket, you would expect the manager to make more money than you? The question you should be asking is "How likely am I to get the Manager's job?"

If you look at any business that employs staff there is always a pyramid structure, whether you are in an office, a shop or work for the police force.

Network Marketing is just another way of getting products or services out into the market place and offers people an opportunity to build their own business and work from home.

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So why would you choose to run a Network Marketing Business?

● Many people are over-stretched with credit card **debts** and **mortgages** and need an extra few hundred pounds to help pay the bills.

● If you want **more time** to look after children rather than pay for childcare or have an elderly relative who needs to be looked after, you can work the **hours you choose**.

● If people are unable to leave the house due to **ill health**, this may offer the opportunity to work from home using the internet.

● It offers people the chance to start a **new career** in a new industry without having to go back to college to study

● It offers people who have been made **redundant** the chance to start again especially if they find themselves the wrong side of 50 and **unemployable**

● If you want to **work for yourself** but are not sure where to start, this form of business can sometimes offer a **proven system** that has been tried and tested.

● You can grow and develop your business into a large organisation in some cases **internationally**, without having to employ staff and worry about government legislation, like health and safety, fire regulations etc which can cripple a small business.

● It is far more cost effective to join a Network Marketing company than buy a franchise or set up a new business from scratch. Most companies offer different joining schemes from **£60 - £4000** whereas a franchise can be £5,000 +

● Most Network Marketing Companies reward and motivate their distributors and they usually offer great incentives such as **holidays** and **cars**.

In summary

If you find an ethical company, Network Marketing can offer a great business system, but it takes someone with vision, an entrepreneurial spirit with a desire to change their circumstances to make a real go of this type of business.

But is it possible to achieve unlimited earning?

Yes it is and actually the odds are much better than winning the lottery.

Anyone who wants to run their own business and use the Network Marketing method needs to understand a few simple rules.

1. It is not a “get rich quick scheme”, it can take years of hard work and personal development to earn the unlimited incomes that they offer. If however you want an extra £500 a month this can be achieved within a few months depending on your level of effort.

2. It is a business, not a job, so there is going to be an element of investment. How many businesses can you name where you don't need to put money in? Even a window cleaner will need to advertise and buy materials.

3. Like any business you have to learn about your new industry. If you want to become a doctor you would have to study for many years. Changing industry is no different, except you get to earn an income while you retrain.

4. You have to like the company and product you have chosen to work with, it makes it so much more fun and rewarding.

5. Choosing a company with consumable goods or services is probably better than someone who sells one-off items; you want to be able to build a customer base so that you get repeat business rather than keep finding new customers.

7. Check to see if they are members of any associations and government schemes such as the Direct Selling Association or Office of Fair Trading.

8. There are still scams out there, due diligence is necessary when choosing a company and product but don't just accept your family's and friends' opinions, look at the facts, do some research, go to a training event and make an educated decision.

www.consumerdirect.gov.uk/goods-service/scams

www.dti.gov.uk/consumers/fact-sheets/page24752.html

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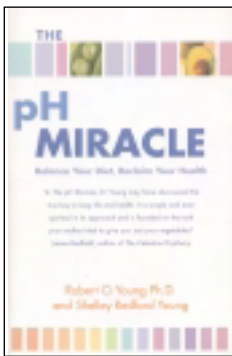
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Book Reviews

Each month we will review a selection of books and with an abundance of amazing and inspirational books you can continue learning throughout your life. You can tell so much about a person by the books they read.....

What have you read lately?

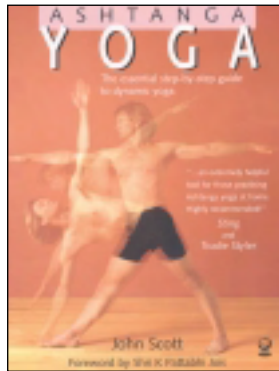


The pH Miracle - Robert Young Ph. D and Shelley Redford Young
ISBN 139780751534061

If you have ever wanted to understand why processed food is bad for you and why your mother's nagging about the importance of eating your vegetables is true, then this is a book for you.

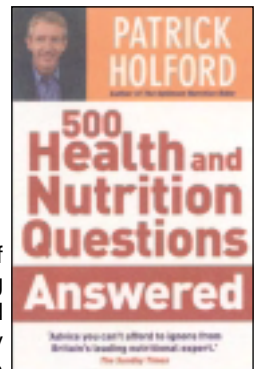
Having read many nutritional books I found this easy to understand and offered some basic principles to help lead to a healthier life. The possibility that you can cure anything through diet now seems possible without expensive treatments and complicated diets.

This book is a must for anyone who is interested in understanding how and why the right food is so important to a long and healthy life.



Ashtanga Yoga - John Scott
ISBN 1856751813

A great step by step guide to dynamic yoga. An extremely useful guide for anyone practising Ahtanga yoga at home. Well illustrated and easy to understand but you will need to attend classes first to make sure you understand the movement and breathing from a qualified expert.



500 health and Nutrition Questions - Patrick Holford

Patrick Holdford is one of the world's leading authorities on health and nutrition. This book simply answers and explains which vitamins and minerals are needed to obtain optimum health.

It answers questions about headaches, depression, poor skin, low energy as well as more serious conditions.


An ideal book if you taking or looking to start taking supplements to improve your health.

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What does the future hold?

Tunbridge Wells Friends of the Earth have organised an evening with Greg Clark MP where he will discuss current and future environmental concerns for the local area. We all know that the Conservatives are seemingly getting 'greener' all the time, but do they have any definitive environmental policies or is it all 'greenwash'? What are the environmental issues that affect our local area? What does the future hold? For a meaningful discussion that should be of interest to all environmentalists, why not come along and join us?

The meeting is being held on Thursday 26th October at the Vale Royal Methodist Church, London Road, Tunbridge Wells (by the corner of Vale Road and London Road) at 8.00pm. It is FREE to get in so that's even more reason to come along!
www.twfoe.co.uk

Do you or your organisation run a charitable event?

We will be happy to publish your events or raise awareness of your charity within Community News.

Please call us on 01892 541621 or send a press release and pictures to news@wellbeingmagazine.co.uk or post to 5 Bentham Hill House, Stockland Green Road, Tunbridge Wells Kent TN3 0TJ

art & soul

Fine Art Auction of 30 Artists in support of Demelza. All proceed from this auction will go to Demelza.

Artists work will be on view 3-9 November at Rhapsody House, The Pantiles, Tunbridge wells
Public Auction 9 November at the New Wellington Hotel, Tunbridge wells. The preveiw and refreshments from 7pm and auction starts at 8.30.

For further details contact Demelza Childrens Hospice on 01732 773829



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Friday 3rd November 2006

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wellbeing event

November

Would you like to find out how to look after your health, body and mind while having fun?

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Each week you can drop in and meet some of your local practitioners from hypnotherapists, life coaches, personal trainers, yoga teachers, massage and nutritional therapists, and find out about acupuncture, aromatherapy, homeopathy just to name a few.

In November come and meet:-

- ◆ Magnus the Masseur
- ◆ Matt Stanford - Osteopath
- ◆ Freddy Jacquin - Hypnotherapist
- ◆ Richard Branson - Fitness Trainer

Call us on **01892 541621** or email events@wellbeingmagazine.co.uk for venue and to reserve your place. Spaces are limited each week so book early to avoid disappointment.

Free event to attend with a raffle on the door to raise money for Hospice in the Weald

Next Months Issue Published November 24

Party Season -

How to prepare your body and mind for Christmas and New year. Ideas to help you through the party season

Christmas Gifts -

Ideas for you and your families Wellbeing, rather than buy unwanted gifts why not buy your loved ones a treat to inspire and remember.

Travel -

Detoxing in Thailand - How it can change your outlook to life.

Food -

What's in Season - Find out what foods are in Season for December.

The Power of Water -How water can help in all aspects of your wellbeing

Food Symbols - what they mean

Body -

Fitness Classes with a difference - we have a look at some of the more unusual fitness classes around

Mind -

What is NLP and how can it help you achieve your goals

Home -

Security- How safe is your home and how can it affect the way you feel.

Feng Shui - tips for making your home a welcoming place for friends and family at Christmas.

For a free listing or to advertise in the classified section please visit www.wellbeingmagazine.co.uk

If you would like to advertise in any of the above features please either visit

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Spaces in each feature are limited and will be reserved on a first come first served basis.

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mind



book shop

Pantiles Bookshop
☎01892 618191

colleges/courses

Baby Massage Tuition
☎01580 200691
European College of
Bowen Studies
☎01892 547703
Leigh Smith
☎01892 660171
UK - HypnotherapyAss.
☎0800 093 6587
West Kent College
☎01892 616144
Your Hands Can Heal
School of Reiki
☎01892 784012

counselling

Additional Resources
Counselling
☎01892 539758
Additional Resources
Recruiting
☎01892 517200
Bernadette Wright
☎01892 512888
Caroline Romaine
☎01892 545687
Corinne Ryan
☎01892 863005
Frances Rae
☎01892 543025
Frances Truscott
☎01892 822093
Julie Smith
☎01892 537635
Maura Richards
☎01892 535595
P & J Grainger
☎01892 517200
Stefan Williams
☎01892 516167
Susan Eccles
☎01892 862417
Unicorn Counselling
Services ☎0870 7875038

hypnotherapy

Action Hypnotherapy
☎01892 834879
Christopher Stone
☎01892 852884
David Allen Hypnotherapy
☎0800 458 8014
Kent Premier Practice
☎0800 093 1005
Stress Help
☎01892 543048
UK - HA
☎0800 093 6587

life coach

Coach U 2 Excel
☎01892 826212
Koster Jannine Int. Life
Coaching ☎01892 523464
NVW Solutions
☎01892 521871
Unlimited Possibilities
01322 864484
Where Next...?
☎01892 522804
Whitmore Consultancy
Business Coaching
☎01892 611921

psychotherapist

Cognitive Behavioural
Psychotherapist
☎01892 535305
Frances Truscott
☎01892 822093
Jean Kenyon
☎01892 541277
Macmillan Roderick
Business Psychologists
☎01892 511956
Psychological Consultancy
☎01892 559540

travel agent

AmeriCan & Worldwide
Travel ☎01892 511894
Baldwin Travel
☎01892 511999
Blue Skies Expeditions
☎01892 524651
Collina House Hotel
☎01580 764004
Country Trails Travel
☎01892 515524
Gap year For Grown Ups
☎01892 516164
Home & Garden Italy
☎0800 458 9112
Pettitts ☎01892 515966
REEF Conservation Int.
☎07951 486061
The Travel Consultancy
☎01892 542100

home



cleaning

Martin Honour Cleaning
☎01732 865970
My Home
☎0845 6449048
SafeClean
☎0808 1440181

cookshop

Trevor Mottram Ltd
☎01892 538915

interior designer

Anne Novak Interiors
☎01892 545523
Celia James Interiors
☎01892 538868

lifestyle services

Aphrodisia
☎01892 523023
Big Yellow Self Storage
☎01892 531897
Brook Security Ltd
☎01622 735974
Drapers Organic Cotton
☎08452 603560
Easistore
☎01892 544449
In Time Financial Recovery
☎01892 616665
Kitchen Transformations
☎01892 520763
MS Executive Chaffeurs
☎0800 980 7252
Perfect Painting Company
☎01892 671900
The Ironing Company
☎01892 617199
The Utility Warehouse
☎0800 074 2656

recruitment

Additional Resources
Recruiting
☎01892 517200
Floss Agency
☎01892 524122
GenerationH
☎0800 781 7356
www.generationH.org.uk
Jobespresso
☎01892 614281

