

West Kent Edition

Wellbeing

"the state of feeling healthy and happy"

informative ● inspiring ● enlightening

Wi-Fi:

The new passive smoking

Live Blood Microscopy

The body heals itself

Psychological detox

- The toughest foot race in the world
- Crohns Disease
- The effects of toxins and chemicals on hormone health



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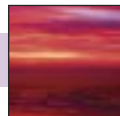
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Wellbeing Magazine



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The last month has been extremely busy for the Wellbeing team. We launched the first Wellbeing in the Workplace event at the Spa Hotel, followed by our fifth Wellbeing Wednesday evening, which have been gaining popularity since the first event nearly a year ago.

We have also decided to move both home and office... (we must be mad) and are relocating the business to the beautiful village of Wadhurst.

Our new address as of the 1st June will be
2 The Hall, Turners Green Road, Wadhurst, East Sussex TN5 6TR

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Wi-Fi

the new passive smoking

Words: Nicola Summers



On the radio recently I heard a report outlining the dangers to children of passive smoking and, along side this, how the Government are going to reduce tax on juice and smoothie bars to encourage people to eat more fruit.

As I carried on with my morning's work I started to think about these two news items and about a newspaper article I read a few months ago and a television programme that had been aired about in an invisible danger to health – Wi-Fi.

While I fully support that all of us including children suffer the consequences of passive smoking, at least with smoking you can see it and you can smell it and most of us can move away from it. With Wi-Fi on the other hand, you can't hear it, see it or smell it so you don't know whether it's there or not unless, like me you were suddenly invited to log on to an unprotected network signal.

The safety of any new form of technology or any product that is being sold to us should I feel always be investigated by the consumer who should never just believe what is being marketed towards us by those who would profit. After all we were told not so many years ago that smoking was not harmful, computers not harmful; polluting the environment not harmful but there is now much evidence to the contrary. We are now told that mobile phone masts and electrical pylons are not harmful to health but there are few of us who would choose to live near

one, so why have two million UK residents installed Wi-Fi in their homes in the last 18 months when Wi-Fi has a radio frequency that is up to three times stronger than a mobile phone mast and a range of hundreds of meters?

And it doesn't stop in the home, Wi-Fi is being installed in towns/city centres, airports, railway stations, shopping malls and universities and this type of Wi-Fi, called WiMax has a range of between 4-10 miles. Wi-Fi has been installed in 70% of our secondary schools and 50% of our primary schools which is extremely alarming because children's skulls are thinner and absorb more radiation than adults. This seems ludicrous when you read that in 2000 the Government carried out an enquiry into the safety of mobile phone masts and their connection with health and found sufficient scientific research to apply a precautionary approach when siting masts near schools. They then allow the much stronger signal of Wi-Fi directly into the schools!

The German Government, not known for having an alarmist attitude, say that Wi-Fi should be avoided because of the potential health risks it may pose and have urged their citizens towards the use of telephone line internet access instead.

So, what are the health dangers? There are many symptoms such as tiredness, poor sleep quality, headaches, depression, frequent miscarriage, skin problems, nausea, poor concentration, aches and

pains and irritability. Scientists have also shown that there is chromosome/DNA damage and an increase in cancer. From a naturopathic viewpoint, the electromagnetic signal enters the body, disrupts the electron cloud that surrounds our cells, which impacts the way the cell behaves, alters the charge of the cell and ultimately influences how the cell reproduces. This will of course have an extremely stressful impact on the body leading to dehydration, mineral misplacement, congestion, lack of ability to break down and utilise nutrients fully. Many people may gradually begin to suffer some of the less serious symptoms described above but, as these chains of events become ingrained in the body as a result of long term electromagnetic stress, gradually more chronic and degenerating disease pictures can emerge.

One point I would like to raise is that if I had a neighbour who played Bon Jovi at full volume day and night, I would be able to claim noise pollution and eventually their equipment would be seized and peace would ensue and the law would be on my side. Similarly if health is threatened at work we are protected by Health and Safety measures and employers would face prosecution through non compliance. However, because our neighbours, places of employment, public places etc choose to install Wi-Fi in their premises which ok we can't hear, see or smell but it's there just like passive smoking, it seems we can't choose not to have it pulsating through our environments.

So, what can be done to reduce our exposure to electromagnetic radiation? Given that many public places and work places have Wi-Fi, realistically we can't avoid it the whole time but the very least we can do is to protect ourselves at home.

There are many steps we can take to avoid exposure to electromagnetic stress. Firstly be aware that if you have Wi-Fi in your home, even when you are not using it, if it is left switched on, it will be continuously contacting the Wi-Fi node to maintain a good connection and the control node transmits a pulsing signal continuously to synchronise the system. Reduce your exposure in the home to this type of radiation by not having Wi-Fi (or at the very least switching it off when not in use. Luckily, for me, my neighbour also had concerns about it and only

has it switched on when actually in use, so negotiate with your neighbours to do the same, particularly during the night when the body cleanses and renews itself; switch off the mobile phone; get rid of cordless phones, baby monitors, microwave ovens.

To protect ourselves we bought an electro smog detector to measure the pulsing frequency that was penetrating our walls. The noise the frequency generated was alarming to say the least and penetrated most of the house. We then applied a carbon based paint, painted and earthed the affected walls. We retested with the electro smog detector, repainted any hot spots where the signal was still able to penetrate and now there is no signal – all is peaceful! We purchased all necessary products through www.emfields.org but there are other types of paint available from other sources on the internet.

Parents could approach their children's schools, make other parents aware, make the school aware of the dangers. There are sites on line where items of clothing to be worn under regular clothing like a vest, that children (or adults) could wear and give added protection. There are also 'mosquito like' nets to drape around your bed that offer night time protection. But also, let's get the children away from the computers and TV when they come home from school and do something else.

As a naturopath and nutritionist I have the knowledge to support my family, I know how to hydrate, feed and clean our bodies so that the impact of this type of stress is minimised. This cannot be said of the vast majority of people who should at least be made aware of the dangers so that they can take some steps to protect their families from the dangers of electromagnetic stress.

A final thought: Perhaps we should be lobbying our MPs, forming pressure groups but then again, perhaps we shouldn't be too down, after all the Government is going to reduce taxes on juice and smoothie bars to encourage us to eat more fruit – pity that many of these now advertise that they also have Wi-Fi!

Nicola Summers, Natural Nutritionist, March 2008

Sources: <http://newsbbc.co.uk> (panorama programme) www.theregister.co.uk (Wi-Fi warning – German Government) Independent on Sunday Newspaper www.emfields.org



The new image of organic eco-friendly tourism.

Words: Christine Vorrés

There is no escaping the fact that your holiday will have an impact on the environment in some way. Even not holidaying will mean that communities reliant on tourism will suffer. The best that you can do for your conscience is to choose a holiday that does as little damage as possible.

Forget sandals and singing around the camp fire, eco holidays are big business at the moment. All you need is a little planning and research to find your ideal break

Ask to see written environmental policies of businesses claiming 'green' credentials, or better still, certification from third party organisations. List the issues that matter most to you, then contact establishments and ask what their policies are relating to those issues. True Green organisations will be happy to give policy details.

TYF Eco Hotel – St David's, Pembrokeshire.

Energy and water conservation, using green energy supplies, ethical shopping, and green gardening are just some of the ways in which TYF earns its Eco Hotel status. It also is the first Hotel in Wales to obtain Organic certification through the Welsh Organic Scheme. You can rest assured that wherever possible, the food and drink served is organic, and is also sourced locally.

TYF Eco Hotel is a converted windmill within walking distance of the tiny city centre of St David's; on the far south west coast of Wales, in the Pembrokeshire Coast National Park.

St David's is surrounded by spectacular coastal scenery renowned for its beauty and abundance of

wildlife. Whitesands Bay, one of the many beautiful beaches in the area, carries the prestigious European Blue Flag Award.

Saint David died on the first day in March 589 A.D. when angels came down from heaven to take his soul. He was recognized as a saint by Pope Calixtus in 1123 and recognized as the Patron Saint of Wales. At that time Rome was becoming a bit too popular with pilgrims, so to solve the over-crowding problem Pope Calixtus is reputed to have decreed that two pilgrimages to St. David's would be equal to one to Rome.

The Cathedral and ruins of the once magnificent Bishop's Palace are marvels of medieval architecture. The highlight of every summer is St David's Cathedral Festival held in May - an annual celebration of classical music and the chance to see the most historic and revered building in Wales.

Attractions include a marine life centre; a sea aquarium, adventure boat trips to the offshore islands and an incomparable 9-hole links golf course.

TYF Eco Hotel has a lovely warm, relaxing atmosphere. We arrived late evening to find a welcoming log fire, just what you would expect in an historic, grade II listed building that has been sympathetically restored and preserved.

The absence of television in the bedroom meant that we missed Match of the Day, (bliss!) enjoying instead an evening of interesting conversation with other guests, whilst sitting around the fire with a glass of organic wine.

Our room had the coziest bed that I have ever slept



in, and the next morning we awoke bright and early to brilliant sunshine.

My husband was keen to try the Coasteering, one of the many adventures that TYF Adventure offers. It involves donning a hard helmet and wet suit, and basically climbing rocks and throwing yourself back into the sea to get from A to B along the coastline.

After our light organic breakfast, I left hubby in the capable hands of Instructor Andy Jenkins, to go down to nearby St Non's Bay for his adventure.

TYF adventure offers activities such as surfing, rock climbing, and kayaking, for groups or individuals from aged 8 years.

Andy is an expert coach and guide and evidently loves his work. My husband returned exhilarated, and invigorated. He loved it. They had used rocks, caves, tunnels and waves as playthings. The next extreme from jumping waves on the shore!

I, on the other hand, placed myself under the healing hands of Sarah Middleton, wife of TYF Group Ltd MD, Andy Middleton. Sarah is an experienced Reiki therapist who offers her therapeutic services to hotel guests. An hour's session with Sarah left me completely relaxed and de-stressed.

If you are looking for a holiday that causes minimum impact on the environment, but maximum beneficial impact on your health, TYF Eco Hotel ticks all the right boxes; accommodation that is comfortable, friendly welcoming staff, plenty of activities, both energetic and relaxing, and excellent organic food.

St David's City is attractive, and there are some fabulous walks and beaches.

As well as being an excellent holiday destination, TYF is also a great venue for group getaways, courses and team building exercises.

Details:- Bed and Breakfast from £35 – £45 pppn.

There is also a self catering cottage available for small groups.

Half Day Coasteering £50 (adult)

Reiki Session £20 hour.

Telephone 01437 721678 or email stay@tyf.com

TYF Eco Hotel. Caerfai Road, St David's, Pembrokeshire. SA62 6QS.

Check out their excellent website for more information on eco policies, accommodation rates, courses and activities. www.tyf.com

Rail

Haverfordwest-16 miles to St Davids

Fishguard-15 miles to St Davids-- Enquiries 0345 484950 Timetables on-line

Bus/Coach

Coach Station-Haverfordwest

National Express Coaches

Local Bus Service

St Davids-Haverfordwest, St Davids-Fishguard

Richards Brothers-Tel 01239 613756

www.richardsbros.co.uk



What's in Season

eat spinach

The distinctive, slightly bitter/metallic flavour of spinach makes it something of a 'love it or hate it' food. Spinach is available year-round, but the freshest, tenderest spinach is most easily obtainable in the spring.

Nutrition

Spinach is well known for its nutritional qualities. Although it does contain high levels of iron and calcium, the presence of oxalic acid binds these minerals in a form that cannot be absorbed by the body.

But spinach IS very good for you. Vitamins A and C are present in significant amounts, as are several antioxidants and folic acid.

Buying

Spinach has a high water content and so reduces to around a quarter of its size when cooked. Buy lots. Pick dark green, thin-stemmed leaves with no signs of wilting or yellowing.

Storing

Keep in a plastic bag in the fridge for three to four days.

Preparing

Give leaves a good wash in a sinkful of lukewarm water to remove any traces of grit (if bought from a farmers' market) or chemicals (if bought from a supermarket), changing the water two or three times. Drain, or dry in a salad spinner if the leaves are to be eaten raw. Cut out any thick stems.

Spinach can be steamed in the water clinging to the leaves after washing. Give them 5 to 10 minutes in a large saucepan. Sauteeing and microwaving are also good cooking methods.

Raw spinach is excellent in salads and, like watercress, has a natural affinity with bacon. Spinach also pairs beautifully with smoked haddock and with cheese, especially feta.

Thanks to www.eattheseasons.co.uk for information supplied.

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Warm Potato, Spinach and Bacon Salad

500g new or salad potatoes, scrubbed and cut into thick slices

1 tbsp. olive oil

240g pack smoked back bacon, chopped

2 tbsp. white wine vinegar

2 tsp. clear honey

Salt and freshly ground black pepper

225g baby spinach leaves, washed

1) Place the potatoes in a pan of lightly salted boiling water. Cover and simmer for 10 minutes or until tender. Drain and allow to cool slightly.

2) Meanwhile, heat the oil in a large frying pan and fry the bacon until crispy.

3) Add the potatoes and fry for 1-2 minutes.

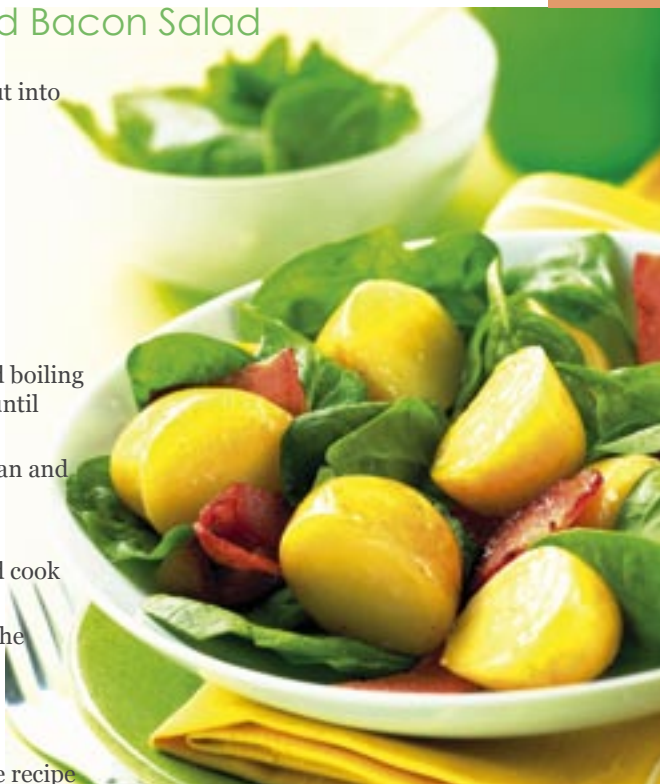
4) Add the vinegar, honey and seasoning and cook for a further minute.

5) Allow to cool slightly before tossing onto the spinach leaves.

6) Serve immediately.

Serves 2 for a light lunch or 4 as a starter

Thanks to www.thinkvegetables.co.uk for the recipe



Cooking without Water - Healthy, Fast and Alkalisising

A few months ago while attending a lecture by Dr Robert Young on the PH Miracle and alkalisising, I was introduced to the cookware company Saladmaster. Having worked in the Cookware industry for nearly 15 years I was intrigued as to how this titanium cookware could be different.

I invited Tony and his colleague to demonstrate Saladmaster and was impressed that in under 45 minutes they managed to prepare a salad, cook salmon, vegetarian lasagne, vegetables, potato gratin and chocolate cake, using no water and all produced on the hob.

Most people are aware of air pollution, water pollution and the dangers of household chemicals. Studies are now showing that certain cookware can also be polluting our bodies.

After enjoying our meal we discussed the different material used in traditional cookware and was shocked by their simple test, which helped to illustrate what happens to the metals and food during the cooking process.

If you'd like to try the test to show the level of chemicals or metals leaching from your cookware, you can do a simple pollution test at home:

- * Take a sample of each of the different types of cookware you are using and add 1 cup of water
- * Adjust the water with 1 tbsp of baking soda (sodium bicarbonate is used to simulate a similar PH level often realized in cooking conditions).
- * Bring water to the boil for 5-10 min (your food is usually exposed to the pan for at least 10 min.)
- * Add 1 tbsp sodium bicarbonate to a glass of warm water & taste (your control should taste salty)
- * Taste water in each of the other pans (taste will range from very bitter to metallic to... #@!#\$?)

For more information on Saladmaster Cookware visit www.phmiracleliving.com/saladmaster.htm Call Tony on 020 3239 5965 or book a cooking demo and dinner on www.healthylivingshows.com or email tony@healthylivingshows.com. See page 20 for the benefits of alkalisising.



The effects of toxins and chemicals on hormone health



Words: Dr Marilyn Glenville

Xenoestrogens ('foreign oestrogens') are oestrogen-like chemicals usually from pesticides or plastics that have been linked to disruptions in hormones for both men and women. These endocrine (hormone) disrupting chemicals (EDCs as they are often called) which are chemicals in the environment which mimic our own natural hormones. They are found in everything from plastics to pesticides, and the residues of hormonal medications e.g. the Pill and HRT, that don't break down once they pass into our water supply. Even though the government tells us EDCs are perfectly safe there is a growing body of evidence to suggest that they are not and that they have potentially damaging effects to hormonal health and health in general. In the wild, some of these problems have been dramatic. For example, the Environment Agency has found that a third of the male fish in UK rivers have become feminised and have produced eggs after developing female sex organs.

The increasing levels of xenoestrogens in our environment have coincided with an earlier onset of puberty. At the turn of the century the average age for puberty to begin was 15. Now some girls as young as eight are growing breasts and pubic hair. Women with higher concentrations of certain pesticides in their bodies run a greater risk of developing oestrogen dependent breast cancer than women with lower levels.

Xenoestrogens are stored in body fat and can affect men and women differently. Overweight people tend to have higher concentrations because xenoestrogens are lipophilic – which means that they love fat!

There's no doubt that all of us are affected by xenoestrogens, and they may be at the root of more health problems than we know. It's no coincidence, in my opinion, that the

huge proliferation of xenoestrogens in the last 20 years has coincided with: a decrease in sperm counts of 50%; an increase in testicular cancer; an increased number of boys born with undescended testes and other problems with their reproductive organs; more girls than boys being born and an increase in oestrogen dependent health problems such as breast cancer, endometriosis and fibroids.

Researchers have found a connection between dioxins (a class of xenoestrogens from pesticides) and the development of endometriosis. They found that 79% of female rhesus monkeys spontaneously developed endometriosis after being fed food containing dioxin. Dioxins can be found almost everywhere, not only in the food we eat but also in many products we use on a daily basis, such as the material used for tea bags and sanitary products.

Last year two companies had to remove their cod liver oil capsules from the shelves because of the high levels of dioxins found in them. In the sea, fish accumulate toxins, which pass through their livers (the organ responsible for detoxification). Extracting the oil from the liver of the fish is likely to provide high quantities of these toxins. My advice is to avoid fish liver oil and use fish oil taken from the body of the fish. (In my clinic I use Omega 3 Plus from www.naturalhealthpractice.com 0845 8800 915).

Other examples of xenoestrogens are:

- Nonylphenols - used in the manufacture of plastics, skin creams, detergents, toiletries, lubricants and spermicides
- Bisphenols - leached from polycarbonate plastics when heated
- Phthalates – found in make-up, nail polish, hair spray, plastic, carpets



What can you do to help yourself?

- There are 3,900 brands of insecticide, herbicide and fungicide which are approved for use in the UK and some fruit and vegetables are sprayed as many as ten times before they reach the supermarket shelves. What's the answer? Buy as much organic as you can afford. If not then wash and peel non-organic fruit and vegetables before using.
- Avoid, as far as possible, food and drinks in plastic containers or wrapped in plastic. Don't store any fatty foods (such as cheese or meat) in plastic wrap. Because xenoestrogens are lipophilic (fat-loving) they will tend to migrate into foods with a high fat content. Remove food from plastic packaging as soon as possible.
- Reduce your intake of saturated fats. There are two reasons for this. First of all, you will lay down fat stores that will present a welcome home for xenoestrogens, and secondly, the fat you take in is likely to contain xenoestrogens from the animal's environment.
- Do not heat food in plastic especially in a microwave oven.
- Increase your intake of fibre, which helps to prevent the absorption of oestrogenic chemicals into your bloodstream.
- Eat more cruciferous vegetables, such as broccoli, Brussels sprouts, cabbage and cauliflower. These are high in a substance called 'indole-3-carbinol', which helps to prevent toxic oestrogen from being absorbed in your body, while at the same time encouraging its elimination.
- It is especially important to make sure you are getting enough antioxidants in your diet, and the best way to do this is to eat lots of antioxidant rich fruits and vegetables. Antioxidants are protective substances that patrol your body, mopping up toxins. Research has shown how powerful they can be in the removal of toxins from the body. For instance, the antioxidants vitamin A, E, and C and zinc and selenium all have powerful detoxifying effects.
- Eat a wide variety of fruits and vegetables as specific pesticides are used for specific crops and you'll avoid eating too much of a given pesticide.
- Eat phytoestrogens, such as soya, chickpeas and lentils, which can reduce the toxic forms of oestrogen in your body.
- Avoid using pesticides in the garden and flea sprays
- Buy 'natural' cleaning products for your home, to re-

duce the number of potentially xenoestrogenic chemicals in your household.

- Use natural toiletries e.g. organic sanitary products, deodorants and skin creams – in particular, anything that is rubbed into your skin especially around your breast
- Other research has raised questions about the safety of cling film made of a type of plastic called polyvinyl chloride (PVC). Use cling film made of polyethylene or use paper instead.

Dr Marilyn Glenville PhD is the UK's leading nutritionist specialising in women's health. Dr Glenville is President of the Forum for Food and Health at the Royal Society of Medicine and a registered nutritionist. She is the author of a number of internationally best selling books including 'Fat around the Middle', 'Getting Pregnant Faster', 'New Natural Alternatives to HRT', 'Osteoporosis-the Silent Epidemic' and 'The Nutritional Health Handbook for Women'. Dr Glenville has clinics in Tunbridge Wells and London. For more in depth information look on Marilyn's website www.marilynglenville.com. If you are interested in a consultation you can contact Dr Glenville's clinic on 0870 5329244 or by email: health@marilynglenville.com

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Crohn's Disease

Words: Kimberley Mack – founder of the Aloe Vera Clinic in Whitley Bay

As a lifelong sufferer of Crohn's disease, my illness began in my late teens and remained chronic until my late twenties, before, due to my own research, I finally made a breakthrough. Crohn's is a serious inflammatory bowel disease that causes chronic pain and a weak bowel. Due to my condition, my life was drastically limited. Eating out was impossible and I suffered from very low energy, I was very underweight and had very cold feet and hands due to bad circulation.

At the age of 17, I had a part of my colon removed, which was quite a big operation. For the next 8-9 years, I was taking ongoing prescribed medication including steroids and anti-inflammatory tablets to help manage my condition. However, the medical profession never gave me advice on how to manage my diet. I would have attacks approximately once per year which would leave me hospital-bound for up to at least a week, and where I would have to be fed intravenously as my body was unable to accept food.

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In 1988, I had another section of my bowel removed, which came with the fear of losing the bowel altogether. This was the turning point. I was in my late twenties and I decided I had had enough of relying solely on the orthodox system. I began seeking alternative methods of treatment to help ease and also improve not just the disease itself but also my general health and well-being. I realised I couldn't live on steroids for the rest of my life.

My quest began with a visit to a nutritionist, who showed me in just one hour, how I was self-inflicting a lot of my discomfort with the food and drink I was consuming. This had never been questioned before. This included coffee, cheese, wheat, fast food etc. Being so underweight and low in energy, I craved sugar, and because I was underweight, didn't think it was a problem. After working with my nutritionist for six months, I felt so in control of my body and the disease, it was almost impossible to believe. With food changes and specialised nutrition, my life

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changed completely. This gave me the confidence to go out, eat at restaurants and simply live my life normally for the first time in ten years. It was at this point that I travelled to Australia where I discovered Aloe Vera. This was another turning point, as, since it is a natural inflammatory, and contains many essential nutrients and amino acids, it helped to keep my body in balance. Until I saw my nutritionist, my body was starved of the correct nutrients it needed. I began to learn more about the power of good quality foods, plants and botanicals.

I carried on to the States and began working in a natural health clinic where the benefits of alternative therapies such as colonics, acupuncture and reflexology as well as nutrition all assisted in keeping me well. I learned here that the emotional really does affect the physical. I began working with Louise Hay which was yet another critical point as it made me see how the disease may have manifested itself in the first place. Following a serious car accident in the States, I returned to the UK in 1991 to recover. At this point, I had managed three years without any form of orthodox medication. Following my recovery, I continued working in the natural health industry and, in 1994, began studying Macrobiotics and the benefits of food in health for one year. In 1995,

I founded the Aloe Vera Centre in Whitley Bay offering the highest grade products and ongoing advice to those wishing to look and feel the best they can naturally. I also exhibited at many natural health shows around the country to spread the word to those who were sick and seeking natural alternatives about how nutrition and alternative health in general could help. Today, my clinic is going stronger than ever. My

husband and I also set up 100% Collagen Ltd, a company that distributes natural health products and supplements nationally such as Pure-Col (100% collagen capsule), Perfect C (natural breast enhancer), Perfect Aloe (real Aloe Vera juice that boosts overall health), Perfect W8 (natural slimming supplement) Perfect I (natural eye lifting gel) and Perfect Harmony (a natural HRT replacement). These products offer people a natural way to enhance their skin, body, mind and well-being and the company is going from strength to strength. I am no longer a victim of Crohn's although I still have the disease. I always asked myself the question, 'What am I doing that is making me feel unwell?'

As a result of my search for a solution, I found the answer that quite literally transformed my life. My nutritionist gave me control back over my own body. Since I opened my clinic, I have learned that many people are looking for a quick fix. I teach them that this is not the answer – it's about a lifestyle change that is ongoing. My clinic helps people with minor to serious conditions, enabling them to regain control of their lives with natural products. We have seen quite literally hundreds of people regain health and happiness and many I still work together with ten years on. I specialise in digestive and bowel problems as well as inflammation. Often, we find that clients who come for a headache, for instance, have a digestive problem. The orthodox system may have been treating them for days, weeks and even months for a headache and not ever considering the root cause. 100% Collagen (0191 291 3385) and the Aloe Vera Centre (Tel: 0191 297 2212), Duchess Street, Whitley Bay www.collagen4u.co.uk

Wellbeing Wednesday

The next event will take place on
Wednesday 16th July 2008

The Spa Hotel, Mount Ephraim, Tunbridge Wells
7.30pm - 10.30pm

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Health Benefits of Probiotic Bacteria

'Probiotics' are increasingly to be found in every day food and drink products. Probiotics, which means 'for life', have been used for centuries as natural components in health-promoting foods. Many experiments and studies have linked probiotics to aiding a range of ailments, such as lactose intolerance, colon cancer, lowering of cholesterol and blood pressure and, most importantly, improving immune function.

One new way of getting a vast amount of these beneficial bacteria into your diet is by drinking a unique tea infusion that originated in Ancient China 2000 years ago. Kombucha tea contains 65 million probiotic bacteria 5 per 100ml serving, the optimum amount required to populate the large intestine and effectively dissolve harmful micro-organisms.

The UK's only brand of authentic, handmade, organically-certified Kombucha tea is Gaia's Organic Kombucha, available from www.gaia-kombucha.com at £3.99 for a 750ml bottle (£47.88 plus £11.95 delivery for a case of 12 or free delivery for 2 or more cases).



Organic Food from the Plant to the People

Every week there seems to be a new snack or cereal bar on the market, claiming to be healthy and nutritious, but often when you actually read the ingredients list, the illusion is shattered. Full of simple carbohydrates and sugars to give an energy surge, the bars will soon have you crashing back to earth feeling more tired and hungry than before.

However now there is a bar hitting the UK that lives up to all its promises of being great for your body, and tasting fantastic...

The adult bars are available in 3 fantastic flavours: Chocolate Coconut, Chocolate Choc Chip and Cinnamon Raisin, and the junior bar is available in Apple Pie from Health Stores nationwide.

For information visit www.organicfoodbar.com



Emu Oil

Praised by the likes of Paula Radcliffe, Demi Moore and Shane Warne emu oil has many famous advocates, but as an unusual alternative remedy it has often been overlooked by the UK medical profession, despite being a registered therapeutic anti-inflammatory in Australia...until now that is.

Europe's leading emu oil is Golden Emu Oil (featured on the This Morning show), which is of the highest possible quality and is the only emu oil available in the UK, and is also of a registered pharmaceutical grade in Australia. The Golden Emu Oil range, which includes muscle, joint and skin care products, is available directly from the Pioneer Trading Company by calling them on 01526 344971 or visiting their website at www.pion-tc.co.uk.



Spring Clean with Lemon Detox

There's nothing like a good old clean-out to help us shake off that winter feeling and launch into spring looking and feeling cleansed and rejuvenated. Celebrity favourite, Lemon Detox, is leading the way in 'detox world' due to its internationally acclaimed cleansing programme that can be altered specifically to suit every need AND lifestyle.

With programmes that vary in length and intensity, from a five to 10 day fast to more relaxed versions where a meal a day or a full day's meals a week are replaced by the Lemon Detox formula, each is designed to cleanse your body from the inside out at a pace that suits you!!

Lemon Detox is fully endorsed by leading medical experts including Dr Janine Leach, President of the Naturopathic Society, Amanda Griggs, leading nutritionist based at the prestigious Balance Clinic on London's Kings Road, Dr Michel Odent, one of the UK's leading Obstetricians and Dr Elizabeth Adalian, Chair of the Homeopathic University.

Madal Bal Natural Tree Syrup is priced £39.99 for a one litre tin and is available from leading health food shops, beauty salons and spas nationwide. For stockist details please call 0845 370 1012 or 0845 370 1014 or visit www.lemondetox.com.





Truth about Soya

Words: Lucy Pook



The image of Soya as a wonder bean has over the last few years been increasingly drip fed to the media, nutritionists, health journals, and the NHS by scientists and various 'health' experts and has thus taken a hold in the consciousness of the alternative health world as a miracle food of the 21st century.

We have all been gradually buying into the idea that soya can balance our hormones, prevent osteoporosis, protect against breast cancer and that it is a perfect replacement for cows milk for vegans and anyone with a dairy allergy.

But is this miracle food all that it is cracked up to be? Where is the information coming from? Who are the experts and scientists purporting this so-called wonder bean as a cure all? Is it really true, as the latest independent research suggests that instead of being a health food, it is actually very toxic to the body and is creating a multitude of health problems for many people in the western world. We have been led to believe the reason the Chinese accrue great longevity and Japanese women sail through the menopause without any ill effects is due to their soya rich diet.

Soya or soy as it is called in the rest of the world has been making a name for itself because it is rich in phytoestrogens or isoflavones, which have an apparent ability to balance hormones. This has been great news for women transiting through the menopause and worried about the side effects of HRT.

But far from balancing hormone levels, isoflavones and other toxic substances (see below) found in soya can actually disrupt the endocrine system leading to problems with fertility, thyroid disorders, early onset of puberty in children, menstrual disorders and a depletion of vital nutrients such as zinc, iodine and calcium.

In fact, the over consumption of soya has led to an epidemic of thyroid problems in the west all due to an inability to understand the true nature of the Japanese diet; of what the health benefits really are and the health problems associated with processing foods (soya) in the wrong way.

Here are the facts:

It has been well known in the Australian farming industry since as far back as the 1940's that infertility levels rose when sheep consumed clover. The syndrome has even been labelled as 'Clover Disease'. Clover is very high in isoflavones, just like soya, causing hormone-disrupting effects on the sheep. One of the isoflavones, genistein, inhibits an enzyme important for the synthesis of testosterone.

Japanese monks have been known to dampen their libido by increasing their soya intake and Japanese women give it to their husbands to acquire the same effect. Again it has been known for at least 1/2 century that phytoestrogens can make animals infertile. Just ask any bird breeder about soya. They avoid it for exactly the same reasons.

Phytoestrogens are known as endocrine disrupters. Another worrying factor is that babies fed soya based milk formulas are developing problems with premature sexual development due to upsetting the baby's own natural hormonal balance. Professor Jill Schneider from Lehigh University in Pennsylvania discovered in studies involving rats that were fed soya developed the onset of puberty far earlier than normal. For babies fed soya formulas, as well as increased risk of harm to the child's future sexual development and reproductive health, they are also being exposed to the risk of thyroid disease such as hypothyroidism.

One of my students told me about her son being born with genital malformation after we were discussing why soya is not as nutritious as we have been led to believe. She consumed a lot of soya during her pregnancy thinking it would be benefiting her health.



Mike Fitzpatrick, a toxicologist has made the link between drinking 2 glasses of soya milk a day to ingesting 2 birth control pills a day. Consuming the same amount can also alter menstrual cycles in women.

One of the biggest concerns is the effect that soya has on the thyroid. Over 8 years ago now, at the college where I studied to be a nutritionist, it was a well-known fact that Soya has a depleting effect on the body, especially of iodine (important for the health of the thyroid) and so it was never a recommendation to any of our clients. We were also taught how it's high levels of aluminium were toxic to the body (due to the aluminium vats that soya milk is made in) and so I am always surprised when I hear other people in my field of work promoting this product.

Japanese researchers have known for the last 50 years that the intake of soya causes enlargement of the thyroid and suppressed thyroid function. Theodore Kay of the Kyoto University Faculty of Medicine concluded in 1988 that;

‘Thyroid enlargement in rats and humans especially children and women, fed with soybeans has been known for half a century.’

But I hear you all say, how is it that the Japanese diet is the best in the world and they consume lots of soya but they don't suffer the same effects?

Well, for one, there are a number of inaccuracies involving the Japanese diet, which have lead people to believe the above statement.

1. The Japanese don't eat as much soya as we have been lead to believe. Their intake is approx 7-8gms a day. The poorer the Asians the more soya they consume.
2. The soya bean has to go through a number of processes before it is deemed edible for human consumption. This well known fact is why in Asia the beans are always cooked with seaweed, which helps to break down the fibres and makes it easier to assimilate.
3. They consume lots of seaweed, which is rich in iodine and thus replace the iodine levels depleted.
4. They don't eat as much of the hormone disrupting soya products such as tofu and milk. They consume more miso, tempeh, and tamari, which are fermented soya, as well as bean sprouts. The fermenting and sprouting process reduces the isoflavones and mineral binding substances such as phytic acid and oxalic acid. This is another problem with soya. It is high in phytic and oxalic acid, which blocks the uptake of vital minerals such as zinc and calcium. Another reason for menopausal women to avoid soya and find a better way of supplementing their diet with calcium.
5. And lastly, even though I, and many nutritionists believe

the Japanese diet is one of the best in the world, it is not perfect. High sodium levels, mercury in raw fish, increased intake of unfermented soya along with other factors attributable to the modern age has led to increased rates of stomach, pancreas, liver and thyroid cancers.

Simply drinking pure soya milk is exposing people to high levels of unnatural hormones and aluminium and the most vulnerable are menopausal women and babies, the ones who are targeted by advertising.

75% or more of processed food containing vegetable oil is actually soya oil and due to its high demand, the left over product (protein) needs a market. The soya bean is America's 3rd largest crop. I leave you to draw your own conclusions.

When studies are made by western scientists claiming the benefits of soya in promoting health, there is rarely a clear definition of the type of soya used. A study involving 143,000 Japanese women concluded that incidences of breast cancer were reduced when soya was included in the diet. But the type of soya that was used wasn't, tofu or milk, it was miso. When tofu was introduced into the diet, breast cancer rates increased.

Soya alternatives

If you are consuming a lot of soya and are worried about what to replace it with try increasing your intake of nuts, seeds, dark green leafy vegetables and seaweed which are rich in calcium, protein, zinc, essential fatty acids, iron and B vitamins. In fact, all the nutrients that soya purports to contain, but in a more absorbable form. The seaweed will also replace the iodine levels that have been depleted. The essential fatty acid Omega 3 which is found in high levels in raw fish in the Japanese diet is the key ingredient to balancing hormones in the body, not soya. Ask any nutritionist what the super foods of the Japanese diet are and they will mention, seaweed, uncontaminated raw fish, fresh vegetables and bean sprouts.

Use rice milk to replace soya milk or make your own. Take a handful of soaked almonds, 2 dates and a cup of water. Whiz together in a blender for 3 minutes and you have your own raw highly nutritious fresh milk.

Recommended reading:

The Whole Soy Story by DR Kaayla.T. Daniel
Lucy Pook, Nutritionist, Naturopath, Health journalist, Raw chocolate chef lucy.pook@ntlworld.com
01272 232862



Chinese Whispers

Words: Lulah Ellender

Trying to find the right treatment for a sick child can be a frightening and stressful experience for a parent. We wish we could 'kiss it better' and be miraculous healers, but all too often we end up frantically calling NHS Direct or rushing to our GP. Whilst these conventional methods of treatment provide vital emergency care and can be useful in the short-term resolution of problems, many parents are increasingly turning to 'alternative' medicine as either a complementary treatment, or as a stand-alone means of treating their children. For those parents who want something different, the answer could lie with Traditional Chinese Medicine.

Skilled practitioners of this ancient form of medicine (known as TCM) have successfully treated a wide range of diseases: from curing common complaints such as eczema, asthma, bedwetting and acne, to alleviating the symptoms of HIV, cancer and Down's Syndrome. It can even be used with premature babies to strengthen their vulnerable immune systems and stimulate their appetites. If a child suffers from acute illness or allergies, TCM could offer them the relief they haven't been able to find elsewhere.

The basic method of treatment begins with an in-depth consultation, in which the practitioner will observe the patient's external manifestations of the complaint. To a trained eye much can be gleaned from a well poked-out tongue and a feel of the pulse!

The practitioner builds up a 'pattern diagnosis' to determine exactly where the illness is coming from. Unlike the Western medical approach, which basically treats each symptom individually, TCM aims to find patterns which reveal where the body is out of balance in order get to the root of the problems presented. For example, we might go to the doctor with a cough, but a TCM practitioner would explore exactly what kind of cough we have; children suffering from asthma very often also have eczema, and TCM would treat these illnesses in conjunction. Where Western allopathic medicine looks to suppress specific symptoms TCM treats the whole body, through a combination of herbs (often using up to 15 at a time to address each aspect of imbalance), tuina massage, acupuncture (or acupressure in the very young) and dietary / lifestyle changes. The initial consultation will be followed by weekly visits until the symptoms improve, increasing to every two weeks until the patient is cured.

According to Robert Helmer, the UK's only dedicated paediatric practitioner of TCM, "Chinese medicine can offer substantial benefits to patients who have been unresponsive to other forms of treatment. In my experience these treatments are effective, safe and easy to use. In clinical practice, I use TCM as both a complementary form of medicine for those who are using modern medicine and an



alternative treatment for those dissatisfied with their current treatment. The TCM treatment of diseases should have no side effects and is often curative not palliative as it aims to eliminate the pathology of the disease instead of controlling or suppressing the symptoms." From his clinics in East Sussex and London, Helmer has successfully treated children experiencing a great variety of problems, and is passionate about the value and efficacy of TCM. He explains, "Parents of children who are unwell are delighted after they use TCM and quickly discover the benefits of this practical, logical and time-tested medicine." Helmer is currently developing a specialised training course in asthma treatment for TCM practitioners worldwide as he believes strongly that this treatment can deliver enormous benefits.

When asked whether his discerning young patients will actually take the pungent, brown tinctures he uses Helmer explains that most children get used to it and are happy to take the herbs once they see their

conditions improving. He also gets them involved in their treatment through the keeping of food journals, which enable him to show the impact of dietary factors and to advise on potential changes which may be needed.

In a world where allergies are the norm and an estimated 70% of adult illnesses result from ineffectively treated childhood complaints, it seems even more important that we broaden our horizons and embrace complementary treatments. This does not mean rejecting Western medicine, just being open to using other methods in conjunction. As the Chinese say, "One hand washes the other". It seems TCM could offer a gentle, side-effect free cure for children experiencing the stress and pain of on-going illness, and a ray of hope for their families.

For more information see: www.roberthelmer.ca www.lcta.com or contact your local TCM practitioner. Written by Lallulah Ellender t.ellender@btinternet.com

Dyslexia
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The Davis® technique is a fun, holistic approach to dealing with the learning difficulties of dyslexia. Davis methods are suitable for all ages and can lead to improvements in reading, spelling, writing, maths (dyscalculia), co-ordination (dyspraxia) and attention (ADHD).

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The Davis approach recognises the intelligence of the individual and enables each person to effectively use their dyslexic talents.

"The print doesn't move around anymore. I can read for longer without getting tired and I can remember what I've read!"
Teresa, aged 30

To find out more contact
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or email elizabeth.shepherd@virgin.net
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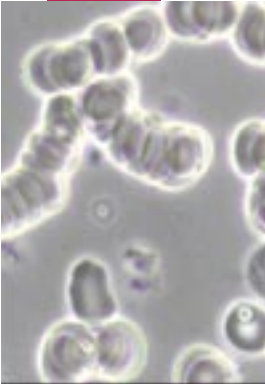
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Live Blood Microscopy

Words: Kate A'Vard



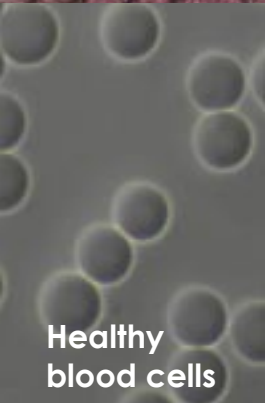
Being a live blood microscopist I see everything in the blood about a person's life, their history, stressors, scars, operations, trauma and of course, blood functioning whether good or bad. I have a special interest in cancer and debilitation. Most of the people that come to me, have already been through the mill of not wanting to touch chemo or radiotherapy, and have explored the protocol of alkalising as a way of reversing their condition.

Unhealthy blood cells



We look at the terrain of the blood and body, how acidic it is, how rapidly you are aging and the speed at which cells break down. I know very quickly if someone is building, or destroying their blood, it is that obvious as blood should look a certain way. The blood is slightly alkaline at a pH of 7.365 and when this is true, the blood cells are perfectly round, fully functioning with a strong cellular structure. (see healthy blood cells) When the environment has been compromised, the blood cannot thrive or function properly and so begins its fermentation, or rotting process early. Dr Robert Young coined the phrase The New Biology, looking at how blood functions in its environment relative to the level of acidity present. He states that 'the over-acidification of the body is the single underlying cause of all disease'.

Healthy blood cells



When looking at cancer under the microscope, there are several things which are immediately obvious. First is the quality of the red blood cells, degradation, crystallisation and the state of the organs such as the digestive tract, kidneys, liver, brain and bowel. The red blood cell count is critically important and we work with other markers as they usually correspond with what we see in the blood. The bowels, are always compromised. The small intestine, where blood is

created, is always degraded. Along with cleansing the blood through detoxification, the one other thing we do is build the blood with exact match resources. We go about healing the colon, healing the liver and healing the blood. When cancer is present, that person always has the highest count of yeast and bacteria observed in the blood. A full alkalising programme is recommended at this point to return homeostasis to the blood and to allow rapid healing.

My client Jenny is in her 40's, married with 3 teenage children and who has had a diagnosis of Mesothelioma for several years. Its manifestation is a lung tumour. By the time Jenny came to see me, she had been on an alkalising programme for a while, however, there was not much of a change in her blood. She was not following it 100% and previous guidance suggested a lack of knowledge with the practitioner. The alkalising programme is called C.O.W.S. Jenny was consuming liberal amounts of Chlorophyll, Clay and was regularly partaking in Colonics. Next, she was consuming liberal amounts of Oils, and focussed breathing for Oxygen intake. The Water is most important, making sure that it is ionised and highly alkaline. She was also consuming essential Salts, critical for creating minerals in the blood. Within 3 months, her blood had responded with focused attention, and second observation deemed that there was no trace of cancer in the blood. When you give the blood and body exactly what it needs to heal itself, then rapid healing is available. Blood microscopy is a strong tool which indicates the immediate state of your health, and improvements in the blood on any healing protocol.

Kate consults from The Wyndham Centre in central London, and by private appointment in the Brighton/Hove area. www.alkalinebydesign.co.uk 07795 048 998



The body heals itself, given the chance!

Words: Marilyn Vrabez

In September 2006 I was clinically diagnosed with pre-carcinoma (early signs of breast cancer) and my biopsy revealed “high-risk malignant cells”. The hospital consultant suggested removing my breast together with four lymph nodes “as a precautionary measure” as the affected mass spanned 10 cm, which, I was told, was medically untreatable. The diagnosis threw me into complete shock and I was stunned for seven days.

I confided in a close friend who, fortunately, was a gifted healer and knew other healing therapists who could help aid my recovery. My nutritionist friend, Lucy Pook, also assured me that I could recover through nutrition and so we worked together using a 100% organic diet, pure water, inner cleansing through detoxification to support the liver and deep cleansing techniques such as infra-red saunas, gentle enemas and occasional colonic irrigation, all working in co-ordination with regular healing sessions.

My sister and daughter opposed my decision to heal myself (I believe through their own inner fears of losing me) and even some friends and colleagues were sceptical, so I had to distance myself from their opinions and negativity in order to protect myself and fully focus on the ‘Process’ that I trusted and believed in.

At first, the mass was so painful and, for four months, I had to sleep with the affected breast on a soft pillow because any pressure caused me discomfort and kept me awake. After this time, the pain subsided, and I knew I was beginning to heal and there wasn’t any doubt in my mind that I was on the road to recovery.

I managed to continue working as a full-time PA within the NHS, but it became a struggle as the detoxification programme did produce side effects and feelings of emotional grief, which I identified as ‘coming up’ as part of the healing process. However, I held on diligently and was grateful for the ongoing

support of my close friends and therapists. I never felt alone in my plight to heal myself and wanted to break through at all costs, after all, these side-effects were a small price to pay compared to the trauma of intrusive surgery and of knowing that my ‘Body Temple’ would never feel the same again.

My sister was absolutely amazed at the results as she was checking me over once a month and, after 18 months, could not feel anything abnormal at all and said it was “a miracle”. I tried to explain to her that everything was working in harmony together and that it wasn’t just a question of luck, because through the ‘Path’ I had taken, I had given my body the power and ability to heal itself. Therefore, by removing stress on all levels i.e. physically, mentally, spiritually and environmentally through diet, therapy, detoxification techniques and healing, the body was able to bring itself back into balance.

I attended my local hospital 18 months after the original diagnosis for a routine, manual examination (my 3rd since the diagnosis) and the doctor said she could feel “nothing abnormal.”

I always believed that my body was my Temple and that with the correct nurturing, the malignant cells would become replaced with normal cells and my breast could become healthy once again.





Pedal your way to good health

Words: Tony Doyle, MBE, Former World Cycling Champion

Rising public transport and fuel costs, the desire to improve health, lose weight and to do a bit for the environment are all reasons why thousands of us are ditching our cars and train journeys, in favour of cycling to work. In London alone, there was a 10% increase in the number of cyclists on the road between April and September 2007, compared with last year and an estimated half a million people are now cycling every day.

The good news is that cycling is not arduous; anyone can do it. It is not challenging sport and it is a fun activity, which offers a great alternative to the

monotony of gym visits. It also has major health benefits – cycling for half an hour three to four times a week can lead to fitness levels of someone 10 years younger and reduce the risks of heart attacks, according to the British Heart Foundation. 190-415 calories can be burned by cycling at a moderate speed of 10 mph in just half an hour, so cycling in conjunction with a healthy diet can speed up weight loss. It is also a cheap and green way of getting around. It uses all the major muscle groups, giving all round fitness.

Tax free cycling schemes to save money

Taking up cycling doesn't have to be expensive. There are many work related bike programmes available including 'On your bike' and 'Cycle to Work,' both of which offer tax incentives so that you can purchase tax free bikes and cycling accessories – you could even ask your boss to set up a corporate scheme.

A team effort

To keep motivated, you could get your work mates or friends involved. There are many group cycling activities and one of the most successful is the London Freewheel Mass Bike ride which is taking place in September. The event will see the streets of London being taken over by huge volumes of cyclists of



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all ages who bask in the great atmosphere. Perhaps you could cycle to raise money for charity and set yourself a new challenge at the same time by entering the London to Paris bike race later this year?

Safety on the roads

However, there is no denying that for some people, safety is a barrier to taking up cycling with many believing that cycling on the roads is dangerous.

In a survey, conducted at the national UK cycle show in October 2007 by bike lighting specialist, Pedalite International, 61% of cyclists complained that cars and lorries come too close to them, causing them to wobble or throwing them off balance and 51% said that their biggest worry was not being seen.

I would recommend that cyclists take every precaution to add lighting to their bikes to ensure they can be clearly seen by cars and from any angle. It is particularly important they choose lighting that enables them to be seen by motorists when they stop at road junctions – this is where three out of four accidents involving cyclists happen, according to the Royal Society of the Prevention of Accidents.

Because of these worrying statistics, I campaign on behalf of Pedalite International Ltd, which offers battery-free 360 degree visibility pedal lighting to enhance cycling safety. Powered solely by cycling energy, Pedalites provide always-on lighting, so bikes can be seen any time day or night. What's more, they flash from every angle, so cyclists can be seen at road junctions, from up to 1km away and critically from the side. Pedalites start flashing as soon as the cyclist starts to pedal and the lights stay on for up to five minutes after the pedalling has stopped, protecting the cyclist at road junctions. Pedalites make bikes seem wider too - the flashing lights create a virtual cycle lane, so cars give them a more space and distance eliminating the likelihood of accidents.



Give Away

Pedalites are giving away a set of Pedals and toe clips to the first person, whose detail will be selected at random on the 30th June. To enter please email your name, address and contact details with the subject heading 'Pedalites' to rachel@wellbeingmagazine.com



Here are some of my other top tips to ensure you enjoy cycling but remain safe on the roads:

Always wear a helmet

Wear reflective clothing to ensure you are as visible to motorists as possible


Give your bike regular safety check ups – any good bike shop will provide a service and this is essential if you are using your bike to commute

Pump up your tyres and check your oil

Always ensure you carry spare batteries for your lights

Fit battery-free Pedalites on your pedals – the flashing pedal lights will ensure you can be seen any time day or night and of course, remember to have fun!

p i l a t e s




Pilates is a precise and safe exercise method which can be adapted to suit all ages and fitness levels, by strengthening the deep abdominal and back muscles, flexibility, muscle control, coordination, tone and posture is improved. Using breath to link a series of movements, mind and body are integrated resulting in increased energy and relaxation.

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Information & Booking

07931 388 739
helencdavies@hotmail.com





“The Toughest Footrace in The World”

Words and photos: Mark Gillett



Two years ago, I entered, ran and completed the Marathon Des Sables. I was very proud of my achievement and knew I would do it again some day. Two weeks before the 2008 23rd edition, I got photographic accreditation to cover the event and so here I am back in the desert but with a comfy seat and no road book to sweat over. However there is a certain amount of envy running through my veins right now.

The race takes runners over the highest sand dunes, along dry plains, through soft sandy wadi's (dry river beds) and over high jebels (small mountains). It is a relentless journey that slowly takes its toll on the most hardened runners and they start dropping from day one. Those who remain in the race invariably need to address foot blisters or sores on their back from the rubbing of the rucksacks. Many just need to rest from the exhaustion. The sun beats down relentlessly and reaches highs in the 40's, sometimes 50's. This is the toughest foot race in the world.

Sophie is a delightful bubbly girl with a huge personality. I have known her family for many years, since we all worked in Oman in the early 90's and Sophie was just six.

She is now a 24-year-old girl with a dream to complete the Marathon des Sables. She first told me about it a few years ago. Before I ran it. She wanted to do it and when I returned I said I would sign up with her. Instead, I am following her progress for other journals.

My circumstances changed but Sophie, however, stuck to her promise and is now one of only 24 British female runners and the youngest female overall.

My journey back to document it brought back many

memories and to be honest they are mostly good. Yes, it was a tough race, hard every day with the effort increasing and the pain sometimes beyond the imaginable. Now I was watching Sophie go through the same. Did I really encourage this? I want to know what motivates people to do this. What motivated me?

“I am nervous, Mark. Can I really do this?” The phone call came after I had put my daughter to bed the night before departure, and she really was nervous. I tried to imagine me at the same age. I could barely remember that far back let alone, imagine it. She is a very brave girl, that there is no doubt.

“You have no choice now Soph, well you do but I know you are not going to back out. Of course you can, and you will do it for your dad.” I could not think what else to say really, as I knew she could do it and would. As for her motivation I still don't know.

I have now asked the question to a few runners. Why? The answers are much the same. No one knows and everyone is different. I am sure there are some underlying common traits but they are not too evident. Most seem very content, though. They are happy, confident and just wanting another challenge. For some it was a discussion in the pub, for others just a “want”. Some have done marathons and lots have not. Many have a story but also many don't. I feel the spectrum of people is almost as broad as that you might find in the local pub.

I also know a psychologist will insist on something more academic but most of us are not psychologists and don't think in such a way. Essentially the desert is raw. Its life in its rawest form and strips us of our perceived identity and exposes the real us.



Distance 250 Km in the Moroccan Sahara, First started 24 years ago, It is the brainchild of Patrick Bauer , there are 850 Participants. The stages are 30km, 38km, 40km, a whacking 75km, 42.2km, then the final stage is around 15km. Temps 40-50 degrees daily. 3-10 by night.

The more I speak to other runners about their motivation for the race, the more I am sure there is no one thing, just an “I can do personality” or a need to see if they can survive in such harsh conditions and to prove that in these days of high tech wizardry and no real need to strive for survival they can still cope.

Sophie took 17 gruelling hours to complete stage 4. I fell asleep in my tent wondering if I should wait up. She arrived back at 2am and I missed her. When I woke I went to her tent to check if she was back. I felt kind of responsible. I asked how she got on. “God that was the f***ing pits!” She said. I was not sure what she meant at first. She was disappointed with the time. She also said how she was hoping I would be at the finish line. I felt bad.

Her blisters were now bleeding; her body was sore yet she still laughed. Then slept again.

Having witnessed this amazing race from the “other” side I would say that the feelings when you finish are

so mixed between pain and elation but are primarily of a huge sense of achievement. My respect for the runners of the MDS has ballooned. Just watching from the trail or a helicopter you appreciate the enormity of it all.

The MDS has a profound effect on everyone whether they run, walk or {both} their way through the 250 km’s. But also for those who work it like me. There are 500 staff that all volunteer to go back each year and it has as big an effect on them as it does the runners.

Sophie finished brilliantly. Happy, hurting, sore but has come home “flying”. She is a brave girl and this last week will leave a positive mark on her for life. She will also do it again, I know.

For me, I had another great week. I met the most fantastic people both in the race and on the organiser side. I sit at my desk trying to comprehend what has just gone by. When you run it your head goes down and you just do it. When you document it, chat to the runners; see the distance, weather and terrain and what they achieve, its inspiring.

And guess what? I am running again in 2010!

Photos: Mark Gillett, mark@junglemoon.co.uk





Psychological Detox

Words: Leilani Mitchell

Psychotherapist Leilani Mitchell explains how psychological toxins can be as poisonous to our wellbeing as chemical toxins.

The more we know about toxins and chemicals the more we realise they affect. This is also true of what we call psychological toxins. These are the negative messages that we often use to blame, shame and condemn ourselves.

Depending on the people around you and the decisions you made when you were growing up, you may have supportive nurturing internal voices or you may have more destructive, 'toxic' voices. It is most likely that you will have some of both.

One way to assess this is to think about the things that you say to yourself. For example, if you have made a mistake or are going through a hard time, what do you say to yourself? Are your words supportive, encouraging and nurturing or are you more likely to be tough on yourself and tell yourself to 'get a grip', 'stop whinging' or 'pull yourself together'?

We can use these voices like tapes that we play in our head. Most parent's (or parental figures) do the best for their children. However, all parents get it wrong some of the time; some get it wrong a lot of the time. If you had a parent who could be shaming, cruel, harsh, abusive or blaming, you are more likely to have an internal toxic voices.

Imagine if you were to be critical toward another human being a large proportion of the time. What affect would that have on them? If you are critical of yourself it will also have an affect. You will undermine your own self-esteem and self-confidence. This can also have a physical affect on your health and wellbeing.

When we are judgmental of ourselves, it is painful and we have a physical response to that. It might be that we clench our stomach or shoulders, it might be that we feel sick or tighten our jaw. If we tense those muscles enough times it will have an affect on our physical health. Ulcers are a good example of this.

If you think that you have toxic voices don't worry. Although it feels as if we just automatically run those negative messages, we do have a choice. There is probably some underlying reason that we do this to ourselves, maybe when we were young the best way to survive our family of origin was to feel bad about ourselves. While a useful decision then, if it is a strategy we still use in adulthood, we are just in the habit of doing it. By being self-critical, we keep ourselves in that place of feeling bad about ourselves which can sometimes feel comfortable because it is so



First steps to a new career

Talking therapies are a growth area. Counsellors must have qualities such as empathy – the ability to put themselves in someone else's shoes.

Based in Sussex, The Link Centre offers part-time counselling and psychotherapy training courses, which run for three/four years across ten weekends a year.

Aimed at those wishing to qualify as counsellors or UKCP registered psychotherapists, the courses combine Transactional Analysis theory with practical applications and demonstrations.

The Link Centre is currently interviewing for the October intake.

Introduction to Transactional Analysis (TA101), provides an overview of TA theory and is held over a weekend at dates throughout the year. The next courses take place on 7th/8th June and 6th/7th Sept.

For more information contact **01892 652487**
www.thelinkcentre.co.uk





familiar. The more nurturing you are towards yourself, the less critical you will be.

Experiment with telling yourself all the good things about you; be supportive and nurturing towards yourself. Decide to have a psychological detox and change those internal messages, the more you do it the easier it will be. Sometimes it is hard to change patterns because of the underlying, often unconscious, psychological reasons for doing them. In these situations it can be good to get help from a counsellor, psychotherapists or someone trained in helping us uncover our unconscious motivations.

It is very important not to discount our psychological health. Our physical and psychological health is inter linked and affect each other. You can release yourself from the self-destructive nature of toxic voices. It will not be easy, but the outcome may be that you will feel better, have more confidence and enjoy higher self-esteem.

Leilani Mitchell Dip Couns, CTA, UKCP Reg. Psychotherapist, PSTSA is a counsellor, psychotherapist, supervisor and trainer. She is co founder of The Link Centre, a centre for counselling and psychotherapy training based in Newark, near Haywards Heath. www.thelinkcentre.co.uk

Calming the Mind

A few years ago I was in a small and beautiful town in northern Thailand called Pai, where I attended a ayurvedic Yoga and Vipassana meditation retreat.

Running the retreat was Mr Tiger, a Thai man in traditional thai clothing, a long pony tail and goatee beard (not too unlike a mystic master in a kung fu movie). I learnt a great many things, how to meditate deeply, Traditional thai massage and of course some yoga positions, Mr Tiger was very wise and patient and had a big presence for such a small man.

I 'think' one of the most powerful lessons I learnt was about the 'monkey mind' as Mr. Tiger would describe it. One day while trying to meditate I ask Mr. Tiger "how do I stop thinking and just get on with the mediating" He explained that "the brain thinks. That is it's very nature. Just as the river runs or the sun shines, for the brain not to think is against it's very nature."

He went on to explain that the exercise was not to stop the brain from thinking, but actually expand your awareness and not to get caught up in the games of the mischievous 'monkey mind'. The Monkey loves to play, yet many villagers and tourists are tormented by the monkeys when they steal their clothes or food. The monkeys are simply doing what is in their nature but the people get caught in the antics of the monkey getting angry, frustrated, fed up and defeated.

Similarly when we are caught up in our thoughts we can be open to the effect of inner conflicts. These effect our emotions, state of mind and our bodies. Ultimately these inner conflicts can cause stress, illness and potentially weakening to disease, through dis-ease.

By growing your awareness through meditation, Chi-gung yoga or other practices you create space between your whole consciousness and your thoughts, You can then see thoughts for what they are and they no longer have the same power or effect on you.

If you are experiencing any inner conflicts, unwar-ranted stresses, that are causing you discomfort, try this exercise as a way of creating space between you and your thoughts.

1. When you 'feel' the discomfort from inner conflict move to a different location (room or place) from where you were feeling uncomfortable.
2. Then in a book or journal write down whatever you are thinking at that moment (even if it doesn't make sense) until the feeling has subsided enough and you start feeling more relaxed (do not read or analyse what you have written at this stage).
- 3 Resume what you were doing before and if the feeling comes back repeat step 1 and 2 but writing slowly this time (you can say the words out loud you are writing slowly as you are writing them).
4. Repeat step 1 and 2 as many times as necessary
5. You should have by now put "space" between you and your thoughts (that are on paper) Your thoughts may now seem smaller
6. After a while (a few hours to a few days) has passed go back the book and read what you have written and from this new perspective with distance between you and your thoughts write down any comments or observations about what you had previously written and what you now know and have learned from this new perspective.
7. Again after another period of time go back and read the thoughts and your observations about those original thoughts and notice the difference now. You may even find some new wisdoms from the original thoughts.

Earl Talbot

www.karmiccoaching.com

Providing systems for inspiring Self-Transformation

Twist and Pull

Gyrotonic Expansion System

Are you a serial exerciser? If the answer is yes and you are always looking for the next best thing, then read on.

Have you gone through your life moving from one exercise fad to the other, one week its Yoga and the next its Body Pump? These days there is so much to choose from.

Finding the right exercise is like finding the right man, you have to try out a few different types to find the one for you.

Do you wish that there were some form of exercise that incorporated all the best principles from many forms of exercise? When Juliu Horvath created the Gyrotonic Expansion System this is exactly what he had in mind.

What is Gyrotonic?

Gyrotonic is a movement system on specially designed equipment. The uniqueness of this system is that it simultaneously stretches and strengthens the body with minimal effort, increasing range of movement and improving coordination. The System was created using key principles from gymnastics, dance, swimming, Yoga and martial arts.

The equipment consists of a bench with a handle unit and a tower that has weights and pulleys attached. Once on the machine you can expect three-dimensional movement patterns, consisting of circular, spiralling and rotating movements that increase spinal motion and emphasize multiple joint articula-

tion. A major focus of Gyrotonic is creating a flow of movement from the core outwards synchronised with a corresponding breathing pattern. Each series of movement can be performed in a gentle or forceful cardiovascular manner depending on ability.

How is it different from other forms of exercise?

Many conventional exercise forms and machines use linear and isolated movement patterns that can create an unbalanced and uncoordinated strength, which can lead to injury. Think about weight training as an example. At the start and ending of the movement there is a jarring that occurs, this can result in wear and tear in and around the joint. This is where Gyrotonic is exceptional as the fully adjustable equipment has an even and constant resistance that eliminates the jarring so no compression is applied to any area of the body. Because of the circular nature of the exercises Gyrotonic gives total freedom of movement, working major muscle groups together creating a state of physical balance. Using the Gyrotonic system will enhance aerobic health, neuromuscular coordination, strength and flexibility along with a general feeling of wellbeing.

Who is it good for?

Gyrotonic is used worldwide and is suitable for people with different types of experience and backgrounds. Many use the system as a form of rehabilitation, general conditioning and fitness training. The system has been a major part of training for specific sports people from dancers to athletes. Gyrotonic can release stress that can be brought on by our daily lives and work environment.

What can I expect from a Gyrotonic session?

Depending on the studios' facilities most Gyrotonic sessions are taught on a one to one basis. Each session will last one hour and during this time you will be taken through a series of exercises supported by a certified trainer who will guide you through the workout.

Tunbridge Wells go to www.sandrinespilates.co.uk or call Stephanie Bates on 07801 563 432 For more information and to find your local certified trainer visit www.gyrotonic.com



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Workshops on GYROKINESIS®, Pilates for Golf, Runners and Tennis

Tristan's Astrology Report



Venus springs some emotional surprises now for most signs, so be prepared for Passions to flare! How exciting!



Aries: Finances are likely to be very bright during May for Aries folk. Things will go well as long as you stay focussed. This is not the time to be partying, sadly, but the hard work will pay off as June approaches. The link between Venus and Neptune at the full moon on the 20th signals suspicions, so watch out for tricksters.



Taurus: If there has been tension in the family wait for a soap opera style showdown in the next couple of months! You better get those shoulder pads on and keep that Taurean calm, especially around the 21st. Finances look good, however, particularly around the 13th and 24th, so you can shop at least!



Gemini: Mercury, the planet of communication, will be having a huge effect on you during May. For Gems it means you will be in your element, as you do love to talk! For those trying to make money, opportunities will now arise as recent demands seem to calm down. The 18th is likely to be interesting for Love!

Cancer: There may be some interesting reconections with the past early this month, with nostalgia ruling the day. Venus moves through a congenial part of your solar chart so you will be able to broaden your social horizons. This means increased popularity and the chance to make new friends ...or (even better) a partner (if you're single !)

Leo: Mars is about to shake up your love life! It comes into your sign now and with the combination of Venus at the end of the month things are likely to get very passionate and fulfilling. Leos often live for love and excitement and it certainly won't be missing by the end of this month. Phew! Especially around the 20th and 30th.

Virgo: Saturn begins to gather strength in your sign early this month and projects that were started last year are likely to come to fruition now. A combination of Pluto, Venus and Saturn points to the possibility of unusual events in your love life, or possibly even some kind of test. You may even attract a toy boy/girl! Naughty!



Libra: The first ten days of May will likely see a shift in your life as both Jupiter and Saturn reach an important juncture that signifies re-assessment. There is a planetary Grand trine in your sign as the month begins, so you can definitely expect the unexpected. The saying "nothing is impossible" will be very relevant! It is exciting, possibly nerve-racking and clears out the past.



Scorpio: Venus will be in your house of partnerships in May. This means that any Scorpios taking the plunge or making emotional commitments will be well favoured. Now is a great season for meeting new people with network connections. As it is also likely to be a time when passion is on the menu, you could be in your element!



Sagittarius: Venus will come into adverse aspect around the 20th May so watch out for clashes at work, especially with the green-eyed monster jealousy! Secret rivalry is suggested. However your love life could witness more action towards June, but it's not a time to push too hard. Hang in there. What appears innocent may not be...



Capricorn: Your ruling Planet Saturn, gets its act together from the 3rd of May. This suggests you will get your focus back on longer term goals. Improving skills may come to the front of your mind, and it's a good month for opening up to new places and people. If you've felt down about Love, (poor goat!) Venus, Saturn and Pluto will shake things up now.



Aquarius: Home improvement is likely to come to the fore in May as Venus works its magic in your sign. The 18th may see some great fun with friends. Its possible that a past connection may reappear in your social circle this month. May is a mixed bag but Mars influences in June will give you more energy and drive, especially in love!



Pisces: Saturn in your house of Partners will bring relationships to prominence in May especially during the first week. It gathers strength early on and you are likely to be reassessing whom you keep as company. However, don't swim away too quickly! Love is brighter as June ends when Venus moves into a romantic area of your sign. Meanwhile, don't be a wet fish!



Tristan Morell offers a variety of psychic guidance to celebrities, sports personalities and clients national and world-wide. He gives one-to-one readings in London and Sussex and on-line, has opened his clairvoyant and Astrology shop in Eastbourne called "Visions" and is featured on Beon.tv. If you would like a personal Birth Chart with interpretations, or a reading, contact Tristan on 07806942301 or see his website www.tristanmorell.com

Book Reviews

What have you read lately?

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

Recently, Dorling Kindersley (DK) launched its Made with Care books, four new titles that they claim to be the greenest books in the world.

Whilst we cannot verify the truth of this claim, we can see that they certainly have made a massive effort to keep the production methods of the books as eco-friendly as is possible in the current climate.

The books do look different, each one has a cover made from 100% recycled cardboard, and they have done away with the useless jackets that rip and get discarded anyway.

The paper used is certified by the FSC (Forest Stewardship Council). This means that the paper is sourced from responsibly managed forests, and made in paper mills that promise to recycle 91% of the water used during manufacture. All card is recycled. For every tree felled, a new one is planted.

To further reduce their carbon footprint, DK looked closer to home to find a printer that could meet both their production requirements and environmental policies. Mohn Media in Germany is a shining example of modern printing methods that use all resources as carefully as possible. The company only uses paper that is from FSC-certified European forests, and it has installed a combined heat and power system that allows it to generate 100% of its own electricity.

All printing is done with vegetable inks, not petroleum products. When you think about this, we have documents in museums from 1600's when there was no petroleum, so there cannot be much wrong with naturally produced inks.

Just in case you are still not impressed, DK has partnered up with Bookaid International, and arranged that every time a book from the 'Made with Care' range is bought on Amazon, they will donate a book to a child in another country.

The four titles in the range so far are:

Earth Matters, Grow Organic, Make it!, and Green Babycare.



Earth Matters is an encyclopedia covering environmental issues. It is an excellent family reference book, with pictures and illustrations that grab your attention and make you want to read more. The format is brilliant, take a subject, (for example, mountains), then explain how and where they were formed, discuss

their eco systems, look at current threats to those eco systems, and then give advice on what we can do to help lessen the threats.

Grow Organic is basically a reworking of the HDRA (The Henry Doubleday Research Association) encyclopedia of Organic Gardening.

The book covers vegetable growing in detail (as one would expect in this current climate), but it is more than another 'vegetable book'. Flowers and landscaping are also featured.

I guarantee, the pictures alone will have you reaching for the garden fork.



Green Baby Care is impressive in its range of ideas and useful advice. Following in the theme of the other books in the range, the illustrations and pictures draw you in to the text, and there you find lots of new ideas.

There's a lovely recipe for baby cleansing lotion that uses chamomile, hemp and honey.

Never mind baby's bottom, it seems to me that is good enough for use on my face! (because I'm worth it..)

If you are expecting, have young children, or want a gift for a new mum – then this is a real winner.

DK are spot-on with this range of books – and we look forward to more books being manufactured in this way, with the same quality content.



Champneys Tunbridge Wells now open!

The perfect place to soothe
away the stresses of the day...

Champneys have opened the doors to a brand new contemporary Town and City Spa in Tunbridge Wells. With increased demand for spa treatments to help relax and de-stress, Champneys offers a spa menu with a host of the best spa therapies and rituals designed to soothe and pamper mind and body.



CHAMPNEYS

Following the huge success of the first Champneys high street spa in Chichester, which opened in 2006, Champneys aim to open up a series of town and city spas providing luxury treatment rooms and pampering therapies, as well as those everyday must-haves such as manicures, pedicures and St Tropez tanning treatments, making it easier to discover time for you. With a heritage of 80 years experience in health, beauty and wellbeing, Champneys therapists provide the highest standards not just in Champneys health resorts but on the high street, too.

For a little home spa pampering, take in a relaxed shopping experience Champneys Tunbridge Wells where you will find the complete range of Champneys products and gifts, plus a wide range of health, beauty and wellbeing products from high-end companies such as Elemis and Orly. Champneys Gift Vouchers are also available, perfect to use in-store or at any of the luxurious Champneys resorts. Not only the perfect place to shop but an opportunity to be pampered, too!

Champneys are offering a reader and guest the chance to win a Moisture Miracle Facial and Express Manicure.

Email your name, address and telephone number by the 30th June to rachel@wellbeingmagazine.com with the subject 'Champneys'

Terms and conditions: To be taken at Champneys Tunbridge Wells only, valid Monday – Thursday, non refundable, prize will be issued in the form of a gift voucher which will be valid for 12 months from date of issue, subject to availability, non transferable.



Wellbeing in the Workplace 8th October 2008, Spa Hotel, Tunbridge Wells

Wellbeing Magazine launched the first Wellbeing in the Workplace event at the Spa Hotel on the 16th April. The event was put together by local practitioners and

businesses offering ideas and solutions to HR Managers and businesses

owners.

Employee wellbeing has become recognised as an important part of many company's benefits packages. Over 20 companies took part offering solutions such

as on site chair massage, filtered water, postural, coaching and nutritional advice, yoga, health screening, workshops, finance and HR advice.

The event was informative and relaxed with many visitors taking up the free taster treatments.

"We hope this will be the first of many events around the UK, we have already been asked to host a similar event in Maidstone and Ashford.

Due to the success of the Tunbridge Wells event we have now booked the Spa Hotel again for the 8th October to give other companies a chance to take part." said Rachel Scriven, Publisher of Wellbeing Magazine.

For more information on exhibiting or visiting future events please call Rachel on 01892 541621 or visit www.wellbeingintheworkplace.co.uk

Organic Excellence in the High Street

Since its establishment over eight years ago, The Organic Health Shop in Tunbridge Wells High Street has developed a reputation as an excellent source of things organic.

The shop stocks a large range of foods for those with special dietary requirements – such as gluten-free pasta, breads, cakes & biscuits, but also has lots of ‘normal’ organic food too. As well as ‘healthy’ pulses, grains, cereals, rice, dried fruits, nuts, honeys, jams, spreads, pâtés, pasta, flours, there’s a large range of organic ice creams, chocolates, bars and snacks.

In the chiller, amongst other things, you’ll find houmous, fefafel, yoghurt, drinks, eggs, cheese, sprouting beans, soyaburgers, tofu sausages & cutlets. Organic baby food (including milk formulae), pet foods and supplements will complete the shopping for your household.

However it’s equally important that products you put on your body are produced to the same high standards. Skin, body and hair care products include lotions, creams, toners, masks, cosmetics, soaps, deodorants, toothpastes, shower gels shampoos and conditioners from a range of famous suppliers.

For the house, there are natural and environmentally

friendly cleaning products; The Organic Health Shop also stocks Biofa natural paints and polishes.

Today’s hectic pace of life and polluted environment, means there are times that even the best quality food may not provide us with enough of the natural materials which our bodies need. Call in to see the comprehensive stock of Vitamins, Minerals and other top quality Supplements including the famous Bioforce range of organic herbals and Cortaflex, the natural solution for stiff joints.

The stereotyped idea that you need to drive an old camper van, wear sandals and only eat brown rice in order to shop in The Organic Health Shop is one the owners are keen to dispel – (but if you do you’ll be made welcome too!) Pop in to see that they sell ‘normal’ food – even crisps and chocolate!

The Organic Health Shop is at 10 High Street Tunbridge Wells. Tel: 01892 538 155



**School's Out
Summer fun activities
at Tunbridge Wells
Sports Centre
28 July – 29 August**

Tunbridge Wells Sports Centre has a battalion of activities to keep kids active and entertained over the holidays – with something to appeal to young people interested in games or making things as well as those keen on sport.

The daily camp, Action Zone will be offering racket and team sports, art and craft activities, quizzes, party and board games, bouncy castle, trampolining and swimming.

Action Zone will run weekdays from 8.30am – 5.30 pm for 5 – 12 year olds. Just bring a packed lunch and swimwear if you’re heading for the pool.

Jumpin Gyminis, for the little ones is the weekly free play session including soft play, bouncy castle, ball pit and trampoline. Parental supervision is required at all times.

Wednesday 10am – 12noon, Fridays 1pm – 3pm, 6mths – 4 years.

Tumblers, guaranteed to run off surplus energy Tumblers is a two hour fun bounce with trampolines and bouncy castle.

Mondays, 5 – 7 years, 2pm – 4pm

Fun Footie, a two hour fun football session with good advice and tips from our instructors on skills and technique. And lots of practice on the pitch culminating in a friendly game. Tuesdays, 2pm – 4pm, 5 – 7 years.

Kwik Cricket, a two hour session unravels the mysteries of the basic game with plenty of opportunity to practice bowling and batting techniques.

Thursday’s 2pm – 4pm cricket, 5 – 7 years.

There will also be the chance to try a new activity or brush up your skills with trampolining, badminton, gymnastics and dance classes for beginners and improvers.

For more information contact Katherine Cast at Tunbridge Wells Sports Centre 01892 540744 or visit the website at www.fusion-lifestyle.com

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