

Wellbeing

The state of feeling healthy & happy

Your health and lifestyle magazine

**MINDFUL
GARDENING**

**SUPER
HUMANS**

**HERBS FOR:
HAYFEVER**

**STRESS
HOW TO
AVOID IT**

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DIGESTION

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EDITOR'S WORD

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Over the last 11 years I have let the editorial content for a magazine arrive **organically**, there is never a set theme, however it's strange how a theme always seems to **naturally** materialise. This month focuses on the mind, in particular **mindfulness** - from the lovely 'Gardening for Mindfulness' book that arrived a few days ago to the article on 'Super Humans' that landed in my inbox. We have music for the **brain**, tips for brain injury and articles on meditation, so as Summer approaches now seems to be the time to be mindful of our daily lives!

Enjoy & be inspired.

Rachel Branson

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LOCAL WELCOME

I'd been pondering about what to write for this late spring Local Welcome page. I was thinking about springtime and how much I love the time of year, as it brings the promise of longer daylight, warmer days and more colour. Though I also realised that I'd been wishing my life away somewhat; from the darker wintery days, in anticipating the spring and summer that would come in their own time anyway, without any encouragement or urging from me. So I reminded myself to simply enjoy the moment

whatever the weather or time of year.... and whilst remembering to try and stay more in the moment I started thinking about quotations that have resonated with me over the years, which conversely led me off on another stream of thought... and away from the present moment! I used to jot down quotes that had inspired me. The quotes, I found, helped boost my confidence, focus my mind and oftentimes, beyond the words of the messages themselves, would instil in me something much more

profound; an intangible inner strength... the sum of the whole (message) was for sure greater than the sum of its' parts (words)! Below, are some of my favourites.

I hope that the sum of this magazine (these magazines over the months) will help you and your loved ones enjoy a holistic wellbeing in your lives... in the moment... wellness beyond description... experienced beyond words...

Until next time... *Lesley*

"World is a multi-dimensional reality. At lower levels it is full with unconsciousness and competitiveness. At higher levels it is full with beauty, bliss and divinity. Focus on higher dimensions." (Amit Ray)

You are what your deepest desire is. As is your desire, so is your intention. As is your intention, so is your will. As is your will, so is your deed. As is your deed, so is your destiny." (Upanishads)

"As soon as you trust yourself, you will know how to live." (Johann Wolfgang von Goethe)

"Take your problems to the silence, await inspiration and know because you have asked it will come - all problems have their respective answers in the silence.." (unknown)

"The only person you are destined to become is the person you decide to be." (Ralph Waldo Emerson)

"Everything comes to us that belongs to us if we create the capacity to receive it." (Rabindranath Tagore)

"It is an enduring truth, which can never be altered, that every infraction of the Law of nature must carry its punitive consequences with it. We can never get beyond that range of cause and effect" (Thomas Troward)

"Raise your words, not voice. It is rain that grows flowers, not thunder." (Jalaluddin Rumi)

"A person hears only what they understand." (Johann Wolfgang von Goethe)

Love One
Love Won!
(my Grandad Brown)

"The best way to find out if you can trust somebody is to trust them." (Ernest Hemingway)

"When you were born you were crying and everyone else was smiling. Live your life so at the end, you're the one who is smiling and everyone else is crying." (Ralph Waldo Emerson)

Wellbeing Day - a great success!



Lushington Chiropractic's Wellbeing Day on 26th April was a great success with visitors of all ages, and raised over £100 for Dr Barnardo's Children's Charity.

Their Guest of Honour was Dr Jonathan Andrews MB BS BSc (Hons) DCH DRCOG DFFP MRCGP, from Princes Park Health Centre. As well as cutting the clinic's 12th birthday cake, he enjoyed the day and got his posture checked whilst he was there!

The Wellbeing Day included a range of talks from the Lushington practitioners, with lots of self-help advice and tips. They also offered free posture assessments on the day with chiropractic advice and help.

The Acupuncturists, Dr Carolyn Rubens (GP & Medical Acupuncturist) and Robert Bowley (Chinese Acupuncturist) were busy on the day explaining about how the two forms of acupuncture work.

The most popular treatments were the massage tasters. All the practitioners kindly donated their time for free to help raise money for Dr Barnardo's Children's Charity.

Lushington Chiropractic is an award-winning chiropractic and health clinic in Eastbourne town centre.

chirocare.co.uk

The WELL BEING CENTRE Open Day



At Glynleigh Farm,

Stone Cross

Sunday 7th May - 10am-4pm

FREE entry

Come and visit us on our Open Day on Sunday 7th May to experience a wonderful mixture of tasters, workshops, demonstrations and talks. The Open Day provides a fabulous opportunity to meet the teachers, therapists and practitioners who make up the Well Being Centre team, have a taster treatment and try something new and different as well. You can also enjoy some delicious and wholesome refreshments in

the Marquee Cafe run by our brilliant group of volunteers.

The Well Being Centre, Stone Cross opened in Spring 2015. Inspired by the Healing Field at Glastonbury Festival, the Well Being Centre is an environmentally friendly and holistic health centre for complementary and transformative healing work, in all its forms, on the edge of Pevensy Marshes.

It consists of 2 yurts; a big 24ft yurt for regular Yoga, Qigong and Meditation classes and a whole host of workshops that run throughout the year, including regular deeply restorative Soundbaths. The smaller 14ft yurt offers different therapies such as Reflexology, herbal medicine, Aromatherapy, Shiatsu, Massage (Deep Tissue, Acupressure, No Hands), Kinesiology, Reiki and Counselling. Both our yurts have beautiful wooden floors and woodburners. We use solar power to generate our elec-



tricity and heating is mainly woodburners sourced with wood from the farm and our neighbours.

There is parking available, shared lifts are encouraged, and a bus route passes close by. There are also ecological compost toilets with washing facilities housed in an original, beautiful polydomed, green roofed cedar cabin.



Open Day Programme

10.15-10.45am

Qigong with Nick Neter

11-11.30am

Dru Yoga with Jan Styles

11.45am-12.15pm

Crystal workshop with Min Peterkin

12.45-1.30pm

Shamanic Journeying with Gabby Aluna

2-2.30pm

Yoga Bliss with Eva Kristova

2.45-3.15pm

Practical Herbal Medicine,
Making and Tasting with Alice Bettany

3.30-4pm

Chance to Trance with Joanna Harper

All workshops, tasters and demos £2 per person per session

Therapies available on the day

- Shiatsu with Ben Trowell and Louise Burt
- Reiki with Claire Nicole
- Kinesiology with Janice Browne
- Seated Acupressure Massage with Lesley and Cathy
- Reflexology with Sara MacDonald
- Yasuragi Massage with Yuka Simmons

All treatments 15 minutes for £5

Counsellor Tory MacDonald is available through the day to discuss her work and your needs.

For more information on classes, workshops and therapies please check out glynleighwellbeingcentre.com

To contact Jon Ross or Nick Neter please email glynleighwellbeing@gmail.com
The Well Being Centre, Glynleigh Farm, Hailsham Rd, Stone Cross, BN24 5BS



Words Kate Arnold

IBS

or just “bad” bread?

Bread, or more commonly wheat and gluten are the most common ingredients that patients talk about, and not necessarily in a good way! These seemingly harmless ingredients may cause digestive problems like bloating, headaches, fatigue, nausea, IBS etc. More often than not bread is avoided due to a self diagnosis of wheat or gluten intolerance without really knowing what exactly is causing what symptom. Is it actually the grain or something else entirely that are causing the problems? Are we becoming a nation of wheat intolerant, gluten intolerant people or are we all hypochondriacs?!

A quick history of breadmaking

Bread has been made since the dawn of time. In fact, it can be argued that bread is the foundation stone of civilisation as we know it, and it still forms part of the staple diet of millions of people around the world.

Changes in bread making have been quite drastic over the last 40 years. In 1961 The Chorleywood Bread Process was created which used chemical additives, intense energy and high quantities of yeast to produce the maximum amount of loaves in the shortest time. Mostly all bread in the UK is made by this method or one that uses similar additives plus of course what is being sprayed onto the crops has totally changed how we produce bread.

So what's the problem? The trouble comes if dough is not allowed to ferment for several hours. Natural bacteria doesn't then have a chance to destroy harmful elements in the dough and therefore make important nutrients available to the human body. There is also the addition of genetically modified enzymes, added to flour and dough to make loaves larger and more “squishy”, so they have a longer shelf life. Worryingly

some recent research has suggested that transglutaminase, an enzyme used in baking and food manufacturing, may change the gliadin protein in wheat flour into a form that may be harmful to the human body. Even organic loaves are made in the same way, but can contain lower amounts of pesticides and additives.

We have bred wheat to produce high yields in intensive growing conditions with little regard for its nutritional quality. Modern varieties have 30-50 per cent fewer minerals than traditional ones. Fast roller milling separates grain into its constituent parts so effectively that white flour has up to 88 per cent less of a range of minerals and vitamins than whole wheat. A recent study showed that organic stone-ground flour had 50 per cent more magnesium and 46 per cent more zinc than chemically grown roller-milled flour. What about refined flour - is it so bad? Modern roller milling is extremely efficient at stripping away the nutrient rich outer layers of wheat grains, leaving behind not much more than starch and gluten. Additionally, the heat generated by the process actually destroys some of the compounds. Compared to whole wheat, refined white flour is highly depleted. These are the average amounts of vitamins lost: Vitamin E 93%, Vitamin B6 87%, Vitamin B2 81%, Vitamin B3 80%, Iron 70% and Calcium 56%.

To clear up any confusion, white bread is no longer bleached - they stopped that in the late 1990's. Soya flour is often added to whiten it. Wholemeal or wholegrain will guarantee you the benefit of grain, however

a loaf labelled "brown bread," could be white flour coloured with caramel. Check labels carefully. Hopefully now you can see that bread is not all it appears. The ingredients needed to make bread are simply, flour, water, yeast and a little salt. To be fair to manufacturers millions of loaves have to be made every day and need a good shelf life. However, let's look at some of the added ingredients:

E481 (sodium stearoyl-2-lactylate), E472e (mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), E920 (l-cysteine), E282 (calcium propionate), E220 (potassium sorbate), E300 (ascorbic acid), E260 (acetic acid). Soya flour, vegetable fat and dextrose are just some of the other things that you might find in industrial bread.

To ensure that you are eating delicious "real" bread, made without additives, firstly try and use local bakeries - the bread is usually of better quality and you can chat with the baker and ask what is put in the loaf. Artisan bakeries have increased in popularity over the past few years but a loaf does not come cheap. If you don't know how, invest in a bread making course and learn to make proper real bread or purchase a bread making machine and use really good ingredients. After the initial cost of the machine, each loaf should cost about 50 pence. Avoid breads that have the above ingredients where you can. You can buy additive free bread, slice it and freeze it, if you are concerned about it going off. Use companies that are still making bread in a real way. Try village-bakery.com or go to www.realbreadcampaign.org for more information.

Coeliac disease

If you think you have a problem digesting bread and have vague symptoms go and see your GP who can arrange a blood test - this will include tissue transglutaminase antibodies. You may also need a biopsy which is taken whilst doing an endoscopy. Remember when you are testing for coeliac disease, you will need to have eaten gluten daily for a period of six weeks before testing otherwise the test will be void. Coeliac disease is not just a bit of bloating, it is actually classed as an autoimmune disease. Symptoms can include: bloating, abdominal pain, nausea, diarrhoea, excessive wind, heartburn, indigestion, constipation, any combination of iron, vitamin B12 or folic acid deficiency, tiredness, headaches, weight loss (but not in all cases), recurrent mouth ulcers, hair loss (alopecia), skin rashes, joint or bone pain, neurological (nerve) problems such as ataxia, (poor muscle co-ordination), and neuropathy (numbness and tingling in the hands and feet). It is hard for GP's to diagnose as you can see the symptoms are varied and some quite common.

If you are not coeliac but suspect you have issues with gluten you might want to swap your current loaf and see if the symptoms go. There will be a bread out there that doesn't cause symptoms. Rotate bread types, pita or flattened breads often have less yeast, try rye, spelt, gluten free etc and more often than not you will find a bread that does suit you. If your guts are you good shape, you should be able to eat bread twice a day. However it's not a good idea to start the

day with a grain based cereal, then have a sandwich for lunch and then pasta in the evening - that may be too much. Keeping a food and symptom diary might help eliminate the problem. Bread is so useful it seems a shame to eliminate it totally from the diet.

Zonulin

Zonulin is a protein that was founded in 2000 by Dr Alessio Fasano of the University of Maryland Coeliac Research Centre. In 2012 he wrote a paper in the Annals of The New York Academy of Science. Zonulin's purpose is to modulate the permeability of the tight junctions between the cell walls of the digestive tract. Alessio found that gliadin activates Zonulin signalling (irrespective if you are coeliac or not). This in turn could lead to greater intestinal permeability. Zonulin can open up the spaces between the intestinal lining. This normally occurs to allow nutrient and molecules to get in and out of the intestine. However when intestinal permeability is present the spaces between cells are larger allowing larger protein molecules to get into the bloodstream, and an immunologic reaction happens.

The body is then primed to react to those proteins. Two of the most powerful triggers to open the zonulin door are eating gliadin (gluten containing foods) and gut bacteria eg those found in SIBO (small intestinal bacterial overgrowth). With this relatively new information where does that leave us with gluten - evil or not?

Should I cut gluten out of my diet?

Before we all starting getting seriously

neurotic the only time you should really cut out gluten is if you are coeliac. However there are many shades of grey in how people respond to foods and in some people it might be worth having a gluten free or certainly low gluten diet. Firstly I would try to eat the best quality gluten you can, ie a decent loaf (as discussed above). If you feel you are better gluten free then fine, but be careful not to slip into buying gluten free foods thinking they are healthy - they most certainly are not. Usually found in a special section of the supermarket they can trap you into choosing too much sugar and other additive laden foods. Gluten free pasta and bread are readily available.

However everyone is so different. I have seen schizophrenics and MS patients who turned out to have coeliac disease, certainly not helping their symptoms and improving mental and physical health when removed. If you want expert advice on whether to cut out gluten please do contact me. If you are interested in having your zonulin tested there are new faecal zonulin tests available.

For more details on this article and anything else to do with coeliac disease, SIBO or any other bowel issue contact Kate on 01323 737814/310532
www.katearnoldnutrition.co.uk



Kate Arnold Nutrition is a nutrition consultancy specialising in gastrointestinal disorders, mental health and fatigue syndromes. Kate is passionate about a science based patient centred form of healthcare. Conditions covered include: autoimmune conditions, hormonal issues, fibromyalgia, allergies, diabetes, low energy, high cholesterol and high blood pressure.

If you would like to see Kate, please call to assess what consultation would best suit you.

01323 310532 / 737814

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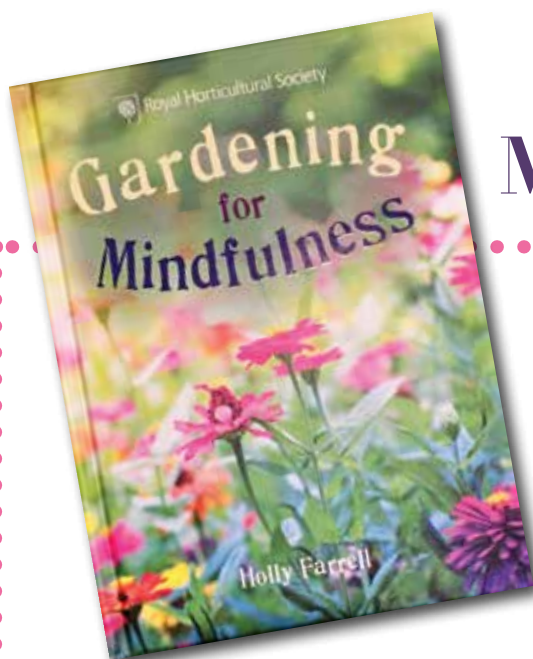
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Gardening for Mindfulness



Projects for the mindful gardener, including growing something from seed, planting a tree and creating a mandala, put the theory of mindfulness into practice, while plant lists and design ideas aim to enhance mindfulness in the garden through the senses. Beautifully packaged and easy to follow, this is the perfect book for keen gardeners, devotees of mindfulness, or simply those looking for calm in a busy and hectic world.

Gardening, like mindfulness, is a way of finding a sense of calm in an otherwise chaotic world, a simpler existence, even if it is only for a few minutes. Both forge a connection to the world around us, to nature and wildlife, which can bring pleasure and peace. In this beautifully illustrated guide to gardening for mindfulness, horticulturalist and mindfulness practitioner Holly Farrell provides a blueprint for a more contemplative way to garden, including projects, meditations and inspiration.



Title: Gardening for Mindfulness
Author: Holly Farrell
Publisher: Octopus Books
Price: £14.99

The Home Declutter Kit

a new concept in decluttering -
creating calm from clutter

Packed with practical tips and guidance to help you get into action and combat overwhelm and procrastination.

It's a hands-on, practical tool kit for a job that many people will do anything to avoid, whether it is creating calm from general clutter, dealing with life-changing events like downsizing, divorce or bereavement or coping with keeping the home tidy while bringing up small children.

Whether you are just disorganised or there are deeper issues at play, clutter impacts on the functionality of our homes and our lives, and unhelpful emotional attachments to things that we no longer really need can hold us back. The Home Declutter Kit takes you on a practical and emotional journey that helps you clear the clutter that can be preventing you from creating a home that feels welcoming to you and leading the life you really want.

The Home Declutter Kit contains a sets of beautifully illustrated cards and a book that will guide you through all aspects of decluttering. The cards are categorised by task and organised into colour-coded sets that can be used alone or in combination.

There's a basic core set of cards which help you get started, then additional sets that



tell you what to do with, for example, your winter clothes, or if you have many items that hold precious memories but are taking up a lot of space. Helen suggests making a memory box or creating a collage, rather than keep boxes of stuff you never look at. The everyday set of cards will also help you maintain order in your home once you've finished the big declutter.

Other cards help you with anything from packing and storing summer holiday essentials to dealing with sensitive and often very difficult tasks. These include sorting through loved one's possessions after bereavement, dealing with paraphernalia from the end of a relationship, or tackling paperwork that's challenging and unpleasant to deal with.

The kit was created by Helen Sanderson, top decluttering expert and Interior Designer. With a background in psychotherapy Helen understands why people let clutter grow like weeds around them, especially if they are stressed or depressed. She knows from experience that getting to the root of decluttering is often the critical first step in making bigger life changes.

The Home Declutter Kit RRP £36.99
www.homedeclutterkit.com

SUPER HUMANS

Science believes our brain has two modes of operation...



Words Himalayan Master Dhyanayogi Shiva Shivoham

The first mode is called the Reptilian mind. The reptilian mind is the mind of a survivor. Nature has built into every being instincts that drive us to survive and protect ourselves when threatened. And so the reptilian seeks out food when hungry, shelter during a storm and a mate for procreation.

But the reptilian mind, besides being responsible for keeping us alive, is also responsible for a wide array of 'human' tendencies. Envy, pride, anger, hate and more commonly, fear - a collection of emotions that distinctly characterise a human in pursuit of survival.

This is the side of us that is hardwired into the human experience. We, like every other animal, primarily focus on the survival of our kind, regardless of how selfish that sounds. From one need to another, the reptilian mind feeds of necessity, and will stop at nothing until every need is satisfied. And since desires are limitless, it often leaves us feeling incomplete and wanting more. However, think of a moment of serenity. Imagine yourselves, standing on a cliff near the ocean, watching the sunset. The cool breeze blowing under your ear, while you stare out towards the horizon, where a plethora of colours paint the skies. The dimming sunlight bounces off every crescent of every wave, making them appear like gold embroidery inching towards you, as the roar of the ocean fills your ears.

In such a moment, the reptilian mind ceases to exist. For that moment, regardless of how small, the mind operates from a region where it isn't based on the needs of survival. The same space of operation of a poet when he sits down to write, a musician becoming one with his instrument, a painter lost in his painting and you, lost in the moment.

This is the higher consciousness. The higher mind, is the mind without its limitations. In this mode, the priority becomes to live in the moment, and not merely survive the race. One isn't driven by needs and desires. Instead one is fuelled by an unexplainable lust for life itself. As you soak in the moment, the bigger picture becomes clearer to you. You stop seeing yourself as just another being, trying to survive, but as a part of a larger, collective consciousness. You begin to understand that our experience of reality is subjective, yet at our core, we are one.

In this elevated state of mind, we cease to simply exist as a human being. We become a fuller, more dynamic version of ourselves, over-flowing with potential and energy. Simply put, we become 'super human'.

Our general ideas of being super human would mean displaying marvelous feats of super strength, flying, or moving objects using telekinesis. But unlike fantasy, the state of higher consciousness is an achievable one. One can train the mind to



not rely merely on instinct and fear to make decisions, but also a feeling of cosmic oneness and unity.

Consciousness is as dynamic as it is subjective. If you have a golf ball sized consciousness, when you read a book, you have a golf ball sized understanding of it. When you look out to the world, you have a golf ball sized awareness of it. And when you wake up every morning, a golf ball sized wakefulness.

But if you can expand that consciousness, you will read the book with more understanding. You will look outside with greater awareness. And when you get up in the morning, more wakefulness. This expanded consciousness will find root at the source of all thought and creativity. This state may also be referred to as 'flow'.

In positive psychology, flow, also known as the zone, is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energised focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterised by complete absorption in what one does. Or in simple words, you're in flow, if you're living in the moment.

Through practice, meditation and simply being patient with oneself, one can train the mind to live the most of now. And living each moment to its fullest is the secret to living a fuller life.

From nowhere, to now here.
Be here. Be now.

For more www.satchitanandafoundation.org
www.sooryakriya.com



About the Author

Himalayan Master Dhyanyogi Shiva Shivoham is a contemporary spiritual Master who delivers the most profound truths with utmost clarity, simplicity and humour. Master Shiva's teachings resonate with honesty and practicality. He expresses many Masters, as many Masters express through him. In his words, "In terms of consciousness, we are all One".

Soorya-kriya & Atmata are his contributions to the contemporary spiritual seekers. He conceived these modern day tools for awakening during the days of as a wandering mystic in the Himalayas. His intention is to create an Awakened Planet through Kundalini awakening and knowledge of the self.

Dhyanyogi Shiva travels extensively around the world, conducting satsangs, wellness retreats and leading pilgrimage trips to places of power and spirituality such as the Himalayas, Mount Kailash & Kumbh Mela.

Dhyanyogi Shiva is also an active philanthropist. He is founder of the non profit humanitarian Trust, Satchitananda Foundation as a platform for selfless service beyond all man-made barriers supporting and uplifting the helpless and needy by providing resources and services such as food, clothing, shelter, medicine/medical treatment and education.



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or



"My only regret is that I didn't come sooner,
like 10 years ago"

A satisfied patient: Catherine Funder



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known treatment
for back and neck
pain but, we actually
help all kinds of
pain from joint pain
to headaches and
arthritis.

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Hay fever can range from mildly irritating symptoms of sneezing, nasal congestion, itchy and watery eyes to much more severe symptoms that can make the summer months a misery. Hay fever is a seasonal allergy to tree pollen, grass pollen or mould spores. It is related to asthma and eczema and involves an abnormal response of the immune system. Dietary intolerances and disruption to the normal bacterial population of the digestive system have been implicated in the development of atopic allergies.

Traditional remedies for hay fever are herbs that have an anti-catarrhal action and include plants such as elderflower, eyebright, goldenrod and ribwort plantain. Anti-allergic herbs are also used and common examples are German chamomile, nettle, and ribwort plantain. Sometimes herbs are used to help support liver function with a hepatic herbal remedy such as milk thistle or with a bitter remedy such as dandelion root. It may also be a good idea to use a probiotic supplement and maintain a diet high in soluble fibre to help promote a healthy bacterial population in the digestive system.

Herbalists may also employ a variety of herbs with the aim of normalising immune function, improving digestion

and supporting the detoxification processes. Where stress plays a role in worsening the symptoms, herbs would be included to help with relaxation.

It is generally recommended to use herbs for two or three months prior to the onset of symptoms. For some, a simple blend of dried herbs to be consumed as a tea can be enough though where symptoms are more severe or harder to manage then it may be beneficial to see a qualified Medical Herbalist.

At Brighton Apothecary the herbalists are able to advise you further and help to select the most appropriate remedies for you. You can drop in at any time and have a free 10 minute consultation for minor health complaints and have your remedy tailor made.

**Brighton Apothecary Unit 6, The Open Market
Marshall's Row, Brighton BN1 4JU**

**Contact us on brightonapothecary@gmail.com or
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New Scandi-Cool Tea Brand



A new tea brand, with its roots in the mindful Danish concept of Hygge, has been launched by Danish tea enthusiast, Tina Gloggengieser.

Hoogly tea is a range of natural and ethically sourced green, white and black teas, herbal infusions and oolong – with unique blends and unusual flavours – all beautifully presented.

The blends are all personally developed by Tina, and draw on the central themes of hygge: togetherness, food and celebration.

These include Around the Fire Black Tea – a combination of smoky tea leaves, warming spices, safflower and crushed chilli; Baked Apple Chai – a base of Mellow Sri Lankan tea with apple, ginger, cinnamon and cloves; and Sparkling White – Chinese white tea with apple, lemongrass, elderflower and rosehip.

“Hygge can be loosely translated as a year-round feeling of warmth, wellbeing and cosiness. Central to hygge living is tea, with its ability to bring comfort and a sense of well being,” says Tina, who now lives in Brighton, UK.

Denmark is consistently rated as one of the happiest countries in the world, and their love of hygge is frequently cited as one of the reasons for this. The Happiness Research Institute ran a survey among Danes to find out what they most associate hygge with, and hot drinks took first place.

Hoogly teas are blended and packed in the UK, ethically sourced and fairly traded. The biodegradable tea pyramids are soil association certified.

hooglytea.com



Local Expert: Mykel Mason

Doctor of Chiropractic

Hi, my name is Mykel Mason DC, LRCC, MChiro. I am a Doctor of Chiropractic, which means I'm a specialist in muscle, joint and trapped nerve type problems.

I grew up here in Eastbourne and always planned to return once I'd qualified as a chiropractor to help people in my local community. For the last few years, I've practiced at the award-winning Lushington Chiropractic Clinic in the town centre.

Everyone at Lushington Chiropractic is highly qualified and driven to give the best possible care to our patients. I enjoy working with our team of chiropractors and other practitioners because everyone in the team is so genuinely caring, professional and kind.

The clinic was established in 2005, by Doctor of Chiropractic James Revell DC, LRCC, MSc, BSc, who also grew up locally. Our mission is to provide a warm, welcoming clinic which consistently provides the best possible customer service, expert diagnosis and personalised healthcare.

Everyone at the clinic is passionate about the care they provide and I love the way our reception team look after our patients when they visit. The clinic has developed an excellent reputation for many years. We're often very busy, with most of our new patients recommended to us personally by friends or their GP.

One of our core values is to serve our community. I'm proud of the charitable work the clinic does, as well as all the free advice and free help



we offer people through workshops, talks and online blogs (check out my blogs on backblog.co.uk a free resource we've created at the clinic with over 200 self-help and advice blogs). If you'd like me to give your local group a talk on some self-help advice for back pain or arthritis etc then you can contact me at the clinic.

If you, or someone you care about is suffering then I'd be very pleased to help. The first stage is consultation, which takes 45 minutes to an hour. Over the years in practice I've seen people with a wide range of problems from headaches, shoulder pain, sciatica and of course back-pain! I find it very rewarding to make a difference and help people.

I use a range of techniques and give lots of self-help advice too. Some people don't like the physicality and 'clicks' often associated with chiropractic and I love explaining there are other options. I've enjoyed bringing my style of chiropractic to Eastbourne, and am delighted to

be working as part of the award-winning team at Lushington Chiropractic.

As part of our commitment to helping our community I'm waiving my usual £49 consultation fee entirely this summer and instead am just asking for a donation of your choice to St Wilfrid's. There's no charge from us at all, the consultation is free, we just ask you make a donation of your choice to the charity when you come.

This is available until the end of August to Wellbeing readers. Please mention the offer and make sure you book with me - Mykel Mason, Doctor of Chiropractic. If you have any questions at all then I'll be very happy to help, just call the clinic on 01323 722499.

Thank you. I look forward to seeing you, and helping raise some funds for our local hospice.

Lushington Chiropractic, Lushington Road,
Eastbourne, BN21 4LL
01323 722499

w: LushingtonChiropractic.com

fb: facebook.com/LushingtonChiropractic



How to practice
mindfulness
in your garden

According to Live Strong, getting out in the fresh air can increase your energy levels, improve the quality of your sleep, and help to reduce stress and depression. With this in mind, you can get even more from your mindfulness practice now that spring has sprung by performing it in your garden.

If you're interested in taking your mindfulness practice outdoors, follow these tips to quickly transform your garden into a space you can relax in whenever the sun is shining.

Create your own quiet area

If you're planning on making practicing mindfulness in your garden a habit, you should create a quiet area you can retreat to whenever you want to escape the hustle and bustle of everyday life.

Pick a secluded spot in your garden — you want somewhere that isn't overlooking neighbours or your kids' play area. You can make the space more private by erecting some trellis, which you can grow climbers up over the years to make the spot even more relaxing. If you're looking for something less permanent, you can opt for a temporary wicker partition instead.

To complete your relaxation area, you should also invest in some comfy garden furniture that will help your troubles melt away. Wyevale Garden Centres stocks a great range of sun loungers that are perfect for helping you into an outdoor meditation session, and they'll match the price if you can find the same item cheaper elsewhere.

Embrace 'less is more'

Once you've set up a quiet area in your garden, you can expand the concept to your entire outdoor space. Minimalism is a huge garden design trend at the moment, and the sleek lines and soothing colour schemes of this style can help you reach a relaxed state of mindfulness.

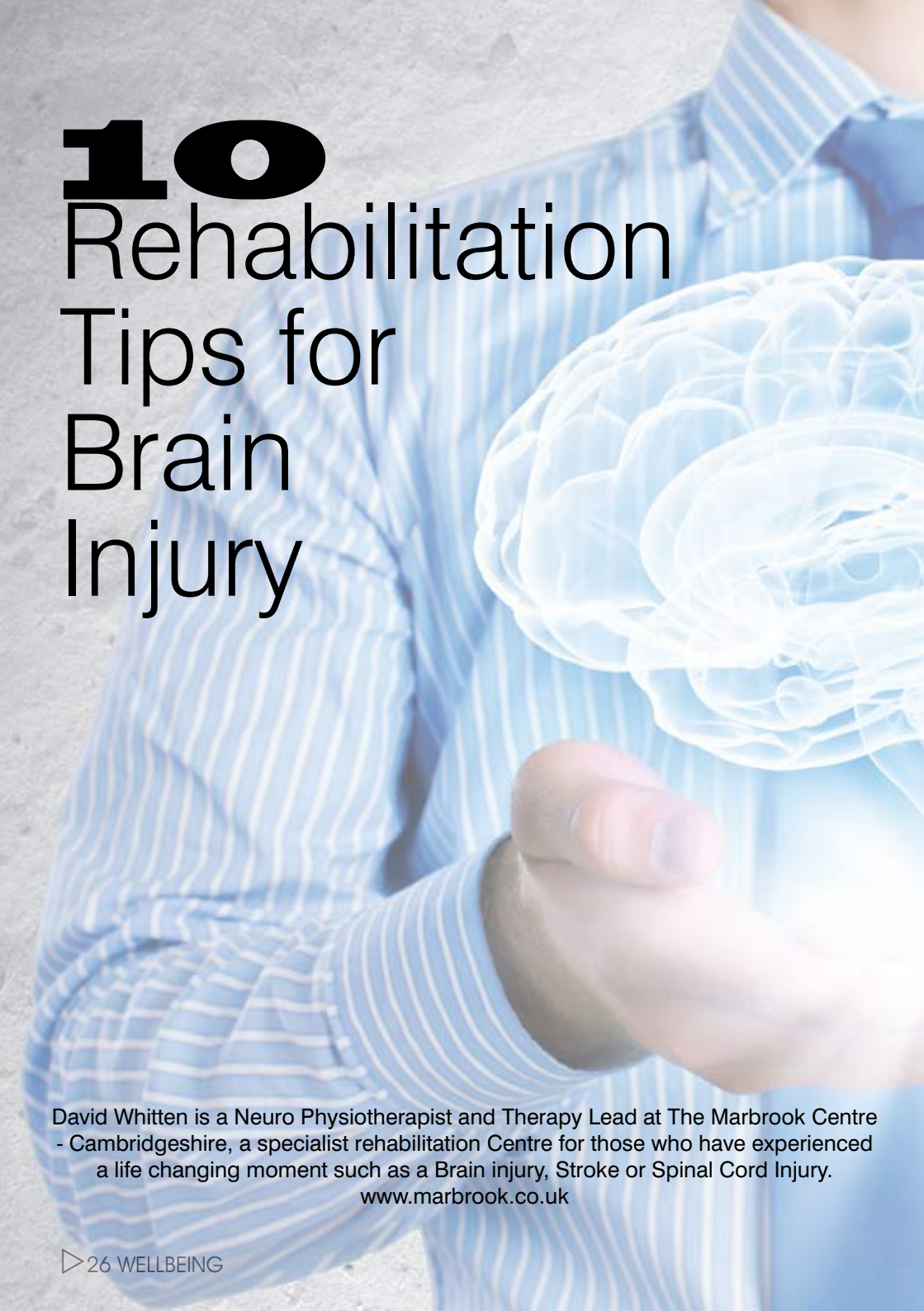
Furthermore, minimalist gardens are easy to keep tidy, taking a lot of the stress out of maintaining a garden. Take a look at the minimalist garden collection on Pinterest for ideas on how you can transform your garden into a tranquil oasis that will be the perfect place to practice mindfulness.

Set the atmosphere

Whether you've established a quiet space or you've transformed your entire garden into a relaxing retreat, it's important to set the mood whenever you sit down to meditate. You can do this with your favourite incense and some soothing music on a Bluetooth speaker.

If you usually light some candles to help you relax, you can pick up one of the garden lanterns from notonthehighstreet.com to stop them from being blown out by a gust of wind.

So, there you have it: our tips for transforming your garden into the perfect place to practice mindfulness in the sunshine and fresh air. Follow these and you'll have your own little oasis to relax in at the end of each day over spring and summer.

A person wearing a blue and white striped shirt is holding a glowing, translucent, 3D model of a human brain. The brain is held in the person's left hand, which is cupped. The background is a light, textured surface.

10 Rehabilitation Tips for Brain Injury

David Whitten is a Neuro Physiotherapist and Therapy Lead at The Marbrook Centre - Cambridgeshire, a specialist rehabilitation Centre for those who have experienced a life changing moment such as a Brain injury, Stroke or Spinal Cord Injury.
www.marbrook.co.uk

Goal setting is vital

Creating goals in collaboration with your therapist allows for a clear pathway to plan your treatment and ensure it is focused on the goals you want to achieve.

Set clear expectations

From the start of your rehabilitation journey talk to your therapist about your expectations. These conversations can be hard but it is not productive or fair on you or your family to be working towards unrealistic expectations.

Your rehabilitation should be centred on you. You should be the centre of all treatment and rehabilitation. Planning should be focused on what you want to achieve.

Use outcome measures

It is important to be able to measure the success of any intervention, whether it is measuring your balance, your ability to care for yourself or your perception of your health.

Celebrate your achievement and progression

Even the smallest positive changes that may seem trivial to others might mean the world to you. It is important you and your family acknowledge and celebrate success.

Allow for good and bad days

We all have our ups and downs and these can be even more evident within neurological rehabilitation. On bad days it is important to remember the progress you have already made.

Let your therapist get to know you and your family

Your therapist will be much more effective if they know about you, your views and your beliefs. Building a rapport with your therapist will also help to make rehabilitation more engaging.

Rehabilitation should be fun

For many people rehabilitation is going to be a long journey so try to work with your therapist to make your rehabilitation as fun as possible.

Downtime is essential

Many people will be desperate for continuous non-stop rehabilitation and others will be sick of the sight of their therapists. It is essential to have a break from rehabilitation even if only for an afternoon to recharge and refocus.

Collaborative working is the bed rock of rehabilitation.

All members of the care and therapy teams are crucial to your recovery. Clear and open communication ensures everyone pulling in the same direction to achieve the best results for you.



DO YOU DREAD PUBLIC SPEAKING?

Do you turn to jelly at the thought of having to make a speech in public? How do you know this is scary? For that matter, how do we know anything is anything?

Our brain clocks up what things mean from learned experience, which gets tucked away in memories to help us in future. It also attaches a feeling to the memory, an 'e-motion' to get us to do things. Either to do more of it or to get away from it to safety. Memories and emotions are very useful then. And they happen unconsciously, and fast. They have to, to keep us safe.

The trouble is that most of our formative experience about what happens when we do things in public happens before our mind is capable of better judgement. When we move from the bosom of our family to a very different public at school. Where we learn that other kids can laugh at us if we fluff reading a book out loud or we can feel humiliated if a teacher makes an example of us.

Early experience primes us unconsciously to avoid or not enjoy doing things in public. We'll learn to stay safe or seek safety, which can become self-perpetuating.

Our unconscious learnings don't need to stay fixed though. I use Cognitive Hypnotherapy to help people to uncouple from the meanings they've had up to now. The key is working with the unique way your mind works.

To help with public speaking, there are two main ways I help people. Firstly by reframing your past unconscious learning using visualisation techniques and hypnosis suggestions. We then work together to build tools you can use in the moment of presenting, to get any remaining nerves under control and make the most of the opportunity.

One of the first things I will teach all my clients with any sort of confidence issue is simply how to breathe stress away. There are free instructions and an audio download here

<http://www.ienableyou-hypnotherapy.com/articles/breathe-stress-away-with-7-11>

Lynne Wilkins is a Cognitive Hypnotherapist and Career Coach who sees clients in London, Cambridge & Bedford. T: 020 3740 6640 - M: 07887 992979

lynne@ienableyou.com

ienableyou-hypnotherapy.com



What is Intuitive Horse?



Intuitive Horse is Equine Assisted Personal Development through experiential learning. We work with people from all walks of life to help them gain a deeper insight and understanding of themselves and horses, learn how to work with emotional awareness and a particular emphasis on learning how to quieten down the mind and 'be' in a present moment state. We offer 1-1 sessions, 3 day retreats, 3 day advanced retreats, workshops and courses bespoke group and individual days/sessions and for the horse owner we offer home visits or you can bring your horse to us.

INTUITIVE HORSE 1-1 SESSIONS

We offer private sessions working with a horse from the ground, to help you gain more understanding of yourself and the way your environment responds to your emotional state. By working with a horse you start to see a direct reflection of self through the assistance of the horses behaviour towards and around you.

Your first session will be for an hour and a half; this includes a consultation. You select one of our horses you feel most drawn to work with then with the assistance of Emma you work together to gain personal insight. We recommend a further 3 sessions to assist you through your process. We then review how/if you would like to continue. However it is fine to come for a one off session or for less than the recommended

amount. Sessions can progress to working with the herd when both client and facilitator feel happy to do so.

3-DAY RETREATS

Over 3 days you work intensively through the Intuitive Horse techniques which include group discussions and exercises, working 1 on 1 with a horse and being with our herd. This is a truly empowering experience which takes you on a journey of profound self discovery.

An intuitive Horse session or retreat will help you with:

- Becoming more aware of your emotions, behaviours and mind states
- Connection with self
- Helping to bring you more into the present moment
- Working through personal issues
- An understanding in emotional responsibility
- An awareness in how your environment responds to your emotional state
- Becoming aware of certain patterns in your life which may be presenting themselves to you and how to change them if necessary
- A broader self awareness
- Listening, trusting and working with your intuition
- Learning how to 'be' with a horse and in turn with yourself
- Learning how to quieten the mind down
- A knowledge in equine behaviour

We only take small groups of people at a time to ensure proper attention to each person. Retreats run most months but if you have a small group of people or family members you would like to come and share this experience with, we can book you in on separate dates to suit you. These retreats are suitable for people both with and without horse experience, we welcome people with fears around horses. For people training with horses or who have their own, this work will complement any discipline you train in as it will help enhance your relationship with horses.

07825 036 301 intuitivehorse.com



Combating depression in new mums

Postnatal Depression (PND) is incredibly common, affecting 1 in 10 women within a year of giving birth. Christian Bates, owner of The Perrymount Clinic, and Tamsin Brewis, owner of Water Babies (waterbabies.co.uk) in Buckinghamshire and Bedfordshire, offer their advice to mums and dads (let's not forget them!) who are affected by PND and anxiety.

"First things first, it's nothing to be ashamed of," says Tamsin, who suffered from depression after the birth of her second child. As women, we tend to want to be seen as being totally in control and able to cope with what is, frankly, a shocking and disorientating change to our lives. It may well be planned to the nth degree – that doesn't necessarily mean it's going to work out that way. And that's ok. I experienced PND myself and, looking back, I didn't realise it was happening to me at the time. That's a really common thing I hear from mums on a daily basis."

Dads or close family are the people most likely to 'see' PND happening. Here are a few things to look out for in yourself or in your loved one:

- Feeling persistently sad or low
- Taking no pleasure in the things you usually enjoy
- Exhausted, and lacking in motivation
- Not keen to see friends or family
- Irritable and tearful
- Anxiety about things that wouldn't normally bother you
- Taking no pleasure from being with your baby, or feeling hostile towards him, your partner, or your other children
- Extremely worried about baby's health, even though he's fine
- Being fearful that you might harm your baby.

"Depression, postnatal or otherwise, is not your fault. It's not class related and it's not a sign that you can't cope or are a bad mother." In his work at the Perrymount

Clinic, Christian helps countless mothers who suffer from anxiety and depression and his research has led him to some startling findings when it comes to diet and nutrition.

Stress, lack of sleep and, more often than not, a poor diet, can all lead to PND. There are some simple things that can be done to help alleviate symptoms and they're all about getting back to basics.

Talk about it

PND can make you feel very alone as a new mum. Remember that your partner or loved one may be feeling guilty and defensive about how they see themselves 'coping' so reassurance and understanding are important.

Here's a little top-tip for family and friends: Try not to ask 'are you ok?' – a woman's natural reaction is to say, 'yes, I'm fine' because we don't want to appear weak or unable to cope. That was certainly true for me. Instead, be brave and say, 'I love you but I'm not sure that you're ok, let's check and maybe get some help.' Often, just having someone to talk to makes a difference.

Exercise

For tackling PND, exercise is one of the most important and helpful things you can do. It doesn't need to be ground-breaking - just walking out in the fresh air with your baby will get those endorphins running.

"Activities such as baby swimming have multiple benefits for mum and baby as classes are focused around child safety and development. And you can get started straight away, we have babies at our swimming classes from 12 weeks old! An added bonus to group activity is that you'll be around other new mums so can share

experiences and make new friends along the way, all of which helps to combat PND," explains Tamsin.

Nutrition

Things like vitamin deficiencies and omega-3 healthy fat deficiency are known contributors to depression and have been found to be beneficial when added back into the diet.

A woman's hormone balance can also affect mood. What's often not known is that female hormones and vitamin D are made out of good cholesterol. Cholesterol is found in good levels in meats, avocados, nuts, seeds, coconut oil, and wild salmon. Many mums are consuming carbohydrates for quick energy rather than meat and, therefore, may not be providing themselves with the ingredients to get their hormones back in balance. Eating healthy doesn't have to be hard or take much time to prepare! Here are some quick and healthy alternatives to try:

- 100% rye toast with smashed avocado or smoked wild salmon and cream cheese
- Plain yogurt/kefir with berries, nuts, seeds, and cinnamon
- Snack on olives or raw nuts
- Hard boiled free range eggs.

"It's possible that by making simple changes to eating habits and getting back to some gentle exercise, a mum can get back on track and start to feel better," says Christian.

Tamsin adds, "If you think someone you love is suffering from PND, do try to have a talk to them or someone else about it. Depression isn't a taboo subject and the more we talk about it, the better prepared we will all be to deal with it."

WATER WATER

everywhere - let's all have a drink!



Water could actually be considered as the world's first and foremost medicine! How lucky are we to live in a country where clean drinking water is easily accessible.

The body is made up of 25 percent solid matter and 75 percent water. Brain tissue is thought to be 85 percent water, and blood 90 percent. The body monitors its' every function and these functions are influenced by the efficient flow of water. When dehydrated the body runs a rationing programme, in that the most essential organs will receive water through the blood circulation before others. The brain is 1/50th of the make up of the body, however receives 18-20 percent of the circulation, and therefore proportionately more water. The muscles, tendons, cartilage and bone are the last in the pecking order for water rationing.

Water in the body is a solvent; it offers 'chemical' transport and it becomes more dense when in the body so it is structurally supportive. The more dehydrated we become the less efficient the water is at 'dissolving' the body's hormones and other chemicals for transportation around the body. In addition the transport system does not flow as freely because everything becomes stickier.

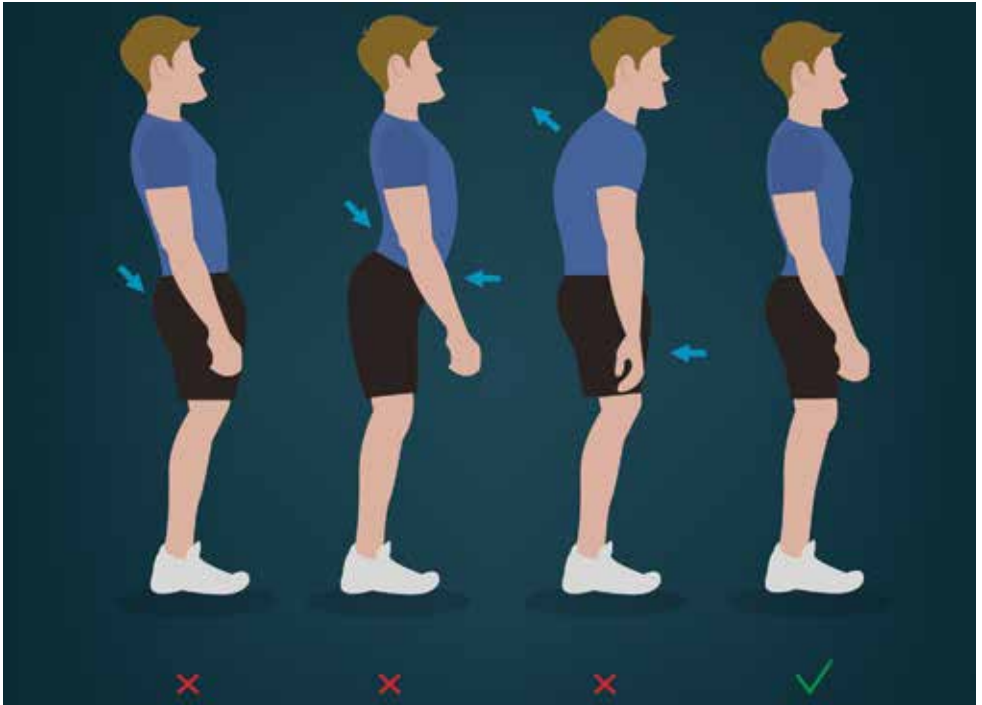
The greater the dehydration the less sensitive we are to that dehydration. Ageing also reduces our sensitivity to dehydration therefore we often don't adapt by consuming more water. Dehydration accelerates the ageing process. Dehydration stresses the systems and causes fight and flight responses in the body - these can be pain responses such as indigestion, headaches, general aches and pains.

What if some of your 'niggly' problems could be solved by upping your water intake? It is recommended that we drink 2 litres or 8 glasses of water each day. Having a bottle of water to hand and sipping from it regularly, refilling as necessary, may make this easier to achieve. How about trying it for a month and experience how your sense of wellbeing changes as you go through the four weeks?

Even with something as simple as increasing your water intake, if in doubt ask your doctor as there are some conditions this advice may not be suitable for.

Ann Rambaut, Chartered Physiotherapist, Body Mind Coach For more information regarding the treatments Ann offers, please visit annrambaut.com

Ann is always happy to discuss your situation by phone T: 01323 411900 M: 07436 810181



At Physio Plus we pride ourselves on educating patients regarding spinal health and obtaining the best results that last. We run fortnightly Spinal Care Classes that are free of charge to patients, their friends and family and members of the public. The classes take place at at Physio Plus in Eastbourne, though we are also happy to visit you in your place of work.

Spinal Care and Posture Class

The class is led by Mark Yacoub, DC. It lasts around an hour and covers the following topics:

- Overview of the spine and joints
- Arthritis prevention
- Advice on correct sitting, lifting and sleeping positions
- Questions & Answers Session

Corporate Workshops/Ergonomic Assessments

Back pain is a major cause of discomfort and absence from work. When pain causes problems with work, employers and employees want to know what

to do. The reality each year is that:

- 40% of the population are affected by back pain
- 50 million working days are lost
- It costs about £5 billion (or £200 for every employee) in sickness absence costs.

Source: Clinical Standards Advisory Group

Not all back pain is caused by work, however factors at work which may trigger it, or make it worse, are some of the easiest to tackle effectively.

Our team of Chiropractors and Physiotherapists will be happy to come to your place of work to speak about maintaining spinal health and to advise on workplace ergonomics. Corporate rates are available to those who begin treatment following a Corporate Workshop. Please contact the clinic on 01323 430803 or email info@physiotherapyplus.co.uk for more information or to book your place in a free class.

physiotherapyplus.co.uk

(image designed by Freepik)



Singing has been proven to play a special role in dementia care and one Sussex care home has capitalised on music's therapeutic effects by partnering with Alzheimer's initiative - Singing for the Brain.

Clifden House, specialist dementia care centre in Seaford, started holding a daily singing group for residents after learning about the work of Chreanne Montgomery-Smith, of the Alzheimer's Society.

Chreanne devised Singing for the Brain sessions in 2003 after noticing that even though other memories may be hard to retrieve for a person with dementia, music is actually easy to recall. "Singing for the Brain is mainly about engaging people and helping them to feel that life is worthwhile," said Chreanne. "The benefits are confidence, self-esteem and friendship. Even if people with dementia can't talk, they may be able to sing, whistle, clap or tap their feet."

Clifden House focuses on music that residents are familiar with - mainly songs from the fifties and sixties. Activities Coordinator of Clifden House, Deena McCormack said: "The words on the screen are more for me than our residents as they remember all the words. Singing really lifts the mood and is a great way to finish the day."

The reasons for music's remarkable effects are still being looked into. Some point to the fact that the auditory system of the brain is the first to fully function at sixteen weeks, and it also seems to be the last to leave us.

Andrew Budson, of the Boston University Alzheimer's Disease Center points to the fact that music can trigger emotional memories - "some of the more powerful memories that we have," and are therefore more likely to be recalled. He also notes that music is learnt as "procedural memory," associated with routines and repetitive activities (also known as muscle memory). Dementia primarily destroys episodic memory - the type that corresponds to specific events in our lives - but leaves those associated with procedural memory largely intact.

Nial Joyce of Clifden House said: "Life doesn't have to stop with a dementia diagnosis. Finding stimulating and enjoyable activities that enhance quality of life is not only possible, it's necessary. At Clifden House, our residents really look forward to our daily singing group, it gives them back a bit of control, and lets them enjoy themselves in a social setting."

There are now around two hundred Singing for the Brain groups across England, Wales and Northern Ireland. They are free and open to anyone who has been diagnosed with dementia. To find a group near you, call the Alzheimer's Society on 0300 222 1122 alzheimers.org.uk

Established 40 years ago, Clifden House Dementia Care Centre in Seaford specialises in providing residential and respite dementia care. It enables the individual to lead an active lifestyle with privacy, dignity and security. If you, or anyone you know, would like to join one of Clifden House's singalongs, please email office@clifdenhouse.co.uk clifdenhouse.co.uk



Transcendental Meditation™

In a nutshell, what's TM all about?

TM is Transcendental Meditation. It's a 20-minute twice a day technique that you can do anywhere as long as you have somewhere to sit. It is very effective at allowing the stressed racing mind to become much more restful, clear and calm. It's super easy to practice (even children learn) and is validated by a ton of scientific research, including reduced anxiety, lower blood pressure, increased creativity and greater brain wave coherence! It's been taught around the world for the past 50 years and over 6 million people have taken the course. It is taught in schools, prisons, businesses, police forces and even the military.

Why should I do it, what are the benefits?

The main reason people learn is to reduce the stress in their lives and TM does this extremely well, on a long-term permanent basis. People also come for various health benefits (better sleep, lower blood pressure etc.) since any stress related physical disorders can also be alleviated. When the stress goes, people find that they think more clearly, have more energy and can focus better. Finally, some folks use it as a tool to find greater meaning and connect with their deeper spiritual nature.

How does it differ from other forms of meditation, what's the USP?

The main difference is that it is very easy to do and starts working right from Day 1. It involves no concentration or control of the mind, no "being aware" or "watching thoughts". It's not mindfulness and requires no change in behavior nor even a belief that it will work. Just do it, enjoy your day, and the results come spontaneously. It works by attracting the mind through increasing



charm rather than forcing the mind to do something it doesn't want to do.

How did you come to TM yourself?

I went to a free talk one evening when I was a student and the TM Teacher had such an appealing presence I felt I had to have whatever he was on! Of course it was TM 😊

What's it done for you? As soon as I learnt TM I felt an increasing sense of inner stability, calmness and joyfulness. My insecurities were significantly reduced and my sense of the wonder of nature also multiplied massively. Everything looked more beautiful and interesting! Over time I became much happier and more fulfilled. I think psychologists would have called it a greater sense of self-actualization. On a more profound level I began to understand what life was about and why we do the things we do!

Sounds great, how can I find out more?

To find out more you can go to a free 1-hour talk that most TM centres in the UK offer on a regular basis. I teach meditation in Brighton and London. You can contact me - Mark Heath - at the Transcendental Meditation Brighton Centre 07976 214373 uk.tm.org/web/brighton I look forward to meeting you 😊



Back to work
with a spring in
your step!

Here are 10 tips to help you avoid workplace stress when you return after a long weekend or your annual holiday fun.

Susan Scott is business psychologist, nutritionist and author of new book - How To Have An Outstanding Career (8th May 2017, Filament Publishing, £12.99)

Increase your personal stress awareness.

Recognise the symptoms. These can be physical, emotional, behavioural or psychological. Consider what might be causing you to feel the way you do and what action might be required to address the causes. If you're finding it hard to identify the causes, keep a stress diary recording the events that caused you to feel bad and how they made you feel.

Review your diet and lifestyle with honesty.

What are you drinking, smoking and eating? Has this changed recently? If yes, and you're drinking or smoking more or relying more on sugary carbohydrate foods to get you through the energy slumps then you need to make changes as this self-medicating isn't helping.

Balance your energy.

Stress increases our demand for certain nutrients such as vitamins C, B, zinc and protein. It's important to eat unprocessed foods to optimise your nutrient intake. Always have something to eat by 10am to balance blood sugar and drive up energy. Having some protein along with carbs at each meal, such as chicken, salmon, cheese, really helps to balance blood sugar and give you more sustainable energy.

Have a health MOT.

The stress response raises blood pressure and cholesterol, leads to imbalances in your blood sugar response and strain on the function of the liver and kidneys. Get these checked out with your GP to ensure stress doesn't lead to ill-health.

Take some time to switch off the on-button.

Take time out during the chaos of the day to be on your own and practice a relaxation technique. Choose a quiet place away from people, where you can sit or stand quietly. Taking three deep breaths is a useful technique to reduce elevated stress hormones and lower a racing heart rate.

Take regular exercise.

Book an appointment in your diary for some physical exercise such as a brisk walk at the local park, a cycle ride or a swim at a local pool at least three times a week. This is one of the best ways to





technology is also a stimulant so have a digital sundown and switch everything off at least two hours before bed.

Don't be afraid to ask for help.

Speak in confidence to your manager or HR director. If you feel the processes are not in place for this then contact a specialist stress coach to help you identify what is really happening in your life and guide you to creating stress proofing strategies. The sooner you can overcome the stress-inducing pressures and build your resilience, the sooner you will be back working at full speed and optimising your performance.

use up excess stress hormones but it will only happen if you schedule it into your busy working life.

Make a resolution to manage your time more effectively.

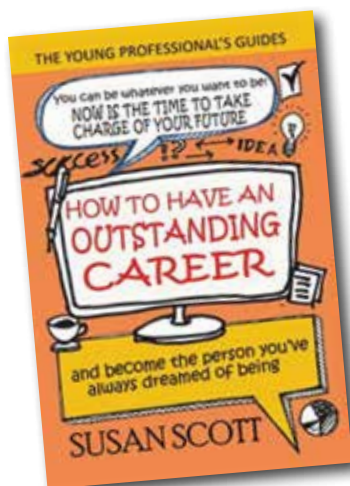
If you're disorganised, make a to-do list. If you're a perfectionist, identify a cut off point or time allocation. Prioritise your workload and say 'no' if you're in danger of over committing yourself. If you do this calmly but firmly stating the reasons why, you will not feel so guilty about it.

Deal with problems when they arise.

The worst thing you can do is to let them fester. Burying your head in the sand will not make the problem go away, in fact it's likely to become worse and the longer it goes on the more it plays on your mind, stressing you.

Switch off in the evening.

But not with alcohol. Alcohol is a stimulant which upsets the sleep pattern. Digital



Title: How To Have An Outstanding Career

Author: Susan Scott

Publisher: Filament Publishing

Publication date: 25/04/17

ISBN: 978-1-911425-71-7

Price: £12.99

Therapy ROOMS



Welcome to the Therapy Rooms, where you will find solutions and ideas to support your health and wellbeing. We encourage you to contact our clinics and therapists to find out how they can help you to improve your health, fitness and knowledge. Enjoy and be inspired.

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What's On

MAY

7th

10am-4pm

The Well Being Centre Open Day, at Glynleigh Farm, Stone Cross, BN24 5BS, FREE entry glynleighwellbeingcentre.com

8th

7-9pm

The Federation of Holistic Therapists hosts: 'Sukshma Marma Therapy' with Marek Lorys, at Victoria Drive Bowling Club, Eastbourne, BN20 8NH. There will be an opportunity for everyone to experience a Sukshma Marma taster during the evening. £6 FHT members, £7 non-members, £5 OAPs & students. For more info please contact Pam Hardy comeinno11@icloud.com or Sarah Faye berryfaeholistic@outlook.com fht.org.uk

17th

7pm

Self Harm Talk, The Link Centre, Newick, East Sussex, FREE, thelinkcentre.co.uk leilani@thelinkcentre.co.uk

JUNE

5th

7-9pm

The Federation of Holistic Therapists hosts: 'A Taste of Operation Shine!' with Brenda Bruzon - Time to take responsibility for your own health and happiness. Time for you to SHINE! This 'taster' workshop will be interactive and experiential. £6 FHT members, £7 non-members, £5 OAPs & students. For more info please contact Pam Hardy comeinno11@icloud.com or Sarah Faye berryfaeholistic@outlook.com fht.org.uk

2 Sundays: 4th + 11th
10am-5pm

Reiki Level 1 Certificated Course, Equilibrium 01273 470955, equilibrium-clinic.com

8th

7pm

Open Evening at The Link Centre, Newick, East Sussex, FREE, thelinkcentre.co.uk leilani@thelinkcentre.co.uk

14th

10am-3pm

Wake Up To Organic at the Raw Health Bar, Brighton Open Market, FREE samples of organic food and drink, rawhealthbar.co.uk

22nd

9.30am

Back to Basics Workshop, The Link Centre, Chelwood Gate, East Sussex, £70, leilani@thelinkcentre.co.uk, thelinkcentre.co.uk

27th & 28th

9.30am

Introduction to Educational TA, The Link Centre, Chelwood Gate, East Sussex, £160, leilani@thelinkcentre.co.uk, thelinkcentre.co.uk

JULY

3rd

7-9pm

The Federation of Holistic Therapists hosts: 'Qigong - workshop' with Leon Chiu and Natalie Scialo. This is a practical session so please ensure you wear comfortable clothes for mobility. £6 FHT members, £7 non-members, £5 OAPs & students. For more info please contact Pam Hardy comeinno11@icloud.com or Sarah Faye berryfaeholistic@outlook.com fht.org.uk

7th

9.30am

Self Harm Workshop, The Link Centre, Chelwood Gate, East Sussex, £80, leilani@thelinkcentre.co.uk, thelinkcentre.co.uk

Mondays

10am-7pm

Massage with Lucy,
Counselling with Jacky,
Equilibrium Health Centre,
16 Station St, Lewes,
01273 470955,
equilibrium-clinic.com

2-3pm

Chi Exercises & Meditation
(rooted in Qigong) The Natural
Fitness Centre, Eastbourne £7,
First session FREE, Nick Neter
01323 732024,
info@naturalfitnesscentre.co.uk
eastbourneshiatsu.co.uk

Tuesdays

11am-8pm

Acupuncture & Hypnotherapy
Clinic with Anna & Richard,
Equilibrium Health Centre, 16
Station St, Lewes,
01273 470955,
equilibrium-clinic.com

7-8.15pm

Qigong & Meditation at The
Well Being Centre, Stone
Cross, BN24 5BS, £7,
First session FREE, Nick Neter
07773 061309,
handwork@tiscali.co.uk
glynleighwellbeingcentre.com

Wednesdays

1-5pm

Allergy Testing Clinic,
Equilibrium Health Centre,
16 Station St, Lewes,
01273 470955,
equilibrium-clinic.com

Thursdays

11am-12pm

Qigong & Meditation at Yogalife
Studio, Enterprise Centre,
Eastbourne. Every Thursday
except 1st Thursday of the
month when we meet at the
Italian Gardens, Holywell. £5,
First session FREE, Nick Neter
07773 061309
handwork@tiscali.co.uk

Fridays

9.15am-7pm

Massage Clinic with Will, Dafna
& Rachel, Equilibrium Health
Centre, 16 Station St, Lewes,
01273 470955,
equilibrium-clinic.com

Saturdays

1-5pm

Reflexology & Massage Clinic
with Dafna, Equilibrium Health
Centre, 16 Station St, Lewes,
01273 470955,
equilibrium-clinic.com

monthly 2nd Sat of the
month: 13th May (no
workshop in June)

9am-1pm

The Shiatsu Clinic (Japanese
holistic bodywork therapy) The
Natural Fitness Centre, East-
bourne, with Nick Neter, Ben
Trowell, Tina Doherty & Louise
Burt. 30 minute treatment or
more for a donation (from £10)
Walk in or booking available
(recommended) 01323 732024,
info@naturalfitnesscentre.co.uk
eastbourneshiatsu.co.uk

Saturday 13th May (no
workshop in June)
3-5pm

Qigong, Meditation & the Magic
of the Breath workshop, at the
Natural Fitness Centre, East-
bourne, with Nick Neter,
investment: £15. To book a
place please contact Nick on
07773 061309 or the NFC on
01323 732024,
handwork@tiscali.co.uk
eastbourneshiatsu.co.uk

monthly 4th Sat of the
month: 24th June (no
clinic in May)

9.30am-1.30pm

The Shiatsu Clinic (Japanese
holistic bodywork therapy)
with Nick Neter, Tina Doherty,
Ben Trowell & Louise Burt, at
The Well Being Centre, Stone
Cross, BN24 5BS, 30 minute
treatment or more for a dona-
tion (from £10) Walk in or book-
ing available (recommended)
07773 061309

handwork@tiscali.co.uk
glynleighwellbeingcentre.com

Saturday 24th June (no
workshop in May)
3-5pm

Qigong, Meditation & the Magic
of the Breath workshop, at
The Well Being Centre, Stone
Cross, with Nick Neter, invest-
ment £15. To book a place
please contact Nick on 07773
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