

# Wellbeing

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# EDITOR'S WORD

[www.wellbeingmagazine.com](http://www.wellbeingmagazine.com)

As Summer approaches and my daughter completes another year at school I am reminded how amazing and **determined** children are at learning something new. In her school awards ceremony the Headmaster talked about **growth mindset** and the importance of never giving. Even as adults we must remember to continue to grow, develop and take on new **challenges**. Perhaps now is the time to try something new, give something a go that you once tried and failed at, or start on a new **adventure**. Enjoy & be inspired.

*Rachel Branson*

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# Ann Rambaut

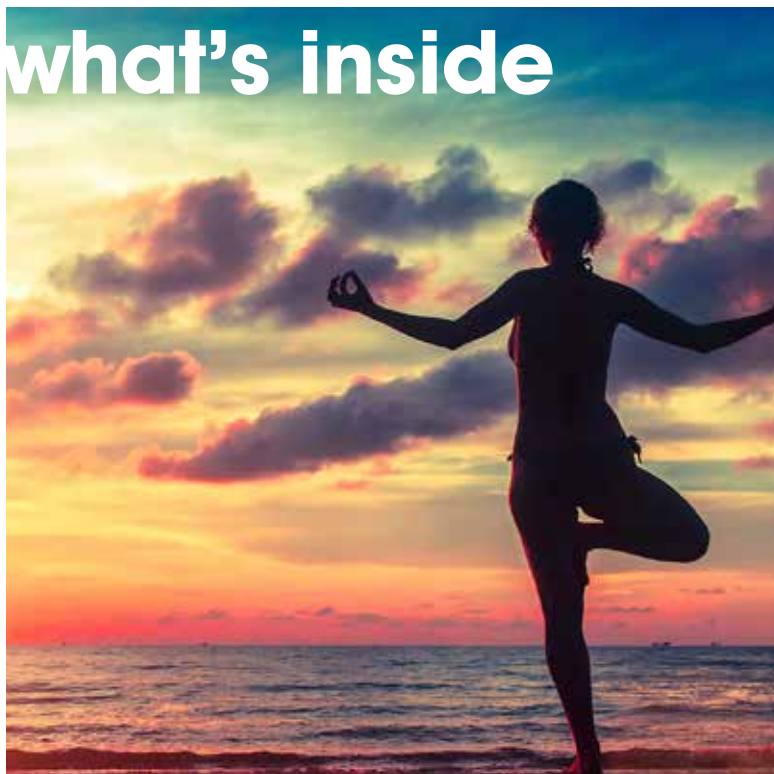
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# LOCAL WELCOME

Welcome to the summer issue of Wellbeing Magazine. It's certainly been a time of mixed weather, uncertain politics and heaps of sad news - unsettled and unsettling. Is there anything we can we do to help steer a better direction, and if so what? Perhaps if each of us were to make kindness our aim and, no matter what our political outlook or beliefs, were to base

our actions on kindness then maybe we could glimpse the possibility of a kinder and more tolerant world. That might sound simplistic, though better to start somewhere than nowhere. To make our actions kinder, then we need to be more conscious in the first place of our thoughts which, in turn, pre-determine our actions. And if we are to be more conscious, we perhaps need

to free ourselves of unnecessary stress (I know that if I feel stressed, I don't always behave in gracious ways, as I tend to be more reactive than reflective!) I hope that in these next pages we may find inspiration and guidance to help us restore our equilibrium and in return radiate more kindness to the world. Until next time. With best wishes...

*Lesley*

Here at **The Human Touch** we are happy to see the sun shining and feel the temperature rising, making it an ideal time for manicures and pedicures from our experienced beauty therapist **Caron**.

**Caron** also provides a range of other beauty treatments including deep facial cleanse, and can help you relax with a facial massage, a back neck & shoulder massage, or a full body massage.

To book an appointment with Caron in her beautiful private practice space in Portslade you can call her directly on 07929 345374

**Eshana** offers home visits for reiki healing and/or chakra balancing. To find out more or to make an appointment please contact Eshana directly on 07962 625877

We also offer acupressure massage and Indian head massage with **Michele**. For an appointment please contact her directly on 07769 214533

To receive hand and/or foot reflexology, reiki healing or an angel card reading, you can book directly with **Mary** on 07796 518667

Both Michele and Mary are located in a private practice space in Shoreham by Sea.

The practitioner team can also attend your place of business to deliver on site therapies to your staff, be at your hen or birthday party, fete or charity event. For more information or to book the team please call Mary on 07796 518667

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# Using Aromatherapy during the summer months

Aromatherapy is the use of essential oils for their therapeutic properties. Essential oils are extracted from plant material including flowers, leaves and bark. They are the 'essence' of the plant and they can help to promote physical health and emotional wellbeing.

They can be used in a variety of ways including inhalation, massage and in the bath. Two popular oils are lavender and peppermint, which are both useful for some common summer experiences:

To refresh and cool – add one drop each of peppermint and lavender oil to a foot bath to cleanse and refresh tired, hot feet or add one drop of peppermint and five drops of lavender to a full bath to refresh your whole body

For refreshment on the go – make up a small spray bottle with water and one drop each of peppermint and lavender oil and spritz onto face, neck and

chest as needed. You can even keep it in the fridge for extra cooling power!

Natural insect repellent – apply a blended solution of one drop of peppermint oil into 10ml (2 tsp) carrier oil such as coconut or grapeseed oil and rub onto any exposed areas before going outside

If you do get a bite or sting – apply one drop of lavender oil directly onto the bite/sting to reduce inflammation and to promote healing

To treat mild sunburn - apply a blended solution of one drop of peppermint oil and five drops of lavender into 10ml (2 tsp) carrier oil such as coconut or an unscented body lotion and apply gently to affected areas.

To ease travel sickness – put a couple of drops of peppermint oil on a tissue and inhale as needed

Please note that essential oils are highly concentrated and

all except lavender need to be diluted in a carrier oil or unscented body lotion before being applied to the skin. If your skin is sensitive do a patch test before applying to a larger area. It is also important to use good quality oils such as those from Neals Yard Remedies which are 100% pure and unadulterated.

**Peppermint oil is not suitable for use in pregnancy, or when breastfeeding, or for children under 3 years old.**

For further information or to book a free 15 minute consultation please contact me: Rachel Briggs, MFHT Aromatherapist

Equilibrium Health Centre  
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**equilibrium-clinic.com/  
Aromatherapy.htm**

Imagine spending time with a horse out in nature where he 'listens' and senses your every emotion, he 'sees you for who you really are', he walks with you, he stands by you, he gently nuzzles up to you, maybe even lies down with you.

Thinking you possibly couldn't have that with a horse? Worried or excited by the thought?

Doesn't matter which, our Intuitive Horse retreats are for everyone and no horse

experience is needed. The self-development retreats allow you to spend time with our horses whilst getting in touch with your intuitive side and working through any difficulties you may be experiencing in your life.

Our retreats are designed to get you thinking about your relationship with yourself and your external environment.

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. All retreats are based in Hastings.

Who would find this work beneficial? The answer is anyone - male, female, adult or teenager, even families.

For more info please phone Emma on 07825 036 301

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## HOW'S YOUR POSTURE?

Your posture directly affects your health, and improved posture can lead to better well-being. Posture is the position in which we hold our bodies while standing, sitting or lying down.

When your posture is poor it can increase pressure on your spine, which can lead to tension, soreness, headaches, back pain and fatigue. Postural imbalance also compresses your internal organs, reducing their efficiency and normal functions.

Fatigue is one of the most common symptoms of poor posture. It takes a lot of energy to hold the body in any awkward position and, in turn, alters our breathing capacity which can be

diminished by up to thirty percent.

Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity. A good postural position permits you to breathe better, and as a result reduces fatigue and minimises other side-effects associated with poor posture. Proper posture keeps muscles, ligaments, bones and internal organs in their natural position. This reduces wear and tear of joints and relieves stress, improving health and enhancing your appearance.

Good posture can also increase self confidence, with one study revealing that people adopting good posture

not only display greater confidence though have stronger belief in their own abilities than those with poor posture.

Correcting bad posture does take discipline, however there is no doubt that the benefits are worth the effort.

**Find out about your posture by booking in for a FREE Chiropractic Posture Check and balance assessment at Physio Plus. To make an appointment please call 01323 430 803 [physiotherapyplus.co.uk](http://physiotherapyplus.co.uk)**

# HOLIDAY HEAVEN



Words Kate Arnold



As most of you who follow my articles and social media pages know, over the last ten years I've been to the little known island of Hydra in Greece an hour and half by boat from the Athenian port of Piraeus. I first arrived, frazzled and in dire need of a break back in 2009. The moment I landed in the little port I realised this would be a place that I would return to over and over. Many people thought I was crazy and said why not visit other parts of the world but having travelled a lot in my early 20's through vast parts of South East Asia I wanted a second place to call home. I certainly found it amongst Hydra's tavernas and cobbled streets.

Hydra is very unusual. Primarily because it has no cars and it's a small island of only about 2,000 inhabitants. Think St Tropez but in the 1950's, with echoes of elegant days gone by. The architecture is mostly 18th century with strict regulations on building and painting, to stay in keeping with its age and beauty. It's like walking into a Farrow and Ball catalogue! Well known for the birth place of Leonard Cohens' Bird on a Wire (he has a house there), Sophia Loren's film Boy on a Dolphin, the back drop for a Bond film and more recently Kate Moss seen walking round its' streets, the island has an interesting history. It's the most understated place I've been to, cohabited and visited



by artists, writers and lots of elegant people floating around in linen. It's quiet there as well and I've found a peace and tranquillity much needed to balance my busy lifestyle. Apart from the beautiful architecture and beaches what I really love about the island is the food. I've spent the past three weeks living off fava beans, black eyed bean salad, zucchini balls, eggplant salads, halloumi, sardines, calamari, cuttle fish, tomato fritters washed down with barrel loads of rose wine. An hours swim every morning has kept me fit as have the miles of daily walking. It is so unusual not having any cars, motorbikes or even bicycles but you soon get used to walking everywhere. Any heavy lifting is done by donkeys who move anything from local shopping to fridges and washing machines

up and down the hills. The only hint of any moving vehicle is the one dirt truck that collects the waste and the tiny ambulance nestled next to the cottage hospital.

Greek hospitality is charming - they cannot do enough for you. Generous portion sizes not only with the main dishes but overflowing carafes of their finest wine. They want you to enjoy yourself. I've written about this countless times but its important to reiterate. The Mediterranean diet is really quite wonderful. It is one of the most researched diets in the world and has the best outcomes for Alzheimer's, cancer, and inflammatory health issues, particularly the Cretan diet which boasts one of the few places in the world with the most centenarians.



Two of my favourite dishes were Fava beans and Eggplant (aubergine) salad. Here are the recipes if you'd like to try them at home:

### **Fava beans**

500g yellow split peas  
2 chopped red onions  
2 cloves of chopped garlic  
1 litre of warm water  
1/3 cup of olive oil  
Thyme  
Salt and pepper

Rinse the split peas in plenty of water. Heat a large pot over medium high heat, add 2-3 tbsps of olive oil, chopped onions, garlic and thyme and sauté. As soon as the onions start to caramelise add the peas and blend. Pour in the warm water and the olive oil, turn the heat down to medium and season well with salt and pepper. Simmer with the lid on for about 40-50 minutes until the split peas are thick and mushy. While the split peas boil, some white foam will probably surface on the water. Remove the foam with a slotted spoon. When done pour in the lemon juice and transfer the mixture to a food processor. Mix until the peas become smooth and creamy like a puree. Serve the fava with a drizzle of oil, a tbsp of diced onion and some chopped parsley. You can add more garlic and lemon juice according to your preferences!



### **Eggplant Salad**

4 large purple eggplants (aubergine)  
1/2 red onion  
1 clove of garlic  
125ml olive oil  
4 tbsps of lemon juice  
3 tbsps of parsley

Bake the eggplants in a preheated oven at 200c for about an hour. You can bake them whole or sliced depending on the time available. If you choose to bake them whole use a fork to make some holes on the eggplants place on a tray and bake for an hour. You only need to use the flesh of the eggplants and dice and pulp. Place the pulp and other ingredients in large bowl and mix with a wooden spoon (you can mash using a fork). Let the dip cool down in the fridge to allow the flavours to mingle. You can use as much garlic and lemon juice to suit tastes. I would use three cloves in this for my personal preference.

I found on Hydra loads of mountain greens being served (a cross between chard



and spinach), plenty of pulses and garlic and drank 2-3 litres of water daily due to the heat and increased exercise. When patients and clients of mine travel they are often encumbered by sluggish bowels or constipation. Eating different sorts of food can change your daily bowel patterns as can the local water (if you can drink it). Generally it's good advice to keep moving, travelling can mean a lot of sitting around. Keep hydrating and eating soluble fibre where and when you can get it - even if it means carrying around some oatcakes, nuts and carrot sticks. For every alcoholic drink you consume, equal that with water and you won't go far wrong. You could also travel with a stool softener, probiotics (keep them in the fridge if you can) or those travelling further afield Biocare do a great product called Travelguard. There is nothing worse than feeling bloated in swimwear.

In the Mediterranean I'm not sure why you wouldn't eat the local food as it's so healthy, high in Omega 3 and 9 fatty acids, protein, fibre and low in sugar and processed foods. Unless you don't eat fish what better way to pass the evening talking with friends over grilled sardines and huge salads while toasting with chilled rose!

**To help manage constipation whilst you are on holiday and to make sure it doesn't get in the way of your plans Dulcolax has a free guide including tips and health swaps at [myconstipationrelief.com/uk](http://myconstipationrelief.com/uk)**

Kate does not endorse Dulcolax or any other medicine. To contact Kate please call on 01323 737814/310532 or go to [www.katearnoldnutrition.co.uk](http://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. She has a special interest in how alterations in the gut microbiome can lead to weight gain and other medical conditions. With over 20 years experience Kate works with a range of clients from schools and charities to music personalities. Other conditions covered: autoimmune, hormonal issues, diabetes, low energy and fibromyalgia. Kate is a MapMyGut and SIBO certified practitioner.

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

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# BENEFITS

of taking up yoga



Sian Davies-Vollum, Head of Geoscience and yoga teacher of 16 years, discusses the health benefits of taking up yoga and explains how it differs from other forms of exercise.

International Yoga Day (June 21) is the day of the year when yoga practitioners all over the globe get to celebrate their yoga in all its' forms and manifestations and those who don't might wonder what it's all about. I have been practicing and teaching yoga for the past 20 years or so. I am passionate about yoga and all its' benefits and I really believe that it has something for everyone and that anyone can benefit from it.

The question that I get asked most often is 'How is yoga different to other forms of exercise?'

I would say there are three big differences.

The first big difference is yoga's origin and history. The essence of yoga originated in the Indian sub-continent over 5,000 years ago and although it has evolved hugely since then, the yoga we practice today is based on those philosophies.

Traditionally yoga has eight limbs or parts. The ones that are most recognisable in western yoga today are those connecting to the physical practice (the poses or asanas), conscious breathing and meditation.

Yoga is not just about the body and how flexible you are. Practicing yoga requires a connection between the body, the breath and the mind. When you are in a yoga pose you are asking yourself how you feel in it, breathing through the tight spots and setting your mind to be right there in the moment. Because of this, the benefits of yoga are not just physical but also mental. Yes you can become more flexible and get stronger, but practicing yoga can help you to relax, to be calm and to release stress.

The last big difference is that yoga is not just about what happens in class, it's about applying that body, mind and breath connection in every day life, being present and engaged with whatever you do and helping build resilience to deal with whatever life throws at you.

An added benefit is that you can take yoga with you anywhere you go and you don't need any fancy equipment. There are yoga classes and practitioners all over the world and all their practices are based on the same essential tradition. A down dog is a down dog whether you are taking a class in a gym in Derby or in a swanky studio in Santa Monica.



# Stress & the City

the pressure  
cooker of  
high-stakes  
banking

Words Brett Hill,  
Managing Director, The Health Insurance Group



The unknowns surrounding the so-called hard Brexit, dwindling job security, increased regulatory scrutiny and long working hours are taking a toll on the mental health of those working in the city's financial sector, which is so crucial to the wider UK economy.

The global financial crisis, the resulting meltdown, and the subsequent disruption as financial institutions have by necessity undergone rapid cultural and structural change, have pushed citystress levels into the stratosphere.

Reuters said British banks have cut 186,111 jobs since the 2008 crisis. According to a tally of job warnings since the EU referendum, a hard Brexit could move at least 9,000 financial services jobs out of the UK. Estimates for the impact of Brexit vary but the most sobering is a warning that in total more than 230,000 jobs could be lost. Work-related stress is epidemic.





the focus on wellbeing is light years ahead of where it once was. There is, however, a significant taboo that still exists. Stress is a condition that carries a heavy stigma.

YouGov surveyed 20,000 people in work across the UK and found that 77 per cent of employees said they had experienced some kind of mental health problem. Tellingly, 56 per cent said their employers took no mitigating action. Similarly, in a survey among decision makers at financial institutions around 70 per cent said they would not notify their bosses if they had a problem, believing an admission of anxiety or mental health issues could damage their career prospects. Many more cases go unreported. The support systems are in place but attitudes and culture can still seem less than compassionate.

Employees are soldiering on, working long hours with the spectre of long-term staffing cuts. Many forward thinking employers are trying to tackle the issue responsibly, adopting comprehensive or full-service wellbeing solutions that include access to counsellors, mental health advice and stress-relieving activities like yoga or gym memberships.

The city has been praised for its' investments in resilience training and wellness at work initiatives.

There is always room for improvement, but

There have also been instances where businesses have had access to all the right tools i.e. the best wellbeing systems such as Employee Assistance Programmes (EAP) systems, private medical insurance, lifestyle assessments, engagement and benefits portals and wearable technologies but have lacked the knowhow to take advantage of them to make a dent on health and wellbeing levels.

It may be as simple as finding ways to improve the levels of staff engagement that could make all the difference. While never



straightforward, encouraging better use of an EAP system could provide the necessary access to confidential psychiatric support and face-to-face counselling. Promoting the use of lifestyle assessments are also fantastic motivators for staff to monitor steps, exercise, calories consumed, heart rates and hours slept.

When driven from the top and with an understanding of the importance of an holistic approach to health and wellbeing, the improvements could be life changing.

In one particular case, a wealth management firm in the city decided to embed health and wellbeing within the culture of the company. This resulted in staff engagement in their health and wellbeing benefits increasing from 40 to 70 per cent. At the same time the number of people categorised as at-low-risk of health problems improving from 36 to 57 per cent. Health and wellbeing programmes can have a direct impact on a business, as happy, healthy employees are more productive.

Greater emphasis has been placed on health and wellbeing and mental health in the workplace. As work-related mental health is said to be responsible for more than 24 working days lost per case - making it one of the leading causes of work-related absence - it is not an issue businesses can afford to ignore.

It is vital that employers ensure that they have an effective strategy in place, particularly for mental health and stress. Seek independent advice if necessary. A mental health condition can be classed as a disability if it has a considerable and lasting affect on a person's capabilities in terms of carrying out day to day activities. If an employer understands their responsibilities then the right support can be provided with the appropriate sensitivity, avoiding potential liabilities if a business got things wrong.

Firms should be showing both bravery and openness in addressing the stigmas of stress and mental health in the city.

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A satisfied patient: Catherine Funder



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# *Walking on sunshine*

...and don't it feel good!

...the lyrics of a 90's pop song, all about a summer romance. Romance aside, do you feel you are walking on sunshine?

Summer is upon us and we're fortunate enough during the past couple of months to have enjoyed some long sunny days. Hopefully there are more to come! It's well recognised that sunshine tends to make us feel better and can promote a sense of vitality and wellbeing.

We do have to take care in the sun, though with all the publicity given to preventing skin cancer the substantial health benefits of exposure to sunlight are often overlooked. Moderate amounts of sunlight can ease depression, help skin problems, strengthen bones, reduce inflammation in the body, influence cholesterol and improve sleep.

The chances are that it may not always be convenient to go outside to make the most of the UK sun when it appears here, though to reap the benefits of the sunshine you don't need to spend a huge amount of time outside - maybe just a commitment to spend 5 or 10 minutes outside in the sun when it is shining is all that is needed - such time could be taken during work breaks perhaps.

Here is a process that's great for raising your

vitality and feeling of wellbeing and can be done in 5 minutes in the sun:

- Sitting (or standing if it's not possible to sit) face the sun and close your eyes
- Take 3 or 4 deep breaths whilst imagining the sunlight being drawn down into your lungs as you breathe in
- Whilst doing this imagine that you are being bathed in sunlight - the sunlight and the warmth of the sun passing through the pores of your skin and circulating around your body nourishing every cell
- Spend a short time experiencing and being with how your body feels before you finish

If you practice this process as often as you are able you will notice a difference in how you feel. In itself it is great practice for reducing stress and will help move you through the day with less stress. Maybe then you will be walking on sunshine!

Ann Rambaut is a Chartered Physiotherapist and Certified Body Mind Coach, and is always happy to discuss your situation with you, as to whether any of her modalities and experience may be of help. She may be contacted on 01323 411900 or 07436 8100181  
**[annrambaut.com](http://annrambaut.com)**





## Reducing Sickness Absence In The Workplace

The cost to our society and economy, of inactivity and obesity is reported to be £27 billion per annum and cycling 10km each way to work would save 1,500 kg of greenhouse gas emissions each year

Free2Cycle, a nationwide initiative, invites businesses, from independents to multinational corporations, to invest in the health and fitness of their employees by encouraging them to cycle to work. The National Institute for Health and Care Excellence (NICE) indicated that physically active workers take 27 per cent fewer sick days. Furthermore, HR Magazine recently published that 33 per cent of employers said that cyclists are more productive at work, while 44 per cent described those

who cycle as being more efficient and 89 per cent said that those who cycle to work were more energised throughout the day.

"As an employer myself, I believe it is a priority to invest in your number one asset - healthier, happier and more productive staff," explains Free2Cycle's CEO, Eric G Craig.

"Sickness absence costs UK businesses an estimated £29 billion each year, a study published in Economic Evidence report for workplace health 2016 suggests.

Free2Cycle aims to unlock an estimated 7 million of those employees in Britain who are not currently cycling to work but potentially could and would benefit from doing so. Improving health, wellbeing, and creating meaningful, sustainable environmental improvements are core founding principles of Free2Cycle"



### - a new health monitoring device that could be a life saver!

One of the fastest growing trends today is 'wearable technology' and lots of us are investing in smart bands, physical activity trackers, sports watches and fitness and health monitors.

Now there's an advanced technology that updates automatically and that is taking the world by storm. It has such advanced technology that when new features come out, the monitor known as the Helo updates automatically.

Can you imagine if you were able to constantly monitor your blood pressure? Well that's what the Helo does. No more 'white coat' syndrome. And in the next few months it will also be able to measure your blood sugar levels too... no more pricking of fingers for diabetics!

For the fitness fanatics, it does of course track how many steps you are taking and the calories that you are burning, your sleep, heart beat and breaths per minute.

Amazingly it can also perform an ECG and sense your mood indicating if you are feeling excited or tired!

Most of us worry about our families, perhaps our ageing parents or children. The HELO has a remote monitoring function so that you can monitor your loved ones. This means that you can track the health and wellbeing of your family even if they are thousands of miles away.

Vitality there is also a panic button, which when it is pressed twice will send an alert message



via SMS and email. This is a great feature for children if they feel they are in danger, as parents will receive the last known GPS coordinates so that help can get there as quickly as possible, or for an elderly relative who may have fallen or be lost.

Future developments Include: being able to monitor the alcohol level in your blood so you'll know if you can legally drive or not, your oxygen levels and temperature, plus it will have a mosquito shield!

Finally the Helo comes with Germanium stones attached to the band. These are known to have health benefits such as increasing blood circulation, raising oxygen levels, relieving joint and muscle pain as well as promoting better quality of sleep.

**If you want to find out more about this groundbreaking monitor or get involved with the unique business opportunity it also offers contact Helen on 07545 227272 -**

**<http://Prosperwith.helo.life>**



## Don't Injure Yourself!

The nation's DIYers will be coming out of the woodwork for the summer holidays as the DIY season sets in, and Dr James Revell warns that care should be taken before everyone rushes off to get to grips with those home improvement jobs they have been putting off.

In an attempt to reduce injury, Lushington Chiropractic has identified the top three home improvement tasks which can lead to DIY disaster:

- painting and decorating
- pruning and patios
- moving and lifting

So, Wellbeing readers take heed, if you are planning a new patio or a splash of colour on the walls, Dr Revell has this advice for you:

- Reach for the sky - if you are planning on painting a ceiling think about getting the largest amount of paint on in the shortest space of time

- Use a paint pad or roller with an extended handle and hold it at chest height. Keep your head as neutral as possible and facing forward
- Don't twist - use a ladder - always face it and move the ladder regularly. Always keep your shoulders, hips and knees pointing in the same direction
- If you are pruning use long handled secateurs and get as close to the plants as you can, and a top tip is to prune before you plant!
- If laying a patio keep the slab close to your body and bend your knees
- Vary your activity - spend no more than 20-30minutes on any one thing and take breaks
- Pain is a warning sign do not ignore it - if you start to ache then stop what you are doing.

**For more information call 01323 722499**  
**Lushington Chiropractic [chirocare.co.uk](http://chirocare.co.uk)**

A close-up photograph of a person's arm, wearing a blue lace-trimmed top, being examined with a white medical device. The device has a circular lens and is held by a hand. The background is blurred, showing a person's face in profile.

# Diary Of A Skin Cancer Patient

Things I wish I knew when diagnosed

Words Susannah Archer

*"We're really sorry, but it's cancer"*

Some of the worst words, to date, that I have ever heard. It really was as bad as I could've imagined it would be. My world came crashing down, and I, unsurprisingly, hurtled rapidly towards worst case scenario, and assumed I'd die within a matter of days.

The first few days were pretty terrible, but then something unexpected happened. I realised I was coping, and it wasn't the end of my world just yet. I found a way through, and, nearly four years on, I continue to find a way through the darker days, as well as enjoying many brighter days along the way. Life will never be the same for me – it probably won't ever be, after a stage four cancer diagnosis. But life is still very good, in a different kind of way, in a way that makes me seize every opportunity for happiness, and not waste time worrying about things that really don't matter. Although it's not easy, in some ways, life is much better, much richer, and much more appreciated now. I laugh more. I also cry more, but it's often with happy tears, as I appreciate the little things that I didn't always notice before.



But there are some things I wish I'd known, back when I heard those life-changing words; some things that would've made it all easier. And I'm writing this in the hope it will help others, at the start of their journey.

I wish someone had been able to show me that I would cope; that I'd find strength and resilience that I didn't realise I had. To know that would've helped me to face the fear with the knowledge that it would be tough, but that if I stumbled, I'd be able to get back up again, dust myself down, and carry on. If you are newly diagnosed, I urge you to remind yourself, regularly, that you will cope. And you'll cope better than you could ever imagine.

I wish someone had shown me the importance of taking some control, in a situation that seemed to be spiraling endlessly out of my control. And of the importance of educating myself in something I knew nothing about, in order to ensure I received the very best care available; to ask questions and challenge decisions, until I felt I was being listened to. Actually, much more than just being listened to: being actively involved in my care. A basic right, but one it's so easy to dismiss and neglect, especially when the doctors seem to know best. Something I learnt very quickly was that no one was going to care about my health as much as I did. It's okay to ask if you don't understand, it's okay to question a decision that's been made, it's okay to chase up results, and it really is okay to seek a second opinion, if you're not happy with how things are going.

I also wish I'd known it really is okay to admit you're struggling to deal with the sometimes overwhelming feelings that a cancer diagnosis brings. Being the ever bubbly, positive person I am often told I resemble,

this has been the hardest lesson for me to learn; to sometimes say, "I'm having a bad day and need some support."

We all need a helping hand sometimes, but we're all different, and working out what helps us most is a huge step in arming ourselves with the tools to get us through the tricky times. And it's good to be aware that what helps one day may not be as helpful another day. Some of us have trusted people we go to, those people who just know how to be there for us, and to know it's okay to not have the answers or a magic wand. To just be there. Others find it helpful to seek out a trained or knowledgeable professional to talk to: a nurse or support worker, a counsellor, or maybe someone with direct experience in supporting people affected by melanoma.

Connecting with others who have experienced similar issues, on or off line, can help, too. But some people find talking hard, and instead prefer distractions or activities that take the focus away from the world of cancer: finding ways to switch off and be yourself again can be hugely beneficial.

The last piece of advice it would've been helpful to have had is to not let cancer define you. It could easily have become the centre of my world, but it's so important that other things, other people, remain there instead: for me, that's my husband and my son, my family and friends, my hobbies. Yes, cancer is there, in the back of my mind, but it's not my everything and it feels good to not allow it to be. I continue to do all of the things I did before: walking, swimming, reading, travelling around the country to find lovely views, walking on beaches, meeting up with friends. Life has given me a new challenge, but one that I fit alongside the rest of who I am.

# HOW TO IDENTIFY PSYCHOLOGICAL TRAUMA

Words Doctify Psychiatrist  
Dr Brock Chisholm

Tragic events can affect people in a variety of psychological ways, even if they were not at the scene, or if they did not have friends or family there.

This article looks at common reactions to traumatic events and what you should and should not do to help yourself and others. Expected difficulties after a traumatic event

- Nightmares about the event or aspects, such as emotional content that symbolise the event.
- Memories of the event that are uncontrollable or make you feel as if you are re-experiencing the event again. This can be sights, sounds, smells or bodily sensations.
- Feeling on guard, as if something may happen at any moment.
- Actively avoiding reminders because they are emotionally painful or trigger unwanted memories and flashbacks.
- Insomnia
- Drinking more alcohol or using drugs
- Irritability or anger
- A significantly altered and negative view of yourself, the world or other people. For example, not trusting people, feeling high degrees of shame or that the world is very unsafe.



All of these reactions are normal and expected during the first month, and may last up to six months before things improve on their own.

People often think that trying hard not to think about what happened is the best way to feel better. They try hard to avoid reminders, but this prolongs the difficulties. The therapies that work the best rely on actively thinking about what happened in a specific way. This helps to place the memories in the past, rather than feeling like the event is happening again or has just happened.

Events can remind people of other traumatic events and trigger similar difficulties or upsetting emotions. People most at risk are those who have suffered similar losses or experienced similar events. It is expected that there will be an increase in flashbacks, nightmares, a feeling of loss, emotional pain, a feeling of fear and “on guard”.

### What can be done to help immediately after a traumatic event?

After a traumatic event people want to help. In their desire to help, they could make things worse. Single one off sessions, sometimes called debriefing, are not advised just after the trauma. It's normally better to watch and wait for a month or so before seeking professional help. Taking sleeping pills or benzodiazepines (Valium) just after a traumatic event makes it more likely that Post Traumatic Stress Disorder (PTSD) symptoms develop, as this interrupts the brain's ability to process what happened in a normal way.

Sometimes people think they don't deserve happiness or are fearful and wish to hide away. Helping people to go out and engage in pleasurable and social activities is also helpful.

### What if it's not you?

If you are a friend or family of the person who has been traumatised by an event, let them know that you are there to listen, without judgment and with compassion. Don't try to force people to talk, but don't advise them not to talk about it, or to try to forget it either. Respect their wishes but don't collude in trying to avoid thinking about the trauma. That only makes things worse.

### And if symptoms persist?

A person who has not spoken about what happened after a month, is still suffering from overwhelming emotions, painful memories, lack of sleep or nightmares, then encouraging them to seek professional help is a good idea.

Be careful to select the correct therapist. It should be someone experienced in assessing and treating PTSD. Many therapists claim to be able to treat PTSD using little known treatments or ones without much evidence that they work. There is no pill that will cure PTSD. The recommended approach is to use a psychological therapy such as Cognitive Behavioural Therapy (CBT) or EMDR.

First published  
Doctify Health News 23 May 2017  
[www.doctify.co.uk](http://www.doctify.co.uk)

A close-up, side-profile photograph of a woman with light brown hair tied back in a ponytail. She is wearing a dark blue t-shirt and has her mouth wide open in a yawn. Her right hand is raised to her mouth, with her fingers partially covering it. Her fingernails are painted a vibrant red. The background is a soft, out-of-focus light green, suggesting an outdoor setting. The overall mood is one of tiredness or exhaustion.

FADED, JADED, TIRED ALL THE TIME?  
*herbal remedies can help...*



Fatigue is one of the most common complaints that people struggle with and has a profound impact upon daily life. Tiredness can affect our ability to perform, learn, work and has a negative impact upon mood and wellbeing. There are many causes of fatigue and it is advisable to see your GP to rule out physical causes such as anaemia or thyroid problems.

Some common causes of fatigue include stress, anxiety, insomnia, depression, poor liver function and low blood sugar. Physiological fatigue from overwork is a sure signal that it is time to slow down and have more relaxation time. Dietary and other appropriate lifestyle changes can be particularly helpful in managing tiredness.

Stress, anxiety and insomnia can be incredibly exhausting and can result in extreme fatigue. Nervine tonics, notably oat straw,

St. John's Wort and vervain, are used to strengthen and nourish the nervous system. Relaxing and calming herbs such as lavender, lemon balm and lime blossom have a long history of use for anxiety and stress.

Interestingly many calming herbs are also used to lift mood and herbs including lavender, rosemary, vervain, rose and lemon balm are considered balanced in this way. Many of these herbs are combined to help with sleep difficulties. Adaptogenic herbs, including Ashwaganda, ginseng, gotu kola and schisandra, have a traditional use to help in adapting to the effects of stress.

Milk thistle is well known as a herb for the liver and is believed to help protect the liver and to support the function of this vital organ. Globe artichoke and schisandra are also important liver herbs. The root of the humble dandelion is used to increase the capac-

ity of the liver to perform its' detoxifying function. Stress and anxiety result in increased levels of cortisol and other hormones which rely on good liver function to be cleared from the body.

Reactive hypoglycaemia or low blood sugar can cause dips in energy through the day. Eating meals that contain protein at regular intervals throughout the day can help to manage blood sugar levels. Herbs that are used to support here include agrimony, cinnamon and gymnema (an ayurvedic herb whose name literally translates as 'destroyer of sugar').

Our qualified herbalists can 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 a remedy tailor made to suit your needs.

Brighton Apothecary  
Unit 6 The Open Market, Marshalls Row  
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or visit our website [brightonapothecary.co.uk](http://brightonapothecary.co.uk)



CHILDREN  
CAN TRAVEL  
TO MAGICAL  
LANDS IN  
THE GYPSY  
CARAVAN

With summer fast approaching, why not feed children's imaginations and encourage them to play outdoors with a wonderful creation, the Gypsy Caravan from The Playhouse Company.

This colourful caravan sits on static wheels and features a charming red stable door, bright green windows and beautiful cream walls, giving it a light and airy interior. With a little imagination, it's the perfect prop for endless adventures.

Measuring 1.1m wide by 1.5m high by 1.6m deep, the Gypsy Caravan allows little ones to travel to lands afar, all from the safety of the back garden.

Other colour combinations are available, or you can let the little ones' creativity flourish even further by getting the caravan covered entirely in cream, providing a blank canvas for the mind to explore.

Richard Frost, CEO at The Playhouse Company said: "We want children to feel entertained all summer long whilst being able to spend as much time outdoors as possible, and the Gypsy Caravan is perfect for this. It will also look fantastic anywhere and gives children a place to call their own."

Whether a cowboy wagon rolling through the prairie, or a shepherdess tending her flock on a Hebridean island, the Gypsy Caravan is sure to create cherished childhood memories.

Herefordshire-based The Playhouse Company is a specialist in designing and hand building wooden playhouses, as well as producing one-off bespoke creations.

The Gypsy Caravan is priced at £1,925. Further information on play and tree houses in The Playhouse Company's range, can be found at [www.theplayhousecompany.co.uk](http://www.theplayhousecompany.co.uk)



# SCHOOL'S OUT FOR SUMMER!

The perfect end of term pampering for teachers

It's that time of year when pupils and teachers across the UK will be eagerly anticipating that liberating feeling that washes over them at the sound of the last class bell!

If the last few weeks are starting to drag, planning something to look forward to may help. It will also fill some of the blissful empty July and August spaces on the calendar!

What better place to visit than Ragdale Hall in Leicestershire? It promises to offer a peaceful and calming environment, a far cry from a classroom full of fidgety five year olds or exam weary teens.



Many teachers will be in desperate need of some TLC after the long academic year that is now almost behind them and we have a varied range of spa days, spa breaks and great value special offers to suit every taste and pocket, plus award winning spa facilities in which to completely switch off and chill out.

It's time for weary teachers and teaching assistants to step away from the white board and snuggle into a white fluffy robe instead!

[www.ragdalehall.co.uk](http://www.ragdalehall.co.uk)

# Mindful Eating



A few weeks ago I was giving a group presentation on the 5:2 Fasting diet at my Naturopathic Nutrition course. I found it interesting that even if a person is eating a heavily processed diet for five days of the week and cuts their consumption of food by two-thirds for two days of the week, they will still have the benefits of Intermittent Fasting, according to Dr Michael Mosley in a recent article in the Daily Mail's 'You' magazine;

*"It helps reduce obesity, hypertension, asthma and rheumatoid arthritis. It has the potential to delay ageing and help prevent and treat diseases."*

*Dr Michael Mosley*

By participating in two weeks of Intermittent Fasting I managed to lose 6lbs and gain some insight into my own eating habits. I noticed that as soon as I focused on my food consumption, I began to feel hungry. It was as though the thought of food triggered my hunger. This got me thinking that if I could examine the thoughts and feelings that came up, would I gain a better understanding of my own relationship with food?

Whilst on my fasting days I was able to observe my own thought patterns, beliefs and emotions all related to my eating habits. Upon reflection, I gained a deeper understanding about my relationship with food and ultimately my relationship with myself. I realised the difference between feeling real hunger

and at other times satisfying an emotional need with food. This also led to a feeling of gratification for my body and the way it continues to perform for me even if I do not give it what it needs all the time. Through all of this, a deeper feeling of self-love and self-worthiness surfaced.

*"Our relationship to food is a central one that reflects our attitudes toward our environment and ourselves. As a practice, mindful eating can bring us awareness of our own actions, thoughts, feelings and motivations, and insight into the roots of health and contentment."*

[thecenterformindfuleating.org/about-us](http://thecenterformindfuleating.org/about-us)

Along with an emotional release came a release of physical toxins; this was helped greatly with my regular intake of organic cold pressed vegetable juices that kept me nourished and hydrated with vital vitamins, minerals, live enzymes and electrolytes. In particular my green juice which consisted of kale, celery, lettuce, cucumber, apple, ginger and lemon had an emotionally balancing effect and my red juice that was made up of beetroot, carrot, apple and lemon alleviated my headache and supported the detoxification of my liver. I used a skin brush to help alleviate the toxins built up in my lymphatic system and Epsom salt baths to help further release toxins stored in my skin. What I felt after the detox symptoms had passed is really worth relating and what followed was quite extraordinary:



- Physical energy
- Mental clarity
- Creative energy and inspiration
- Emotional stability
- A general feeling of peace and wellbeing

Clarity of mind, a brain functioning beyond my regular capacity and an optimism of an inspired child all wrapped into the experience of my detoxed self. I found it fascinating. Could this feeling be optimum health? Health of mind, body and spirit balanced, a rare feeling in this day and age.

Moreover I found it interesting to see what was happening on a cellular level and whilst restricting calories can lead to weight loss which is perhaps why the 5:2 Fasting diet is so popular, the health benefits which follow the fasting process are really worth examining. When the body has a rest from eating food this allows the digestive system to have a rest and the body can begin some maintenance and repair.

*"We tend to treat our bodies like a car: we keep it topped up with high-calorie fuel and drive it hard. If you do that it will, eventually, break down. It's only when you go for long periods without food (around 12 hours) that your body switches to 'clean up and repair' mode."*

*Dr Michael Mosley*

A natural process called 'Autophagy' - meaning 'self-eat' - is a recycling of old cells that the body breaks down and then begins regenerating parts of the body that are in need of repair and balance, such as the pancreas in insulin sensitive people. As Michael Mosley states in his article, he was able to balance his blood sugar and address his own diabetes through fasting regularly.

*"Fasting not only helps clear out damaged old cells but can also spark the production of new ones. In a fascinating study published a couple of weeks ago,*

*Professor Valter Longo of the University of Southern California showed that in mice, if he cut down their calories for a few days a month, he could regenerate parts of their pancreas."*

*Dr Michael Mosley*

After fasting there is an influx of white blood cells that flood the body with an immune boosting reaction.

*"Professor Longo has also shown that intermittent fasting can boost the immune system. If you do a short fast and then eat, you get a rebound effect, with the creation of new, more active white cells. "*

*Dr Michael Mosley*

What excites my curiosity further is to imagine that if we continued to nourish the body with nutrient dense, live enzyme rich foods and juices every day, would we feel that optimum healthy feeling all the time? It makes sense to be mindful about our food choices and to think before we consume food. 'How is this food going to contribute to the health of my body? How will I feel after I have consumed this food? Am I reintroducing toxins to my body?'

From my participation of Intermittent Fasting, I understand that my body is always working towards balance and by eating mindfully every day, staying in tune with my body and eating less on some days, I can begin to experience a reboot of health and wellbeing well worth mentioning.

#### **words: Constandia Christofi**

Constandia runs the Raw Health Bar in Brighton Open Market, Marshalls Row, BN1 4JU  
[rawhealthbar.co.uk](http://rawhealthbar.co.uk)

To read the full article by Dr Michael Mosley in the Daily Mail's You Magazine please visit:

[dailymail.co.uk/home/you/article-4313396/On-5-2-lost-9-kilos-reversed-diabetes.html](http://dailymail.co.uk/home/you/article-4313396/On-5-2-lost-9-kilos-reversed-diabetes.html)



## *Mother* - the most significant occupation in the world!

There can be little doubt that the role of mother has a profound effect on the health and well-being and intelligence of our children and that, in turn, this may ensure the health and well-being of the planet and mankind.

This was the belief of Prof. Konstantin Buteyko, a Russian doctor who founded the Buteyko Method, a breath training system that has given enormous benefit to millions of people throughout the world suffering from asthma, panic attacks, hypertension, sleep apnoea and a whole range of other conditions related to their poor breathing habits. Professor Buteyko originally graduated as a gynecologist and obstetrician, and although his early career was devoted to developing his breath training work, in later years he began training couples planning to have a baby (especially the mother to be) applying his principals of optimum health. He found these couples had healthier and more physically and mentally developed children than what was considered 'normal'.

Today poor breathing, or more particularly "chronic hidden hyperventilation" is epidemic in the west. Why this is so could be debated at length but there seem to be two major causes - stress and poor diet. The effect of stress, either severe trauma or chronic long term stress triggers our primitive 'fight or flight' response which in turn leads to our being locked into over-breathing. A diet overloaded with protein and refined foods can

produce metabolic acidosis that the body deals with, in part, by over-breathing, thereby lowering the CO<sub>2</sub> in the body and reducing the acidity. Professor Buteyko found that when both parents breathed normally and heavy breathing exercises were avoided along with other lifestyle improvements, births were easier and usually without complication and the babies started life in good health.

It is not rocket science to suggest that healthy parents can bear healthier children.

Furthering this idea that our health is founded on our parent's health and well-being, a highly successful and experience pathologist, Dr. G. Scott Williamson and a fellow doctor, Dr. Innes H. Pearse were shocked that despite their combined medical knowledge, neither of them could explain the origins or aetiology of health, and even when they researched the medical libraries in the UK and the USA they could find no answers there either. Thus began their remarkable experiment to establish an answer to the simple question "What is the origin of health?"

A thousand families were studied over a period that stretched from the 1930's to the 1950's at a family community centre in Peckham, London. The results of their studies were regarded at the time as perhaps the most important contribution to health and welfare this century. Basically every family became

healthier by every medical measure with little or no medical interventions except in exceptional cases.

Their conclusions were that health derived from becoming whole in a supportive family of mother and father in a supportive community. The model of wholeness or health was the mother and father, and their support from came from the community centre that provided the rich environment and emotional help for children and parents alike.

In more recent years, a pioneer doctor in Philadelphia, USA, Dr. Glenn Doman began fifty years of research working initially with brain injured babies and young children, on ground-breaking rehabilitation programmes and later with healthy children to help their mothers learn how to teach them from birth to school age. Both projects have been success stories for tens of thousands of children.

There are many thousands of young people who began their lives as severely brain damaged babies labeled as 'spastic children' destined for a lifetime of intensive caring and support now living independent, fulfilling lives, and from the work with healthy children there are tens of thousands of highly educated healthy children who excel in many fields of development and who will be confident leaders of tomorrow in all branches of society. These success stories are the result primarily of the dedication and nurturing of babies and young children by their mothers, not by professional educators or specialists but simply by mothers being given the support and knowledge to do what mothers are best at doing, nurturing and caring for their young.

Dr. Glen Doman makes two bold statements in a video about this work. The first is, "That every child born has the potential intelligence far greater than Leonardo Da Vinci ever used." and "What every child wants is constant attention from an adult to learn as much as they can, the first choice is their mother, then their father and then anyone who will give them that undivided attention they seek." This is especially true from birth to early schooling and this should make us all concerned that in today's world many mothers are having to work to meet financial demands on every family, and are often unable to give this attention, a close bonding that cannot be replaced by professional minds or teachers in the early years.

A common factor contributing to the remarkable achievements of these three pioneers in human development is their concern and interest in the diet of young babies and children. Professor Buteyko gave simple sound guidelines for nutrition as part of his programme of breath training for optimum development and health. The participants of the Peckham Experiment, as it was called, had access to fresh produce from farms in Kent that many of them had worked on them themselves at weekend trips to the countryside as volunteers. The work of Dr. Glen Doman also embraces good nutrition as a fundamental requirement for a healthy development.

Perhaps the most significant research in this field has been the work of a group of doctors in the USA and China over the more recent past. Their work has given us the scientific evidence that has been sadly lacking or misunderstood in the past. Good nutrition begins with the perfect food, mother's milk of a healthy mother, later to be replaced by a health-promoting diet based on the family's normal healthy eating habits with no processed or pre-fabricated food substitutes that have become the norm for many in developed countries. Once again it is the mother usually who provides the food for the family, the most vital link in the nurture and health of all the family.

- To gain a greater understanding of the work of these three pioneers I would suggest visiting [thebreathconnection.com](http://thebreathconnection.com) and in particular watching a video by a leading orthodontist on childhood development [jfdental.com](http://jfdental.com)
- For information on the Peckham Experiment of Drs Scott Williamson and Innes Pearse visit [thephf.org](http://thephf.org)
- For the remarkable work of Dr. Glenn Doman watch the video [youtube.com/watch?v=XDdWlY6xe0&feature=youtu.be](https://www.youtube.com/watch?v=XDdWlY6xe0&feature=youtu.be)
- and for an introduction to the power of diet on child bearing and health read this story related to the China Study [nutritionstudies.org/how-the-china-study-gave-me-children](http://nutritionstudies.org/how-the-china-study-gave-me-children)
- For an access to an overall body of health promoting information visit [totalhealthmatters.co.uk](http://totalhealthmatters.co.uk)

**Michael Lingard**



# 7 Ways to Make Your Car Greener



## Check All Systems Are up and Running

It may sound obvious, but this is an essential step if you want to check your car is functioning efficiently. Address any alert lights and check all aspects of your car visually for any changes. If you notice anything unusual such as a leak or you can smell fuel, have it looked over by a professional. It's always best to ensure your car is safe to drive as well as operating at its' most efficient level.

Remember, if you are unsure of how to address any issues with your car, you can always hire a professional from ClickMechanic to do the job for you.

Co-Founder of ClickMechanic, Andrew Jervis, said: "The welfare of our environment should be a vital concern for all drivers across the UK. Pollution has risen to a hazardous level, causing the government to take action and push for a cleaner and greener motoring industry. Despite most of us feeling eager to contribute to this change, the expense of a new, more environmentally-friendly, car can put us off and make the task seem arduous. However, there are small changes we can all make, which really will have a significant impact on the environment if we all contribute."





### **Remove Unnecessary Weight and Drag**

Admittedly, most of us are guilty of leaving something rolling around in the boot or in the foot wells. All weight in a car contributes to the fuel consumption; the more weight you add, the more fuel you use. So if you have time to do a quick spring clean in your car and leave only the essentials behind, it can make a difference!

If you also happen to have a roof rack which goes mostly unused, this too may be worth removing. Any protruding external accessories will create drag as you drive and consequently cause additional fuel consumption. The difference in your mileage may seem small, however it will make an impact in the long-run.



### **Check Your DPF Is in Place**

If you recently bought a used diesel car, it may be worth checking the DPF is in place. The Diesel Particulate Filter is designed to catch diesel particulate matter and prevent harmful fumes from being pumped out into the environment.

However, the DPF will struggle to clean itself when the car is not run at a continuous speed for about 15 minutes, or long enough for the DPF to heat up. This means that the DPFs in cars which are in a stop-start environment will often clog and break, causing an expensive bill. For this reason, many drivers have removed the DPF which has become an illegal modification since 2014. Therefore, it's always good to check when a used diesel car was last serviced to confirm it has a functioning DPF, or get it checked yourself.



### **Pump up Those Tyres**

If your tyres are under-inflated, they will not roll as efficiently and will consequently need more power to rotate. As such, if your tire's air pressure is too low, you will consume more fuel to move your car. However, try not to over-inflate them either; the tires will have less contact with the road and this will increase your braking distance. The air pressure should be checked on a monthly basis and before long trips.

If you're looking to go one-step greener, why not install low-rolling resistance tyres? These will minimise the wasted energy which is generated as a tire rolls, leading to less fuel consumption.



### **Upgrade the Engine to Battery Power**

Yes, it is possible! For those of you who want to be greener, but can't face letting go of your old-time favourite model, there is a way to get the best of both worlds.

The engine can be swapped for battery power, giving your classic car the ability to run efficiently without causing as much damage to the environment. This produces a vintage, eco-friendly combination and leaves you feeling guilt-free when cruising around town.

Companies are available which offer these services, however always ensure your specialist is qualified and insured.



### **Switch off Your Air Con**

It may seem difficult to break this habit, particularly as we start to heat up for summer, but using the air con will force the engine to work harder and lead to higher fuel consumption.

Try opening the windows as an alternative when driving at slow speeds; whilst this does cause drag, it will be more efficient than using your air con. When you're travelling on the motorway or above 60mph, use the air con and keep the windows closed to streamline the car more effectively.

### **Watch How You Drive**

Your driving style will have a massive influence over your car's impact on the environment. It is common knowledge that the faster you drive, the more fuel you burn, however, many are unaware of how much of a difference slowing down can make. In fact, driving at 50 mph rather than 70 mph can improve fuel economy by 25%.

Although this is not the only aspect of your driving you should watch. Sudden accelerations and braking also wastes fuel, as does sitting idly in traffic with the engine on. Keep your movements gentle, use cruise control where possible and watch for upcoming traffic; if you slow early enough you may not have to stop at all. If you do have to stop for more than a minute, turn off your engine to save fuel.

# 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.

**BRIGHTON**  
**apothecary**  
at The Open Market

- \* Run by fully qualified Medical Herbalists
- \* High-quality herbal remedies, nutritional supplements and natural skincare
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## JULY

### 3rd

#### 7-9pm

Qigong - workshop with Leon Chiu & Natalie Scialo. For this session you will learn the fundamentals required to practice Qigong & towards the end of the session you will be able to understand the following: Introduction to Qigong (Chi Kung), posture and breathing, body awareness alignment, visualisation & intention, the difference between relaxing & slacking, creating qi sensation in the hands, simple easy to learn Qigong exercises. This is a practical session so please ensure you wear comfortable clothes for mobility. Victoria Drive Bowling Club, Eastbourne, BN20 8NH, £6 FHT members, £7 non-members, £5 OAPS & students. For more info please contact local FHT co-ordinators Pam Hardy [comeinno11@icloud.com](mailto:comeinno11@icloud.com) or Sarah Faye [berryfaeholistic@outlook.com](mailto:berryfaeholistic@outlook.com)

### 7th

#### 9.30am-4.30pm

One day workshop - an opportunity for you to explore your thoughts and feelings about youth self-harm, at Chelwood Gate Conference Centre, RH17 7DE, £80, for more information [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

### 12th

#### 7-9pm

Wellbeing Wednesday 'Walk and Talk' at The Link Centre, Newick, BN8 4QX, FREE, [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

### 22nd

#### 3-5pm

Qigong, Meditation & the Magic of the Breath workshop at the Well Being Centre, Stone Cross with Nick Neter, investment: £15. To book a place please contact Nick on 07773 061309 or [handswor@tiscali.co.uk](mailto:handswor@tiscali.co.uk) [glynleighwellbeingcentre.com](http://glynleighwellbeingcentre.com)

### 22nd-23rd

#### 9.30am-4.30pm

Running Groups - this course is for those wanting to develop their practice in working with groups who may be new to this area or wanting to build on existing knowledge/experience. The Link Centre, Newick, BN8 4QX, £160, [thelinkcentre.co.uk](http://thelinkcentre.co.uk) [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk)

### 22nd-23rd

#### 9.30am-4.30pm

Introduction to Transactional Analysis (TA101) this course is for those interested in learning TA for the first time or building on a basic level of knowledge - The Link Centre, Newick, BN8 4QX, £160, [thelinkcentre.co.uk](http://thelinkcentre.co.uk) [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk)

## AUGUST

### 26th

#### 3-5pm

Qigong, Meditation & the Magic of the Breath workshop at the Well Being Centre, Stone Cross with Nick Neter, investment: £15. To book a place please contact Nick on 07773 061309 or [handswor@tiscali.co.uk](mailto:handswor@tiscali.co.uk) [glynleighwellbeingcentre.com](http://glynleighwellbeingcentre.com)

## SEPTEMBER

### 2nd-3rd & 9th-10th

Counselling Skills (Basic / Intermediate / Advanced) The Link Centre, Newick, BN8 4QX, £430, [thelinkcentre.co.uk](http://thelinkcentre.co.uk) [leilani@thelinkcentre.co.uk](mailto:leilani@thelinkcentre.co.uk)

### 4th

#### 7-9pm

Reflexology, Foot Reading & Intuitive Healing with Nikki Lofting - Feet talk! All you need to do is know how to listen. Nikki Lofting, The Barefoot Energist, listens to your feet and uses what they say to tailor your treatment. Victoria Drive

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Pam Hardy  
comeinno11@icloud.com or  
Sarah Faye berryfaeholistic@  
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## Starts Mon 11th

### 5-6pm

Tai Chi for Beginners, St  
Michael's Church Hall, High  
St, Lewes (10 wk course, £80)  
Equilibrium, 01273 470955,  
equilibrium-clinic.com

## Starts Mon 18th

### 6.30-7.45pm or 8-9pm

Scaravelli Yoga, St Michael's  
Church Hall, High St, Lewes  
(14 wk course, £133 / £126)  
Equilibrium, 01273 470955,  
equilibrium-clinic.com

## 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) at The  
Natural Fitness Centre,  
Eastbourne £7, first session  
FREE, contact Nick Neter  
01323 732024 or  
info@naturalfitnesscentre.co.uk  
eastbourneshiatsu.co.uk

## Tuesdays

### 11am-8pm

Acupuncture & Hypnotherapy  
Clinic with Anna & Richard,  
Equilibrium Health Centre,  
16 Station St, Lewes, 01273  
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### 7-8.15pm

Qigong & meditation at The  
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Cross, BN24 5BS, £7, first ses-  
sion FREE, contact Nick Neter  
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## Wednesdays

### 1-5pm

Allergy Testing Clinic,  
Equilibrium Health Centre,  
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## Thursdays

### 11am-12pm

Qigong & meditation at Yogalife  
Studio, Enterprise Centre,  
Eastbourne - every Thursday  
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month when we meet at the  
Italian Gardens, Holywell, £5,  
first session FREE, contact  
Nick Neter 07773 061309 or  
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## Fridays

### 9.15am-7pm

Massage Clinic with Will, Dafna  
& Rachel, Equilibrium Health  
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## Saturdays

### 1-5pm

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

**monthly 2nd Saturday of the  
month - 8th July - no clinic in  
August**

### 9am-1pm

The Shiatsu Clinic (Japanese  
holistic bodywork therapy) at  
the Natural Fitness Centre,  
Eastbourne, with Nick Neter,  
Ben Trowell, Tina Doherty &  
Louise Burt. Walk in or booking  
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co.uk or 01323 732024  
eastbourneshiatsu.co.uk

**monthly 4th Saturday of  
the month - 22nd July, 26th  
August**

### 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  
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