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EDITOR'S WORD

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As I put this edition to bed I learned of the passing of Louise Hay, author of You can **Heal** your Life. It was her book that taught me the link between our emotions and our physical health and was the first **wellbeing** book to start my collection. It sparked my interest which turned into a passion to share this kind of **knowledge** with people from all walks of life. Eleven years ago this kind of book was revolutionary, Louise Hay was certainly instrumental in leading the way to teaching us how our **minds** and emotions impact on our **health** & wellbeing.

Enjoy & be inspired.

Enjoy & be inspired.

Rachel Branson

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what's inside



YOUR TOWN

6. NEWS FROM YOUR AREA

39. THERAPY ROOMS

42. WHAT'S ON

TRAVEL

30. YES WE CAN CLINICS

INTERNATIONAL

36. 5 CHALLENGING WALKING HOLIDAYS

what's inside

HEALTH

10. SCIENCE OF NUTRITION

21. GET A BETTER NIGHT'S SLEEP

32. KEEP IT SIMPLE STUPID

BODY

16. STUCK BEHIND A DESK ALL DAY

22. DISCOVER THE BENEFITS OF REIKI

26. SLEEP EDUCATION FOR CHILDREN

28. WHY DOESN'T MY BABY SLEEP AT NIGHT?

38. SKIN CANCER CHARITY WARNING

MIND

20. WE ARE WHAT WE THINK & FEEL

24. MINDFULNESS

LOCAL WELCOME

Welcome to our late summer, early autumn magazine. I say late summer because, as we put this one together the weather has been so glorious that, apart from the nights drawing in, I don't have any autumnal feel yet. Though head we must into another season. Nothing to concern about really, other than accept the natural rhythm of life and go with it rather than resist.

Speaking of which, as in other issues, there's a common thread running through this one. It's about natural rhythms.

The overall message is a simple yet powerful one, and suggests that we go back to basics to find our wellbeing - use common sense, simplify things that have maybe got over complicated. Kate Arnold's message about applying the 80/20 rule to our nutrition makes sense, and can also be

extended to other areas of our lives: establish healthy routines for the most part, though kick your heels up every now and then.

Reading through our pages and you'll find pointers towards things you can do to help bring a natural rhythm to your life - body, mind and spirit - integrated and inseparable.

Until next time...

Lesley

*Like this publication?
You can read past issues online
at wellbeingmagazine.com*



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.

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Beach Yoga

Eastbourne

We are so lucky to live here, having the sea and magnificent natural beauty literally on our doorstep. So why not take advantage of practising yoga outside in the fresh air? Enjoy the amazing views, a beautiful sky, the colourful leaves, soft grass or pebbles (sometimes even sand) underneath our mat, the beach and the sea.

The ground might be uneven, and you might crawl across your mat, or the sun may be shining in your eyes, but that's what makes outdoor practice so rewarding. You get to go outside your normal routine, feel the earth

beneath your feet, and make playful adjustments to your practice. The music comes courtesy of chirping birds, flowing wind, and the waves lapping up on the beach.

Yoga is all about the union of the body and the mind, and when you add the extra element of the outdoors you can also make it about becoming one with nature. Spending your morning at the beach yoga really sets you up for the day ahead. Gone are the worries, stress, distracting thoughts and pressure of your everyday life. After the class you feel recharged, reenergised,

relaxed and ready to tackle the day ahead. We often feel as if we spent time away on a mini holiday!

We embrace the elements and meet to practice yoga outside whatever the weather (well perhaps not in a torrential rain, although we did couple of times..)

The class has been running for the last five years. It started with only a handful of people and our yoga dog Maxi. Over the time we've created a beautiful beach yoga community where everyone is welcome with open

arms; our numbers reaching thirty in summer and around ten brave hard core yogis in winter, complete with hats, gloves, scarves and skiing socks! We often stay on and chat after the class, grabbing a hot drink or relaxing on the beach, even swimming!

Beach yoga is a great class to meet people, feel fantastic and become a part of something amazing - a community of like minded beach yogis who love outdoors, having fun and who

put their wellbeing first (at least once a week).

Tempted? Come and find us every Wednesday at 9.30am in the Italian Gardens in Eastbourne - we are here all year round. We promise you a special morning you will not forget; a total stress buster.

I asked some of the beach yogis why they love coming to the class:

*"For the soothing sound of the sea, the salty kiss of the breeze on our faces, the sensation of sand (and pebbles) beneath our feet, for the sunshine and the rain... we meet in friendship and shared appreciation of this beautiful and special part of the world ♥ We love Maxi dog, and we love you and your classes
Eva Kristlova. xxx"*

JML

For more information please visit yogawitheva.co.uk and yoga-life.co.uk

Come and experience beach yoga with us soon!





The SCIENCE of Nutrition



Words Kate Arnold

Who can we believe?

Over the years, I've hopefully gone someway to debunk the tirade of nutrition nonsense that has spread like Japanese knotweed into the nooks and crannies of our daily lives. I've swayed from being contentious to angry, understanding to out right incensed at the dangerous rise of nutrition gurus with their alternative messages. I've taken apart the alkaline diet, the (no doubt well meaning) self styled nutrition instagrammers, the food intolerance machines and all the other nonsense I hear on a daily basis. It could be quite humorous I guess if it weren't for the fact that it is peoples lives, health and money that are on the line here. I've slated detoxing, rolled my eyes northward over the wonders of the healing crisis and the pandemic levels of so called "candida" and other crazy terms that quite frankly have no place in our homes. I'd love to tell you that everyone has got the message, but sadly we are a long way away from that. It's still a powerful movement that entices the most sick and vulnerable with it's promises of weight loss and health cures.

If I can write this sentence without everyone erupting into seizures we might be getting somewhere; there are loads of people who don't live on kale smoothies and coffee enemas and live a long healthy life. When I first started my career the world wide web was a wink in the eye of some IT guy who hadn't yet discovered silicon valley. Times have changed. When people ask me for my advice on where to get good nutrition information from, I firstly tell them where not to get it from; to disengage with social media and stay away from trigger phrases that tell you everything you need to know like "all diseases start in the gut" (quite a few diseases start in the gut but not all of them). I've been following the rise of these crackpot notions for the last ten years and it is now stratospheric in its propaganda and not, by the way, getting any less frustrating to read.

Much of my time in clinics is now spent getting people off restrictive diets. What still shocks me is the fear people have of eating even a tiny piece of bread or a bit of cheese.

(If you are coeliac or lactose intolerant fair enough, these ingredients are not good for you). Dequacking people from whatever well meaning therapist they have been to see is a tough job. "You don't understand" they say, "I felt so much better". "How do you feel now I ask"? "If you are well why are you here"? After these targeted questions unmask the truth, the whole sorry story starts to fall apart. Of course they might have felt better for a bit, cleaning up the diet does that, but they are still ill, riddled with symptoms, living a joyless life in their gluten free, dairy free, yeast free, life free, world. It's a rarity when I convince people to try these foods again that there is any problem at all. However, I don't blame the patients or clients at all. They don't feel well, and when you don't feel well you are vulnerable to people telling you what will make you well and this is done with certainty and authority and can be very believable.

Food is wonderful. The role of nutrition in health is exciting and ever-changing and there is no doubt good nutrition can go a long way to extending your life and preventing disease. Where it gets complicated, and believe me it is highly complicated, is when you look through piles of differing research on a particular subject - let's start with high cholesterol. Is it a high fat diet, or a high sugar diet that causes a build up of cholesterol in our arteries? The answer is complicated and probably it's a mixture of both (although I lean slightly towards the sugar theory) but any lay person (unless they have oodles of time on their hands) will not be so inclined to look at this research and will just end up confused. My nutrition heroes can often be found on either sides of an argument. Several of my past patients have

had triple bypasses having had long term low cholesterol, but some have had high cholesterol, some had good diets, some poor, some low homocysteine, some high and on it goes.

Somehow somewhere though you need to throw your hat in the ring and say, right I'm getting behind such and such theory. Bad health warrants structure, discipline and control. You need some kind of blueprint



to follow. I've thrown my hat into the Mediterranean diet ring for a long time now. I've studied and researched this fully and come to my own conclusions. That does not mean I am right, it's my opinion and based on the evidence it seems to tick a lot more boxes than other ways of eating.

The recent Netflix documentary 'What the Health' gave rise to more confusion recently when it hinted that sugar really was not the evil everyone said but meat and fat were the cause of western diseases. I had some very distressed people contacting me and saying please tell me this is wrong, I am now so confused that I have no idea what to eat. 'What the Health' has some sound evidence to back up vegan eating and it's certainly much kinder to the planet. In fact can you imagine a world where we didn't eat animals - how that might impact on the future of the planet and environment? From what I know the producers and people that backed the film are all vegans so the bias would be towards that. I have no problems with vegans or the way they eat. The problem I have is that everyone is so sure they are right. This film would go entirely against meat eaters who also claim to live very healthy lives if the meat is organic or grass fed. However this is not about vegans, carnivores, vegetarians, pescatarians or those who follow the many other ways of eating. It's about belief and what you think is right.

The American nutritionist Adelle Davis, despite getting a degree in dietetics from Berkeley California and a Masters degree in Biochemistry from UCLA in the 1920s, came under intense criticism for her beliefs

about the American diet. She talked about pesticides and growth hormones and how "the great American hamburger has done tremendous harm to health" way back in the 1940's. Lets Eat right to Keep Fit (1954) and Lets Get Well (1965) were huge best sellers talking about the benefits of low sugar, fresh vegetables and whole grains, the avoidance of packaged and processed foods and how pregnant mothers needed to eat well before anyone knew anything about nutrition in pregnancy. She was very well qualified to talk and write about nutrition, and yet despite this she was labelled as giving out dangerous





advice. I'd love to say we've come a long way since then but in terms of who to believe it feels the same. Elizabeth David the cookery writer was almost entirely responsible for changing our views on the Mediterranean diet and getting us to eat garlic and olive oil. No nutrition

qualifications and yet she has had a huge impact on how we eat, and hopefully for the better. (Just an aside - you might be interested, to know for those that don't already, that her father Rupert Sackville Gwynne was Conservative MP for Eastbourne).

Everyone's differing opinion leaves us frustrated and exhausted and it's at this point that I think things need to be simplified. Do the best you can is my first rule. Difficult to evaluate sure, and if I feel people's "best" is rather pathetic I will crack the whip to a certain extent.

The 80/20 rule is another good rule to stick by, eat well for 80% of the time and 20% go have a slice of cake and enjoy yourself. Yes, I hear you say but what's eating well Kate? Well by my reckoning, and this is only my opinion, somewhere on the Mediterranean spectrum would be a wise choice.

Making sure your gut isn't biased towards the kind of bad bacteria which will flourish on refined foods helps as well. I'm pescatarian myself, so eat loads of raw salads, vegetables, fruit, pulses, tofu, fish, olive oil, lemons, herbs etc and drink rose wine and champagne. In terms of sugar I'm lucky as I have a savoury tooth so I'm much happier with olives and a packet of plain crisps than a Dunkin' Donut. I'm

also political, so don't eat in food chains except Leon, give my money to local food growers where possible and I'd rather buy fish and chips from a local company who gets the fish from Hastings than walk into the golden arches (I've still never been in). I think it works for me but of course I might be wrong. I hope in the longer term I deliver common sense in the advice I give out to people who come to see me together with checking and rechecking and attempting

to reduce as many risk factors for ill health as is humanly possible. If we are looking for blueprints to follow we are looking to people who live the longest and stay the most healthy and try to emulate what they are doing.

There is no sure fire way to do this though. Health is complicated. Nutrition is complicated. Somewhere in the middle of most of the research and the two differing viewpoints in almost

every health topic are nuggets of truth. It's my job to find those nuggets of truth but also to allow for differentials, coincidence, correlation, causation, genetics and sometimes just bad luck.

If you would like to make an appointment for a consultation with Kate please contact her on 01323 310532/737814 or at katenut@aol.com or 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.

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Eastbourne
BN21 3BG

Harbour Medical Practice
Pacific Drive
Eastbourne
BN23 6DW

West Kent Cardiology
72 Warwick Road
Tunbridge Wells
TN2 5EF

Stuck behind a desk all day?

If you spend your work day hunched over a desk, you may be joining a legion of British workers with stiff, strained muscles. A poll of 2000 workers in Britain carried out by AXA PPP healthcare found that nearly half of the respondents sit at work for 4-6 hours per day, with 1 in 4 sitting for 7-8 hours daily.

Spending all day sitting down can also lead to a range of health problems. According to the British Heart Foundation (BHF), lack of exercise and movement can lead to an increased risk of diabetes, heart and circulatory disease and general poor health.

Cue the ultimate 20-minute office workout – helping you stretch out those neglected muscles. The workout was created in collaboration with celebrity personal trainer James Stirling (also known as London Fitness Guy) and personal trainer Jamie Hartnoll.

As London Fitness Guy says, “While the workout itself will burn calories and improve your fitness, it should be incorporated into the workplace alongside a general ‘health and fitness’ initiative to increase activity levels of employees throughout the day.”

The workout was commissioned by Currys PC World and Fitbit, who teamed up to help bring more movement to your working day.

Here are 5 exercises to help you get moving again



Desk Press-Ups

Facing the desk, place your hands on the desk just wider than shoulder width apart.

Step back so your body is completely straight and at a 45-degree angle.

Bend your elbows only, until your chest is hovering above the desk.

Push back up, keeping your body straight and elbows in.

Do 3 sets of 20 reps.



Chair Split Lunge

Lower your chair to its lowest setting. Stand in front of the chair, facing away from it.

Take a big step forward, then rest the top of your right foot on the chair.

Once balanced, bend your left leg until your right knee is an inch off the ground.

Push down with your planted left foot until you're standing straight again.

Do 3 sets of 10-12 reps.



Tricep Dips

While standing, place your hands on the back of your chair.

Lower your arms to a 90-degree angle, dropping your hip towards the floor.

Return to the starting position.

Do 3 sets of 12 reps.



Calf Raises

Stand on a step with your feet together. Ensure all but the heels of your feet are on the step.

Raise your toes, lifting your heels away from the floor.

Hold, and return to the starting position.

Do 3 sets of 20 reps.



Shoulder Press

While sitting, hold a 1L water bottle in each hand.

Keep your hands just above your shoulder, with palms facing forwards.

Drive the arms upwards until straight above your head.

Return to the starting position.

Do 3 sets of 15-20 reps.





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

A satisfied patient: Catherine Funder



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"A man is but the product of his thoughts, what he thinks he becomes..." Mahatma Gandhi.

There are many quotes from philosophers which suggest that we are what we think and feel, and modern research is showing that these quotes may well have some factual basis.

Neurotransmitters are the group of chemicals that carry messages between the brain and the rest of the body via the nervous system. Looking beyond the nervous system these same chemicals are also found in various organs of the body such as the heart, intestines, kidneys. The neurotransmitters send messages to and from the brain, creating a response to every thought, feeling and emotion we have. The responses (such as change in blood pressure, body temperature, cell chemistry) are minuscule and therefore we are unaware of them. The human brain changes its' thoughts into thousands of chemicals every second. For example: if an event makes you feel angry it will create a response similar to a stress response. Anger causes adrenaline to be released which then stimulates the neurotransmitters to create the raises in blood pressure, for example.

Often as adults we suppress what we feel and the anger response becomes almost buried in our bodies. A classic response to anger is the clenched jaw; we may even be unaware we are clenching the jaw until we develop pain in it.

As you can see the body-mind connection is profound; the body responds to protect the mind and the mind is there to protect the body. Like most pain responses, be they emotional or physical they can be eased by body and/or mind therapies. Do you think your thoughts, feelings and emotions are holding you back from a life you wish for - one without pain. be it emotional and/or physical?

Ann Rambaut is a Chartered Physiotherapist and a Life Transformed coach. Using these body and mind skills either separately or in combination she can help bring about profound changes not only in your body though also to assist you in moving forward with your life.

If you would like to chat with Ann to find out how her therapies may help with your current situation, please call, with no obligation, on 01323 411900 or 07436 810181 annrambaut.com

3 things you can eat to get a better night's sleep

We spoke to nutritionist Libby Limon, and sleep expert Dr Neil Stanley, about the nutrients and minerals our bodies need to get a good night's rest:

1. Magnesium

- “Magnesium is probably one of the most important minerals when it comes to sleep” Libby told us
- Why a supplement over a diet change? Well, although magnesium occurs naturally in many foods, it is notoriously difficult to absorb.
- It's suggested that 75%-90% of the UK population aren't getting their daily minimum intake of magnesium – and that deficiency could be preventing your body from operating at its peak.

2. Protein

- It's not just the food that we eat just before bed which influences our sleeping patterns, but the food we consume during our waking hours.
- Protein rich foods are good for the production of serotonin, which many of us know as the 'happy hormone'.
- This handy substance also plays a role in the sleep/wake cycle, helping to keep us upbeat and alert throughout the day.
- Consuming a diet packed with protein heavy food like egg whites, turkey and spinach, could help you nod off at night.



3. Cherries

- Libby recommends that cherries – one of the few natural sources of melatonin – are eaten an hour before bed to help boost levels of the hormone in the body
- Dr Neil Stanley explains exactly what role melatonin has in helping our bodies drop off. “Melatonin is the hormone most commonly associated with the sleep-wake cycle. Levels of melatonin vary throughout the day (and night) which helps regulate circadian rhythms in the body.”

For more info or for more tips on getting enough sleep, visit the 24-Hour Sleep Guide at furniturevillage.co.uk/the-24-hour-sleep-guide.html

Discover the benefits

Restore the balance and harmony of universal life force energy flowing through and around the body to aid and accelerate the body's natural ability to heal itself.

Reiki can help alleviate pain and help us let go of negative thoughts, replacing them with positivity, peace and serenity. In addition it can promote deep relaxation, releasing stress and tension. People often find that emotional energy can then be channelled into creativity.

Reiki flows into a person's whole energy body, soul and spirit which in turn encourages qualities of love, compassion, understanding and acceptance of self and others. Improvements of good health and wellbeing throughout can be achieved through holistic treatments of Reiki.

In two beautiful settings I offer restoring and energis-

ing Reiki healing to all. The sessions are private on a one-to-one basis to allow for total relaxation. During a session clients can feel a deep sense of relaxation and inward peace whilst being surrounded by a subtle uplifting energy. Treatment involves me gently placing hands on or near the body in a number of non-intrusive positions to aid healing. I believe in treating the person as a whole and reconnecting with the soul in order to improve any physical manifestations.

Reiki treatments provide a safe and secure feeling of wellbeing for all ages including children, teenagers, adults, senior citizens, pregnant women and animals.

Treatment can be administered on a therapy bed or sitting in a chair fully clothed. Reiki can be used alongside conventional medicine and other complementary therapies.

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and

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To enquire and/or book please contact Claire Nicole - Reiki Master
07982 119519 or model_nicole1@hotmail.com
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of Reiki today...





Mindfulness

Mindfulness and mindfulness meditation have a number of health benefits, according to AXA PPP psychological health expert, Eugene Farrell.

“Developing countries have high, and increasing, issues with heart health, mental health problems, relationship breakdown and substance abuse because we live in a culture of busy-ness and constant pressure. We need to slow down,” advises Eugene. “Complementary medicine and therapies often lack formal clinical research,” he says. “Not so with meditation and mindfulness. There have been literally 100s of studies conducted to investigate and examine its benefits, which means that there is now evidence to support the fact that it can help with a variety of health problems. That said, much work is still to be done to explain whether this is cause, effect or a correlation.”

Meditation and mindfulness are starting to make a difference to how people think and react in a variety of situations – from school children to professional athletes and even the military. Here are some ways it could help you:

Resilience

“We can all find ourselves jumping to negative thoughts. This often happens automatically and can take a toll on our mental wellbeing,” says Eugene.

“Mindfulness gives us the tools to become aware of this so that we can ‘rewire’ that thinking.”

Research conducted in America in 2015 also suggests that mindfulness meditation can help with sleep by supporting those who suffer from insomnia. Sleep – alongside other factors, such as building your emotional intelligence – can help you build your resilience.

Stress, depression and anxiety

A common myth about mindfulness is that it is only good for your physical health, but research suggests this underestimates the practice.

Researchers at Boston University did an analysis of 39 studies, totalling 1,140 participants, who received mindfulness-based therapy for conditions such as cancer, generalised anxiety disorder and depression. It found mindfulness to be a “promising intervention” for treating anxiety and mood problems.

A smaller, more recent study, also found that mindfulness is a helpful treatment for supporting adults who have autism spectrum disorder with anxiety and depression.

Heart health

If you want to look after your heart, maintaining a healthy blood pressure is a good place to start. The American Heart Association now recommends meditation for reducing blood pressure, after a study found that people with heart disease who practised Transcendental Meditation regularly were 48% less likely to have a heart attack, stroke or die compared with those who attended a health education class instead.

IBS

A 2015 study in America found that participating in a nine-week training programme, which included mindfulness and meditation therapy, had a “significant impact” on people’s symptoms of IBS and inflammatory bowel disease (IBD).

Managing pain

A review of 10 studies in 2011 focused on how mindfulness can help patients manage chronic pain, and the depression that often accompanies it. It found that mindfulness-based therapy could help to reduce pain symptoms and relieve depressive symptoms, but more research is needed to fully establish this.

Fibromyalgia

In 2007, researchers from Switzerland’s University of Basel Hospital discovered evidence that the mindfulness has the potential to help women who suffer from fibromyalgia, a musculoskeletal condition that causes stiff joints, pain and tenderness throughout the body.

Treating addiction

There is a growing body of evidence to suggest that mindfulness is an effective tool to reduce stress. This helps people with substance addictions as it gives them a healthy coping mechanism, which can steer them away from relapse.

An interesting study by specialists at the University of Utah in 2017 backed this up. They found that mindfulness is useful in the recovery of chronic pain patients who are at risk of becoming addicted to opiates.

Improving mental function

Research conducted at the University of Massachusetts Medical School showed that after an eight-week programme, mindfulness training increased the amount of grey matter in subjects’ brains. This type of brain tissue is associated with memory, learning, the regulation of emotions and the ability to see the world from multiple perspectives.

Another review study by researchers at the University of British Columbia showed that eight separate areas of the brain had the potential to be boosted by meditation.

Boosting the immune system

A 2003 study by researchers at the University of Wisconsin found that people who meditated produced more antibodies when given a flu vaccine compared with participants who did not.

Controlling anger

“Mindfulness can help us to control our learned response, like anger,” says Eugene, “By learning how to manage these emotions, it helps us to ‘get off the train’ and can improve our relationships.”



Sleep

Education,

Education,

Education...

Use 'back to school' to set new sleep rules

A new year at school offers a great opportunity to create an improved sleep routine for your child. The key is to plan ahead and to encourage and support good sleep hygiene for the whole family, not just children on their own.

Dave Gibson, WarrenEvans bed makers' sleep expert, and founder of thesleepsite.co.uk, shares his top tips.

1. Work out how much sleep your child needs during the new school year - on average, 3 to 5 year olds need between 10 to 13 hours sleep, 6 to 13 year olds need 9 to 11 hours, and teenagers 8 to 10 hours. These are general guidelines and will vary from child to child so base the total hours on your experience and parental insight – you know your child best.

Theoretically, as your child gets older they would expect to go to bed later. For example, a 6 year old who went bed at 7.30pm would expect to go to bed a lot later by the time they left primary school. Typically, if your child had $10\frac{3}{4}$ hours of sleep as a 6 year old, you would expect to reduce this by 15 minutes a year. This means that by the time they get to 13 they will be having 9 hours sleep a night.

2. Discuss, especially with teenagers, and mutually agree an acceptable bedtime for the new school year. Then start to wean your child off their summertime late nights and onto the new bedtime and wake time towards the start of the new school year. Calculate how far off your child is from their designated school bedtime and adjust it by 15 minutes earlier every day for both their bedtime and wake time. So, if your child is

going to bed at 10pm in the summer and the new school bedtime is 8pm, it will take you 8 days to make the adjustment. The idea is to get your child adjusted to their new routine the day before school starts, this will give them the right amount of sleep for their age group and personal needs.

3. Make sure that this new bedtime works. If your child finds it hard to wake up in the morning and is groggy rather than alert during breakfast, you will need to adjust their bedtime to an earlier time.

4. Re-establish good sleep hygiene. This generally means having a wind-down routine, which starts about an hour before bed. Computer games, homework, and social media are all stopped an hour before bedtime. A bath or bedtime story could be used for younger school kids and reading for older. Packing books, laying out clothes for the next day, brushing teeth (without a bright bathroom light on) and putting on pyjamas, all form part of a good sleep habit. For younger children, Lumie's new Bedbug with sleep-optimised lighting is ideal for encouraging calm bedtimes. If you do the same thing each night before bed, the routine will start becoming a cue to the brain that it's almost time for sleep.

5. Keep to the routine even at weekends. Our brains and body clocks like habits and a consistent sleep routine 7 days a week makes it easier for your child to get to sleep in the week.

6. Encourage your child to have a healthy lifestyle. Eliminate all caffeine such as coffee

based drinks, energy drinks, and dark chocolate. Get them to exercise regularly, which will also help them sleep better.

7. Ideally, all technology should be kept out of the bedroom, but with modern teenager's use of social media, this is increasingly more difficult to enforce. Equally, schoolchildren tend to prefer studying on computers in their bedroom. In all cases, technology that emits blue light should be stopped at least 60-minutes before bed. Ideally, night-time modes and screen dimmers should be used throughout the evening.

8. Keep phones out of the bedroom overnight. This should be a family rule rather than just for your children, as it makes the boundary easier to enforce and accept. Use a traditional alarm to wake up or preferably, a dawn simulator.

9. Get your child interested in sleep and the bedroom. Educate them about why sleep is important in terms of brain development and how consistent and regular routines work. Encourage them to make their bedroom a perfect place to sleep; cool, dark, and quiet. If their mattress or pillow is uncomfortable or old, get a new one and allow older children to have a budget to buy it. Get them to try it in-store so it becomes 'their special mattress or pillow'.

10. Set a good example. One rule for all the family is a good place to start. Make sure you keep the same 7 day schedules too, no coffee and a similar sleep routine with a one hour break from technology before bed.

Why Doesn't My Baby Sleep At Night?

Is your baby up all night and asleep all day? You are not alone...

Eastbourne Chiropractor Dr Gemma Crouch shares six reasons why babies don't sleep at night.

During pregnancy, your baby develops a sleep-wake cycle based on your normal heart rate and activity. If you were active a lot during the night time, such as getting up to urinate often or standing up to relieve some discomfort, then it is likely that your baby has fallen into a similar routine of night time waking.

There are many other reasons, however, why a baby may not sleep at night. Chiropractic can help with some of these reasons and a chiropractic check-up is recommended if you think they apply to your baby.

Here at Lushington Chiropractic in Eastbourne we see many young babies - much to the surprise of our other guests!

Reason 1: Your Baby Is Uncomfortable:

The 1992 American Paediatric campaign 'Back to Sleep' recommended that all babies should be placed on their back to get to sleep. If babies are left for long periods of time, such as at night time, or have trouble in remaining comfortable in this position, they can become irritable and find it difficult to sleep.

Signs that your baby does not like lying on their back:

- Arching their back as if in discomfort
- Lifting their legs up as if in pain
- Irritability that is consoled with a change in position

If your baby shows one or more of these signs, it could indicate that your baby is suffering from a musculoskeletal (muscles and joints) problem. Chiropractic care is a safe and effective way to relieve these types of problems in babies.

Reason 2: Your Baby Experienced Birth Trauma:

Entry into this world can be a very difficult experience for your little one, even with a natural birth. Intrauterine constraint, back-to-back delivery, breech position and assisted delivery (such as C-section or forceps) can all cause the delicate musculoskeletal system of your infant to become irritated.

Signs that your baby has a musculoskeletal problem due to birth trauma:

- A dislike to lying on their back
- Not easily settled to sleep and waking frequently
- Irritability
- A preference to looking one way
- A preference to lying and feeding upright

If your baby shows one or more of these signs, it may indicate that your baby is suffering from a musculoskeletal problem related to birth trauma. Chiropractic

care is a safe and effective way to help relieve these types of musculoskeletal problems in babies.

Treatments I use are modified to suit babies and young children, they are very gentle and controlled.

Reason 3: Your Baby Is Hungry:

The most common reason for a baby to wake at night is due to hunger. Parents should be able to recognise the specific crying and behaviour when their baby is hungry. An irritable cry is more high-pitched.

Night feeds should take place at regular intervals and preferably at a similar time each night. It is best to feed your baby in a cool, calm and quiet environment to avoid over-stimulating your baby.

Reason 4: Your Baby Has Started Teething:

At around 3-6 months of age, your baby will start teething. This can make

your baby very irritable and cause them to frequently wake during the night. Often, your baby will have a slightly red colour to their cheeks. You may also notice your baby drools or chews on their fingers. Speak to your pharmacist or GP for advice on pain relief for your baby.

Reason 5: Your Baby Is Overly Tired:

Babies tend to settle to sleep quicker when they have specific sleeping routines and are encouraged to be active during the day. Here are some useful tips to resettling your baby's internal clock:

- Wake your baby at similar times every morning
- Change your baby out of their night clothes soon after waking them
- Play with them as much as you can during the day and ensure that Tummy Time and all other activities with your child are supervised

- Keep the room where your baby sleeps at night as cool and as dark as possible

Reason 6: Your Baby May Have Digestive Problems:

Excessive gas and reflux can cause discomfort for your baby and disrupt their sleep. After feeds, gentle massage and winding can relieve some of your baby's discomfort. It is important, however, to be aware of the signs of allergy or intolerance. Seek advice from your doctor if you suspect your child has a food allergy or intolerance.

If you want to find out more about how chiropractic care can help your child or to make an appointment, visit Lushington Chiropractic to find out more.

chirocare.co.uk
01323 722499

Yes We Can Youth Clinics

International Facility for Young People



Treatment started at Yes We Can Youth Clinics on Wednesday 16th August and for the first time English speaking fellows will be able to attend this centre specifically designed for adolescents suffering from addictions and behavioural disorders.

The world renowned treatment centre has a multi-disciplinary team, all of whom speak English. Their counsellors are experts by experience which allows fellows to relate and connect to them in a unique way.

Addiction Counsellor David Ketteridge is part of the team and has been working for Yes We Can Clinics since 2015 and has been in recovery himself since 2006. His problems began at school when he became more interested in the pleasures of food, sports, money and sex than learning. At 16, David began using alcohol and drugs

and his life began to disintegrate. After the death of his father when he was 20 he fell heavily into addiction and by the age of 28 he attempted to take his own life with a cocktail of sleeping pills and alcohol. Luckily he survived and not long after David joined a recovery programme and began to understand that he was an addict and his addiction was a disease, but that there was a solution. He is now a very highly regarded counsellor at Yes We Can Clinics which he joined in 2015. David's grandfather originates from North London and moved to Belgium during World War II.

Yes We Can Youth Clinics specialises in treating young people (13-25 years old) with complex behavioural disorders, addictions and related behavioural problems. Founded by Jan Willem Poot, who also struggled with his own problems between the ages of 12-27. At a young age, he started



smoking marijuana and gambling. At 18, he progressed to using cocaine and he knew his life was becoming out of control when he was using cocaine and vodka to get through each day. Between the ages of 19 and 27 he spent almost eight and a half years in and out of treatment programmes. Based on his own experiences and the best-practices of other clinics, Poot started Yes We Can Youth Clinics together with a team of healthcare professionals. He has worked with troubled youths and their families for more than a decade now.

The international clinic is housed in a renovated and especially converted 14th century castle set in 17 acres on the Groenedael estate. With 24 beds for young men and women, Yes We Can Youth Clinics offers an intensive ten-week English speaking treatment programme. Seven days a week, fellows (clients) follow

a structured schedule starting at 6.30am until to lights-out at 11pm; receive 40 hours of intensive one-on-one therapy, 200 hours of group therapy, 270 hours of (sports) activities and 100 hours of education. There is no access to internet, phones, tablets, TV or any other device that can distract youngsters from recovery. Half-way through the programme at 5 weeks, family members are requested to attend a 5-day family programme designed to motivate parents and carers to take responsibility for their changed role and to commit to a permanent recovery programme for both themselves and the fellow. The organisation also offers comprehensive residential secondary and tertiary aftercare.

**For more information please visit
www.yeswecanclinics.com.**



K.I.S.S.

Keep It Simple Stupid!

I often wondered why it is that most professions make life complicated? Is it because most professionals really believe their work is extraordinarily complex and it will be too much to expect others to understand their work? Is it because they have been convinced that with their long training and research it really is almost impossible for the public to understand all their field? The cynics might say it is protecting their profession; they don't want the general public to believe they can manage without them! Others might just say it allows them to charge inflated fees.

My background has been quite odd. After gaining an economics degree with special statistics and accountancy I worked as a financial analyst with Ford UK factors, then moved to Hawker Siddeley as a management consultant, improving efficiency in the group's companies with better operating systems and scientifically measured manpower planning. Later I joined their operational research section developing long-term forecasts of UK electricity demand. I then left big business to join my wife in a restaurant venture, that ten years on was in the top good food guides. However long hours, no private life and a growing desire to make another major career change led us to sell the business and move south for me to train as an osteopath at the European School of Osteopathy in Maidstone. On qualifying I joined a small management team that established the first holistic clinic in the south-east in 1981. I managed this opera-

tion while practising as an osteopath for two decades, when I established my own health centre - TotalHealthMatters! in Kent. My aim was to try to research all that has been achieved in the field of health promotion. This led me to train as a Buteyko Educator in 2004 and as a Whole Plant Nutritionist in 2015. At this stage I began to realise there could be a simple approach to health promotion based on what I considered were key factors; structural integrity and function, nutrition, breathing and mental state.

So with KISS in mind how does this work?

Put simply, good health equals good body, plus good food, plus good breathing, plus good mind.

The Body Connection

Like every other mechanical system it is vital that the body is arranged and functioning as designed - any maladjustment will impair our health.

The Food Connection

We are what we eat and a growing body of evidence suggests a whole plant-based diet promotes health and protects us from most serious illnesses.

The Breath Connection

Life begins with our first in breath and ends with our last outbreath, with over half a trillion breaths in between. Breathing should match needs - too little or too much leads to ill-health.

The Mind Connection

Our state of mind may one day be seen as the prime mover for health or disease. We are what we think or what our minds envisage. Our mind affects body posture, the digestive system, our breathing and perhaps even our very genes.

A future sustainable health system will be based on these simple concepts.

The structure will be supported through physical education and physical therapy that can reinstate normal mechanics and functioning; perhaps the most effective therapy being osteopathy, when correctly and intelligently applied, and many other physical therapies are capable of meeting this need.

Our diets based on a shift towards a whole plant-based diet that will protect our health and the health of the planet, since this would dramatically reduce the resources needed to produce sufficient food to feed us all, using far less energy, land and water.

Today in the West, chronic hyperventilation has reached almost epidemic proportions due in part to the stresses of modern living and to our excesses in diet. Drawing on the lifetime's work of Professor Konstantin Buteyko, breathing will be an important factor in health promotion as it has been for thousands of years in the East. It takes less than a minute to check our breathing and it can take just a few weeks for an individual to retrain their breathing back to normal.

The mind presents greater problems for therapy: though since ancient times it has been recognised that a healthy body lays the foundation for a healthy mind. The latest research in this field shows that our brains are indeed plastic and the potential for healing with mind work may be remarkable. Already the work in this field using

hypnotherapy, psychotherapy and meditation is showing very positive results.

So where does modern medicine fit into this new era of healthcare and health promotion? With the best will in the world only a small percentage of the population will change their lifestyle and seek to take responsibility for their own health as outlined above. We have had over half a century of education into thinking there is a pill for every ill and that the responsibility for our health rests with others and not ourselves. It will take almost as long to re-educate the population and health providers to rethinking what the fundamentals of health really are.

There is enormous inertia that prevents change, and there are powerful forces both professional and commercial that would seek to maintain the status quo. Whole industries are now built on caring for the sick, all offering easy fixes or magic bullets to relieve pain and disease. Our long-term vision should be that health can be the norm for the whole population, though many of us will fail from time to time in some way and need the support and therapy offered by modern medicine.

Today there is a widespread view that real medicine is what is now on offer from doctors or hospitals and that most of the above natural approaches to health are complementary to modern medicine.

Tomorrow's medicine will involve a complete reversal of these roles. The mainstay of our health system will be education and provision of health promoting lifestyles complemented by the best of modern medicine.

Michael Lingard BSc. DO. BBEC
totalhealthmatters.co.uk

TOTAL HEALTH MATTERS!

ST. BRIDGETS, RYE ROAD, HAWKHURST, KENT, TN18 5DA

1st July 2017

Dear Sirs,

Towards a sustainable NHS

The present NHS is financially unsustainable and no amount of increased funding will ever be able to meet the exponentially increasing demands on the system. We do not have a health service but rather a very costly but effective sickness service.

The NHS is suffering from “bigness”. The consequences of excessive bigness are: the breakdown of managerial efficiency, increasingly poor communications, a widespread risk aversion ethos leading to an avoidance of decision making at every level, this in turn destroys individual’s willingness to use their experience and skills. The solution is in principal very simple; drastically reduce the size of each autonomous operating unit, eliminate the drive towards centralised control of the organisation, return decision making to the smaller units and the individuals in those units.

The second major problem is that we have trained three generations to rely on medicine to “fix them” and not to take responsibility for their own health; the consequence of great successes in drug therapy and a free medical system

The third major factor is that the medical profession has changed over the past half century with the introduction of increasing technology, more drugs for every disease, more reliance on clinical testing and the de-humanising of medicine compared with the physicians of the past, who needed to have a closer understanding of their patients and had to offer advice and support with very meagre help from available drugs. Most doctors freely admit their training is dominated with pathology leaving very little time for ethology, or the study of health or health promotion. Even when this area is addressed we usually talk of preventative medicine that is, in itself, a negative attitude to the problem of promoting health and wellbeing.

WWW.TOTALHEALTHMATTERS.CO.UK

2

The NHS is spending over £100 billion a year on diabetes, CHD, asthma/COPD, cancer, digestive problems, mental illness, neurological diseases and osteoarthritic related diseases that can be avoided or considerably reduced with better health promotion and health education. The incidence and severity of all the above conditions respond well to lifestyle changes and could be reduced by half or more. The cost of offering such early intervention would be easily covered by a fraction of current costs of treating the end pathologies.

We must begin with a national campaign for healthy living based on research and primarily focused on the patient taking more responsibility for their own health with maximum support from the medical profession and the government. This would involve better dietary education first and foremost; every doctor could give patients good dietary information in five minutes.

Every asthma nurse could train their patients to improve their breathing and reduce the need for medication by 50 to 90 percent and improved health for the patients. Introduction of structural therapy such as osteopathy, chiropractic and other physical therapies would reduce incidence of serious musculoskeletal problems and the need for replacement hips and knees. There would be a vast net cost saving if all this were well administered.

This long difficult journey begins with the first step of accepting the need for a major paradigm shift from a pathology post event system to an ethology preventative system based less on drug prescription and more on functional medicine or holistic health foundations.

Yours faithfully

Michael Lingard BSc(Econ). DO
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01580 752852

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5 challenging walking holidays

Zakopane

Our travel bucket lists are getting braver. Now it's not just enough to go somewhere; we want to achieve something pretty special while we're there too. The UK's leading walking and adventure holiday specialist, HF Holidays, has a host of unforgettable breaks on offer for spring 2018.

Enjoy expert-led adventures as you experience a rewarding getaway with like-minded individuals. Climb steep mountains, tackle narrow ridges and push your limits. HF Holidays top 5 challenging holidays are pitched at avid walkers wanting to combine breath-taking scenery whilst exploring some of the best walking destinations across the UK and Europe.

HF Holidays are suitable for those looking for a sociable break as each adventure is tackled together and is aimed at fit, regular walkers.

Guided walking from Coast to Coast of Britain

As HF Holidays' longest walk, this is a mammoth challenge for people who want to test out their endurance, venturing from the West to East coasts of Britain. Spanning 190 miles in all over the two week holiday you will navigate across not one, but three national parks full of the very best of British wildlife and countryside. Price: 15-night guided walking break available on a range of dates from May to September 2018, from £1,965 full-board basis.

To book visit www.hfholidays.co.uk/holidays-and-tours/coast-coast-guided-trail

Guided walking at Glen Coe

You can scale Ben Nevis or some of Britain's highest peaks on this walking holiday, ticking them off the bucket list along the way. With its' volcanic origins, the dramatic ridges and

Glen Coe

bold landscape make Glen Coe one of the world's most beautiful glens and a perfect venue for a countryside walking holiday that pushes you to the limit. Price: 3-night guided walking break (25 Apr) from £349pp on a full-board basis.

To book visit www.hfholidays.co.uk/holidays-and-tours/guided-walking-glen-coe

Guided walking challenge at Snowdon

With rough and inspiring mountain walks in the Snowdonia National Park every day, we will really put your legs to test on the Glyders, Nantlle Ridge, Snowdon or in the wilderness of Carneddau. See spectacular vistas throughout the holiday along with the finest Welsh scenic valleys and traditional slate villages. Price: 3-night guided walking break includes full-board accommodation from £349pp.

To book visit www.hfholidays.co.uk/holidays-and-tours/guided-walking-snowdon

High Routes & Hutting in the Dolomites, Italy

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Price: 7-night (18 or 25 Aug) from £1,349pp on a half-board basis.

To book visit www.hfholidays.co.uk/holidays-and-tours/high-routes-hutting-selva/

Guided walking at Zakopane, Polish Tatras

Explore the Tatra Mountains and enjoy a selection of fantastic guided walks in both Poland and Slovakia and tick off a selection of summit walks. This region is one of Europe's lesser known mountainous regions and provides a real challenge with steep inclines as well as visiting charming old-fashioned rustic villages. Price: 7-night guided walking break (2 Jul) available from £999pp on a full-board basis.

To book visit www.hfholidays.co.uk/holidays-and-tours/guided-walking-zakopane

For more information on HF Holidays, please visit www.hfholidays.co.uk or call 0345 470 7558.

Skin Cancer Charity Warning Over Boots Mole Scanning Service

A leading skin cancer charity is urging caution over Boots' in-store mole scanning service.

The new service which provides an assessment of moles and pigmented lesions, has been criticised by Melanoma UK for charging concerned customers.

Having partnered with Screencancer UK, a subsidiary of its' parent company based in Norway, Boots state "the service doesn't provide a diagnosis of skin cancer, but ScreenCancer Dermatology Specialists analyse the moles/lesions and can help identify any suspicious moles that might need further investigation".

The cost for an initial mole assessment is £35 and £15 for each mole thereafter. Boots recommend that if customers wish to have more than 4 moles examined they should consult their GP).

In-store pharmacists, who cannot advise about the mole, takes a Siascope picture of the mole which is then forwarded to Screencancer UK to analyse. The customer receives an email report seven days later.

Melanoma UK's leading dermatologist, Dr Christian Aldridge, has criticised the paid-for service:

"The issue here is what happens if/when the nurse calls. They have only taken a detailed picture of your mole. If they think it's suspicious they will tell you to see your GP. They cannot do anything else.

They cannot recommend you see a dermatologist privately to have it removed. They will tell you to print off the report, show it your GP (who do not regularly read siascope reports) and to ask for referral/removal of mole. So, this is a private service, which then relies on the already heavily

in-demand NHS to do its work for it. The Boots service is not providing an excision of mole service - it's providing an opinion on a picture – essentially triaging the mole.

Most NHS Dermatology departments provide a free teledermatology service that is available to your GP. The GP can photograph a mole, use the NICE approved dermatoscope to enhance the image which is then visualised by a consultant dermatologist. They can then prioritise and fast track the worrying moles and arrange excision.

Telehealth systems will appeal to a small proportion of individuals, who should be careful of what they sign up to. Customers should ask themselves 'what is it exactly you want from your "remote" consultation?'

Is it to spend up to £80 to have four moles looked at by an unknown quantity? For an additional £20 you could see a dermatologist privately who would examine your whole body. It is important to know that the NHS has excellent dermatology teams across the country. They are best placed to advise on moles."

Gill Nuttall, CEO of Melanoma UK says:

"I'm really disappointed that a large organisation like Boots has found an opportunity to make a profit from this service.

Melanoma is now the fifth most common cancer in the UK and the figures keep on increasing. Perhaps the fear element will get the better of some people, but I'd have been far happier to see Boots offer their assistance for free and really try to make a difference to the alarming increase in the rates of melanoma."

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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SEPTEMBER

4th

7-9pm

Reflexology, Foot Reading & Intuitive Healing with Nikki Lofting - Feet talk! You just need to know how to listen. Nikki Lofting, The Barefoot Energist, listens to your feet and uses what they say to tailor your treatment. 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 or Sarah Faye berryfaeholistic@outlook.com This will be our last meeting at the Bowling Club, Eastbourne.

Starts Monday 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 Monday 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

27th

7pm

Wellbeing Wednesday - Open Evening - 1 hour talk on Depression, at The Link Centre, Plumpton College, East Sussex, FREE, thelinkcentre.co.uk wendy@thelinkcentre.co.uk

OCTOBER

2 Sundays: 1st + 8th

10am-5pm

Reiki Level 1 Certificated Course with Sue Hall. On successful completion of the 2-day course you will receive a Reiki Level 1 Certificate. The cost of £150 includes free refreshments throughout the course. Equilibrium, Lewes, 01273 470955, equilibrium-clinic.com

2nd

7-9pm

The Federation of Holistic Therapists hosts a talk with Astronomer Melvyn Cowley "I am or was a communication specialist until I retired, then I went into teaching and found that perhaps it's what I should have been doing all along. I teach astronomy and science, subjects that have always fascinated me since I was a child. I ran a mobile planetarium for 10 years out from the Observatory Science Centre. Trying to link

it all together is really interesting from my point of view, there are all sorts of folklore stories that are linked with planets and stars, although none are proven. Come and find out as we discover what puts it altogether." To be held at The Friends Meeting House, 17 Wish Road, Eastbourne, BN21 4NX, £6 FHT members, £7 non-members, £5 OAPS & students. For more info please contact local FHT co-ordinators Pam Hardy comeinno11@icloud.com or Sarah Faye berryfaeholistic@outlook.com

7th & 8th

2 day Introduction to Transactional Analysis (TA101), The Link Centre, Plumpton College, East Sussex, £160, wendy@thelinkcentre.co.uk, thelinkcentre.co.uk

14th

Part-Time Weekend Counseling/Psychotherapy Training, The Link Centre, Plumpton College, East Sussex, thelinkcentre.co.uk wendy@thelinkcentre.co.uk,

21st

10am-4pm

Health & Happiness Event - Featuring a talk 'Forever Young', by renowned transformational coach and internationally acclaimed speaker and author, Skip Archimedes, at the Brighton Open Market,

BN1 4JU. For more info please visit rawhealthbar.co.uk

NOVEMBER

16th & 17th

Understanding Teenagers, The Link Centre, Plumpton College, East Sussex, £170, wendy@thelinkcentre.co.uk, thelinkcentre.co.uk

26th

Youth Self Harm, The Link Centre, Plumpton College, East Sussex, £80, wendy@thelinkcentre.co.uk, thelinkcentre.co.uk

29th

7pm

Wellbeing Wednesday - Network Evening - 1hour talk on Foetal Alcohol Syndrome, The Link Centre, Plumpton College, East Sussex, FREE, thelinkcentre.co.uk, wendy@thelinkcentre.co.uk,

Monday

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 £7.50, First session FREE, 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 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 or 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 Yoga-Life Studio, Enterprise Centre, Eastbourne (every Thursday except 1st Thurs of the month when we meet at the Italian Gardens, Holywell) £5, First session FREE, Nick Neter 07773 061309 or handwork@tiscali.co.uk

Friday

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 4th Sat of the month - 23rd Sept, (none in Oct), 25th Nov 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 donation (from £10) Walk in or booking available (recommended) 07773 061309 or handwork@tiscali.co.uk glynleighwellbeingcentre.com

Sat 23rd Sept, (none in Oct), 25th Nov 3-5pm

Qigong, Meditation & the Magic of the Breath at the Well Being Centre, Stone Cross, BN24 5BS, with Nick Neter, investment: £15. To book a place, please contact Nick on 07773 061309 or handwork@tiscali.co.uk glynleighwellbeingcentre.com

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