

# Wellbeing

The state of feeling healthy & happy

*Your health and lifestyle magazine*

## RELAX

That's too stressful!

## CAFFEINE ARE YOU ADDICTED?

## NUTRITION WHAT'S WRONG WITH ME?

## WELLBEING IN THE WORKPLACE

*get ready for*  
**WINTER**

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# EDITOR'S WORD

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Seasons come and go and with each season comes **change**, so as the leaves fall and Winter approaches I am reminded that sometimes it is time to let things go, time to **review** what has gone before and make time for new ideas and new **projects**. What can you let go of? What would make space for new and **inspiring** projects, hobbies, jobs, friendships? Winters is a time for reflection, take some time to look back over the last year, **celebrate** your achievements, let go of what is not working and plan for the coming year.

Enjoy & be inspired.

*Rachel Branson*

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# LOCAL WELCOME



The year is coming to a close soon, and this time of year is often the time that we think about our hopes, dreams and aspirations and consider if there are any changes we may need to make in order to bring us closer to our goals.

Even though we may identify what we need to change, it may be that we will put off making those changes until the New Year has begun. And when the New Year arrives, we can often feel a bit lost and have difficulty in finding the resolve to stick with the promises that we made earlier. It is then that it might be helpful to seek assistance from someone else to help advise us, guide us, make changes alongside us, or even hold us accountable - whether that be a practitioner or loved one.

Wishing you all the very best for the festive season, whatever that means to you, and may it lead up to a healthy and happy year ahead, where your goals and aspirations come to fruition. Until next time...

*Lesley*

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at [wellbeingmagazine.com](http://wellbeingmagazine.com)**

## *Self care to*

As the days get busier and the festive season approaches, take some time out to enjoy moments of self care. A good place to start is a long soak in the bath or a lovely hot shower to relax your body and soothe your mind. Really savour the moment by lighting some candles, using your favourite oils or shower gel and enjoying the warmth.

You can follow this by massaging some moisturiser into your hands and feet which feels great and gets them looking their best for the party season! Then cosy up in your softest socks and comfy wear and relax with a hot drink, a good book or just enjoy the peace! Even a few minutes out of the day spent relaxing this way helps you to find calm amidst the business of modern life.

Taking time to show yourself some care sends

# *help you prepare for the festive season*

an important message to yourself that you matter, and is crucial to your health and well-being. It is always worth making your health and well-being a top priority; as the saying goes you can't look after anyone else unless you look after yourself first!

Fitting these moments into your daily or weekly schedule according to your lifestyle, can help you stay well and free to enjoy the festivities of the season. You will feel and look your best and be ready for socialising with friends and family.

Treat yourself or a loved one to a Massage or Reflexology on a cosy heated Massage table with soft towels, aromatherapy candles filling the room with a soft glow and wonderful aromas - blissful! Massage and Reflexology can both help to relax you and boost your immune system.

For further information or to arrange a free 15 minute consultation please contact me:  
Rachel Briggs MFHT Massage Therapist, Aromatherapist and Reflexologist

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## Look Out for Father Christmas!

This is a busy time of year for Father Christmas. He will be rushing around checking his list of good boys and girls, planning his present deliveries and making sure his reindeer are ready for the big night. It's a good job he has been preparing all year.

Father Christmas is not

getting any younger. So with all his lifting of heavy bags of toys and getting stuck in old chimneys he has to take care of his back.

We can all get caught up in the ever increasing run up to the festive season, and it's worth looking after ourselves and following good

chiropractic advice:

### **DON'T SHOP TILL YOU DROP**

This applies to us more than to Father Christmas. Shopping really aggravates back problems. Wandering around the Arndale Centre, carrying all those Christmas goodies can cause joint aches and muscle stiff-



ness. The best thing is to pace yourself, and take a break when you need to.

### WALKS

Walks can help gently mobilise the back. Bed rest is a thing of the past. It's usually best to keep active. Father Christmas will have to be careful on those roof tops.

### GOOD POSTURE

Good posture helps avoid injury in the first place. Avoid lifting and twisting at the same time (especially if you're carrying heavy toys). It's best to bend your knees and brace yourself by holding your tummy tight. Working in cramped spaces (chimneys) or having bad posture can cause very mild but constant wear and tear.

### DRINK

Drink plenty of water. Dehydration affects the whole body, even the discs in your back! The recommended minimum is at least 4 pints of water per day.

### ICE

Ice helps to ease any immediate sprains and strains. An ice pack (or rooftop snow) should be lightly wrapped so it doesn't freeze the skin (a tea towel will do). It should then be placed against the injury and must not be left on for more than 10 minutes at a time.

### DON'T IGNORE IT!

Pain can be a warning sign. If you hurt yourself (from sudden sleigh stops for instance) it's always best to seek expert advice and treatment as soon as possible. Pain is an important warning, don't ignore it!

As a treat for Father Christmas (or one of his helpers), leave your Wellbeing Magazine out this year. He can read these tips whilst he enjoys his mince pies and sherry.

**Santa's Advice courtesy of Lushington Chiropractic**

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Words Kate Arnold

**C**hronic fatigue syndrome and ME, a diagnosis that can send shivers up the spine of the most hardy of patients. Instant relief at the diagnosis followed by total dismay at the vague advice on how to get better. Welcome to the complex world of fatigue syndromes.

Graded exercise, according to some sufferers is one of the most patronising and pointless pieces of advice to give, alongside such helpful comments as “aren’t you a bit depressed?” and “it won’t last forever”. Sadly it can last forever and as one patient told me “I’d rather have cancer, at least people would know what to do”.

The bad news if you’ve been suffering for more than five years, it’s rare if you go on to make a full recovery. If you are suffering at the moment, take heart (if that’s at all possible) you are in good company; Florence Nightingale, Randy Newman, Flea from the Red Hot Chili Peppers, Blake Edwards, Cher, Stevie Nicks, Michael Crawford, David Puttman and Sir Andrew Lloyd Webber are all or have been sufferers. What have these people got in common? - well they’re hardly couch potatoes are they? Overwork and burnout would be another common theme.

What’s  
wrong  
with **ME?**

Branded as Yuppie Flu in the 1980's, the history of "ME" dates back to the 19th century. Neurasthenia and polymyalgia were described in medical journals pre-dating this time, together with vague symptoms of anxiety, aching muscles, depression and neuralgia.

In 1955 it came to prominence at The Royal Free Hospital where nearly 300 staff were affected by the illness and 255 were admitted to hospital. The first few cases were labelled as glandular fever so as not to spread panic and alarm as it became clear this was something else entirely. There was certainly organ involvement of the central nervous system, lymphadenopathy (enlarged lymph nodes) and fever. Other symptoms included headache, sore throat, malaise, lassitude, vertigo, pain in the limbs, nausea, dizziness, stiff neck, depression, diarrhoea and tinnitus. One of the most prominent symptoms was muscle spasm which seemed to justify the term myalgic. The encephalomyelitis part is to do with inflammation of the brain and spinal cord. More in depth investigations showed little. Cerebrospinal fluid was normal and ESR was not usually raised. Lymphocytes were however found to be raised which could have indicated a virus of unknown source. Most of the sufferers were female due to the amount of women working in the hospital at that time. It all ended in mystery and few concrete answers came out of the investigations.


In the 1960's and 1970s epidemic cases were called mass hysteria and by and large it was put in the box of psychiatric disorders. It took until 1978 for The Royal Society of

Medicine to recognise "ME" as a disease with an organic base. In the 1990's researchers found DNA sequences similar to the HTLV-II retrovirus in some fatigue patients. This could potentially be passed not only genetically but from mother to child in breast milk and cause myelopathy. After initial excitement this data was later refuted.

Bringing us up to date, ME/CFS is now a fully recognised medical condition, however there is still little formal protocol as to how to treat patients. This is partly because sufferers need to be treated individually. Failing to understand this basic point and putting all sufferers in the same box is the first mistake. Not taking a thorough medical history and timeline of the patients journey to ill health is the second mistake. Within that, many clues lie as to why the patient became ill in the first place.

Sadly a ten minute appointment at the GP won't touch the sides which is why CFS patients have to return to their GP over and over as the symptom list can be lengthy. No ones fault, but that's the reality.

Many patients with Lyme Disease, hypothyroidism, glandular fever or severe Vitamin D deficiency could have the same symptoms as those of ME/CFS. To mistake one for the other can lead to confusion. Whatever we agree or don't agree on, CFS is usually found in Type A personalities, overworked, overachievers and often after a trigger event. There will usually be a build up of issues with either a virus, travellers diarrhoea, overuse of antibiotics, death, divorce, loss of work, burnout through



overwork and then a trigger event. The trigger event can be something fairly small like a cold, and then the patient is finally “taken out” like a wounded animal shot with a tranquiliser dart and down you go, literally and metaphorically.

Fatigue syndromes rarely come out of nowhere, there is always back history. The full symptom list is overwhelming but may include:

- Problems with thinking
- Worsening of problems with standing or sitting
- Tender lymph nodes in the neck or armpits
- Sore throat
- Irritable bowel syndrome
- Night sweats
- Sensitivities to foods, odours, chemicals, or noise
- Fibromyalgia
- Inability to cope with any kind of exercise
- Unremitting fatigue
- Headaches
- Low grade fevers

The trouble with these list of symptoms as you can see is that they could relate to other illnesses. It's a complicated business.

One of the problems is the amount of time needed to give to one patient and go through symptoms. It is almost impossible for a GP in ten minutes to assess what the patient needs with this amount of complexity. One of the frustrating things is in CFS/ME patients everything needs to be checked. When I say

everything I mean... well everything. That is expensive and time consuming but no stone can be left unturned.

Taking time to look at why the patient became ill is very helpful in getting the patient better. Psychological support of one type or another is key as well as nutritional intervention and a vast array of blood tests. When I work with GP's they are often surprised at the list of bloods I suggest but realise how important it is to start to rule things out. I think it's important to stay fairly orthodox. Time and time again I've seen people being pulled in directions that have not helped them, desperation making them vulnerable.

However it needs to be a multi system approach pulling in the best people that you can find. Patients should get better, the ones that don't, and I've seen people who've been ill for 15 years or more, need to ask some hard questions. Are they wasting their money with people who don't know what they are doing? You can't just shove a lot of vitamins at this and expect to get better. Viral studies are far more relevant than live blood analysis for example. Some tests are helpful and some are quite frankly bonkers. The gut microbiome in my humble opinion is key in understanding what has gone wrong. In all my CFS patients their gut flora has been damaged along the way and not helped with immune system response, production of serotonin, IBS symptoms etc.

There isn't enough space to give you any hints or tips on how to recover as everyone is so entirely different in their story; why they

got ill in the first place, their personality and recovery speed. Whatever you do choose, start with your GP, and then possibly there will be consultant involvement of some shape or another. Get good support in talking therapy if at all possible. Even if you think you don't need it trust me after a few years of illness it's all you can think about so talking therapy is key. The extra burdens of being on benefits and trying to fill out forms is also another hurdle. I know long term sickness benefit is heartbreaking for those overachievers who are living on barely nothing and no extra money to do things that might make a huge difference. As Lady Gaga said in her recent Netflix film Five Foot Two, it's all right for me with a team of people to help me cope with

fibromyalgia - what about those that can't access that kind of help?

Because it's so complex I offer a two hour consultation and work closely with GP's/ Consultants and I try where I possibly can to check everything that is in my remit. I will leave no stone unturned and the patient's story is very important. There is usually a golden nugget of information there which can give clues as to what has happened. That, quite frankly, is not a bad place to start.

If you would like to discuss your particular CFS/ME needs with Kate to see if a consultation might be helpful, please call 01323 737814/310532. For more information on Kate 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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Tunbridge Wells  
TN2 5EF

# Get Ready for Winter

By Paul Mayberry, PillTime

## Know Your Vitamins!

It's important to take a combination of vitamins to keep you feeling good this Winter and to help prevent unwanted coughs and colds. Award-winning pharmacist and PillTime founder Paul Mayberry gives the following advice on what you should be including in your diet this Winter.

### Vitamin D

From October until early March we don't get any Vitamin D from sunlight. The vitamin is made by our body under the skin in reaction to sunlight, so it's important to introduce good food sources in the Winter such as:

- oily fish – salmon, sardines, herring and mackerel
- red meat
- liver
- egg yolks
- fortified foods such as most fat spreads and some breakfast cereals
- or dietary supplements - in the UK, cows' milk is generally not a good source of vitamin D because it isn't fortified, as it is in some other countries.

The Department of Health recommends that people should take a daily supplement containing 10mcg of vitamin D throughout the year if they: are not often outdoors, such as those who are frail or housebound, are in an institution such as a care home or usually wear clothes that cover up most of their skin when outdoors



### Vitamin C

Vitamin C is also known as ascorbic acid and has several important functions. It helps to protect cells and keeps them healthy, is necessary for the maintenance of healthy connective tissue and helps wound healing. Good sources of Vitamin C can be found in a wide variety of fruit and vegetables such as:

- oranges and orange juice
- red and green peppers
- strawberries
- blackcurrants
- broccoli
- brussel sprouts
- potatoes



## Zinc

Zinc has become a popular treatment for the common cold. The NHS says taking zinc syrup, tablets or lozenges may be an effective treatment for colds. Taking zinc supplements within a day of the symptoms starting will speed up recovery and lessen the severity of symptoms! It helps to

make new cells and enzymes, processes carbohydrate, fat and protein in food and helps with the healing of wounds and fighting infections. Zinc is found widely in the environment and in foods such as:

- meat
- shellfish
- dairy e.g. cheese
- bread
- cereal products – e.g. wheatgerm

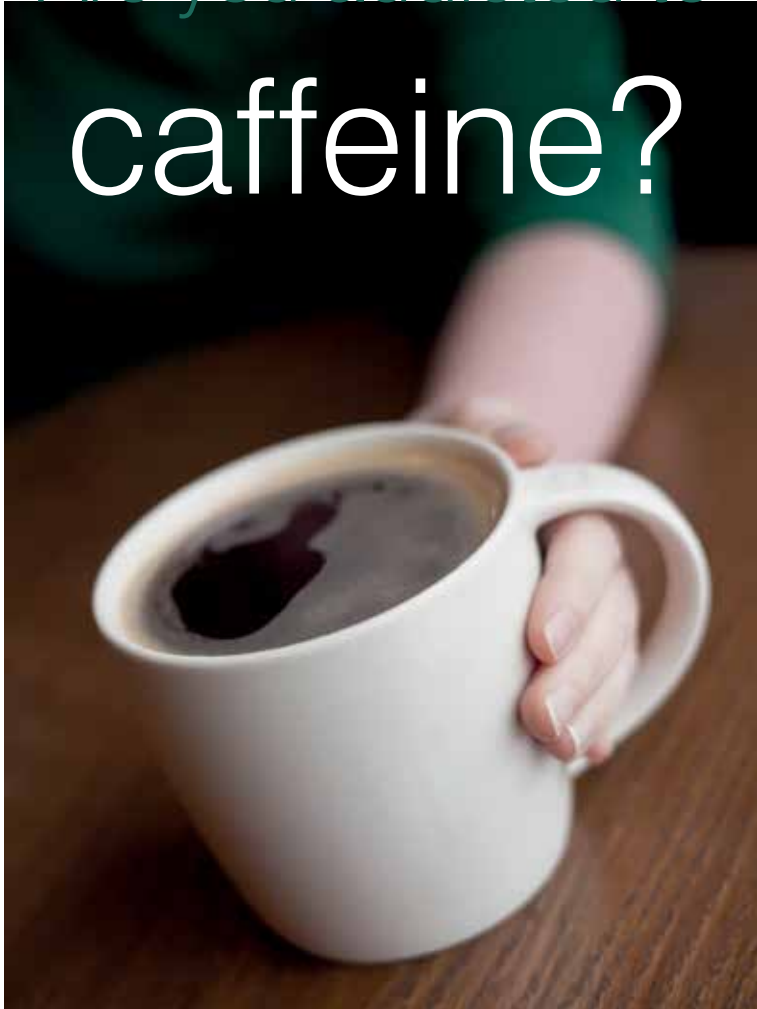
## Vitamin B Complex

Referred to as Vitamin B complex, the eight B vitamins — B1, B2, B3, B5, B6, B7, B9, B12 — play an important role in keeping our bodies running like well-oiled machines. These essential nutrients help convert our food into fuel, allowing us to stay energized throughout the day. While many of the following vitamins work in tandem, each has its own specific benefits, Vitamin B complex can increase energy, enhance mood, improve memory, and stimulate the immune system. Vitamin B5 is found in almost all foods. To boost your intake of B vitamins, look for the following foods:

- cereals, and whole grains (a source of B1, B2, and B3)
- green leafy vegetables (a source of B2 and B9)
- eggs (a source of B7 and B12)
- chicken (a source of B3, B6 and B12)
- citrus fruits (a source of B9)
- nuts (a source of B3 and B9)
- kidney beans (a source of B1 and B2)
- bananas (a source of B6 and B7)

This advice comes from pharmacist Paul Mayberry the creator of PillTime [www.pilltime.co.uk](http://www.pilltime.co.uk) - the free NHS online pharmacy

# Are you addicted to caffeine?



Professor James Elander, Head of Centre for Psychological Research at the University of Derby, talks about caffeine addiction and the effects it has on the body.



I can't really get started in the morning without a couple of strong filter coffees, and once I get to University I visit Blends coffee shop several times a day for my favourite Americano with soya milk. So, do I have a problem with caffeine addiction, and how would I tell if I did?

Caffeine is probably the most widely consumed drug in the world, and has long been recognised as a mental stimulant that increases alertness and improved mood.

Those are the effects that students (and others) look for when they drink coffee at night to stay awake and get that assignment finished in time. Drinking coffee might help with that, but the potential downsides include agitation, twitching, nervousness, sleeplessness, rambling thoughts and speech, not to mention stomach disturbances and needing to pee more frequently.

Caffeine works on the brain in several ways, including by increasing the brain's energy metabolism and affecting a number of brain chemicals including noradrenaline, serotonin and dopamine. In moderate doses it is sometimes claimed to improve cognitive performance and even to protect against cognitive decline.

### **Caffeine addiction and the symptoms**

However, it has also long been recognised that caffeine can produce symptoms of addiction. According to the medical criteria, if you get withdrawal symptoms like headaches, difficulty concentrating and low mood, and if you think caffeine is causing problems for you, and if you have tried unsuccessfully to cut down, then you may well have 'caffeine use disorder.'

If you are concerned about caffeine addiction, some signs to look out for are:

- Spending a lot of time consuming caffeine
- Needing to take more caffeine to get the same effect
- Getting withdrawal symptoms like headaches, not being able to concentrate, or feeling low
- Finding you can't cut or give up in spite of knowing that your caffeine use is causing problems

Only a relatively small proportion of caffeine users get addicted, but for those who do, it can be a serious problem and many of those affected have difficulty giving up, so that caffeine use disorder is sometimes described as a 'chronic relapsing condition.'

### **Are energy drinks just as bad?**

Coffee shops and fast food outlets often market highly sweetened coffee drinks that appeal more to young people, but drinking coffee may not actually be the most serious cause of the problem in modern times.

Caffeine is also the main active ingredient of energy drinks, which can contain much more caffeine than a drink of coffee. This, coupled with the increased popularity of energy drinks among children and young people, has led many health professionals to be increasingly concerned about energy drink consumption, which has been linked with use of alcohol and other drugs as well as a range of health risk behaviours.

Some people seek professional help for their caffeine use, but effective treatments are at a relatively early stage in development.

# My helmet saved my life



17-year-old Jerome Hardon has just survived a very nasty bike accident and the doctors told him that the helmet he was wearing is the reason he did not die.

Jerome is like many cyclists that use their bike to commute every day. Despite knowing the risks of not wearing a helmet he never wore a helmet because he just didn't want to carry it around with him when he wasn't cycling. Luckily, Jerome recently came across Morpher Folding Helmets and started wearing one on his daily commute to school.

"Before seeing the Morpher Folding Helmet I would have never put one on because I always thought they were too bulky and just too big to take one

with me to school every day. So, I never wore a helmet till I saw that you made those awesome folding helmets. I bought one probably a month ago and the timing could not have been better. I had a serious accident and came off my bike, I'm still not sure how it happened. I was on my bike and I fell. I was brought to a hospital and they told me that if hadn't I worn a helmet I probably would have been dead", says Jerome.



Seen above the Morpher Helmet Jerome was wearing when he had his accident - you can see the scratches down the side of the helmet how it protected his head. The angle of the impact matches the angle of the injuries on Jerome's face. The Morpher took the impact - Jerome's head did not.

Invented to help save lives, the multi-award winning Morpher

Folding Helmet is the "no excuses" piece of kit that every cyclist needs. It folds flat and slips into a bag, making it convenient and portable and like with Jerome, it could save a life.

Morpher was invented by two times British Inventor of the Year, Jeff Woolf OBE, who has spent years designing, perfecting the product and raising funds to bring Morpher to market. Morpher comes in a range of colours and is available from the Morpher website with free delivery worldwide.

Jeff says: "Jerome's story is just incredible, I can honestly say that it has just made six years of hard work and struggle completely and totally worthwhile. I have always said that the saving of a single life is all the thanks that I wanted for all of the stress and struggle that went into creating this brand and I am completely delighted that it has now happened. The fact that Jerome would not have been wearing a helmet at all before he discovered this folding one is even more testament to why the product that my team and I have created is so important and worthwhile".

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## How Can Intuitive Horse Help Me?

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

**Why might someone book onto a retreat or 1-1 session?** If you are: looking to experience something new / have a love of horses, nature and the outdoors / looking for something to help you relax and unwind / if you are interested in your personal development and wellbeing / looking for some 'ME' time / have a specific issue you are wanting to address / interested in horses, have a horse, and are interested to learn more about the horse/human relationship without riding

**How can Intuitive Horse help?** Intuitive Horse can help people with fears of horses and animals - help you de-stress / help with personal reflection / can help you find answers to personal situations you may be feeling a little lost with / helps to quieten your mind down / gives you tools to take away and use in every day life that help towards managing self awareness of your behavioural, emotional and mind states / gives you an opportunity to relax and slow down from the fast pace of life / helps you gain confidence and self-esteem

**Can Intuitive Horse help with conditions and disorders?** As this work focuses on behaviours and internal awareness of our feeling states this work can be helpful for people with specific conditions, and can support and complement therapies you might already be receiving. A consultation over the phone to gain an understanding of your situation first is essential. We have worked with people with OCD, stress, depression, grief, anorexia/eating disorders, anxieties, schizophrenia, sexual abuse, people with low self-esteem, special needs, DID, ADD, ADHD and would be happy to work with anyone with conditions which aren't listed here also. Please note, you do not have to be receiving therapy from elsewhere. We would be happy to work with most cases but if you are seriously struggling with any of the above, we have observed how beneficial it can be to work with us as well as receive therapy from another source. We are very happy to discuss this in confidence with you over the phone.

**For more information please call Emma on 07825 036301 [intuitivehorse.co.uk](http://intuitivehorse.co.uk)**

**We offer retreat, workshop, and 1-1 session vouchers as well as in denominations of £10, £20 & £50 - a great idea for a Christmas gift!**

## Revolutionary cancer prevention product launched

A Leeds-based businesswoman has developed a line of revolutionary products set to improve the falling cervical screening rate in the UK.

Medical underwear supplier Dignity Wear, recently launched a range of women's briefs specifically designed for maximum privacy during cervical screening tests in a bid to encourage more women to attend the potentially life-saving tests.

According to government statistics, more than one million women aged 25 – 64 years, did not attend their cervical screening test in 2016. Screening attendance has dramatically fallen over the last 10 years and is now at a 19-year low.

Founded in 2015 by former clinical Hypnotherapist Sally Benson, Dignity Wear was established with the aim of empowering patients and reducing feelings of vulnerability when attending intimate medical examinations.

Dignity Wear products will limit unnecessary exposure and help women to retain their modesty whilst attending their smear test. Having carried out an independent survey of more than 200 women, Sally identified that 66% of women are more likely to attend a smear test if they have access to under garments which provide privacy during the examination.

Dignity Wear's cancer combatting underwear will feature a discreet opening, allowing medical professionals to carry out a smear test with minimal patient exposure.

Commenting on the launch of Dignity Wear, founder Sally Benson said:

"In recent years, cervical cancer has become the most common cancer among women under the age of 35. Most patients understand that going to a physician involves a physical examination that may require removal of some or all of their clothing and being undressed in front of a stranger. A rising number of patients are particularly uncomfortable with this and as a result are not attending their necessary medical screenings and check-ups.

"Following my own unpleasant experience at a smear test, I felt the real need to create something for patients that will protect their lack of dignity and increase levels of privacy. "Each year, 3200 women are diagnosed as having cervical cancer at any stage. As well as the clear health benefit to patients, increasing the amount of smear test attendees will provide less strain on the NHS as the average cost per individual diagnosed with cervical cancer is £19,261.

"I am thrilled to be launching Dignity Wear products; it has been a long and exciting journey and it will be fantastic to see my vision come to life. If my products encourage even one woman to attend her examination to prevent this terrible disease, I will have succeeded."

Dignity Wear also has plans to launch other products including a men's range later this year.

# the human skin



The skin, is the largest organ of the human body and has three main functions: protection, regulation and sensation. The primary function of the skin is protection. It is our first line of defence and provides protection from: mechanical impacts and pressure, variations in temperature, pathogens, radiation and chemicals. The skin also regulates several aspects of physiology, including: body temperature via sweat and hair, changes in peripheral circulation and fluid balance via sweat. Importantly it acts as a reservoir for the synthesis of Vitamin D. Finally, it contains an extensive network of nerve cells that detect and relay changes in

the environment. There are separate receptors for heat, cold, touch, and pain.

Not only is it an important organ it is also the second largest host to our microbiome after the gut. There are several hundred different microbial species that reside on the skin and the beauty of our skin is now thought to be closely linked to the balance of the microorganisms that populate it.

Just as we look after our kidneys, heart and other organs so we need to look after our skin. Looking after our skin requires feeding not only all 3 layers of the skin (the epidermis, dermis and hypodermis) with

nutrients that will enable the cells to stay in optimum health, but also feeding the beneficial microorganisms that live on the skin. For these reasons as well as the added benefit of having beautiful healthy glowing skin, what we put on our skin is actually very important.

When thinking about our skin care we need to look closely at what we are using. Many soaps and creams contain ingredients that are harmful to our skin and when absorbed are also harmful to our health. Steer clear of any creams that contain phthalates, parabens, sulfates, and petroleum by-products and

always read the ingredient labels. In the cosmetic industry price does not always reflect quality!

Many cleansers are harsh and contain alcohol and other detergents which strip the skin of its' lipids. Lipids are important as they form a natural skin barrier holding in moisture whilst keeping out dirt and other impurities. When stripped of lipids we are likely to lose too much water, so it is for this reason that many moisturisers contain wax. These moisturisers are formulated to form a barrier over the skin pre-

venting moisture loss, however they also stop the skin from breathing properly, from being able to absorb needed nutrients, and from being able to release toxins out of the skin. Removal of this waxy barrier in turn requires a harsh cleanser and so the cycle continues.

Last month Synergy-worldwide launched a programme of natural skin products that feed and heal the skin from the inside out. These products have been formulated to give the skin the nutrients it requires and reprogramme the skin to

act young again. One of the creams reactivates tired fibroblasts to make more collagen 3, another seeks broken DNA in the hypodermis and repairs it. They help increase the moisture content of the skin by 85% in 30 mins and using micro biotic technology feed the 'good' microorganisms and keep them in balance. Together these creams purify, fortify and protect the skin, keeping it feeling, looking and behaving as it is designed to do. The programme is suitable for all skin types, male, female, and for people of all colour.



If you would like to know more about the programme and the science behind it please contact Helen Prosper at [helen@livewellandprosper.uk](mailto:helen@livewellandprosper.uk) or 07545 227272 [www.livewellandprosper.uk](http://www.livewellandprosper.uk)



# What really contributes to the Wellbeing in the Workplace?



*Image: East Studio BDG architecture + design*

Wellness at work is a dominant theme in any discussion about the workplace.

But this is not just a discussion about happiness, it is about creating cultures and environments that are conducive to commercial success.





*Image: Humanscale*

A recent study by Wellness Together\* identifies that in order to achieve true 'Wellness' attention to every single component that can impact mental and physical health needs to be considered, from building structures and company cultures through to the physical furniture and fittings that employees require to work efficiently and effectively. Crucially, there isn't a quick fix to ensuring Wellness at Work, it is the right combinations of many factors that will be unique to every organisation that make the difference.

### **Workplace conditions drive profitability, productivity and innovation**

The study showed that companies which have good environmental conditions at their workplace and have supportive/flexible working practices are more productive, innovative and profitable.

Highly profitable companies are more likely to have staff that say they have better physical and mental wellbeing. (Employees with a high sense of mental wellbeing work in companies that have an average gross profit margin that is 3% higher than companies

with average/neutral self-rated wellbeing and 7% higher than those where employees rate themselves as mentally unfit). For physically fit individuals their employers reap an average gross profit margin of 8% more than those with physically unfit staff.

Higher profitability is also associated with companies that have greater agility and flexible working practices. (companies with a high level of flexibility and agility have 6% higher gross profit margins, on average, than companies with low flexibility and agility).

Companies that demonstrate greater innovation and creativity are also more profitable with the highly innovative organisations having 8% more average gross profit than their less innovative counterparts.

Higher performing companies are more likely to have a wide range of facilities in place for their staff and include features that promote wellbeing such as showers, cycle parking, personal lockers, plants, quiet working spaces, variable lighting control, workstations that promote healthy posture and amenities for social.

Employees in high performance companies



Image: Bisley

say they have more freedom to choose how they work and move about. (e.g. move to another space in the office, choose between sitting and standing, have some healthy food or go home to finish work).

Only 53% of employees feel they have adequate control over their comfort when working though. Companies that give employees' confidence that they can influence their own conditions are more profitable, having an average gross profit of 3% more those without employee confidence.

Those working in more senior roles are more sensitive to distractions and also more reactive to improvements in their environment. The same is true for those who work at different sites or locations most days.

## Workplace Design

Workplace design has an impact on staff retention - 48% think that the workplace design has a notable impact on their decision as to whether to stay with an employer. A similar proportion are currently looking for a new job or likely to be in the next 18 months

There isn't one style of working that fits

everyone or applies all of the time. According to the survey, working flexibly is about having variety in how and where you work; whether it's the ability to work from home or outside the workplace sometimes, or having an office layout that offers a variety of spaces and configurations.

The importance of flexibility can also apply to posture. A quarter of people say they would like the option of being able to stand or sit when they work.

In terms of priorities, the desire for a personal, comfortable space is high. Half of the people surveyed said that having their own desk is important. Conversely, it also shows that for half of the employees it isn't a particularly important requirement.

People think it's important to have breakout and collaborative spaces (27%) and the opportunity to find a quiet private space (43%) when they need it.

## Environmental conditions in the workplace

Offices should be designed to avoid hot and stuffy conditions and to have natural daylight

to improve productivity and avoid dips in concentration.

Better ventilation is the number one environmental improvement factor identified in the workplace. Other important elements are the ability to control temperature, have more natural light and the ability to open windows are also important for employees.

### **Healthy workplace**

Having healthy food at the office (e.g. fresh fruit) and access to outdoor space are key priorities for an improved workplace environment.

Some common distractions that bother people are related to office management and behaviours, such as messy desks (28%) and shared spaces (34%), hunting for stationery (21%), smelly sports kit (28%) in the office or people nearby being loud (25%). These distractions could be resolved by implementing better facilities and policies.

Employees that rate themselves as having low physical and mental wellbeing typically feel less able to do the things that are good for their concentration and productivity, such as being able to move around, vary their task or eat healthy food. Conversely, employees that feel physically and mentally fit tend to work in healthier and more flexible environments.

Staff engagement is important. Generally, employees with low physical and mental wellbeing work in companies with inflexible working practices, with fewer digital collaborative tools and lower levels of staff consultation.

Jane Hales, Managing Partner of Sapio Research said:

*"Given the apparent inverse relationship between productivity and absenteeism currently in the UK, it's no surprise that over half (55%) of employees recognise there is a problem with their own company's productivity. Of course, there is no single quick fix to this but it's great to be able to identify a number of key facilities and behaviours that companies can change to overcome the challenge, many of which are often very low cost. The presenteeism phenomena of staff working while unwell is costing the UK twice as much as absenteeism, so it's in everyone's interest to stimulate greater engagement among the most vital resource; employees."*

\*Wellness Together is a syndicated research project carried out by Sapio Research, of 1000 UK based office workers and 50 Facilities Management experts, to uncover the link between people feeling catered and cared for by their workplace/employers and how this impacts business performance. The survey provides evidence of a strong correlation between productivity, creativity and even profitability with employee working conditions, such as: light, air, noise, health, culture, design, movement and the quality of furniture.

The project was commissioned by leading companies in these specialist sectors: BDG architecture + design, Bisley, FUTURE Designs, Hoare Lea, Humanscale and Woven Image.

MANAGEMENT EFFICIENCY

# NHS

HEALTH PROMOTION & HEALTH EDUCATION

## The Problem

- Adults overweight - 65%, obese - 31%, youth especially vulnerable
- During any given week 50% of us take at least 1 prescription drug; 80% take some kind of medication
- Adverse drug reactions and other medication errors are the number 3 cause of death (225,000 in the USA)
- Per capita US medical care costs are number 1 in the world. The UK follows closely
- Most disease-related deaths are preventable by diet

Health trumps disease if we act early enough. So how can we create health?

In my book "Connection" I have tried to bring together the many elements that are linked to health, including good body mechanics, good diet, good breathing, a good state of mind, a supportive family and community, a healthy environment and even cosmic factors, however the simplest, and today the most important of these, is nutrition.

If it is the food we choose to eat that can lead to excellent health but our diet is the main reason for our sicknesses, why do we not change the menu?

There are many reasons including addiction to whatever gives most pleasure regardless of long-term consequences, just a long-term eating habit that we never questioned, and lack of reliable consistent information about diet. Government agencies are reluctant to publish and advise the public on health risks from diet because of powerful lobbying from agriculture, the food industries, and other vested interests.

Where should we go to seek advice on healthy lifestyle and diet? Most would naturally talk to their doctor about this though unfortunately most doctors have had little or no training in nutrition or any natural health promoting systems. All their training was devoted to the thorough study of disease and its' treatment. What we now know from over twenty-five years of clinical research and from the most extensive epi-

demological research ever undertaken on diet and health (The China Study) is that:

- Animal proteins increase blood cholesterol; plant proteins decrease blood cholesterol
- Lactalbumin (milk protein) increases atherosclerosis
- Animal protein compromises vitamin D status & increases prostate cancer
- Animal proteins increase IGF-1: plant proteins decrease this. (IGF-1 promotes experimental tumour development)
- Breast cancer is associated with high animal fat intake
- Colon cancer is associated lack of with multiple fibre in our diet
- Total blood cholesterol is associated animal/plant protein ratio
- Vitamin C deficiency is associated with stomach cancer
- Animal protein is linked to liver cancer

The table below gives nutritional content of two major food groups, whole plant foods and animal based food. (From "The China Study" chapter 11 - Eating Right: Eight Principles of Food and Health - by T. Colin Campbell PhD, with Thomas M Campbell II, MD)

**CHART 11.2: NUTRIENT COMPOSITION OF PLANT AND ANIMAL-BASED FOODS (PER 500 CALORIES OF ENERGY)**

Nutrient	Plant-Based Foods*	Animal-Based Foods**
Cholesterol (mg)	—	137
Fat (g)	4	36
Protein (g)	33	34
Beta-carotene (mcg)	29,919	17
Dietary Fiber (g)	31	—
Vitamin C (mg)	293	4
Folate (mcg)	1168	19
Vitamin E (mg ATE)	11	0.5
Iron (mg)	20	2
Magnesium (mg)	548	51
Calcium (mg)	545	252

\* Equal parts of tomatoes, spinach, lima beans, peas, potatoes

\*\* Equal parts of beef, pork, chicken, whole milk

The key messages the above analysis give us are that plant based foods have:

- No cholesterol (we don't need any)
- Low but adequate levels of fats
- The same amount of protein as animal based foods
- High levels of fibre (essential for a healthy gut)
- Ten times more iron and magnesium than animal based foods
- Twice the calcium content as animal based foods and, most important of all
- Animal based foods provide none of the complex vitamins found in abundance in plant based foods that are so essential for our health

It has taken over fifty years for smoking to be acknowledged as a serious health hazard; will it take another fifty years for the medical establishment and government to accept the role of diet in health & disease?

More importantly, are you willing to wait that long for the message to get through to every doctor or will you take steps to shift away from our affluent western diet of meat, dairy and processed foods towards the finest diet in the world, a whole plant diet?

**Michael Lingard BSc. DO Cert.WPN**

Visit [thefoodconnection.org.uk](http://thefoodconnection.org.uk) for more information and videos by leading doctors in the USA who are using food as their first choice of medicine rather than drugs!



# Giving the gift of time

Many parents think their children are given too many toys at Christmas.

The supermarkets have tubs of chocolate on offer which means Christmas is around the corner and kids are already on Christmas list version 25! Last year the latest craze was a "hatchimal", an egg that hatches for £60! But 10 months on and who is playing with it? Has it been left in the toy box, donated to a charity shop or is it at the tip?

Market research of a Mum's group in Kent found that 65% of parents feel that their child gets too many toys that aren't played with and don't feel comfortable telling family and friends they've got enough stuff! Receiving toys is great on Christmas day but we have to ask ourselves; is that the best use of the money being spent?

91% of parents asked do weekly activities and hobbies with their children so what if you could ask for small contributions towards this rather than getting a hundred toys?

Swimming, music lessons, drama classes, rugby, football, horse riding; the litany of amazing activities on offer is endless these days but it all comes at price. Termly fees, monthly fees, one off fees, special badge fees.

A parent of two has created a website that has the answer: [www.gifttimeforkids.co.uk](http://www.gifttimeforkids.co.uk) can assuage the financial pressure upon parents to pay for these fantastic and useful activities whilst also providing a platform for great children's gifts.

Parents can create a wishlist of activities for the children, state a goal amount of money they would like to raise and send this to friends and family to contribute towards. There are lots of different activities listed but if you can't find what you're looking for you can request for a supplier to be added or send

the money back to yourself to pay suppliers directly. The site has been designed for parents with children from newborns to teenagers, potentially solving the issue of getting 4 comforters for a baby shower gift!

I have to say the best present we got for our daughter's Christening was money towards the photographer. We now have some truly amazing pictures which captured the day perfectly and we will treasure forever. Research has shown that 70% of parents don't feel comfortable asking for money towards activities and time even though 74% of parents feel that this could be a much better use of friends and family's generosity.

Gift Time For Kids helps to overcome that apparent social faux pas of asking for money by showing friends and family what little ones want to do. Contributors don't even need to buy big, unlike other experience websites, Gift Time For Kids is catering for those who have a budget of just £5.

Not only can this website help parents but if you don't have children or your children are a completely different age, you may find yourself in the toy aisle saying "what does a 10 year old boy want"? Contributing to a wishlist will allow the person to give any amount from £5, leave a message and see what their money is going towards. Gift Time For Kids even has plans to set up thank you cards to all contributors, showing a picture of the birthday boy or girl enjoying their activity so it can help relieve parents of that new wave of politeness that is "thank you cards".

Check out [www.gifttimeforkids.co.uk](http://www.gifttimeforkids.co.uk) this Christmas and plan your little ones activities for the new year.

# relax

## that's too stressful!

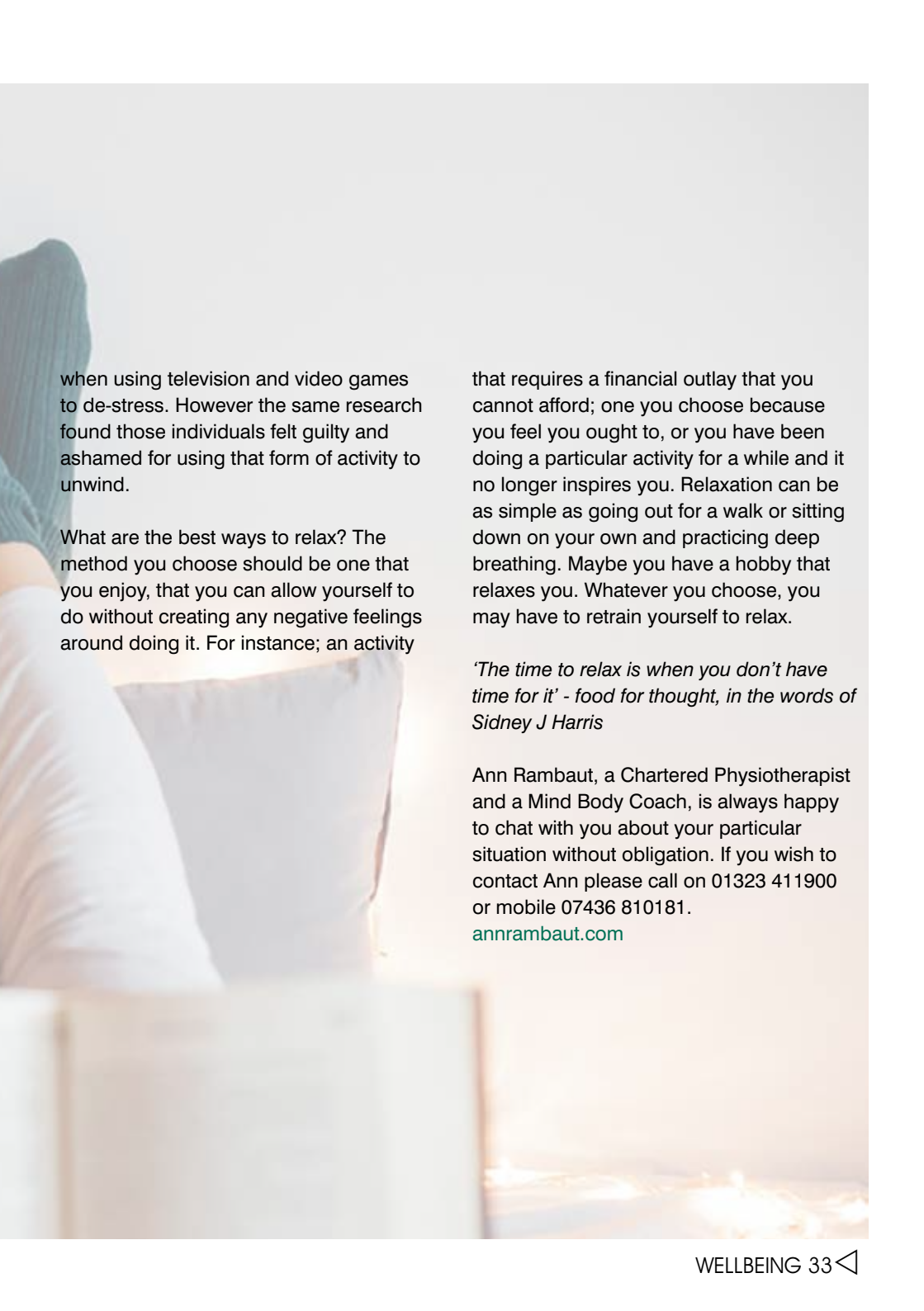
Most of us experience the negative effects of stress on our mental and physical well-being - aches and pains, high blood pressure, gut problems, panic attacks, anxiety and depression, all of which in themselves may cause more stress.

Relaxation is a way that the body can counteract the effects of stress, in that the body's response to relaxation is almost the exact opposite to that of stress. Overall the mind and body respond favourably to relaxation - it lowers the blood pressure, creates an anti-inflammatory response in the body thereby reducing aches and pains. When relaxed we often see things more clearly, finding it easier to navigate life's ups and downs.

One of the worst things to be told is to relax at a time when the mind and body do not feel safe to do so. Putting effort into 'trying' to relax can create its' own stress. Certain forms of relaxation may not be relaxing, although it is probably more about what you choose to do to relax and how you feel about doing it.

Research has shown that a group of highly stressed individuals did not relax very well





when using television and video games to de-stress. However the same research found those individuals felt guilty and ashamed for using that form of activity to unwind.

What are the best ways to relax? The method you choose should be one that you enjoy, that you can allow yourself to do without creating any negative feelings around doing it. For instance; an activity

that requires a financial outlay that you cannot afford; one you choose because you feel you ought to, or you have been doing a particular activity for a while and it no longer inspires you. Relaxation can be as simple as going out for a walk or sitting down on your own and practicing deep breathing. Maybe you have a hobby that relaxes you. Whatever you choose, you may have to retrain yourself to relax.

*'The time to relax is when you don't have time for it' - food for thought, in the words of Sidney J Harris*

Ann Rambaut, a Chartered Physiotherapist and a Mind Body Coach, is always happy to chat with you about your particular situation without obligation. If you wish to contact Ann please call on 01323 411900 or mobile 07436 810181.

[annrambaut.com](http://annrambaut.com)

**WHAT DO SOY CANDLES, FLOWER SEEDBALLS AND ORGANIC CHOCOLATES HAVE IN COMMON?  
They can all make good (and greener) Christmas presents!**

**Soy Candles**

The majority of candles found on the high street are manufactured using paraffin wax which is made from crude oil. However, soy candles are made with a natural, plant-based wax which is created from soya beans. Soy candles are rapidly increasing in popularity due to the natural properties of soy wax which is a non-toxic, renewable and sustainable resource. They are noted for their cleaner burning credentials and for the fact that soy candles can last longer than paraffin wax candles of the same size! Soy candles are therefore the perfect choice for creating a relaxing ambience in your home.

The soy wax used by Wikaniko is 100% vegetable, made from pure soybean oil and is a renewable, sustainable resource. It burns longer and more cleanly than paraffin wax without soot build up, and is natural, biodegradable and free from pesticides and herbicides. It is produced without

genetically modified material and It is not subject to animal testing. It is easy to clean up with soap and hot water, eliminating the need for solvents.

The only things added to the natural wax is high quality fragrance oil and colour. No other chemicals or artificial additives are added to their individually handmade candles. The wicks are natural and are designed specifically to burn best in soy wax candles.



**Organic Raw Chocolate**

The chocolate is vegan, cane sugar free and soy free. It is also free from a lot of other things that don't need to be there. Cacao is amazing. It has fabulous properties, that make us smile, feel great, sensuous and happy. We don't want to dull those effects with anything.

The Cacao and Cacao butter we use is organic and Fairtrade for all our bars. It is better for you, better for the producers, better for the whole world.

We spend a lot longer than most raw chocolate manufacturers grinding the cacao and blending the ingredients. This helps to give you the silky, superfine, sensuous chocolate luxuriance without compromising on ingredients, impact on your body or the environment.

Ours is a very human process. We care and love our chocolate because we care and love you all. Everything is hand made in small batches, moulded and packed by hand in the hills just outside Brighton. These are the basics. We add supreme

### Seed Balls

Seed balls are a great permaculture technique for growing seed in a more simple and effective way. Here at Project Maya we've applied this technique to make wildflower seed balls, as growing wildflowers from seed can be super challenging! As life can get pretty hectic, we wanted to make it a bit easier for everyone to have gardens, balconies and window boxes that are bursting with native wildflowers, buzzing bees and beautiful butterflies! YAY!

Each seed ball contains a mini ecosystem: wildflower seeds are mixed with clay, peat-free compost and a smidgen of chili powder and rolled into a small ball. Each ball is approximately 1cm in diameter, making them super easy to scatter.

The dried clay acts as a protective casing from common seed predators (such as ants, mice and birds). When sufficient rain permeates the clay, the seeds inside begin to germinate - helped along by the nutrients and minerals contained within the balls.



The chili powder continues to deter predators while the seed ball slowly degrades and the seeds sprout.

- A simple way to grow wildflowers from seed
- Easy to use - no need to 'plant', just scatter on top of soil or compost
- Mixes perfect for butterflies and bees
- Ideal for garden beds and planting pots
- Each tin contains 20 seed balls
- Each seed ball contains approximately 150 seeds
- For best results, scatter in the spring or autumn

ingredients to our bars to provide extra sensory interest, nutrition and flavour.



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# The 10 Mistakes Made by Meditation Practitioners

By William Van Gordon



In line with growing interest into meditation amongst scientists, medical professionals and the general public, more and more publications are explaining how we should practice meditation. However, few resources focus on how meditation can go wrong.

Based on a review of both the scientific and traditional meditation literature, and on observations from my own research and practice of meditation, here are the top ten mistakes made by meditation practitioners:

## 10. Not starting to meditate

Although not taking up meditation can't really be said to be a mistake made by people who meditate, there appears to be a significant number of people who are interested in practicing meditation but never get around to doing so. A nationally representative survey by the Mental Health Foundation found that more than half of British adults would like to practice meditation, but only 26% currently

do so. Obviously, if we don't get around to practising meditation, we won't experience its benefits.

## 9. Giving-up once started

It is not uncommon for people to begin practising meditation enthusiastically, but give-up as soon as they encounter a minor difficulty. A reason why some people don't persevere is because they have unrealistic expectations about what meditation entails. Meditation is not a quick-fix solution and believing that it can solve all of life's problems is a mistake. However, just as all effects follow a cause, the day-in day-out infusing of all aspects of our life with meditative awareness will gradually soften the conditioned mind and allow rays of insight to break through. Meditation is hard work and requires us to be patient and compassionate with ourselves. But it should also be fun and help us enjoy each moment of our lives.

## **8. Not finding a teacher**

Findings from my research demonstrated that meditation practitioners made better progress where they were guided by an experienced meditation teacher. The role of the meditation teacher is not so much about cluttering up our minds with concepts and theories, but more about helping us remove obstacles that cloud the mind and prevent its true nature from shining through.

## **7. Finding an unsuitable teacher**

Worse than not finding a meditation teacher is following one that is inappropriately qualified. People can spend many years practicing ineffective meditation techniques and achieving nothing other than bolstering the ego (and possibly the bank account) of their chosen teacher. To perform the role effectively, the meditation teacher must have an in-depth and experiential understanding of the mind.

According to Tsong-kha-pa, a renowned 15th century Tibetan meditation expert, a suitable meditation guide is one who is “thoroughly pacified”, “serene” and “disciplined”. Meditation practitioners should ask lots of questions and take time to get to know their prospective teacher. However, it is advisable to avoid having too many preconceived ideas about how a meditation teacher should be. Accomplished teachers come from a variety of backgrounds and may not always fit what we deem to be the ‘perfect mould’. A good question to ask ourselves is: “Do I feel better physically, psychologically, and spiritually when in this person’s presence?” Try to allow your intuitive mind to answer this question rather than taking an overly-analytical approach.

## **6. Trying too hard**

Trying too hard to progress in meditation can result in inner-conflict and unhealthy consequences. For example, there is evidence suggesting that over-intensive meditation practice can induce psychotic episodes – including in people who do not have a history of psychiatric illness.

## **5. Not trying hard enough**

An excuse people often use for not making effort in meditation is that they are busy and don’t have enough time. This can trigger a stressful attitude towards the practise that can easily become a chore. Therefore, the trick is to not create a separation between life and meditation. When we sit at the computer at work, tidy-up at home, play with our children, and even when we go to the toilet, we should aim to do so in meditative awareness. Good meditators can practise ‘on the job’ and don’t need to take time out to meditate.

## **4. Forgetting about impermanence**

Impermanence refers to the fact that nothing lasts for ever. All phenomena, including ourselves, are born, live, and die. This is a fact of life (or if you prefer, a fact of death). Both others’ and my own research has demonstrated that there are health benefits associated with becoming aware of the impermanent nature of life. Remembering impermanence can remove complacency by prompting us to reflect upon what is important in life and that at any time, we are separated from death only by a single breath in or out.

### 3. Forgetting to be human

When some people start practicing meditation, due to being overly concerned with appearing to be a 'meditator' or believing they are becoming 'spiritual', they stop being themselves. They become too serious and forget to laugh or be spontaneous. Their tension and superficiality becomes palpable which isn't helpful for themselves or those they encounter. Meditation requires us to be down to earth and embrace all that it means to be human.

### 2. Becoming dependant on meditation

Research I have conducted has identified a small number of individuals that appear to have become addicted to meditation. In fact, in several clinical case studies I have successfully used meditation as a 'substitution technique' for people recovering from behavioural addictions such as problem gambling, work addiction, and sex addiction. In these cases, becoming dependant on meditation would probably constitute what is known as a positive form of addiction. However, the traditional meditation literature cautions against becoming addicted to the blissful states associated with meditation and on subsequently spending long periods of time sat in meditation. The idea is not to use meditation to escape from the world, but as a tool for developing and engaging a compassionate heart.

### 1. Suffering from ontological addiction

First place on my list of meditation mistakes goes to ontological addiction. Ontological addiction is a new psychological theory that I have been developing and asserts that much of the stress and mental health

issues we experience arise due to us being addicted to ourselves.

Ontological addiction is based on the principle that human-beings are very ego-driven and is defined as "the unwillingness to relinquish an erroneous and deep-rooted belief in an inherently existing 'self' or 'I' as well as the 'impaired functionality' that arises from such a belief".

While people tend to live out their lives through the lens of 'I', 'me' or 'self', the truth is that what we deem to be the self is only a concept, label, or fabrication of the mind. Irrespective of how hard we search, something called the 'self' that exists inherently or independently cannot be found. This can be exemplified using the body that, amongst other things, manifests in reliance upon – and is comprised of – (i) wind (i.e., that we inhale), (ii) rivers, clouds and oceans (i.e., that we drink), and (iii) animals and plants (i.e., consumed during eating). The body is empty of an independently-existing self but is full of all things. In emptiness there is fullness and in one thing exists all things.

Ontological addiction relates to meditation because the ultimate goal of meditation is to try to eradicate the ego. Some meditators eventually reach a point where due to undermining the ego, they can easily enter into profound meditative states. However, there is a danger at this stage of becoming attached to the idea of being an 'advanced meditator'. If this happens, it is a sign that although the individual has made progress, their ego is still active and holding them back.

# 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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## November 6th 7-9pm

The Federation of Holistic Therapists hosts - Jing Advanced Massage Training 'Fix in Six! Getting results with advanced clinical massage' Learn how to achieve lasting results in reducing your clients' pain within 1 to 6 weekly sessions. A must for the massage therapist serious about their career! Appropriate for all levels (bring a massage table, towels + oil please) 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](mailto:comeinno11@icloud.com) or Sarah Faye [berryfaeholistic@outlook.com](mailto:berryfaeholistic@outlook.com) or see article [wellbeingmagazine.com/east-sussex/federation-of-holistic-therapists/](http://wellbeingmagazine.com/east-sussex/federation-of-holistic-therapists/)

## 16th/17th

Understanding Teenagers - The Link Centre, Plumpton College, East Sussex, £170, email [wendy@thelinkcentre.co.uk](mailto:wendy@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

## 26th

Youth Self Harm - The Link Centre, Plumpton College, East Sussex, £80, email [wendy@thelinkcentre.co.uk](mailto:wendy@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

## 26th

Exam Prep (5 days over 8 months) - The Link Centre, Plumpton College, East Sussex, £365, email [wendy@thelinkcentre.co.uk](mailto:wendy@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

## 29th 7pm

Wellbeing Wednesday/ Network Evening - 1 hour talk on Foetal Alcohol Spectrum Disorder - The Link Centre, Plumpton College, East Sussex, FREE, email [wendy@thelinkcentre.co.uk](mailto:wendy@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)

## December 4th

The Federation of Holistic Therapists (FHT) hosts their Christmas Evening - a chance to have a drink & chat - a nice social evening to catch up with like minded friends & colleagues & a thank you for your support throughout the year. Venue: Butlers, 85/87 South Street, Eastbourne, BN21 4LR Please contact Pam Hardy for more information and/or to register your interest in attending [comeinno11@icloud.com](mailto:comeinno11@icloud.com)

## 12th

100% Safe Breast Screening - No Radiation - Non Invasive - for women and men of any age, with breast issues can benefit. Medical Thermal Imaging every 3 months at the Battle Healthy Living Clinic 01424 773373 [info@battlehealthylivingclinic.co.uk](mailto:info@battlehealthylivingclinic.co.uk)

## January 15th

Diploma in Supervision (6 weekends over 7 months) - The Link Centre, Plumpton College, East Sussex, £1690, email [wendy@thelinkcentre.co.uk](mailto:wendy@thelinkcentre.co.uk) [thelinkcentre.co.uk](http://thelinkcentre.co.uk)



What's  
On

## **Mondays** 10am-7pm

Massage with Lucy,  
Counselling with Jacky, at the  
Equilibrium Health Centre,  
16 Station St, Lewes, O1273  
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, at  
the Equilibrium Health Centre,  
16 Station St, Lewes, O1273  
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, at the  
Equilibrium Health Centre,  
16 Station St, Lewes, O1273  
470955, equilibrium-clinic.com

## **Thursdays** 11am-12pm

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

## **Fridays** 9.15am-7pm

Massage Clinic with Will, Dafna  
& Rachel, at the Equilibrium  
Health Centre, 16 Station St,  
Lewes, O1273 470955,  
equilibrium-clinic.com

## **11.30am-12.30pm**

Tai Chi Qigong & Meditation  
at St Wilfrids Hospice - 6 week  
course begins Friday 3rd  
November - booking essential.  
£30 for six sessions. 07773  
061309 or  
handwork@tiscali.co.uk  
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## **Saturdays** 1-5pm

Reflexology & Massage Clinic  
with Dafna, at the Equilibrium  
Health Centre, 16 Station St,  
Lewes, O1273 470955,  
equilibrium-clinic.com

## **Saturdays** 25th Nov, 16th Dec, 13th Jan 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  
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or handwork@tiscali.co.uk  
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## **Saturdays** 25th Nov, 16th Dec, 13th Jan 3.30-5.30pm

Qigong, Meditation and the  
Magic of the Breath Workshops  
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  
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## **Sundays in November & December**

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