

NATURAL HEALTH

WELLBEING

NUTRITION

FASHION

BEAUTY

THERAPIES

YOUR COMPLETE

REFLEXOLOGY AND REIKI Handbook!

Regain total balance with our expert vitality plan

LYNNE FRANKS

"I'm happier, healthier and more creative post-menopause"

NATURAL SLEEP CLINIC

SOUND THERAPY
BIODANZA DANCE
TOP SUPERFOODS
TO HELP YOU FALL ASLEEP - FAST

NH REVEALS

10 TOXIC BEAUTY INGREDIENTS you need to **DITCH**

STAY WELL ALL SEASON

8 IMMUNITY CHARGING YOGA MOVES

CONNECT to THRIVE

HARNESS THE DEEP POWER OF HUMAN CONNECTION



PLUS: WHY SHOULDERS FLOSSING COULD CURE YOUR BACK PAIN • IS OWNING A PET GOOD FOR YOUR HEALTH? • 7 WAYS TO EMBRACE AUTUMN • HOW TO CHOOSE THE RIGHT THERAPIST FOR YOU

NATURAL HEALTH UK'S TOP ALTERNATIVE WELLBEING MAGAZINE

NATURALHEALTHMAGAZINE.CO.UK

The latest in NATURAL HEALTH

Homeopathy ABC

Mani Norland, principal at the School of Homeopathy (homeopathyschool.com), says:

B is for Benedict Lust

German-born Benedict Lust discovered the healing powers of nature over 100 years ago, after being cured of a severe case of tuberculosis using hydrotherapy. Lust founded both the American school of naturopathy and the American naturopathic association, allowing naturopaths to train and become licensed for the first time. His legacy is maintained today by the Lust family, who continue to share his natural healing practices.



WELLNESS WARRIOR

Meet Rajshree Patel, the author of The Power of Vital force (£20.99, Hay House)

NH: What are the benefits of vedic meditation?

RP: The entire mind is calm which allows us to tap into higher states of awareness, insight, intuition and source of creativity. This improves our physical and cognitive function, translating to better sleep, stronger immune system, higher performance, more creativity, optimism, happiness and connection.

NH: What meditation technique would you recommend for people with busy lives?

RP: There are many different techniques of meditation. The easiest and fastest methods are either through breath exercises or uses of mantra as a self-transcending technique. We tend to over-customise meditation in our consumer world, adding complexity, so people often give up. Learn the value and use of breath to calm the mind. You can do this anywhere, any time.

NH: What makes vedic meditation different to regular meditation?

RP: Vedic meditation is thousands of years old and used by many around the world. It means 'letting go' completely and transcending your mind into a deeper, higher potential. 'Regular meditation' is valuable but only calms the very surface of the mind, slowing down the top layer of thought. It can often feel like a night of sleep where, when you awake you feel like you were thinking all night and not really slept.

SUPP SPOT

Plant Profile: thyme

The Federation of Holistic Therapists (fht.org.uk) examines the health benefits of thyme

A native of the Mediterranean, thyme has been used throughout history for culinary, medicinal and religious purposes. It is said that the ancient Greeks used the herb in incense, while Roman soldiers bathed in thyme before battle, to give them strength and courage.

Like a number of other herbs, thyme was also used to preserve meat and other foods, making it an invaluable storage aid in warmer climates, long before the invention of refrigeration. Given this traditional use, it's perhaps not surprising that one of its earliest medicinal roles was as a digestive aid, to help treat gastric infection, speed up a sluggish digestive system and relieve flatulence.

Today, thyme is also known for its potential to strengthen the immune system and



prevent and fight infection. The plant's essential oil is rich in thymol, a phenol that has a strong antiseptic action and can be found in some surgical dressings, to promote wound healing.

Thyme is also believed to be good for muscular aches and pains, rheumatism, mental fatigue and lethargy, and problems affecting the respiratory system including coughs, colds, catarrh and sore throats.

Important safety note: *Never ingest plant essential oils or apply to the skin undiluted.*

*"Many people report positive results after making the organic switch, but what makes them so good?"
- turn to page 70 to find out*

WHAT'S THE BUZZ ABOUT?

Pickle juice

"The idea of drinking pickle juice may not be the most appealing," says Florence Cherruault, author of *Pickle Juice* (£12.99, Hardie Grant Books). "But trust me, it's worth a try and, if you're not so keen the first time, try it again. Thanks to the electrolytes found in pickle juice, it helps your body recover and rehydrate quickly. If you're doing a high-intensity workout and sweating a lot then pickle juice could be a better option than water. It's also got much less sugar than all the energy drinks out there. Pickle juice contains vitamins C and E, which are two of the primary antioxidants to help boost your immune system."



Be positive

A new study suggests optimistic people tend to sleep longer and have better quality sleep than those who take a glass-half-empty outlook on life.

Arts and crafts

Engaging in a mindful activity like sewing can help us pay attention to our thoughts and feelings, which can improve our mental health.

An apple a day...

Scientists have found those who consumed at least 500mg of flavonoids (compounds found in apples and other fruit and vegetables) a day were less likely to die of cancer or heart disease.



The BAROMETER

Binge-watching

Watching your favourite TV series on loop creates a bad environment as it causes snacking, social isolation, and a lack of sleep and exercise.

Excessive napping

Extreme napping during the day could be a warning sign of Alzheimer's as the brain cells which help keep us awake are the first to go in those affected by the disease.

Flight mode

We tend to crave foods which are higher in salt and sugar while up in the air as flying effects our sense of taste.