

124 PAGES OF COMPLEMENTARY THERAPIES FOR YOUR MIND, BODY & SOUL
THIS MONTH: HERBALISM * REIKI * SPIRITUAL COUNSELLING * RADIONICS * NUTRITIONAL THERAPY * TCM

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Health & Beauty

Lose your cellulite

INSIDE: THE 100% NATURAL PLAN THAT GETS RESULTS – FAST

INSTANT KARMA
TRANSFORM YOUR FUTURE TODAY

SUPER SUPPLEMENTS

WHAT SHOULD YOU BE TAKING?

"OCD rules my life"

One woman's battle – and how complementary therapies can help

Together Forever

Best-kept secrets for relationship bliss

SMILE!
NATURAL TIPS FOR WHITER TEETH

EASY YOGA FOR KIDS
SIMPLE MOVES TO CALM THEM DOWN

Patrick Holford
REPORTS:

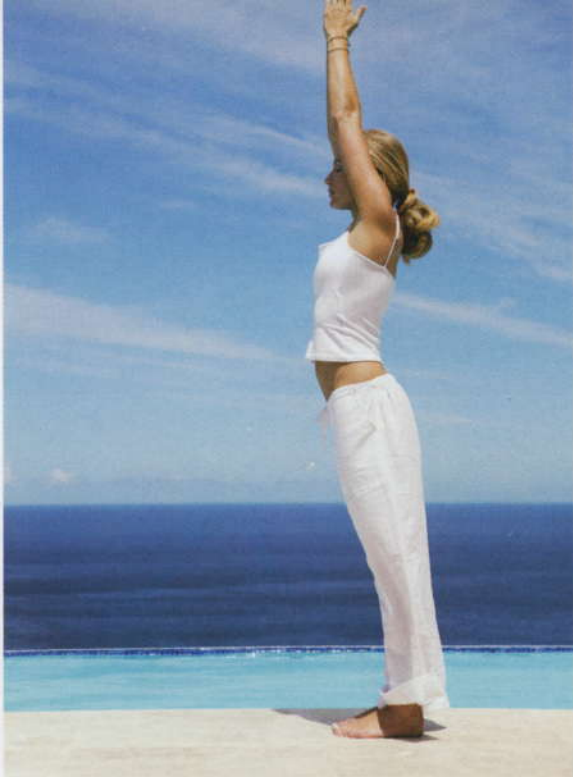
Overweight & unhappy...
IS A HIDDEN FOOD ALLERGY MAKING YOU ILL?



This is the MONTH TO...

Get out more

Over half the working population suffers from permanent 'social jet lag' because of long hours and a lack of daylight, a new survey reveals. According to the study at the Ludwig Maximilians University in Munich, office workers who spend their days looking at computer screens suffer most from the condition so take steps to avoid it by walking to work, taking regular fresh air breaks and having your lunch in the park instead of sat in front of your desk.



Head Space

Get peace of mind with our essential relaxation tips

SOUL SEARCHING

I have been exploring my spirituality and have found that my friends are no longer on the same wavelength. How can I meet more like-minded people?

Perhaps you could attend some complementary therapy workshops and courses. Reiki Shares are run countrywide to enable both Reiki students and spiritual people to meet up and explore their spirituality. If you mention your spirituality to those around you, you may find that some of your views will resonate with some of them. For details of Reiki Shares contact The Reiki Healers and Teachers Society on 020 8776 0546. Dawn Mellowship, thehealingco.com, 020 8367 9158

3 of the best yoga labels

You thought yoga was all about peace, love and understanding? Think again! It's a cut-throat fashion world out there and if you're not sporting the latest cult labels at your triyoga class, you're one asana away from social Siberia!

TRY:

■ Shakti Active Wear, from £25. For stockists call 020 8960 9644



■ Acucar, from £25. For stockists call 020 7483 3344

■ Venice Beach, from £25. For stockists call 0800 018 11184

GREEN MACHINE

Green tea is not only good for your body, but it also may be good for your brain. In a study published in the American Journal of Clinical Nutrition, older people who drank at least two cups of antioxidant-rich green tea per day were about 50 percent less likely to develop cognitive impairment compared to the people who drank three or fewer cups on a weekly basis.

BANISH BAD VIBES

Forget smudging and feng shui, now you can banish negativity in a one simple squirt with Purification Sacred Space Spray from Alaskan Essences, £5.95. It uses a blend of black spruce, frankincense, lavender and peppermint to wipe out stagnant energy and keep you feeling clean and serene!



MY WORLD Michelle Gayle

What are you up to?

I've just finished *The Games* and I'm working on my book – it's a novel set around a TV music talent show competition.

Do you take any supplements?

At the moment I take a multivitamin with added iron as I don't eat meat and also lack calcium due to a milk allergy.

Favourite therapy?

I really enjoy reflexology – it's so relaxing and never fails to send me to sleep.

What makes you happy?

My son makes me happy. He's the apple of my eye. He has the greatest smile – you just can't be sad when he's around.

What keeps you awake at night?

My brain keeps me awake at night – I'm always getting new ideas.... it's crazy.

What star sign are you?

I'm an Aquarius and I would say I'm nailed to the star sign. My head is amongst the clouds a lot – we're meant to be 50 years ahead you know

Who do you admire?

I tend to admire people who have struggled and come through – Nelson Mandela, Lance Armstrong, Muhammed Ali – people like that are inspirational.

Any regrets?

Je ne regrette rien.

Michelle Gayle is an actress and singer. She was formerly in Eastenders, had six Top 20 hits and is currently starring in the film Joy Division with Ed Stoppard.

