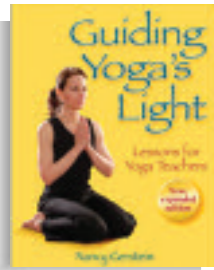
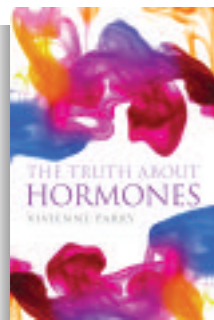


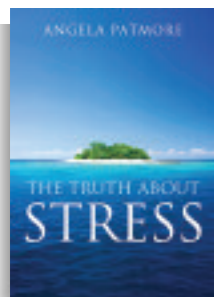
# books etc...



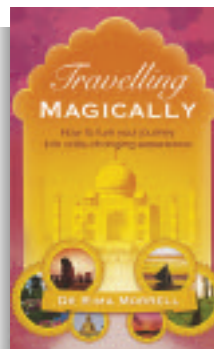
**Guiding Yoga's Light** by Nancy Gerstein, [www.guidingyogaslight.com](http://www.guidingyogaslight.com). A revised and expanded edition of this popular aid for Yoga teachers and serious students which offers 15 fully illustrated lesson plans, divided into 13 chapters according to intention. Chapters include beginner's practice, simple breathing exercises, preparation for postures, eg headstand, moving sequences, dealing with emotions, relaxation and introducing the yamas and niyamas. A thorough and well constructed manual offering a wealth of expertise.



**The Truth About Stress** by Angela Patmore, Atlantic Books, £8.99. There are many books on the subject but this is a very useful addition. An in-depth examination of the physiology and psychology of the stress mechanism, including the immune response, the various ways of dealing with stress related problems in terms of medication and cognitive approaches, the effect in the work place and nationally, and suggestions as to new methods. A really excellent and challenging book, well researched and very readable.



**The Truth About Hormones** by Vivienne Parry, Atlantic Books, £8.99. Another excellent overview of a very complex subject, well written but including a good deal of scientific fact and research alongside first hand experience. Hormones affect every aspect of our lives and development and are often largely misunderstood. This book helps to put right much of the misinformation often given in popular press and media. A well balanced and informed book.



**Modern Life: As good as it gets?** by Richard Docwra, [www.greenbooks.co.uk](http://www.greenbooks.co.uk). £10.95. Despite unprecedented material advantages compared to previous generations, many find the world deeply unsatisfying. Richard identifies some of the common causes of our malaise and suggests how we can move towards a better future as a society, with greater happiness and fulfilment in our individual lives.



**Quantum Wellness** by Dr Kathy Freston, Ebury, £11.99.

A practical, step by step guide showing how small, focussed changes in one's life can, over time, lead to tremendous changes to overall levels of health and contentment - one day at a time. The programme is based upon 8 'pillars': meditation, visualisation, fun activities, conscious eating, exercise, helping others, considering oneself and spiritual practice. The book is endorsed by Dr Dean Ornish, President of the Preventative Medicine Research Institute.

**Stress: The Essential Guide** by Frances Ive, [www.need2knowbooks.co.uk](http://www.need2knowbooks.co.uk), £8.99. A very helpful little guide with expert advice and latest information, with a range of tools to help through even the most testing of times.

**Energy Medicine** by Donna Eden, Piatkus, £20. Based on This is a comprehensive and detailed updated guide on how to get the best out of your body and mind using a variety of simple practices, both physical and mental. Further details from: [www.innersource.net](http://www.innersource.net).

**Energise!** by Jo Salter, Hamlyn Books, £9.99. Aimed at the general reader, an illustrated manual offering simple ways to spring clean mind and body using exercise, diet, lifestyle choices and positive mental stimulation.

**Exercise Yourself Thin; Eat Yourself Thin; Keep Yourself Thin** by Joanna Hall, Kyle Cathie, £6.99 each. A colourful trio offering practical, step by step exercises and strategies to improve general health and well being in an easy to follow way.

**Travelling Magically** by Dr Rima Morrell, Piatkus, £12.99. A wealth of practical advice on how to get the most out of travel, preparing oneself internally as well as externally, with a comprehensive resources section full of green and money saving tips, recommended books and useful websites. Dr Morell trained in anthropology at Cambridge University with a PhD in Geography, and has travelled widely. More details from [www.rimamorell.com](http://www.rimamorell.com).

**1001 Home Health Remedies**, [www.readersdigest.co.uk](http://www.readersdigest.co.uk), £14.99. A gem of a book, containing more than 1,000 simple and time tested remedies using many traditional concoctions for most everyday problems: lavender for insomnia and headaches, olive oil to help lower cholesterol, aloe vera for acne and sunburn, and lemon for coughs and hiccups to name a few, with advice on when medical advice should be sought. Excellent.

**Celtic Wisdom**, Introduced by Gerald Benedict, [www.watkinspublishing.co.uk](http://www.watkinspublishing.co.uk), £6.99 HB. Part of the Sacred Texts series, a lovely almost pocket sized book, with an inspiring selection of poetry and prose spanning the Celtic Christian period and beyond.

**How to Grow Organic** by Christine & Michael Lavelle, [www.southwater.com](http://www.southwater.com), £8.99. A colourful, informative and very practical guide on all aspects of organic growing, including vegetables, fruit, herbs and flowers. Excellent for beginners and experienced growers alike. Full of detail.

## Sounds etc ...

**Celtic Pilgrimage** by Aine Minogue, [www.soundstrue.com](http://www.soundstrue.com), CD 51 minutes. Irish harpist, Aine Minogue, uses instrumental music and rich lyrical poetry to capture the emotions and spirit of a very personal pilgrimage. With accompanying cello, Bansuri flute, keyboards, bass, guitar and overtone singing.

**To Bless the Space Between Us** by John O'Donohue with music by Aine Minogue, [www.soundstrue.com](http://www.soundstrue.com). 4 CDs with running time of over 4 hours. A healing and inspiring collection of blessings, invocations, meditations and simple prayers from this much loved poet, author and Catholic scholar who sadly passed away last year.

**Invisible Journeys** by Tim Wheeler, [www.timwheater.com](http://www.timwheater.com), CD 47 mins. Featuring such well known mantras as Gayatri, Om Mani Padme Hung, Om Tare Tuttare, Om Sri Rama, amongst others with atmospheric and emotive music backdrop by Tim Wheeler, well known flautist, on Irish Whistles. Tim Wheeler will be touring the UK throughout 2009. Details from [www.wheatersoundacademy.com](http://www.wheatersoundacademy.com).

# products ...



## Evergreen Sprouter

Long being used in Eastern medicine for medicinal purposes, helping to increase energy levels, vitality and during convalescence, raw sprouts are easy to grow with the EasyGreen MikroFarm Sprouter. The mini salad leaves can be harvested as and when needed, to add to soups, salads, sandwiches and packed lunches. Using a simple sprouter system, the sprouts stay freshly watered and oxygenated, protected against mould growth. The sprouts can be an important natural boost for the elderly, children, and the infirm, as well as a rich source of nutrients for vegans and vegetarians. A very substantial grower, well constructed, durable and easy to use with helpful detailed guide. RRP £149 from [www.energiseyourlife.com](http://www.energiseyourlife.com) or Tel: 020 7243 2372



## Otosan ear drops: gentle enough for kids

They may not offer a cure for ear infections, but Otosan Natural Ear Drops are suitable for children aged 3 and over, and can help maintain general ear health. The drops contain only natural ingredients, including: Sweet almond and maize oil which help soften any excess or impacted ear wax; Geranium essential oil with soothing, antibacterial properties which has been used traditionally to treat wounds, ulcers and skin problems; Juniper essential oil which helps cleanse and tone the skin; Propolis with natural antibacterial properties; Chamomile extract with soothing and antiseptic properties; Cajeput essential oil which has antiseptic and anti-viral properties. Widely available or directly from [www.otosan.co.uk](http://www.otosan.co.uk). RRP £7.49.

## Olbas Powerflu

A 2 tablet cold and flu treatment, one tablet offers relief from common symptoms such as nasal and sinus congestion, headaches, fever, aching limbs, coughing and runny nose, containing paracetamol and codeine. The second tablet is a lemon flavoured chewable vitamin C tablet. RRP £3.15 for 6 dose pack and £4.95 for 12 doses. The popular and very effective Olbas Menthol Lozenges, suitable for vegetarians and wheat, gluten & dairy free diets, and sugar free, are now available in honey & lemon and menthol & lemon flavours with added eucalyptus. RRP 99p for 12. Details from [www.olbas.co.uk](http://www.olbas.co.uk).



## Help for Raynaud's sufferers

Specially designed silver gloves and socks which minimise heat loss by actively reflecting 95% of the body's energy back to the skin are now available. This makes them a lot warmer compared with conventional socks and gloves.

Raynaud's is a condition affecting up to 10 million people in the UK. In Raynaud's the blood flow to the fingers, toes and sometimes ears, nose and tongue is interrupted. An 'attack' can be brought on by exposure to cold of any kind or simply a change in temperature. During a Raynaud's attack, the affected areas, usually the hands and feet become white and dead-looking in appearance. They might then turn blue and finally bright red. This may be accompanied by considerable pain, numbness and tingling. The Raynaud's & Scleroderma Association is a registered charity set up to help people who suffer from Raynaud's phenomenon, hence the reason for publicising items which can help people to keep warm.

For information on how to order the silver garments and to obtain a free leaflet on tried and tested heating aids and tips for keeping warm call 0800 917 2494 or send an SAE to the Raynaud's & Scleroderma Association, 112 Crewe Road, Alsager, Cheshire ST7 2JA. Alternatively, visit [www.raynauds.org.uk](http://www.raynauds.org.uk)

