

LIFE HOLISTICS E-ZINE

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HELLO EVERYONE!

Are you already getting out the hot chocolate? Or is your tippie something a bit stronger to end the day as the dark nights arrive? With the cold winter months coming up it is the perfect time to think about the **diet and lifestyle** that is right for you.

It's a simple question really...do you *really* know what you're putting into your body - what works and, just as importantly, what doesn't?

Special Offer: Book an appointment to look at your diet and how changing it could help you, and receive a FREE shoulder and neck massage!

Did you know folks that the best drink to *start* the day is warm water – that's right, just plain warm water. We need plenty of clear fluid to help the system re-hydrate after the night without, and to help the liver open up, ready for the onslaught!

Your Brain is made up of 80% water, so its bad enough hitting the dark cold mornings, and asking the brain to work its way through the traffic before you begin the workload, without making its life harder by not giving it the right fuel. Would you ask your car to work without the right petrol?!

Book yourself a good treat – come and find out how you can feel far more **ENERGISED**, and yet far more **RELAXED** at the right times of the day. Find out if you need more of certain foods, drinks (not alcohol, don't be naughty), or supplements.

Yoga is now officially on the map for de-stressing, calming, relaxing, bringing down high blood pressure states, re-energising, and keeping the body supple and anxiety free.

Come to my YOGA class, lose weight and trim your body in a lovely way – every Wednesday, 7.15pm at Queens Park Primary School, Rivington Road, St Helens. A lovely, gentle hour and quarter of stretching, unwinding, learning good breathing techniques to get you calm and at ease. And yes, anyone can join in, it's a take-it-at-your-own-pace type of class, and I don't expect you to be able to put your foot behind your head!

The next **Angel Day Level One** (learn about Chakras, connect with your Guardian Angel, learn about Angelic Energies) is Wednesday October 24th. LIMITED PLACES LEFT. The cost is £50.00 for the whole day, with lunch and refreshments provided, and a present to take away with you at the end.



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