

Voice Dialogue

In the late 1970s, Drs Hal and Sidra Stone developed a process for tuning in to your inner voices allowing the different parts of the body to be heard clearly. It is called Voice Dialogue and helps people to handle relationship issues with loved ones, colleagues, clients and themselves. John Kent has set up Voice Dialogue UK and has created a series of workshops to teach people about Voice Dialogue and the Psychology of Selves. In them you learn how to facilitate a Voice Dialogue session, how to befriend your inner critic, how to work creatively with dreams and how to handle relationships. Further information Tel: 07941 141377; john@voicedialogue.org.uk; www.voicedialogue.org.uk

Thyroid UK

Thyroid UK is a non-profit organization campaigning for and providing information and support to those with thyroid or related disease. Doctors giving evidence at the GMC Fitness to Practise hearing of Dr Gordon B Skinner in Manchester have stated that if patients are given thyroid hormone it would cost the NHS a lot of money. Dr Skinner is before the GMC because he treats patients with thyroid hormone when they have apparently 'normal' blood test results. He has successfully treated many patients, some diagnosed with CFS/ME. Further information Tel: 01255 821733; 0778 333 5806; enquiries@thyroiduk.org; www.thyroiduk.org

College of Body Science

Caroline Barrow has recently moved out of London and is currently on a sojourn to Canada to pursue other ideas and work plans. However she will be back in the UK doing courses in October. Know Your Nerves 9-11 October 2007, Know Your Viscera 20-22 October and Know Your Neuroanatomy 7-8 November. Her UK line is regularly checked or you can contact her on her Canadian mobile which costs no more than a landline on Tel: 001 905 399 3272; 0845 108 1088; carob@collegeofbodyscience.com; www.collegeofbodyscience.com

Cacao Beans Superfood!



Cacao Nibs (or beans) originate in South and Central America. Primarily used in the UK as an ingredient in chocolate, cacao nibs have long been used as a raw food in parts of South America.

Cacao contains iron, fibre, calcium, vitamins B, C and E, and is high in magnesium,

important for brain and bone health and a deficient major minerals in the standard UK diet. Cacao is also a source of mood-enhancing Anandamide (bliss chemical), phenylethylamine (feeling of love) and antidepressants serotonin and tryptophan.

Cacao also has a high anti-oxidant count; 50g of the nibs have an ORAC (Oxygen Free Radical Absorption Capacity) equivalent to over 3 kg of Brussels sprouts or 1.25 kg of blueberries.

Further Information

Cacao Nibs are available in selected Waitrose and independent health stores under the Creative Nature label or from www.creative-nature.co.uk

Pukka Herbs Ayurvedic Remedies for Menopause



Pukka Herbs' range of organic Ayurvedic remedies for menopause:

Organic Shatavari nourishes the reproductive system and restores balance to hormone levels. Saponins help regulate oestrogen and progesterone levels;

Organic Aloe Vera Juice protects the skin from aging and keeps the body youthful;

Organic Harmonise Tea a delicious blend including rose, Shatavari and hibiscus;

Organic Rosewater an aromatic skin spray, that dries hot flushes and cools the system.

Organic Hemp Seed Oil full of Omega 3-6-9 Essential Fatty Acids which nourish mucus membranes.

Organic and free from artificial flavouring, preservatives, sugar and sweeteners. Herbs are harvested by farmers paid a fair wage.

Certified by the Soil Association, vegetarian.

Further Information

Available in the UK from independent health stores, including Fresh & Wild and Planet Organics, and from Pukka Herbs on Tel: 0117 964 0944; enquiry@pukkaherbs.com www.pukkaherbs.com

Osteoarthritis Guide for Life



Over nine million people in the UK suffer with arthritis, with osteoarthritis the most common – by age 65, 50% of people have OA. Research shows that taking 1500mg of glucosamine sulphate can significantly reduce the pain symptoms and is at least as effective as paracetamol.

Seven Seas has launched *GUIDE for Life* to help osteoarthritis sufferers manage their daily symptoms – aching, cracking, creaking and inflamed joints, through diet, exercise or supplements.

Guide For Life explains glucosamine and its role in joint health, provides dietary advice from Dietician and Nutritionist Jane Griffin, and advice on working out by Dax Moy, personal trainer and fitness expert.

Seven Seas JointCare Max contains 1,500mg of glucosamine, the dose used in the *GUIDE* trial.

Further Information

Obtain your copy of the Seven Seas *Guide for Life* on www.jointcare.com

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