

124 PAGES OF COMPLEMENTARY THERAPIES FOR YOUR MIND, BODY & SOUL  
THIS MONTH: ENERGY BALANCING \* AYURVEDA \* FLOWER REMEDIES \* NUTRITIONAL HEALING \* YOGA RETREATS

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# natural

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Health & Beauty

**SELF-HELP GUIDE**

## Be your own life coach

BOOST YOUR HAPPINESS RATING TODAY!

**THE SOUL DOCTOR**

## Stop Nightmares

Alternative solutions to change  
the way you sleep

**ZODIAC SPECIAL**

## YOUR SUMMER LOVESCOPE

WHAT HAVE THE STARS  
GOT IN STORE FOR YOU?

**BACK PROBLEMS – SORTED**  
YOUR BEST THERAPIES TO EASE THE PAIN

LIVE TO  
**100!**  
7 SURPRISING  
WAYS TO EXTEND  
YOUR LIFE

NATURAL  
CURES FOR  
ASTHMA

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**FERTILITY SPECIAL**  
TRYING FOR A  
**BABY?**

READ OUR ESSENTIAL NATURAL  
TIPS ON STARTING A FAMILY

- Can acupuncture get you pregnant?
- A mum at 40 – maximise your chances
- How complementary therapies can help

# Treatment of the Month

## BODY ENERGY CONCEPT

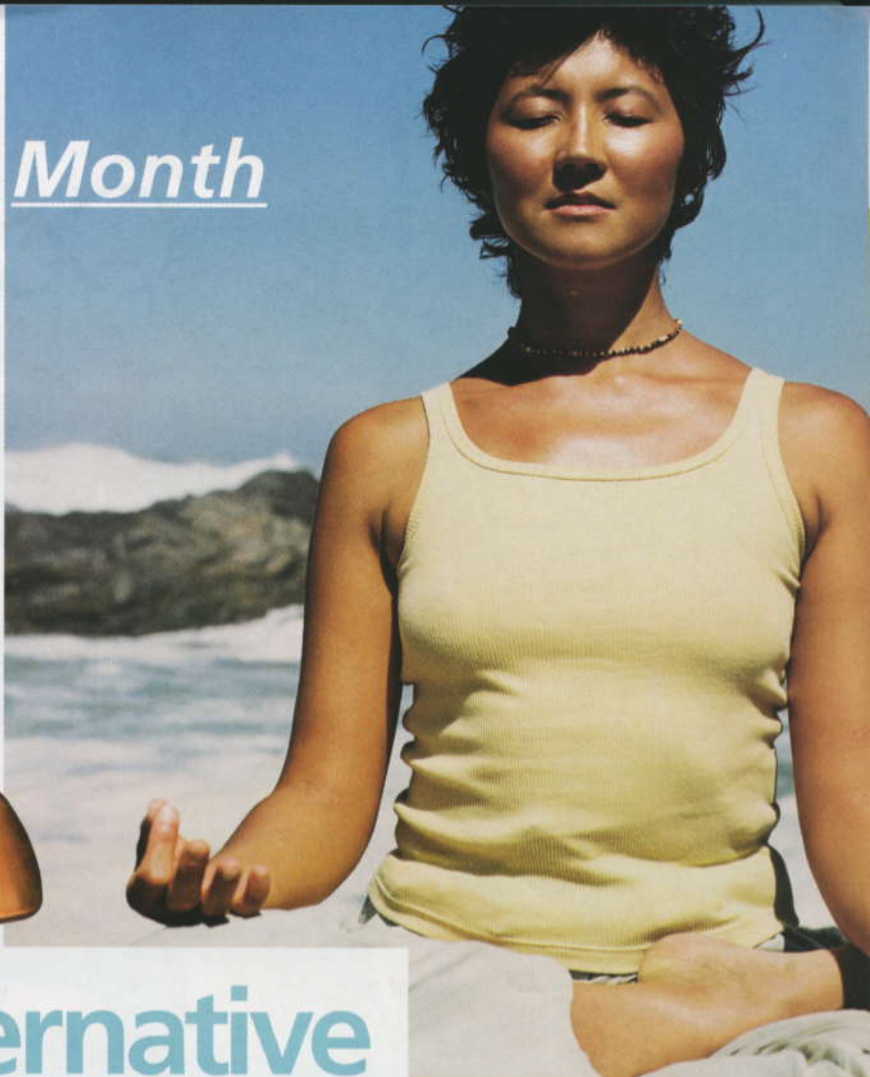
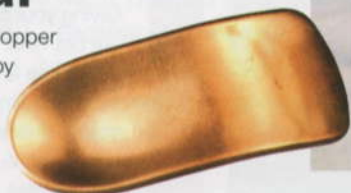
Body Energy Concept commands a celebrity following including Tamzin Outhwaite and Donna Air. I wondered if it would live up to the hype. Founder Fiona Slatter explains that the concept is to clear toxins in the body and build up energy flow with a hi-tech machine employing gentle vacuum pressure.

Her philosophy makes complete sense. Daily we deplete our energy with hectic lifestyles, late nights and processed foods. Then we wonder why we are tired! As I sat with pads suctioned to various points on my hands, feet and legs I began to notice that the usual chronic pain in my back was subsiding and my constantly aching stomach was soothed. Of course the machine cannot perform overnight miracles. Usually a series of treatments will be needed for lasting effects, but the benefits can certainly be felt after just one.

**DM Body Energy is at 44 Portland Place, London. For UK practitioners call 08456 126621 or visit [body-energy.co.uk](http://body-energy.co.uk)**

## Heavy metal

Joints playing up? Try the Original Copper Heeler, £19.95, an insole designed by orthopaedic technicians to alleviate arthritis and joint pain. For details visit [orthotics-online.co.uk](http://orthotics-online.co.uk)



# Whats the **alternative**

Summer therapies to boost your stamina, healing foot treats and the body energy concept



## How to be a... reiki practitioner

### What is reiki?

Reiki is a form of non-intrusive energy healing originating in Japan in the early 1900s. Naturally occurring electromagnetic energy is channelled by an 'attuned' practitioner.

### How do you train?

The first step is to find an accredited teacher. There are aren't any nationally recognised qualifications in reiki, so do your research. You should receive certificates with your reiki lineage extending back to the founder Mikao Usui.

### How long does it take?

To become a practitioner takes just two days, although some practitioners teach the courses for longer.

### Where can I find out more?

Visit [thehealingco.com](http://thehealingco.com) or call 020 8367 9158 or contact [reikihealersandteachers.net](http://reikihealersandteachers.net).

### Dawn Mellowship

*Dawn is a fully qualified reiki practitioner and teacher to all levels. For details call 0208 367 9158*

## Star Treatment

Next time you go for a massage you could find yourself in the hands of a bona fide Hollywood star. Actress Liv Tyler recently claimed she wants to turn her back on her A-list lifestyle to open her own spa with her rock star husband Royston Langdon because she adores 'giving people facials and massages'.

## 3 therapies to increase your summer stamina

Embrace the holiday high with these energy boosting therapies

### 1 Moga

A mix of martial arts and yoga (moga, geddit?), it combines the discipline of Chinese techniques such as kung fu with the centring benefits of yoga. Costs from £35 per month. For details call 020 7681 0114 or visit [kbfitness.co.uk](http://kbfitness.co.uk)

### 2 T'ai Chi

This ancient art emphasises the connection between mind and body and develops your ability to centre yourself. For details call 0141 810 3482 or visit [taichiunion.com](http://taichiunion.com)

### 3 The Grinberg Method

This uses foot analysis to find energy blockages then teaches you how to banish them with touch, breathing and movement techniques. For details call 0207 483 3344 or visit [triyoga.co.uk](http://triyoga.co.uk)

