

The Root and Branch

Wholesome living in the northeast of Scotland

GOALS

Are they more effective than resolutions?

BEE WELL

Wondrous soothing balms from local bees

FLOWER POWER

Tinctures that nurture wellbeing

30 pages of articles and services

Jan/Feb



WHOLESOME AND LOCAL

Cosmetics that are kind to the world, and you

BIRDS IN ART

They inspire us, so let's nurture them

NUTRITION

Getting our bodies tuned through food

Welcome to

The Root and Branch

Wholesome living in the northeast of Scotland



Managing Editor:
Anita Bell



Content Editor:
Rachel Beckett



Social Media:
Jan Leatham

A Happy New Year to you, and welcome to the third issue of *The Root and Branch* magazine.

Here at *The Root and Branch* we are filled with hope that this year is going to be a much better one than our last, and, although it has not exactly started off on a positive note, we want to help encourage you to keep looking after your health and wellbeing. It has never been so Important.

As we leave behind 2020 we reflect on some of the challenges that many of us faced during the past difficult year. Let us encourage and support you with uplifting and inspiring articles, along with our holistic health and wellbeing services too.

If you are not already a subscriber, you can become one for free at www.rootandbranchmagazine.co.uk.

Stay healthy and happy.

Love,
Anita, Rachel and Jan



@therootandbranchmagazine



@rootandbranchmag



@TheRootandBran1

Follow us

Don't forget to join the conversation on social media. We love hearing from you.

Disclaimer: Most of our articles are written by our advertisers, each an expert in their own wellbeing field. While we edit and assess the content and may ask questions, authors are responsible for the veracity of their statements, and for clearing permission for their images. We do not accept liability for any misadventure arising from advice given. If you have questions or doubts about any content, or need to know more, please contact the practitioners, whose details are given, requesting references for their assertions or sources of more information. Please also let us know if there is anything you have concerns about so that we can make the next issue even better than this one.



In this issue

A better year 4

Our reflections and hopes.

Good as goals 6

Goals are more effective than resolutions.

Alpha wave music 8

A unique type of music with benefits for brain function and wellbeing.

The colours of your soul 10

An artist explains how she can intuitively paint a personality.

A student in quarantine 12

How the pandemic affected one student's studies.

Thinking positive in 2021 14

Losing your job to Covid, there can still be silver linings.

Oracle and tarot 15

The intuitive insights of tarot can help make sense of life's complexities.

The power of flowers 18

The benefits of Bach flower remedies.

Seasonal Affective Disorder (SAD) 18

Understanding low spirits in winter time.

Getting a good night's sleep 20

Sleeping well lasts all day and is good for your health.

Boosting confidence in boys 21

What helps teenage boys to relax and express themselves?

Birds in art 22

The moral imperatives of being inspired by nature.

Boyndie Beehive 24

We talk to a beekeeper who is also a cosmetics producer – using beeswax.

Reflexology for wholeness 26

The holistic benefits of reflexology for those living stressful lives.

A healthy 2021 27

Five tips to care for your health better this new year.

Nutritional body tuning 28

How nutritional therapy gets our bodies in tune.

2021: a year for change 30

What makes an effective set of new year's resolutions?

Published in Aberdeenshire

You know when you've bought the wrong thing? You take it back to the shop, anxiously hoping they will exchange it for something more to your liking...

Well that's how I feel about 2020! It was unsuitable. Could we return it, please, and have a different one?

So, here we are: 2021. Even though this new year may not be perfect, dare we indulge the cautious hope that it will be better than its forerunner? Aside from all the frustration, heartache, and losses of various kinds over the year just gone, we can at least find some positives to bring from those experiences into 2021.

The most striking one for me is 'common humanity'. Everyone around the world has encountered similar hardships. As we walk down the street we know that every single person we meet has had worries and frustrations akin to our own. For the first time in ages – perhaps ever – what unites us seems more potent than what divides us.

For example, finally leaving the EU economic system has quietly occurred, and (whatever side of the argument we were on) it hardly seems a big deal, compared with the recent onslaught on our lives, livelihoods and mental health.

Photo: Rachel Beckett



A better year

Rachel Beckett reflects on what we can learn from last year and sets out fresh hopes for 2021.

For me, another learning point is that we do not have to keep 'doing stuff' to be happy. When we couldn't mollify ourselves with going places and having new experiences, many of us rediscovered – within the four walls of our home – simple enjoyments such as reading a book, tidying a cupboard, finishing a project, or giving more attention to our families.

We have learnt to live a more pared-down life. Some basic needs have continued to be met, such as food, heating and shelter – though for people losing their jobs, even these have been challenging. Beyond these, there is a basic need to be physically and emotionally close to those we most care about. We have become keenly aware of who are the key people in our lives – especially if we could not hug or touch them.

My hope for 2021 is that politicians will finally learn the important lesson that some things matter to us even more than material possessions: our relationships, our cultural lives and our mental wellbeing. Until we have these things back, normality will not be resumed.

Let's make a pledge that in this better year of 2021 we shall strive to regain all those things that we hold most dear.

Shiatsu with Gaëlle

of GaWell Holistic Therapies



GaWell holistic therapies

If 2020 has taught us anything, it is that touch is crucial for our mental and overall wellbeing. Humans thrive on touch. We are wired for it. Touch is the language your Shiatsu practitioner speaks. Get in touch. *Gaëlle*



Gaëlle Conjaud
MrSS

+44 7780 591617
gawellshiatsu@hotmail.com
www.gawellholistic.com

You can also find me on
Facebook: @gawellholistic
www.facebook.com/gawellholistic
Instagram: gawellholistic
www.instagram.com/gawellholistic

PREGNANT?

LOOKING FOR A POSITIVE BIRTH & POSTNATAL PERIOD?

THE MUMMY NANNY

SUPPORTING:

-  EXPECTANT MUMS AND BIRTH PARTNERS
-  NEW MUMS AND THEIR FAMILY

THE MUMMY NANNY



FOR BUMP, BIRTH & BEYOND

POSTNATAL PREPARATION
CLASSES
FOR EXPECTANT MUMS
36-40 WEEKS GESTATION

HYPNOBIRTHING
CLASSES
FOR YOU & BIRTH PARTNER
20-35 WEEKS GESTATION

POSTNATAL DOULA
SERVICES
EMOTIONAL, PRACTICAL
& INFORMATIVE
SUPPORT

WWW.THEMUMMYNANNY.COM

facebook/instagram: @THEMUMMYNANNY

Good as goals

Goals are so much more purposeful than resolutions. **Debbie Bolton** inspires us to make something of 2021 – let's all get going for goals!



Photo: Johannes Rappich / Pexels

New Year's resolutions are so 2020. **Goals** are where it's at in 2021.

Would you like to achieve everything that you want in life? A goal is detailed and thought out, whilst resolutions are like an outline with a hope towards achieving it.

So, how do you create your first steps towards a goal?

Firstly, set a goal (it can be aimed at any area of life). Consider what you want to accomplish and

why it is important to you to achieve it. Is it health related or just something you have always wanted to do? Decide whether you need to involve others to achieve it. Is there a specific location where it will happen, such as a city where you will run a marathon? Write down the goal and all your thoughts.

Next, think about how you will know when you have accomplished your goal. Is it a target weight? Is it that you complete a 5-kilometre

run? Write down your thoughts.

Now ponder on how you can attain your goal. Is it realistic, based on other constraints – financial or physical? (For example: Can you realistically climb Mount Everest in six months' time without any training?) Gather your thoughts; write it all down.

Reflect on whether the goal is worthwhile, or whether it is the right time to complete it. Do you want to trek the Amazon six months after an operation? Write it all down.

One last plan before you get started: think about a time line. Can you complete this goal in six months' time? Six weeks' time? What can you do today? Write it down.

Keep everything positive. Be precise. Set priorities. Keep your action goals small. Set performance goals and not outcome goals – and set realistic goals.

Instead of a New Year's Resolution for 2021, why not try writing a goal.



The benefits of hiring a professional organiser



professional organising services

We provide a friendly, professional decluttering and organising service which is designed to make your life more manageable and give you a calmer, less stressed lifestyle.

Individual, simple organising techniques and storage ideas will help to create a peaceful home environment that makes the best use of your space and time. We all lead busy lives, juggling work, families and daily jobs which leaves little time for organisation. Once your possessions have been organised they become much more manageable, enabling you to keep on top of things. All you need is someone to help you to start the process. That's what we are here for!

Website: www.cleanslateuk.co.uk Email: info@cleanslateuk.co.uk

Facebook: [@Cleanslate](https://www.facebook.com/Cleanslate) Instagram: [@cleanslateuk](https://www.instagram.com/cleanslateuk)

Develop suppleness and strength in your body and mind with Ashtanga Yoga

2021 yoga retreat in Aberdeenshire

This year has been challenging for many, but I've managed to remain grounded through my yoga and meditation practice. I've done yoga for ten years and follow the Ashtanga yoga method. I'm planning on organising a three night yoga retreat in Aberdeenshire in the autumn. If you'd like to find out more, please get in touch or try some of the online classes with me first so we can get to know each other. Look forward to meeting you!



Weekly online yoga classes

One to one sessions

Join me on Facebook and Instagram

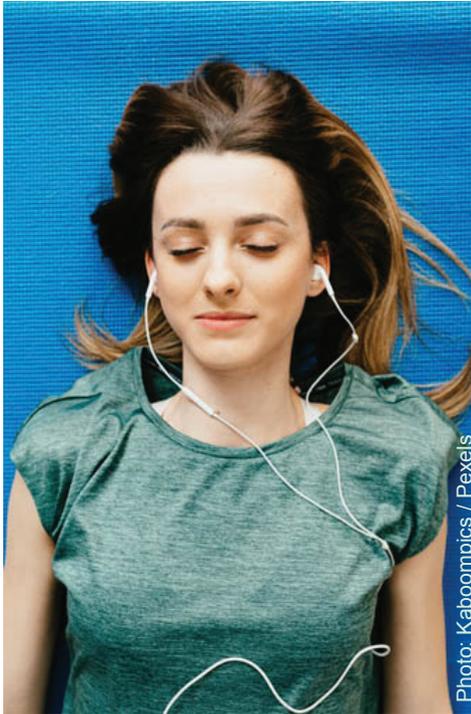
realsoulyoga.com

ivana@realsoulyoga.com



Alpha wave music

We explore a type of music with unique benefits for brain functioning and wellbeing.



The subject of using music as a tool to aid concentration is a tricky one. I remember protesting ‘But I concentrate better with music!’ while studying as a teenager, when actually all I was doing was sitting holding a pen and enjoying the top 40.

However, studies have shown that music, when appropriately pitched, *can* have a positive effect on children’s concentration – especially children with attention problems, such as ADHD.

One type of music with particular benefits is ‘alpha wave’ music – so named

because it aims to induce alpha brain waves. These have a slower frequency (8–12 Hz) than the beta waves normally produced. We produce rapid beta or gamma waves when we are highly focused, but alpha waves, being slower and longer, are considered to invoke the most receptive learning state. When the mind is in an alpha state, body functions such as concentration, digestion, the immune system, and emotional wellbeing are enhanced.

Certain sounds trigger the brain to produce

alpha waves, which are responsible for the feelings of deep relaxation during a massage, or in meditation, and for the smooth passage into unconsciousness as we fall asleep. It is also known that alpha waves occur less frequently in highly anxious people, and are weaker when they do.

Alpha wave music captured my interest not just because of its popularity and proven results, but also because, having sat and listened to it while working, I have come to very much enjoy and feel its benefits. This surprised me, as I am very easily distracted by sound and normally cannot concentrate unless I am in a very quiet environment.

If you think you or your child could benefit from trying out some alpha wave music, check out **music4meditation.com** and **brainwavemusic.com**. As well as the music being soothing and pleasant to listen to, you should find that it includes just the right level of background noise to really make you feel attuned to what you’re doing, while being in a complete state of calm but productive serenity. Give it a go, for yourself or your child – your mind might just thank you for it.

The
and Root
Branch

At **Number One** in Banchory we believe everyone in the community matters. We raise funds through a twice weekly greengrocer's stall and tasty frozen meals made by our talented volunteers from supermarket surplus and donations. Alongside grants and generous donations from local businesses and residents, we are able to provide a Pantry for those experiencing food insecurity, offering basic shopping including household products and fresh fruit and veg.

number
ONE

community
MATTERS

If you'd like to volunteer or make a donation, please email numberonebanchory@gmail.com or message us on Facebook.

SENSITIVE SOUL FINE ARTS

Energy Portraits by Cassandra

An Energy Portrait is a painting that encapsulates your **emotions**, **experiences**, and **energy** through an **intuitive connection**.

As you sit and relax or meditate, I channel your energy and paint the beautiful imagery that's revealed to me.

Together we explore and discuss the **meaning** behind the symbols and colors in your Energy Portrait.



**Long Distance Available
Over Zoom**



WWW.SENSITIVESOULFINEARTS.COM
CASSANDRA@SENSITIVESOULFINEARTS.COM

The colours of your soul



Artist **Cassandra Babtkis** of Sensitive Soul Fine Arts paints pictures that capture your energy – facilitating insights into your life.

painting. Every Energy Portrait I paint is unique to each individual, and different benefits arise from each one.

Some benefits include releasing emotional weight, gaining deeper insight into your life, and exploring intuitive messages in a safe space. Each session

provides an opportunity to reflect on current and past experiences and discover what your energy looks like through art.

this and channelled her energy, my intuition clarified that my client was about to embark on a new career opportunity. Later in the session, she told me she had just started a new job in a different field. I responded that I felt good energy and the opportunity was one to embrace. This was one of many symbols that came through for her.

Energy Portraits are more than just a painting; they are an experience as well. If you are looking for guidance through an energetic and spiritual connection, I would love to paint an Energy Portrait for you.

If you have an open mind and want deeper insight about your life, an Energy Portrait might be just what you need. I'm Cassandra and I paint Energy Portraits to fulfill my purpose of helping others. An Energy Portrait is a painting that encapsulates your emotions, experiences, and energy through an intuitive connection. How does that work, you might ask?

To create an Energy Portrait, I begin by guiding you through a relaxing meditation. I then use my fingers to paint the energy I feel from you. Intuitive messages come through during this process that I incorporate into the



After I finish painting your Energy Portrait, we discuss the meaning behind the symbols and colours that come through. For one of my past clients, I saw a butterfly steady on the ground looking like it was about to fly. As I painted

www.sensitivesoulfinearts.com
FB, IG: @SensitiveSoulFineArts





We are modern tea artisans encouraging your wellness with our all natural tasty teas. We have handpicked, curated and designed blends to uplift your tea drinking experience.

www.o-m-tea.co.uk



USE CODE ROOT10 FOR 10% OFF YOUR FIRST ORDER



www.bananafrogs.com

The one stop shop for connecting tutors and students

Banana Frogs is a brand-new online directory website that connects students with trainers, tutors, coaches, instructors, and all you amazing educators!

Unique to the marketplace we feature trainers from every industry and every profession.

TUTORS JOIN BANANA FROGS NOW AND LET US HELP YOU GROW YOUR BUSINESS.

How can Banana Frogs can help you?



If you are a parent and are looking for a tutor for your child as they return to school

If you have a company or business and are looking for staff

If you have a teen looking at going to University or College

If you have a school leaver who is unsure what to do next

If you want to take up a new hobby



Visit us at www.bananafrogs.com or contact us for more information info@bananafrogs.com

NEW YEAR OFFER !!!! TRAINERS REGISTER NOW FOR FREE UNTIL 28th FEBRUARY 2021!

A student in quarantine

Being a student in general is draining and hard work, but what is it like to be a student in a pandemic? **Abigail Doran** shares her experiences.

My name is Abigail and I am a media student. I love learning all about advertising and technology, and letting my mind run wild with creative ideas. I took Media in academy; then a Digital and Creative Media foundation apprenticeship in college for two years and also an HNC in Media Analysis and Production. After completing these courses I decided to go to Robert Gordon's University. This was to study year



two of Media with the aim of achieving a BA (hons) Bachelors Degree.

Before I started the course at university, I found out that many of my college classmates would also be in my university class, which furthered my excitement. I was not nervous to start this journey at all; in fact, I couldn't wait to meet new classmates and get the whole university experience.

Covid-19 has affected me greatly, and many other students no doubt. I missed out on freshers' week, which should have been a chance to meet my new

classmates and explore the whole university experience in general. To top it off, my course is very practical, and this includes needing to borrow equipment and being shown how to use in properly. This is potentially extremely challenging to learn via a class video call, as I am a kinaesthetic learner.

As I was 17 when I started the university course I was one of the youngest ones there. Given the situation, I decided to take one year out and return in 2021. This way I could focus on getting some money from a little job and on helping my mom and her business, Banana Frogs.

Banana Frogs is a website for tutors and teachers to register and find people of all ages to learn something new. This could be to help you gain a qualification or for fun. It is open to everyone!



If you are a parent or business looking to arrange educational support for a young person, or have relevant services to offer, check out **Banana Frogs**, a directory website that connects students with tutors, coaches and other educators.

www.bananafrogs.com



info@bananafrogs.com

First Aid @Work Aberdeen & Aberdeenshire



FIRST AID 
Aberdeen & Aberdeenshire - First Aid Saves Lives

Multi Award Winning Training Provider

-  First Aid at Work
 -  First Aid at Work ReQual
 -  Emergency First Aid at Work
 -  First Aid for Sport
 -  First Aid for Schools
 -  First Aid Annual Refresher
 -  AED & Auto Injector Training
 -  Paediatric First Aid
 -  Emergency Paediatric
 -  Paediatric for Outdoor FSA
 -  Adventure First Aid
 -  First Aid EY - Kids - Teens
 -  Baby & Child First Aid
 -  Baby Proofing
- ✓ All Courses can be blended ✓ Flexible days & times



Sarah Phillips Owner/Trainer
First Aid @Work Aberdeen & Aberdeenshire
in partnership with Mini First Aid Aberdeen

www.firstaidatworkaberdeen.co.uk
sarahphillips@firstaidatworkaberdeen.co.uk
07908 400345

Making Training Fun, Engaging, and Memorable



Graphic Designer
Website Designer
Blogger

JOIN THE FAMILY:

 info@thedadofdesign.com

 www.thedadofdesign.com

 twitter.com/thedadofdesign

Thinking positive in 2021



Nick Leighton, the Dad of Design, talks about making 2021 a better year than the last one.

Let's make 2021 better. I want to make 2021 a positive year. For me, as for many other people, 2020 was horrendous. I lost loved ones, wasn't able to attend funerals, had to keep a distance from family members, was made redundant from my job and experienced other personal struggles. If last year has taught me anything though, it's that time spent with our family is extremely valuable.

I have tried to see losing my job, for example, as an exciting opportunity to start up on my own.

In my previous full-time position I never had the courage to push away from the 9 to 5; it was always too much of a risk. Having a family to support and ensuring a consistent income is, and always will

be, my priority. However, being made redundant had suddenly dropped me into a completely different situation. I was out of my full-time job through no fault of my own and had no consistent income. This was when I decided to go for it.

Working from home has allowed me to spend more time with family and help out more around the house; and so far, I have managed to secure enough money to support my family each month. Sometimes, positives are spawned from negatives.

Although the year 2020 is over, I'm sure that we are not completely out of the woods yet. We have to ensure that we look after ourselves and our loved ones. Be sure to check up on the ones you love, even

if all you can do is a phone call or Zoom chat. There is no doubt that everybody's mental health has been tested recently, and you never know how much somebody is struggling.

If you are the one struggling, things will get better. Time's a great healer. Just be sure to reach out and talk to somebody. This time next year, your worries now will all be in the past.

www.thedadofdesign.com

Twitter: [@thedadofdesign](https://twitter.com/thedadofdesign).



Oracle and tarot

Oracle and tarot cards have been around for generations. In recent decades they have grown in popularity as people seek to make sense of life's complexities, as **Lisa Sugden** explains.

Oracle and tarot cards are a wonderful divination tool. These beautifully illustrated cards, usually 44 in a deck, with many different variants available, prompt the user to develop insight into a person, feeling or situation.

I have used oracle and tarot cards for many years, whether it be for a general uplifting message at the start of a day or, using multiple cards in a larger spread, to seek greater clarity and more in-depth guidance about a particular situation.

Oracle cards can be much easier to learn and read compared with tarot and often have a small explanation on them to give you a little insight into their meaning; however, I always incorporate my own intuition when reading them.

All decks come with a booklet explaining the meanings of the individual cards, but I prefer to connect with and study the cards' artwork for myself and build on what I see and feel, to share with the person. Quite often you can



build up a story with the spread of cards pulled, to reflect the client's situation or query.

Divination cards should be used to provide positive feedback to the client. The reader's explanation should not influence the individual's free will or decisions. The intention is not to predict the future but to provide guidance and support.

How I read a card is my own perception and perspective. Others will read a card in a completely different way. Nevertheless, it always amazes me how accurate the cards can be, specific to the client's personal situation at the point of receiving a reading. It is a medium I love to work with.



E: lisa.holisticzen@aol.com
W: <https://holisticzen.co.uk>





Holistic Zen provides natural healing therapies to nourish your wellbeing for mind, body, spirit and soul wellness.

Lisa Sugden is a Reiki Master / Teacher and offers Reiki healing in person as well as distantly. Reiki training is also available for those looking to learn the degrees of the Usui Reiki system to begin their own healing journey. Reiki healing is a natural,

non-invasive alternative therapy that has the ability to bring your chi energy back into balance, leaving you feeling empowered, back in tune with yourself and others, re-energised, and yet completely relaxed.

Holistic therapies are a great way to support your wellbeing – physically, mentally and emotionally. Lisa prides herself on providing a high standard of service and is passionate about supporting people to feel good in themselves.

Hopi Ear Candle treatments and oracle/tarot card readings are also available at Holistic Zen.

E: lisa.holisticzen@aol.com
W: <https://holisticzen.co.uk>



Holding Space with Bach Flower Remedies

Are you feeling anxious, stressed or overwhelmed?

Using the Bach Flower Remedy System, a personalised remedy mix can be created for you from the 38 individual remedies, based on the emotions you are experiencing. They are gentle, natural and an alternative to (or can be used alongside) conventional medication. The system is used to treat anything from sleep issues to allergies, to anxiety and fears. Kim Woolner is the only listed Bach Foundation Registered Practitioner (BFRP) in Aberdeen city and shire and is registered with the General Regulatory Council for Complementary Therapy.



Kim Woolner
Wellness Practitioner

www.holdingyourspace.co.uk
FB, IG: @holdingyourspace
Phone: 07725825969



The power of flowers

Wellness practitioner **Kim Woolner** introduces the benefits of Bach Flower Remedies.



We can be quick to put a sticking plaster on a cut or take antibiotics when unwell. However, looking after your emotional and mental health should be just as important as looking after your physical health.

Emotional wellness is at the heart of our lives. Whether we are happy, sad, excited or angry, our emotions influence the way we go about our daily activities. So having good emotional health is essential to living a more balanced life.

The Bach Flower Remedies were developed in the 1930s by Dr Edward Bach, a physician and homeopath who believed that the key to overall health was to care for the mind as well as the body. He identified 38 remedies, each one derived from a different wild flower, plant or tree and each corresponding to a different emotional state.

They are a natural alternative to stress relief medication, working in harmony with your body to restore emotional balance and inner calm. They can treat everyday fears, anxiety, self-esteem issues, worries, sadness and struggles with self-acceptance, and many other issues that can affect our sleep or mental and physical wellbeing. There is also a ready-mixed remedy that you may have heard of – Rescue Remedy – which supports your feelings when you face a worrying situation like a driving test or wedding day nerves.

With so much going on, it's easy to feel overwhelmed, but the system is designed to help you understand your emotions. Being emotionally healthy doesn't mean that everything will always be great. Notice your triggers.

It's ok to have ups and downs; in fact it's perfectly normal, so don't be so hard on yourself.

With over 293,000,000 possible combinations of the tinctures, the best way to start is by consulting a Bach Foundation Remedies Practitioner (like me!), to learn how to use them effectively as you and your family journey through life's challenges.

www.holdingyourspace.co.uk
FB, IG: @holdingyourspace
07725825969



SAD (seasonal affective disorder) is a mental health condition characterised by low mood, suffered by many people during winter when light levels are reduced. Gillian Watt explains.



Twenty-six years ago I read an article about SAD. At the time I was a young mum of four children aged between two and seven, working part-time. A close family member had taken their own life. We had a new business. It seemed reasonable that I would be finding life more challenging than usual, but reading the article was like finding the last piece of a large, complicated jigsaw.

The exact causes of SAD are not known, but some of the factors are given below.

Likely causes of SAD

Changes in the body's internal clock due to seasonal changes
Vitamin D insufficiency (linked to less sunlight with lower UVB levels)
Reduced levels of the hormone serotonin
Fluctuations in hormone melatonin that influences sleep and mood patterns

Coincidentally, the local medical practice was about to receive their first delivery of SAD light boxes – they simulate summer sunlight, which helps to improve the patient's mood. I was

offered one, for a three-month trial. In under five days I felt like a completely new person! I had so much more energy and was back to being the positive, optimistic young woman I knew I really was.

I have used a SAD light,

along with a pro-active selfcare routine, ever since. I do get hijacked every so often, but I dig deep, get back to my support plan and remind myself that the dark days will pass, and daylight will return.

I start my SAD selfcare routine around the end of September; see box below.

SAD symptoms

Feeling depressed most days
Feelings of worthlessness or hopelessness
Sadness
Reduced energy
Loss of concentration and interest in activities
Trouble sleeping/oversleeping
Nausea, loss of appetite/craving for fatty or carbohydrate-rich foods
Weight loss/weight gain
Suicidal thoughts

SAD remedies

SAD lamp
Keep the house well lit
Take a walk/exercise outside each day
Eat a well-balanced diet
Stick to the support plan
Practise relaxation techniques

If you recognise yourself in this article, please know that life can get better.

To learn more about activities to improve mental health, contact Gillian using the details below.

www.andbreathe123.com
andbreathe123@gmail.com
Phone: **07394 290630**
FB, IG, LI, TW:
@andbreathe123

ANDBREATHE...



ANDBREATHE...



Health is a state of mind. Wellness is a state of being.

It's time to re-charge our batteries and prepare for 2021! Gillian shares tools to alleviate stress, anxiety, grief and tension, leaving us resilient and better equipped to meet the challenges of life. Her tools include Mindfulness, emotional freedom technique (EFT), Reiki, Building Inner Strength with 16 Guidelines, using the outdoors whenever possible.

www.andbreathe123.com

andbreathe123@gmail.com

Phone: 07394 290630

FB, IG, LI, TW: [@andbreathe123](https://www.instagram.com/andbreathe123)



Gillian works face-to-face, online or outdoors, with individuals, families, schools, businesses and other organisations. She works from her home studio, near Insch, as well as facilitating outdoor sessions for teenagers and adults.

Feel free to get in touch for a chat first, to find out more before making your first booking.

HealthyVness[®]
for natural solutions

*Helping you to feel your best
and live life as it should be*

info@healthy-ness.co.uk

www.healthy-ness.co.uk



Getting a good night's sleep

Helen Campbell,
nutrition and
lifestyle coach
and author,
explores how
getting a good
night's sleep
starts in the
morning and lasts
until bedtime.



A good night's sleep starts in the morning and lasts until bedtime

After dragging myself through years with just four to five hours of sleep a night, I now realise the importance of getting the recommended seven to nine hours of good quality sleep **every night**. Doing this has significantly improved my health and wellness. I now have much more energy and motivation, and I feel so much more capable of achieving my dreams and goals.



if you want to thrive when you're alive

SLEEP WELL

Getting a good night's sleep every night is our superpower. It starts when we get up in the morning and lasts until we go to bed. It may not feel like it for many of us, but we do have a lot of control over our quality of sleep, and it can be very much impacted by our lifestyle choices:

- nutrition – what and when we eat and drink
- exercise
- stress and anxiety levels
- relationships/emotions
- our environment
- our sleep hygiene
- other lifestyle habits.

These areas are strongly interlinked. If one is out of balance, it can impact our sleep and ultimately our quality of health, decision making and abilities.

Improving our sleep using more natural remedies will

require forming new habits and behaviours. These may take a little time to adopt, but when they become second nature they will go on to last a lifetime, giving us every opportunity to improve our sleep, reach our wellness potential and live life as it should be.

Continued sleep deprivation is stressful and it impacts our health. If you would like support to improve your quality of sleep and ultimately how well you feel, please do connect with me for a free discovery call.

helen@healthy-ness.co.uk
www.healthy-ness.co.uk
Helping you to feel your best and live life as it should be.

Healthy ness[®]
for natural solutions

Boosting confidence in boys

Boys may find it hard to express their feelings and develop self-confidence in their teen years. Here we look at how suitable activities and support can help boys open up and develop greater happiness and self-assurance.

Young people develop at different rates, and boys generally tend to be later developers. They often prefer a less intense style of conversation than girls, and studies have shown that they can actually find the higher-pitched female voice hard to focus on and respond to! With fewer men entering the teaching profession, some boys lack supportive male role models.

There also remains a stereotype that boys should not give way to emotion, so it can be hard for adolescent boys to feel safe to come out of their shell. They need a 'safe' time and place to relax and express their deeper feelings.

Like all of us, boys benefit from getting some 'down' time. Time out, or outdoors, with Dad or other trusted male role models can be especially valuable, though it is also beneficial to spend companionable time with siblings, friends or other family members. Simple outdoor activities like going fishing, collecting firewood, flying a kite, playing football or even

washing the car, allow for fresh air and exercise but also give space for informal, intermittent conversation. There's no pressure or need to speak, but the situation offers the opportunity to air feelings in a low-key way with someone trusted and close, if desired.

Northeast Scotland offers many opportunities for 'male bonding' days, from forestry techniques and falconry, to high-wire activities,

climbing, skiing at Aviemore or sailing at Stonehaven. (Owing to the pandemic, there may be restrictions, so always check websites to avoid disappointment.) Or you could opt for something simple – mend the fence or prune shrubs. By learning new skills and being treated seriously as an adult, your teenager will feel a gentle boost to his confidence and self assurance.

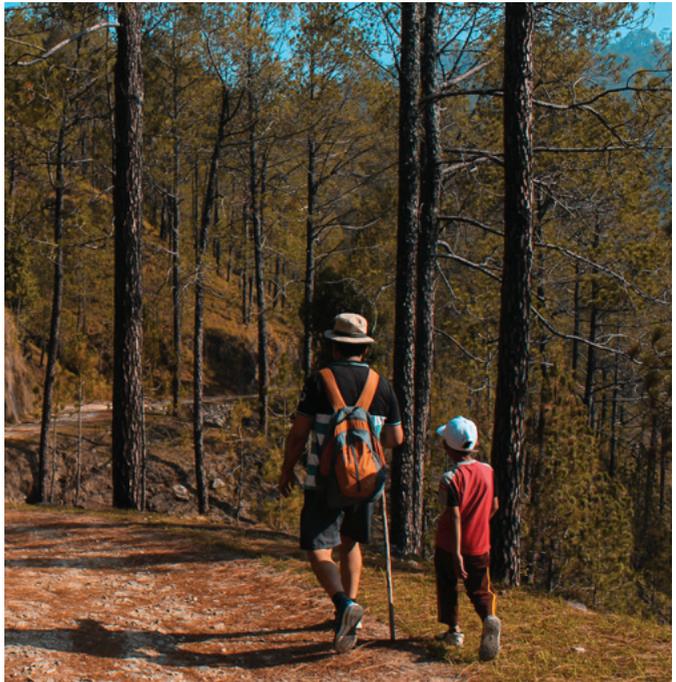


Photo: Yogendra Singh / Pexels

Birds in art

Our designer **Rachel Beckett** talks about finding inspiration in birds, and the moral imperatives that come with it.



Birds are the most fascinating creatures, aren't they? They have been evolving since the time of the dinosaurs and have perfected a way of life from which we can learn much. Through their flight and their virtuosic song, they focus on the moment and infuse sheer joy into it. The poet Shelley was so right to call the skylark a 'blithe spirit'.

Can there be another class of creatures (Class: Aves) that displays such wonderful colours, such iridescent textures? This is of course why the tribes of Papua New Guinea hunted the birds of paradise almost to extinction.

We have an odd relationship with nature, don't we? Birds inspire our artistic endeavours, yet we are quick to prey upon them

too. Hence the domestic fowl or chicken is the most abundant bird on the planet.

A few years ago, there was a fashion for gorgeous textile patterns featuring songbirds. They were achingly lovely, but somehow I did not want to buy these clothes. Behind the prettiness, I suspected, were industrial processes that did some birds and their habitats grave harm. Surely, if you are going to feature birds in commercial products, there is a moral imperative to protect them; otherwise it's hypocrisy.

Yet I am an artist. I am inspired by birds and want to depict them. When I recently started my greetings card business I named it Magpie and Jay. These birds appear in some of my first designs. But I

also promised myself that this inspiration would be partnered with a commitment to sustainable production and providing education about the need to cherish and protect wild birds. So on the back of each card, I have added a paragraph about the birds depicted, with

information about charities that aim to protect them.

Meanwhile, selling my cards through a local online shop, I found there was also a demand for bird seed. So I began to sell that too. Now I even offer a gift hamper for bird lovers, including treats for both the person and the birds! If our love for birds is serious, then we need to show it with our actions.

To read more about Rachel's work and see cards for sale, visit www.magpieandjay.co.uk FB, IG, TW: @magpieandjay



Cards that care, by post

Avoiding shops? Keeping in touch still matters! Order our 'arts and crafts' style cards by post.

Limited editions, printed in the UK on sustainable card, packed in biodegradable film. Notes on the back about the birds, supporting wildlife and for re-use of cards. 148 mm square with envelopes.

Set A £9; Set B £10.80, with **FREE P&P**.

contact@magpieandjay.co.uk



Or text/call Rachel
on **07979 543222**.

FB, IG, TW:
@magpieandjay

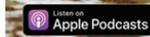


CREATE THE LIFE YOU
LOVE AND HAVE THE
COURAGE TO LIVE IT.

JOHN IRVING



LAURA
LOVES
YOGA



Email: lauralovesyoga@hotmail.com

Facebook: [@LauraLovesYoga](https://www.facebook.com/LauraLovesYoga)

Instagram: [@Laura.Loves.Yoga](https://www.instagram.com/Laura.Loves.Yoga)

Podcast also available on Google and Spotify

If you have a passion for healthy living and a holistic approach to wellness, tune in to the Laura Loves Yoga podcast. This is made locally by yoga teacher and soul coach, Laura Horsburgh. Expect a mix of conversation, interviews and some lessons from yoga that can be applied to everyday life. Topics range from whole-food, plant-based eating to the importance of self-care, and from mindset coaching to the benefits of laughter and decluttering your home. Guests on the podcast have been local to Aberdeen and Shire and from as far afield as Brisbane, Australia and Los Angeles, California! Laura welcomes the opportunity to chat to like-minded souls and to shine a light on small businesses doing their bit to make the world a better place. Here's how you can get in touch with Laura and find her podcast:

<https://anchor.fm/lauralovesyoga>

<https://podcasts.apple.com/gb/podcast/the-laura-loves-yoga-podcast/id1511024742>

Boyndie Beehive

We meet **Jo Gregory**, a beekeeper based in beautiful Banffshire in northeast Scotland. Jo tells us all about her beekeeping business and the unique products produced with the help of her clever bees.



Great to meet you, Jo. So why 'Boyndie' Beehive? Where exactly are you based?

Jo: We are next to a wee area called Boyndie, where my bees will no doubt travel to. It's a lovely landscape with wild plants and flowers – rich pickings in terms of nectar.

I think 'honey' when I think of bees. So what other products can be produced by them?

Jo: A key product is beeswax. I have spent the last few years developing a range of beeswax body balms, massage waxes and other skincare products.



They look lovely. Do they all do the same thing, or do they have different functions?

Jo: As a therapist always searching for the 'perfect' medium to work with, I have created a complete range of massage waxes that are versatile and can be used in many different bodywork disciplines and therapies.

There's a massage wax for every reason and season and our 'Simply Bee' formula is the perfect base to add essential oils of your own choosing and preference.

Tell us more about the skincare products!

Jo: We believe we have a complete top-to-toe skincare range. We have an extensive range of body balms, lip balms, our unique 'Buzz Balms', and massage waxes. We are always creating. We have a

new range of facial products coming soon, with plans for solid cologne for men and women and products for our four-legged friends too.

And you make all the products yourselves?

Jo: Yes, we create all our products by hand and use only the finest ingredients that nature has to offer. I believe in keeping things simple. My mission is to keep the ingredients list for each product to a minimum, with most having only seven ingredients in them including essential oils.



www.boyndiebeehive.co.uk
boyndiebeehive@gmail.com
FB, IG: **Boyndie Beehive**



Based in beautiful
Banffshire
in northeast
Scotland, we
produce a
complete top-
to-toe range of
beeswax-based
skincare products.

We have an extensive range of body balms, lip balms, our exclusive Buzz Balms, and massage waxes.

Our range of versatile massage waxes can be used in many different bodywork disciplines and therapies. Our 'Simply Bee' formula is the perfect base to add essential oils of your own choosing and preference.

All of our beeswax based products are lovingly created by hand using only the finest ingredients that nature has to offer.



www.boyndiebeehive.co.uk
boyndiebeehive@gmail.com
FB, IG: **Boyndie Beehive**

abwr

Wellness & Reflexology

Clinical Reflexology within Aberdeen and Aberdeenshire.

INDIVIDUAL // CORPORATE // EVENTS

Please get in touch to book a session.
Your wellness needs are in great hands.

T: 07976 535 521 | E: shona@abwr.co.uk



www.abwr.co.uk

Reflexology for wholeness

Clinical reflexologist **Shona Tough** MAR explains the holistic benefits of reflexology, especially for women with modern stressful lives.



Photo: Rachel Claire / Pexels

Reflexology is a safe, non-invasive complementary therapy that can be used on its own, alongside conventional medicine or with other alternative therapies to promote health and vitality in the body as a whole. It has developed from the ancient belief that there are reflex points on the feet, hands and face that correspond to every part of the body. When pressure is applied to these areas it stimulates the movement of energy along the nerve channels and activates the body's own healing process.

It is a deeply calming and powerful therapy that can quickly relax and rebalance the whole body.

My passion as a reflexologist is women's wellness. Women are now busier than they have ever been, and may have little time for themselves leaving them not just physically exhausted but also stressed and mentally overwhelmed.

As a wife and mother myself, I am very aware of the daily struggles many women are dealing with.

Stress is a major cause of many illnesses. My aim is to help busy women find calm by restoring their bodies' balance naturally.

Unlike some other therapies, reflexology works with you as a whole person, rather than just with your symptoms. This means that the benefits are holistic and can address areas that regular massage and other treatments can't. Even if you are generally healthy, you can still draw great benefit from reflexology as it addresses any imbalances, no matter how small, within the body.

My reflexology sessions at AB Wellness & Reflexology are created to your unique requirements, helping you to relax and feel good; while improving your overall health and wellbeing. Each treatment includes a free consultation,

assessment and treatment plan prior to the sessions themselves, as well as aftercare advice after every session. Other services that I offer include corporate and event reflexology packages that can be custom-made to suit a company's health and wellness needs.

If you would like to know more about reflexology and how my service can help you please visit my newly launched website or contact me directly. Full details below and in my advertisement.

www.abwr.co.uk
shona@abwr.co.uk
10% off first treatment for subscribers to *The Root and Branch* magazine

FB, IG:

@abwellnessandreflexology
LI: ShonaToughABWR



A healthy 2021

SLEEP

- 22% of the population have difficulty falling asleep every night.
- You have 50% chance of picking up a cold virus on 5 hours sleep but only 18% chance on 7 hours.

FIBRE

- On average an adult in the UK is eating 18g a day – we need 30g.
- Getting enough fibre can lower the risk of heart disease, stroke, type 2 diabetes and bowel cancer.

GET ACTIVE

- 'If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat'.
- A ten minute brisk walk every day reduces your risk of premature death by 15%.

STRESS

- The health epidemic of the 21st century, 80% of GP consultations relate to stress.
- Over exposure to stress hormones impacts pretty much every area of our bodies.

BE HAPPY

- Those who are happier tend to be healthier.

Key points for 2021



Aberdeen Health and Wellbeing Festival share their top tips

SLEEP

This is the most basic pillar for health but the often most neglected.

- Have a regular routine
- Cut out blue light (screens) in the hour before bed – they stop the release of melatonin which aids the onset of sleep; studies have shown that screen use reduces melatonin by up to 50%.
- Avoid caffeine in the afternoon; it has a quarter life of 12 hours, so a quarter of the caffeine from that coffee at noon is still in your system at midnight!
- If you exercise in the evening, have a hot bath afterwards to encourage vasodilation and lower your core temperature.

FIBRE

- Eat the whole fruit or vegetable (if you make them into smoothies the fibre can get lost).
- Try to eat 30 different plant varieties per week.
- Swap to wholegrain versions of foods.
- Add a can of beans or pulses to your stew.

STRESS

- Listen to your body: it can be everyday micro-stresses that build on top of each other that cause symptoms.
- Relaxation is important, as is time for yourself: consider meditation, a long walk, listening to music or creative work like art.
- Find time for you, and don't feel guilty about it.

EXERCISE

- Reduce sitting time: set an alarm every hour to get up and walk around.
- Each week, aim for 150 minutes of moderate activity (you can talk but not sing) or 75 minutes' vigorous activity (you can't talk) – equivalent to 21 minutes or 11 minutes per day. Do strength work at least twice a week.

HAPPINESS

- Express and practise gratitude
- Spend time with people who make you happy
- Be kind to yourself and others
- Eat together at the table most days of the week
- Accept those things that you can't change.

Nutritional body tuning

Registered nutritional therapist and naturopath **Laura Leslie** explains how we can tune into our body with the help of nutritional therapy.

We live in a world beset by external noise and pressure. How often do we sit and listen to our own voice, or to what our body is telling us?

We are individuals of various ages, all with different digestive systems, occupations and lifestyles. Recognition of this is fundamental to my work as a registered nutritional therapist, working with clients in Aberdeen and online.

The **functional medicine** approach to health looks at triggers and drivers of health conditions. As nutritional therapists we work together with our clients to explore what these could be for them, taking time to join the dots and investigate the root causes of their health conditions. Listening to our bodies is a skill, and one that comes with practice and patience.

In 2010, living in Australia, I was employed in a fast-paced, stressful industry. I was working hard, playing hard and exercising hard. This was starting to take its toll on my body. It was only when I contacted a naturopath to seek help

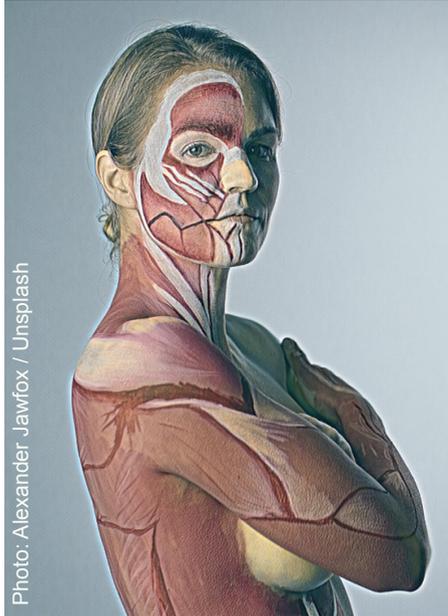


Photo: Alexander Jawfox / Unsplash

with the bad hormonal acne and digestive problems I was suffering that I started to see the links between how I was driving my body and my health conditions. I had been pushing myself so hard that I had not been taking time to listen to my body or realise the impact that stress was having on me. This realisation was my driver to enrol in a three-year Nutritional Therapy and Naturopathy course in London.

Having now been working with clients for over five years, this is a common

story I hear. Once we do stop and listen, we can work together to get to the root cause of health conditions and meet health goals together.

A practical tip that my clients find useful is to keep a journal. This can help them start to become aware of health signs, symptoms and feelings. Why not try it?

To learn more about how nutritional therapy can support your health goals, visit Laura's website: www.laura-leslie.com or email lauralesliehealth@gmail.com.



Thistle & Clay

Vegan Shampoo Bars

Goodbye plastic, hello zero waste, zero compromise Vegan Shampoo Bars with organic Cocoa and Shea Butter, Plant Keratin, Panthenol and organic essential oils. Guilt-free clean, soft, touchable hair.

No Palm Oil. No Plastic. No Nasties. Made in Scotland.



VEGAN



PARABEN FREE



PHOSPHATE FREE



PALM OIL FREE



SULFATE FREE



SLS/SLES FREE



SILICONE FREE



ORGANIC INGREDIENTS



SENSITIVE SKIN



COMPOSTABLE PACKAGING

Shop now!

www.thistleandclay.co.uk

2021: A year for change



Rachael Hunter examines what makes an effective set of New Year's Resolutions.

The new year is finally here and after the past year we've had, now is the perfect time to make some positive changes in our lives.

New Year's Resolutions have been around for centuries. Whilst only a small percentage of them make it through the year, they are a great time to wipe the slate clean and set out a plan for a happier and healthier new you.

As an avid maker of New Year's Resolutions, I like to take a quiet moment for

myself and note down what was good about the past year and what I found to be trying. I use this list to hone in on the things I really need to change in my life, the things I want more of and what I want to see less of.

The best way to stick to my goals is to create

simple and achievable ones. There is nothing worse than setting yourself up for failure with a huge unachievable promise to keep for twelve months. I find these types of resolutions to be unrealistic, and they rarely ever last.

Instead, I opt for the little milestones and monthly or bi-monthly "mini-resolutions". These baby steps are a great way to ease yourself towards the bigger goals. They can easily be amended if you have a bit of an 'off' month!

It is also important to remember that these intentions are set to help you grow and to nourish what is important to you. Keep in mind that you created them for a reason and you should honour your higher self by sticking to them as much as possible throughout the year.

So, when you next have a quiet moment to yourself, grab a cup of tea and notebook and get your 'new year, new you' plan in action!



The Root and Branch

Wholesome living in the northeast of Scotland

Do something great this year: Join our team



Photo: Belle Co / Pexels

If you are looking for a new project, have an interest in healthy living and want to support local wholesome living businesses, you could be the person to help us expand our mission to new areas of Scotland and the UK.

Skills required: you will need to be a good networker and team member with a genuine interest in health and wellbeing, excellent communication and computer skills, proficiency in Adobe Creative Suite (5), a knowledge of social media and a passion to make our magazine successful in your area.



For details email: anita@rootandbranchmagazine.co.uk

Facebook page: [@TheRootandBranchMagazine](https://www.facebook.com/TheRootandBranchMagazine)

Follow us on Instagram: [@rootandbranchmag](https://www.instagram.com/rootandbranchmag)

Follow us on Twitter: [@TheRootandBranch](https://twitter.com/TheRootandBranch)

Get creative, be mindful

with Dots & Blocks

Have you tried to meditate but struggled to turn off your inner voice? I have been there... the sad thing is that when we are truly broken it is incredibly hard to access the mental health benefits of meditation. But there is another way.

Focusing your mind on a deeply absorbing creative hobby has been shown to help with some of the more common mental health conditions such as anxiety, stress and depression.

Here at Dots & Blocks we specialise in sharing the use of Dot Mandalas and Block Printing to help you attain inner peace.

Our Dot Mandala kits are focused on mindfulness and explore several ideas to help your mental health. You will learn how to create beautiful Dot Mandalas, and fully immerse yourself in the present moment. Their circular shape and symmetry is very pleasing to the eye, and you attain a calm meditative state without actually trying.

Our Block Printing Kits contain hand-carved wooden printing blocks from India, where they have been used for printing fabrics for centuries. Hand printing is a slow and methodical process that is deeply absorbing and quiets the mind. All our blocks are ethically sourced, fair trade and sustainable.

All our kits are suitable for absolute beginners. They have written instructions and video tutorials, allowing you to access the mental health benefits of taking up a creative hobby, in the comfort and safety of your own home. They're perfect as a gift to yourself or a loved one - which new hobby will you choose?

www.dotsandblocks.co.uk
hello@dotsandblocks.co.uk
Facebook: [@Dots.Blocks](https://www.facebook.com/Dots.Blocks)
Instagram: [@dots_and_blocks](https://www.instagram.com/dots_and_blocks)

Exclusive reader discount:
10% off your order with code ROOT10
Valid until 28th February 2021.

