

The Root and Branch

Wholesome living services

May/June 2021

CHAKRA HEALING

Ignite your inner creativity

ARTISAN TEAS

Natural herbal infusions

EMOTIONAL FREEDOM TECHNIQUE

with AndBreathe123

The Root and Branch

Wholesome living services

Living well in your community



Anita Bell
Managing Editor

Welcome to our 5th issue of the Root and Branch Magazine.

As you will see we have a fresh new look that we hope you will enjoy. We bring a less busy publication allowing room for a more tranquil experience.

As we ease our way out of lockdown we welcome back all of our local and further afield wholesome living businesses. It brings us much joy to share a lovely selection of services that are now available to book and of course purchase from too

Wishing you a healthy and happy May/June.

Stay safe.

With love
Anita x

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Balancing the Sacral Chakra

The word Chakra originates from Sanskrit and translates to mean “wheel” which is how these energy centres appear, as vortexes of energy that interact with one another and the various systems within our bodies. The practice of balancing these chakras has been reported to bring about an increase in energy, vitality and overall sense of wellbeing and encourages the free flow of energy (ch'i) throughout our bodies. There are seven chakras located from the base of the spine (Root Chakra) to the crown of the head (Crown Chakra) which each have their own specific role in our physical and emotional wellbeing. The second in my series of articles focuses on the Sacral Chakra, associated with creativity, sexual energy and our life's passions.

The Sacral chakra is located on the spine around the area of our lower stomach. The associated colour is orange. The Sacral Chakra can become imbalanced in times we may feel stifled in our work or unable to express ourselves creatively. Closing our eyes and meditating on this area filling with bright orange light whilst repeating the mantra “I am able to connect to the joy and passions in my life” is one way in which we can restore balance. Exploring a creative outlet like painting, singing, dancing or any form of self-expression we enjoy encourages us to connect to our inner creativity and passions also helps to balance this chakra. Wearing orange clothes/accessories and eating vibrant orange foods such as carrots, apricots, oranges and sweet potatoes, carrying carnelian crystal and using mellow and sensual Sandalwood essential oil in a burner or a bath are all wonderful additional ways to give our Sacral chakra a boost. Whichever you choose, ensuring that it is a beautiful act of loving self-care is most important.

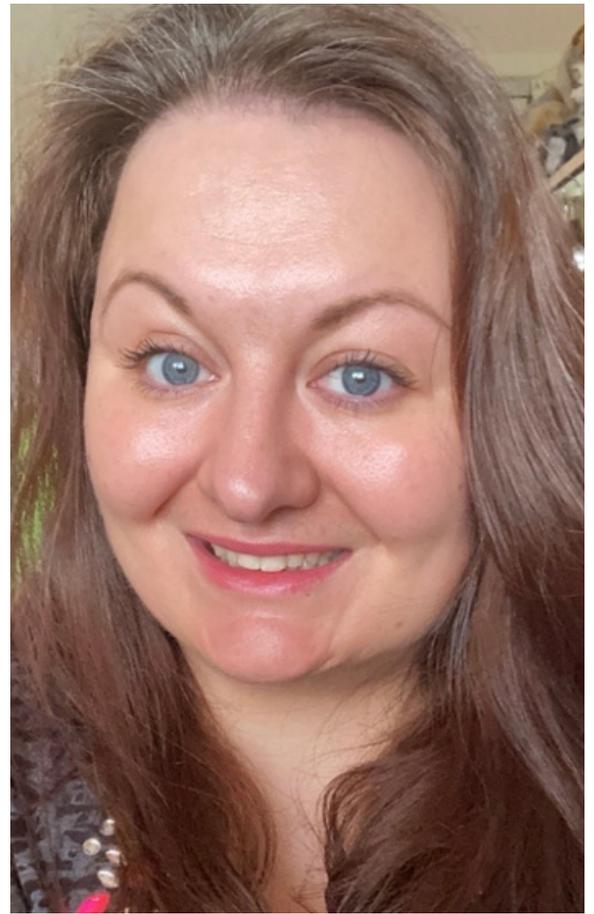
With much love and light, Chantal

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The Little Room of Calm

www.thelittleroomofcalm.co.uk



How becoming an Avon Rep helped boost my confidence and practice self care

My Name is Amanda Ashton-Booth, I am your friendly, bubbly Avon Rep. I'm 36 years old and was diagnosed with Autism a couple of years ago. I also have Fibromyalgia a chronic pain condition.

I became an Avon Rep in January 2021 to help boost my confidence and practice self care. During my time as a Rep I have successfully helped others to manage their health and wellbeing through the use of our products too.

Living with Fibromyalgia can be very challenging at times . You are often in pain on a daily basis, however, Avon products are wonderful in helping manage many conditions. My quality of sleep is particularly difficult but the use of Avon French Lavender and Chamomile Pillow Mist helps me to get a good nights sleep which reduces my pain and allows me to function better throughout the day. The healing properties of Lavender and Chamomile are also natural ways to enhance your sleep and reduce your stress levels too.

The biggest lesson I have learned is to maintain a healthy life balance, practicing daily self care and listening to my body.

Please get in touch if you would like to know more about our range of products. [Shop direct @ www.shopwithmyrep.co.uk/avon/HouseOfAmz](http://www.shopwithmyrep.co.uk/avon/HouseOfAmz) **FREE SHIPPING** with orders over £20 leave your email and enter our monthly customer prize giveaway.



Become a successful Avon rep @ <https://arp.avon.com/prp/UK/en/HouseOfAmz>

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Frances Scott Holistic Therapies

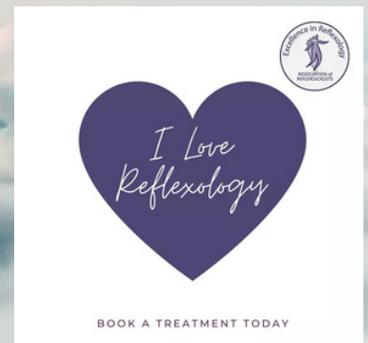
I offer a range of balancing, nurturing and healing therapies to support you with mental, physical and spiritual well-being.

- Reflexology – including maternity and lymphatic drainage
- Aromatherapy
- Angel Guidance Therapy
- Reiki
- Emotional Freedom Technique
- Australian Bush Flower Remedies

Please do contact me if you would like to know more or book an appointment.

Mobile: 07430 124668

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Before and After of Aloe Propolis Cream

The healing properties of Aloe Vera

Aloe Propolis Crème cleared the nasty dry patch on this wee man in a few days!

As a family with eczema and dry skin, we find Aloe Propolis Crème and Aloe Moisturizing Lotion to be very successful at maintaining healthy looking skin.

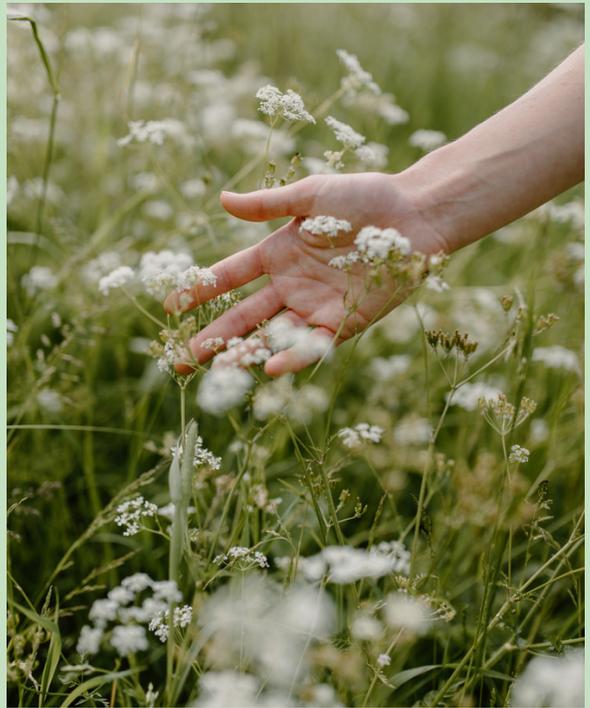
Aloe Gel has also been very much part of our journey, as it heals from the inside out, which is what so many of us would like to do.

Please get in touch to learn more about Forever Living products.



Email: andbreathe123@gmail.com

FB, IG: @ForeverwithAndBreathe123



Asking Soul Questions

When we feel out of alignment with ourselves or the world at large, we often go in search of answers – answers to questions like, ‘How do I fix this?’ While the urge to fix our challenges is natural and understandable, it can be beneficial to pause, to turn around, and to take a closer look at the questions we are asking.

Deep, impactful answers that have the power to enhance our sense of alignment begin with questions of the same energy. To uncover our deepest truths, we want to ask what might be called ‘soul questions’ – questions that invite us to probe beneath the surface, digging into our unique spiritual core, place, and purpose.

To begin this deeper form of inquiry, you might consider the following five soul questions. These questions can be considered during quiet contemplation or explored through journaling. If you choose to dive into these questions, ensure that you are practicing openness, curiosity, and compassion towards whatever arises.

- When do I feel most alive?
- Where does true happiness come from?
- Who am I at my core, beneath all labels?
- What sides of myself have I been denying?
- What is my unique place in this Earth community?

These questions do not always lead to greater alignment or clarity right away. In fact, they can often cause an initial and uncomfortable shake-up of who we think we are and what we think we need. However, a deeply embodied sense of alignment requires that we are able to ask these questions – and, that we are willing to (eventually) embrace the answers that rise up from the depths of our soul. In time, soul becomes our solace.



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GILLIAN
FLORENCE

Accredited
Practitioner

EFT
International



The benefits of Emotional Freedom Techniques

Tap Away Your Worries!

It's been a tricky year for all of us, with many of us experiencing some level of stress or anxiety. Now's the time to look after our mental health and wellbeing. EFT (Emotional Freedom Techniques/aka Tapping) is a body/mind self-help method, which involves tapping with our fingertips on acupuncture points on the hands, face and body while focusing upon an issue we wish to resolve.

Gillian works face to face, online and in the outdoors. Please get in touch!



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Dot Mandalas have benefited me by totally absorbing me in the craft, allowing me to shut out all the things that are every day worries that can fill your headspace. I find it very relaxing to do & totally absorbing.



Mindfulness through creativity

Did you know that 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 heavily 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. Suitable for ages 10+

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 & methodical process that is deeply absorbing and quiets the mind. All our blocks are ethically sourced, fair trade and sustainable. Suitable for ages 5+

Our beginners kits are suitable for all abilities, they come with full instructions and unlimited access to 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. We also have a range of advanced techniques kits in the pipeline, so watch this space!

Find out more about what our creativity kits have to offer you, check out our reviews and sign up to our newsletter at this link https://linktr.ee/Dots_Blocks



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Instagram @dots_and_blocks

Discount code **BRANCH10** - get
10% off your first order site wide!



Leona Young specialising in confidence and mindset coaching

Hi, I'm Leona and I am a Transformational Life Coach, specialising in confidence and mindset coaching. I help people make positive changes to their lives by growing their self-awareness and self-belief, supporting them to do deep inner work on themselves in order to let go of any negative thought patterns and limiting beliefs that are holding them back in life. I work closely with people to identify what they need to live fulfilling and purposeful lives and become the best version of themselves.



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Facebook: www.facebook.com/leona.young.coaching
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Organic Cosy Cotton Clothing

Sustainable, ethical, vegan, non-toxic, super soft & cosy!

I founded CottonCrab Clothing last year with a commitment is to provide authentic, fair priced, long lasting clothing that people feel cosy, comfortable and good in and that do good too. Together as one big community understanding and respecting the journey the clothing and the people that make the clothes that we wear everyday have been on.

All my products use 100% Organic Indian Cotton. The products that have a small amount of Polyester (up to 15%) are made up of Recycled Polyester from used plastic bottles. My Spring designs have just been released and I am working on a collection that will further support our amazing garment workers.

Use code ROOT for 20% off!

Thank you!
Natalie & The CottonCrabs



www.cottoncrabclothing.co.uk

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IG:@cottoncrabclothing



The unspoken toll of being a strong man

In conversation with a hospital porter, I was shocked to learn of an influx of 40-something male patients suffering strokes. They all had the same story, starting their day as normal and next thing they knew, woke up in a hospital bed with no idea what had happened. The other factor they all had in common? Prior to their stroke, they were under immense stress but felt they couldn't tell anyone because they must always be strong for their loved ones.

Being a strong man has historically taken the form of a constant societal pressure to 'man up', keep going no matter what, not cry, squash feelings down, and never talk about difficult emotions. Even showing affection to family members can be challenging for many men. Our men have been conditioned to be strong, reliable protectors and providers but running alongside this narrative, society has, in recent years, also repeatedly looped the messaging that women can do it all and they don't actually need a man. This often leaves men trying to navigate an impossible terrain. It's therefore totally understandable to see why so many men don't speak up when they are going through emotional turmoil. The very serious and real consequences of this emotional suppression are strokes, heart attacks and suicides. Before it reaches this extreme, there's the daily impact where some men are grappling with feeling undermined, redundant and shoved out. When their kids leave home to go to uni, men hurt too but usually all focus goes on the empty nester pain for mothers.

There are countless other examples of the world of pain men are in right now, while still desperately trying to uphold their expected role as strong and powerful, in a society where they're repeatedly told they're not needed. We do need our men, more than ever before. We also need to redefine what being strong means and looks like, making it safe for men to healthily express their whole spectrum of emotions, including grief, anger, sadness, disappointment and frustration. In reading this, either as a woman or a man, I encourage you to check in with one man in your life today. Give them the opportunity to openly share what's going on for them right now, without judgement. See what unfolds. In doing so, you could save a life.

Amy Murray Empowerment Coach & Content Creator, Lady Laldy

Instagram, Twitter, Pinterest: @ladylaldy

New Instagram for men: @ocean_allegiance

Facebook: <https://www.facebook.com/ladylaldy>



Artisan Teas

We know life is too short for bad tea, but don't worry we are here to open your eyes to the realm of delicious natural teas.

Through Unravel Tea, we source and curate only the best teas, straight from the misty tea mountains to your cup.

Our herbal infusions bring all the taste, with no added nasties, and are hand made in Scotland.

Every tea is unique and special just like you. So relax and enjoy!

All of our teas are vegan friendly.

To discover our teas, and their heritage check us out at www.unraveltea.com



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FIND THE BEAUTY
IN EVERYTHING



Notice the now and reflect
on the possibilities that lie ahead

Bach



Coping with Post-Lockdown anxiety

As we ease out of lockdown, do you have FOGO?

Before the pandemic, there was a fear of not being part of something more exciting or interesting than what we were doing, the "Fear of Missing Out" (FOMO). Now FOGO is something that people are increasingly experiencing as a result of the pandemic, The Fear of Going Out.

Despite things starting to improve, a survey found that more than 60% of those interviewed were uncomfortable at the thought of returning to public places and over 30% would be worried about going to work or meeting friends. I would class myself as sociable however, being in the comfort and protection of my own home for so long, it will be a thought to get back into a routine and to reconnect properly with the outside world.

Having the freedom to do what we wanted seems like a lifetime ago, but we quickly learned to adjust. For some people, this might have resulted in a loss of confidence or an increase in feelings of worry, fear, stress or vulnerability especially at the thought of leaving the house again. So what can you do?

The Bach Flower Remedies are one way to naturally reduce stress and anxiety and there are a few remedies which might help: Red Chestnut supports fears that something bad is going to happen to someone close to you; Aspen aids feelings of anxiousness, uncertainty or fear of the unknown; Mimulus is taken when you are scared of something specific you can identify, such as open spaces, losing your job or catching the virus. Finally, White Chestnut is the remedy for overthinking, unwanted thoughts or worries. You can take these remedies on their own or in a personalised mix.

If you have feelings of fear or apprehension, focus on positive coping strategies such as exercise, meditation or walking for short periods outside, and limit your time on social media or listening to the news. Do something you love!

With over 900 million possible combinations, I can work with you to create your own personalised remedy mix, to help you cope with those everyday worries or fears. If you would like more information on the positive potential of this wonderful therapy, do get in touch



www.holdingyourspace.co.uk

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The healing benefits of Hopi Ear Candling

Hopi ear candling has been used for many years. Many native people have used ear candling since early times. It is the Hopi Indians of North Arizona from whom we borrow the name & the word Hopi means 'peaceful people'.

To many ancient participants of ear candling, a spiritual purifying benefit was the main reason to practise its use, however today, it is almost always the physical benefits that makes it popular.

The way in which Hopi ear candling works, is the 'chimney effect'. This is because when the ear candle is lit, it activates a suction effect, so when the ear candle is placed comfortably in the ear, it provides the ability to draw air up from inside the ear, and at the same time drawing with it impurities from within the ear. The rising air has the effect of giving the ear drum a gentle massage which in turn helps to regulate ear pressure.

A Hopi treatment is painless and relaxing. The person simply lies on their side and once the candle has been lit, is then placed gently into the opening of the ear where the candle is securely held by the therapist. Each ear takes approximately 20 - 25 minutes and benefits can be noticed / felt almost immediately after a treatment. Once both ears have been done, and the candles have been distinguished, the remainder of the candle can be opened to show the client what has been drawn out of their ears.

Hopi ear candling can help the following:

- Hay fever
- Colds
- Headaches / migraines
- Sinusitis
- Tinnitus
- Glue ear
- Rhinitis
- Dizziness
- Excessive ear wax
- Poor hearing
- Stress
- A feeling of blockage in the ears
- Travel / motion sickness

Hopi candling is safe for children as well as adults.



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www.instagram.com/_holisticzen_



Chloe Caustin shares her love of Wild Garlic

After a short break at the beginning of 2021 I re-found my love of foraging. For my first forage of the year I took to the swarms of wild garlic as a safe bet and grabbed myself a bunch of leaves. As it is still quite early in the season for wild garlic some may not yet have flowered but once they do you can also eat the flowers although the taste comes mostly from the leaves. Wild garlic has an alluring smell and is my absolute favourite plant to forage. The wild garlic season runs all through the months of spring and therefore now is the perfect time to harvest.

My first garlic creation was the classic pesto that tastes as delicious and fragrant as ever. This pesto recipe was ever so simple only requiring pine nuts, oil, parmesan and lemon juice as well as the obvious wild garlic leaves. There are so many recipes to try with wild garlic and like many foraging goodies it can be added to any dish to add that extra bit of flavour.

Spring is a great time to get outdoors and start searching for new ways to enhance your cooking and baking throughout the year. On my recent walks through meadow lands I have begun spotting sorrel sprouting. Sorrel is a perennial herb that is characterised by its arrow shaped leaf. I am looking forward to harvesting this tasty herb to add in dishes such as salads, soups and pies. Another late spring forage is the abundant chickweed. Although the name doesn't give this plant the most appealing sound, chickweed is subtly tasty, edible either raw or cooked and you can eat the leaves, stems, and flowers so there is no waste from this plant.



Restoring the balance in your life

Are you feeling frazzled after the challenges of the past year? Your individual needs are at the centre of my practice. Whether you are looking for support with an existing health condition, want to reduce your day-to-day stress levels or would just like a little “me” time, my aim is to help you feel more relaxed, less tense, and more energised with specially tailored reflexology treatments.

I'm a fully qualified member of the Association of Reflexologists, working from my tranquil treatment room in Meikle Wartle, Aberdeenshire, easily accessible from Inverurie, Rothienorman, Oldmeldrum, and the surrounding area.

You can find out more about my treatments at www.sharonthantonreflexology.co.uk



www.facebook.com/sharonthantonreflexology.co.uk
www.instagram.com/sharon_hanton_reflexology.co.uk

The Root and Branch

Wholesome living services

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Wholesome living in the northeast of Scotland



GOALS
Are they more effective than resolutions?

BEE WELL
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FLOWER POWER
Tinctures that nurture wellbeing

30 pages of articles and services

Jan/Feb

2021

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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

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Wholesome living in the northeast of Scotland



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Summer hoodies that don't cost the earth

HOLISTIC THERAPIES
Connecting the spiritual and the physical

ALOE VERA
Calming us from within

NATURAL MINDFULNESS
Get in phase with the moon and feel renewed

AROMATHERAPY
A professional talks about her work

SCOTTISH HERBS
Perfect for chutneys and relishes

30 pages of articles and services

Mar/Apr 2021

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Offering affordable advertising packages and a supportive service at all times

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