

# The Root and Branch

Wholesome living services

March/April 2023

## NATURAL ME

Exploring a deeper connection to  
the moon, planets and seasons

## CALMWAVES

Mindful meditation and relaxation  
evenings

## UDNY PUMPKINS

Easter fun for all the family

## LAURA SOULCOACH

Human Design readings



# Hello Spring!

Welcome to our March/April issue.

As we head into the beautiful months of Spring we often start to feel more uplifted and energised. For me, having bunches of daffodils popped around house brings an inner sense of happiness with the bright colours making me feel the sun is shining no matter what the weather is outside. So what puts a spring back in your step after the winter months?

In this issue Lisa, from Natural Me, shares her story about creating a safe space for anyone looking to connect on a deeper level to the moon, planets and seasons. If, on the other hand, you are struggling with your energy, LB Cranio Wellbeing may be able to help reduce stress and improve your energy levels, more on page 5. We're also delighted to have Susi from The Sanctuary join us, offering a beautiful space to hire for wellbeing and creative classes in Aberdeenshire.

As always we have a lovely selection of services that we hope you find helpful and uplifting too.

Wishing you a happy and healthy Spring.

See you again in May.

With love and gratitude,

Anita 



@rootandbranchmag



@therootandbranchmagazine

## EDITORIAL OFFICE

Millview, Fyvie, Aberdeenshire

Contact - [anita@rootandbranchmagazine.co.uk](mailto:anita@rootandbranchmagazine.co.uk)

[www.rootandbranchmagazine.co.uk](http://www.rootandbranchmagazine.co.uk)

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## Your Online Magical Community!

Welcome to Natural Me. If you are feeling called to create a deeper connection to the moon, planets and seasons this is the community for you!

My name is Lisa and I am the founder of the Natural Me Community and Sisterhood. I am a Clinical Aroma-Reflexologist, Astrologist and Best-Selling Author.

The inspiration to create this beautiful space came from my experience as a therapist supporting my clients with their wellbeing as well as from my own personal experiences that led me to building a more mindful life around Mother Nature and the Moon.

After leaving the military I felt so disconnected from myself and began to struggle with overwhelming anxiety. I began to connect my feeling of disconnection to my lack of connection to the natural world, realising that, in order for my body, mind and spirit to feel whole and well I needed to nurture my natural cycles and rhythms in a synchronistic way to the rhythms of nature and the cosmos from which we are all a part of.

I began to create little daily mindful rituals that connected with the current moon phase and season and discovered that my own nature was reflected within nature and its cycles.

Creating a life of cyclical living helped me to understand myself, find acceptance and a positive perspective on life's ups and downs which ultimately led to me discovering a deeper sense of inner harmony.

Whether you are new to this path of mindful living or whether you are looking for further support, gentle online courses or to be part of a community of like-minded goddesses, Natural Me has something magical for everyone and we would love to have you join us!

For more information on our magical offerings check out [www.lisamelbourne.com](http://www.lisamelbourne.com)

My book, Natural Magic for the Modern Goddess can be found everywhere online that books are sold!

Lisa Melbourne  
Therapist, Astrologer and Best-Selling Author



[lisa\\_natural\\_me](https://www.instagram.com/lisa_natural_me)



[LisaNaturalMe](https://www.facebook.com/LisaNaturalMe)



## Biodynamic Craniosacral Therapy & Well-being Service (Fife & Edinburgh)

Craniosacral Therapy is a gentle non-invasive but potent way of working with the body using light touch. It supports many conditions and the body's innate ability to heal itself. It can help reduce stress and build underlying energy. It can settle the central nervous system through homeostasis and assist in realigning the body.

Sessions are tailored to suit specific needs and are available for babies, mother/parent and babies, children and adults into elder years.

I also offer Reflexology, Acupressure for pain relief and 1:1 Child Breathwork/Mindfulness.

For further details please contact me at:  
[info@lbcranioandwellbeing.co.uk](mailto:info@lbcranioandwellbeing.co.uk)  
[www.lbcranioandwellbeing.co.uk](http://www.lbcranioandwellbeing.co.uk)



@biodynamic.craniosacral.therapy.lynn

## Past Life Astrology and Tarot Card Readings Spring Offer

Offering astrology readings by selecting 3 past lives from your birth chart and explaining what I see.

For past life tarot readings, I explain who you were, what you did in your past life and much more.

If you would like a reading or have any questions, please email me direct or visit my website.

Please quote RB01 for a £5 discount when booking your reading.

[www.pastlivesandplanets.com](http://www.pastlivesandplanets.com)

Email: [pastlivesandplanets@gmail.com](mailto:pastlivesandplanets@gmail.com)





Come relax & have fun with your little one



Are you a new parent, recently had a baby and looking for a supportive space for you both to meet other parents and babies then 'Come relax and have fun with your little one' on either of Laura Henderson's multi-award winning 'Bonding With Baby 6 week Parent Education Courses in INFANT MASSAGE or RHYTHM KIDS and learn skills that will last a lifetime.

Laura is an IAIM Certified Infant Massage Instructor and Rhythm Kids Teacher with over 15 years experience teaching these courses to over 3,000 local families. As an independent local business, Laura has gained the following local and national awards, as voted for by parents: **WINNER of 'BEST POST-NATAL ACTIVITY' (2015); BEST INDEPENDENT ACTIVITY FOR UNDER 5'S' (2017) & 'BEST BABY /TODDLER CLASSES' (2017)**

Courses until Summer 2023 will run in ABERDEEN CITY on MONDAYS at Loirston Annexe in COVE and WEDNESDAYS at VIP Space in ROSEMOUNT.

TUESDAYS courses are currently held at West Ternan Church in BANCHORY, ABERDEENSHIRE, however, more options for this locality will be available from Summer 2023.

**INFANT MASSAGE** (suitable for parents with a baby from birth to pre-crawling stage) - Spend quality time bonding with your baby whilst learning life-long skills to use at home to provide pain relief and aid colic, reflux, digestion issues, congestions, colds and teething.

**RHYTHM KIDS** (suitable from 3 months to pre-walking) - This baby Exercise and Rhyme course supports babies physical development, aiding skills to roll, crawl, sit and walk whilst developing language. Learn fun skills to use with your baby and gain play ideas to develop at home.

Weekly discussions enhance what is learnt in class and friendships made on the course often last much longer than either 6 week course so why don't you 'Come relax and have fun with your little one.'

More information can be found on: [www.bondingwithbabyaberdeen.com](http://www.bondingwithbabyaberdeen.com).

Book online directly through [www.bookwhen.com/bondingwithbaby](http://www.bookwhen.com/bondingwithbaby) or email Laura on [bondingwithbaby@yahoo.co.uk](mailto:bondingwithbaby@yahoo.co.uk) with any queries.



@bondingwithbaby



bondingwithbabyaberdeen





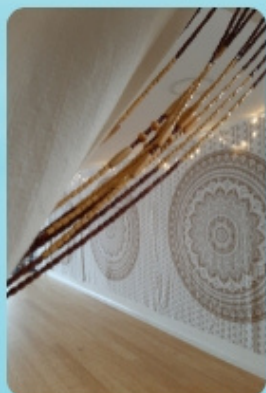


## Mindful Meditation & Relaxation evenings

Every Fortnight on Fridays, 7.30pm at The Amethyst Cave, New Milton.

☆ Also monthly Wednesday eve. zoom sessions, so you can join wherever you may be! ☆

Just text/call Lisa 07890735965 to join or for further details..



A BEAUTIFUL 45 MIN GUIDED DEEP RELAXATION, BENEFITTING MIND, BODY & SOUL.


HYGGE VIBES WITH FAIRY LIGHTS, CRYSTALS & CANDLE LIGHT.

HERBAL TEAS TO FINISH. = ALL WELCOME, A REALLY CHILLED WAY TO SPEND A FRIDAY EVE. COME WITH A FRIEND OR ON YOUR OWN.

ALLOWING SOME TIME TO UNWIND & JUST BE.

*Fully qualified & insured  
Mindfulness, Meditation & Well-being  
Instructor & Holistic Therapist*

 @calmwaveswellbeing

 @calmwaveswellbeing



## Yoga Inverurie & Online

### MONDAY

The Barn @ Barra Castle

10 am

Yoga

5 pm

Yoga & Youngsters 10+

6.30 pm

Yoga

### TUESDAY

Online with recording

7 am

Online Yoga

### WEDNESDAY

Inverurie & Daviot

10 am

Gentle Yoga

2 pm

Yoga

5.30 pm

Advanced Yoga

7 pm

Yoga



6 week courses with flexibility or drop-in classes

Booking at [ronayoga.co.uk](http://ronayoga.co.uk)



rona\_yoga



ronamainyoga



# Prenatal Yoga with Sun Moon Shala

Spring is on the way and we are feeling the transition of the seasons, we can really start to see what 2023 has in store for us. For me this means more birth work and more prenatal yoga. Our birthing experience stays with us for life, the effects radiate from us to our whole families. So I'm doing all I can to support the physiology of birth in my scope of practice as a yoga teacher and doula.

Yoga is magic, it really is, and it's supported me incredibly well on my transition to motherhood. What's more is that motherhood helped me find my particular focus and expression as a yoga teacher. My work is very much on the restorative and functional movement side. I center all my classes on breath retraining therapy and postural alignment, restoring you back to your true self, linking you firmly to your own deep intuition.

I also love supporting others in this transition to motherhood and beyond, so becoming a doula was pure joy. I believe in supporting the body's physiology and that the majority of women can birth safely and without interference. My prenatal classes are a fantastic way for me to prepare people for labor and birth and see them progress each week. I also enjoy tailoring one to one movement sessions for specific issues like breech, or unengaged babies at term. 2023 is shaping up to be very exciting not just for Sun Moon Shala but another new project with local doulas and birth activists - Aberdeen Birth Collective is launching next month. This CIC will provide free birth and postnatal doula care with access to prenatal yoga and hypnobirthing classes.

To book a free 1 hour doula chat, please go to my website Sun Moon Shala to find out more about how my services can support you and your family.

Check out all my offerings and book online ...

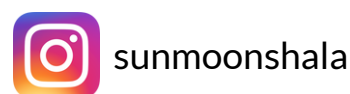
 [www.sunmoonshala.co.uk](http://www.sunmoonshala.co.uk)

 SunMoonShalaYoga

 sunmoonshala

 [sunmoonshala@gmail.com](mailto:sunmoonshala@gmail.com)

>> monthly full moon workshops >> 1:1 yoga session >> seasonal retreats >> online yoga >> recorded classes >> outdoor yoga sessions >> doula support >> postnatal visits >> crystal therapy >> biomechanics postural assessment >> breath retraining





LAURA  
SOUL  
COACH



## Have you heard of Human Design?

It's the revolutionary self-actualisation tool that is taking the coaching and self-development industry by storm.

It's a system that merges modern science with spirituality and offers a new perspective on health and healing, helping you navigate life with powerful knowledge that is unique to you.


Human Design is basically a very detailed blueprint of your unique energetic design. It explains your emotional, psychological and genetic makeup and its accuracy is astonishing. Your Human Design chart can help you build self-awareness, acting as a roadmap towards your highest potential in every area of your life. Discovering who you are through this tool brings incredible transformation. It's a scientifically proven modality that combines the ancient wisdom of astrology, the Hindu chakra system, the I-Ching and Tree of Life with quantum physics and genetics.


Your unique chart helps you understand how you operate and how best to make your life work for you.

I first discovered Human Design in early 2020 and it's been the greatest gift. I used to wonder why I would run into burn out so easily and why I could 'see' and 'feel' things others couldn't. My Human Design archetype is a Mental Projector – part of just 2% of the world's population. Projectors are recognised for our ability to see the big picture, our innate wisdom and ability to guide others upon an invitation to do so. It's important for me to connect with my body as a means to free myself from an overly active mind – it's no accident I became a yoga teacher!

I'm delighted to use Human Design in my soul coaching practice and invite you to learn more about this groundbreaking system by downloading my free e-guide on either of my social media pages.

Laura Horsburgh Yoga & Coaching

 [laura.soulcoach](https://www.instagram.com/laura.soulcoach)

 [soulcoach.laura](https://www.facebook.com/soulcoach.laura)

# Clean Spring

## Kitchen Blend



## Spring Clean the Clutter with Natural Remedies

When you think about decluttering, what 'springs' to mind? For many it will be Marie Kondo and her catchphrase, "Does this spark joy?"

Research shows that people who describe their homes as cluttered are more likely to be depressed, experience sleep problems, and have a harder time focusing.

So how do we clear the clutter and create joy with our thoughts? Happier people don't necessarily have more happy thoughts, they just have fewer negative ones. Our minds can become clogged in the rush of busyness with worry, sadness or loneliness which can make it difficult to access joy in front of us. Rushing around means that we engage our fight or flight response, as our primal instincts try to keep us safe.

Pure essential oils and the Bach flower remedies can help support your emotional and mental health and well-being. They can:

- Increase productivity and focus: Setting small, achievable goals can help decrease stress, anxiety and depression, and increase motivation. If an activity is overwhelming, break it down into smaller chunks.
- Be used in mindfulness: A well-known practice for reducing stress and anxiety. Focus your attention in the moment, noticing with your senses (sight, sound, smell and touch).
- Improve your happiness: Vigorous cleaning or activity can boost endorphins and provide a release for negative emotions.

No scientific knowledge is required when using natural remedies. Simply notice your behaviours and how you are feeling. Don't overthink it. A little knowledge, empathy and understanding is all you need, as our emotions are right there on the surface.

The remedies can support a wellness lifestyle because they can be customised to your own experiences and needs, rather than a generic solution. We are all different and one size does not fit all. So rather than building clutter, claim back your power and take some slow deep breaths with an essential oil or flower essence, I guarantee you will feel better.

If you're ready to learn more, get in touch for a complimentary conversation via my social media pages or at [www.holdingyourspace.co.uk](http://www.holdingyourspace.co.uk).



@holdingyourspace



holdingyourspace





## DRAGONFLY CRYSTAL THERAPIES

The Essence of the Dragonfly weekend, 5-7th May 2023 is a weekend held in one of our Yurts in the grounds of Dunfallandy House in Pitlochry. A weekend of incredible workshops combined to help you find your own essence and soak up the teachings from the most authentic teachers around.

The weekend begins on the Friday evening with local woodfired pizzas and a short Film Fest in the Yurt, short inspirational films to inspire.

There will be four workshops, Saturday and Sunday, including delicious home cooked lunches and snacks, plus a goody bag to take away. The aim of these weekends is to come together and let yourself open to the many possibilities and modalities. The feedback we always receive is said to be life changing with the mix of workshops making it special too.

The house and grounds are exclusively ours for the weekend. You can choose to stay in one of the eight rooms (some double and triple available) if you wish to fully embrace the weekend. I currently have four rooms left.

Day and weekend tickets are available but space is limited, we only have ten spaces remaining.

Yoga, Tarot/Angel Card mentoring, Japanese Ikiga (two workshops), Pilates, Breathwork, Creating your own Essence through Essential Oils, Sound Journey and Crystals plus Meditation.



Our weekends are created to bring the physical and non physical worlds together to help us awaken to the possibility we are so much more than our physical bodies, which also makes it accessible for anyone who is just venturing into this world too.

Everyone, no matter what age is welcome as we all have something unique to bring from our own awareness and perspective, and that is what makes each weekend so special and inspiring.

For more information on how to book our workshops please go to [www.dragonfly-crystals.co.uk](http://www.dragonfly-crystals.co.uk).

 [dragonflycrystaltherapies](https://www.facebook.com/dragonflycrystaltherapies)

 [dragonflycrystaltherapies](https://www.instagram.com/dragonflycrystaltherapies)

## Easter fun at Udney Pumpkins

Come along and plant a pumpkin and visit our friendly animals this Easter holiday! Our planting sessions are suitable for children up to the age of 10.

Visitors will also have the chance to hold a baby chick and visit our friendly sheep, turkeys and hens.

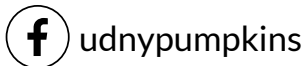
We also have planting kits on sale from our website to grow your own pumpkins at home in time for Halloween, all with top tips along the way from the pumpkin farmer.

Udney Pumpkins, the north east of Scotland's original pumpkin patch, is nine miles north of Aberdeen near Udney Green.

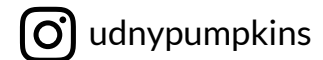
We can't wait to see you soon to make family memories to treasure!



udny pumpkins



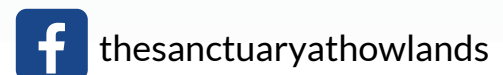
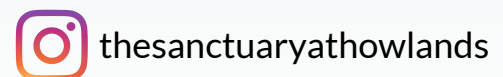
[www.udnypumpkins.co.uk](http://www.udnypumpkins.co.uk)



The Sanctuary, nestled in Aberdeenshire beside Balmedie. This beautiful space has been created for supporting well-being, health, healing and creativity. This peaceful event space is available for hire for both private and corporate events, classes or trainings.

Check out our current selection of classes, trainings, workshops, treatments and other soul inspired offerings.

Reach out for more info to join our community.



[www.thesanctuaryathowlands.com](http://www.thesanctuaryathowlands.com)





Tranquility Holistics offers a wide range of treatments from advanced massage and reflexology through to facials.

Located at 72 Great Western Road in Aberdeen with over 12 years experience, Catherine is passionate about her role in using her treatments to offer the optimum results. Following consultation each treatment is tailored to meet each clients specific requirements.

With advanced massage training Catherine is able to ease aches and pains in the most beneficial way to support her clients.

Having sought out specialist training all over the UK Catherine is well known for her work specialising in hormone balance from puberty, fertility, pregnancy and menopause using reflexology and principles of traditional Chinese medicine.

Most recently Catherine completed training with highly acclaimed Acuregen and now is the only person trained in Scotland in the amazing, celebrity favourite, cosmetic and auricular acupuncture. This treatment can include, tongue reading, medical microneedling, led light therapy combining the health benefits of ancient times with science backed beauty.

So, regardless of if you are looking for some relaxation, support with a health issue or want to try a clinical but natural approach to beauty at Tranquility Holistics we strive to get you the very best results.

To make a booking or to find out more about my treatments, please get in touch via my social media pages.



tranquility.aberdeen



tranquility.aberdeen





## Meditation Retreats on the Moray Coast

Life can be stressful and tiring. By taking time to rest, reflect and find balance through engaging in a meditation retreat, we can significantly improve our well-being and return to daily life with new inner strength and energy.

Buddhist nun and experienced retreat teacher, Gen Tubchen explains why the location on the Moray Coast offers the perfect retreat location. "The Sail Loft, Portsoy is an idyllic retreat venue in tranquil surroundings facing the ocean. It gives us the perfect opportunity to disengage ourselves from busyness and to deepen our contemplation and concentration."

Between sessions participants enjoy walking by the sea on the coastal path, sitting in the garden by the stream and watching the beautiful sun set over the 17th Century historic harbour. If you are lucky you will see dolphins!

Kadampa Meditation Centre Aberdeen runs weekend retreats in Portsoy throughout the year, open to everyone. Gen Tubchen describes how the participants who attend the retreats join as relative strangers and then develop a sense of community and camaraderie by the end of the retreat, "It's wonderful to see friendships being made and people leaving much happier and peaceful. We've had such good feedback regarding both the course and the facilities. That's why we keep coming back, time and time again."

One participant felt they had been "guided into an amazing stillness of mind," and we will leave you with the words of two other retreaters.

"A wonderful opportunity. The location is wonderful and Gen Tubchen's teachings were delivered with expertise & gentle grace. A warm & welcoming group and a safe space to practice. Thankyou."

"Beautiful setting. Deep and powerful teachings. A perfect balance of silence, community, learning and self-reflection time. Highly recommend."

If you are interested to join us for a weekend of peace and tranquility please visit us on [www.meditateinaberdeen.org](http://www.meditateinaberdeen.org) where you can read more testimonials, see more pictures and book your place on a retreat.



meditateinaberdeen



[www.meditateinaberdeen.org](http://www.meditateinaberdeen.org)



meditateinaberdeen



## IT'S A BIG WORLD !

Getting a puppy is an exciting time, especially if it's your first one. You have dreams, hopes and plans for the future. You want to give your pup the best start and be happy. To get to that point there's a lot to learn. Your pup is learning all the time, your pup isn't a blank slate, it's been scribbled on by their life experiences up to them coming home with you.

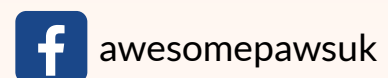
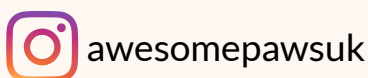
The best way to help your pup is to build a good relationship so they feel safe with you. You may have read that introducing your pup to as many people and dogs as you can will help them to socialise better, but that's not the way to go, if you do this you can end up with a dog that's over social which can bring it's own problems. So what's best? It is exposure in a positive way to different environments. Perhaps a visit to the vets, just popping in and giving some yummy treats, same with the groomer. Only let them meet other dogs and people when they are calm.

I would also suggest introducing your pup to one human at a time to calmly interact. I know people are attracted to puppies but it will be dealing with an older dog that sees humans as very exciting, and not everyone appreciates dogs jumping up on them.

Lastly, don't keep your pup in until they've had their second injection as they are in the critical period where they are more accepting of novelty, it goes at around 12 weeks. Simply take them out in your arms.

Seek out a force free trainer and book your pup in as soon as you can. Good trainers will fill up quickly.

For more information on our puppy training classes please go to [www.awesomepawsuk.co.uk](http://www.awesomepawsuk.co.uk).





## Principles of Pilates

Would you like to give Pilates a go, read on to find out more.

A famous Pilates quote from Joseph Pilates': "In 10 sessions you'll feel the difference, in 20 sessions you'll see the difference, and in 30 sessions you'll have a whole new body". Convinced to give Pilates a try yet?

The Pilates method of exercise can easily be adapted to support all ages, genders and abilities. Pilates benefits everyone at every stage of life. There are six key principles of the Pilates method. They are breathing, concentration, centering, control, precision and flow.

Breathing is the most important part of exercise and the art of deep breathing is a focus of the Pilates method. Focusing on our breath helps to concentrate on each exercise and increases the blood flow to the muscles.

During each Pilates movement the art of concentration encourages mindfulness and the ability to allow focus on yourself and your body. This improves our physical awareness and the connection between our mind and body.

Centering refers to the engagement of the core abdominal muscles which is the root of all Pilates movements. Focusing on the core, will calm the body and the spirit, as well as ensure the muscles are working efficiently. Bringing control and therefore a slower pace of movement during Pilates exercise allows focus on the correct form. Therefore ensuring safe movement and complete muscular control.

Performing an exercise with precision is important to bring together the five coinciding principles of Pilates. Precision can only be found when breathing, concentration, centering and control are all combined together.

Each movement in Pilates should be smooth and refined. To flow within Pilates is to use strength and stamina to create a continuous and smooth movement through each exercise.

If you feel inspired to give Pilates a try please contact me via my social media page to join one of my classes or for 1-1 sessions.



[aurorafitness.chloe](https://www.instagram.com/aurorafitness.chloe)



[aurorafitness.chloe](https://www.facebook.com/aurorafitness.chloe)





## Nourish your health affordably and safely

A glowing testimonial about our Vitamunda liposomal vitamin D3/K2/magnesium from the Nutritional Therapist Anita Andor:

**"I am a qualified and registered Nutritional Therapist working with Lemon Well Med. This is my all-time favourite product! Every single client I have used with reported back saying their overall wellness, energy and joint pain had improved drastically. I have tried a couple of vitamin D3 and magnesium products, this one is by far the best."**

At Lemon Well Med, we pride ourselves on the quality of our Vitamunda liposomal supplements. They have been developed using innovative technology that ensures **maximum absorption into the bloodstream** and **long-term benefits**. Their efficacy is supported by **scientific evidence** and by our **happy customers**! Our Vitamunda liposomal dry formulations are safe, **free from artificial ingredients and preservatives, vegetarian and vegan friendly**. They are **environmentally sustainable** and come in non-toxic brown glass jars.

Did you know that the liposomal supplements are more **cost-effective** than the traditional ones? You can reap their benefits by taking **lower doses**. This also minimizes the risk of side effects.

We have a wide range of liposomal supplements to suit **all ages and all needs**. We firmly believe that this is the best way forward for the consumption of supplements, because benefits are maximised, and doses reduced. These are natural formulations that **actually work**. However, we recommend that you eat a balanced diet, get enough exercise, and sleep adequately. Your health needs, and those of your family, are being met when using our liposomal supplements and adopting a **healthy lifestyle**.

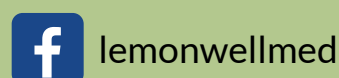
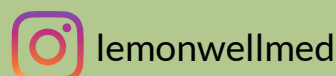
Browse our website to see our full range of Vitamunda liposomal supplements:

<https://lemonwellmed.co.uk/health-products/product-category/liposomal-supplements/>.

Use the discount coupon code **MAG10** if you want to try our Vitamunda liposomal supplements.

Do you need expert advice? Email us at [info@lemonwellmed.co.uk](mailto:info@lemonwellmed.co.uk).

We care about your health!



# Happy Easter!



**Subscribe for free to  
receive our magazine straight to your inbox  
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