

The Root and Branch

Wholesome living services

May/June 2022

ROSY ROSE HERBALIST

The healing benefits of
herbal medicine

FOLLOW YOUR JOY

Jacquelyn Armour talks
to us about travel and
following our joy

SILVERSTORY

Gorgeous, affordable
ethically sourced jewellery

KALI YOGA & WELLNESS

Wellbeing classes
workshops & events



Welcome to our May/June issue

As I write to you I am sitting at my kitchen table with a cosy fire on and a candle gently flickering away. Believe it or not we have snow, yes snow in April. The wonders of Scottish weather. Roll on summer.

In this issue we have an awesome selection of wholesome living services such as the healing benefits of Bach Flower remedies, and how EFT can help anxiety and overwhelm. You can also check out a beautiful selection of ethically sourced jewellery from around the world too. So, kick those shoes off, grab your favourite beverage, chill out and enjoy.

See you again in July.

With love & gratitude

Anita



@rootandbranchmag



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The Root and Branch

Wholesome living services

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Jacquelyn Armour published her first travel memoir, *Follow Your Joy*, in October 2021 after tiptoeing into her 90th country – San Marino – in the summer of 2020.

Follow Your Joy was created to share the world through the eyes of someone who has wandered the streets of 90 countries, learning about herself and life along the way. Read on to find out more.

Joy, in the simplest sense, is what lights you up. An activity, or experience, that takes you away from your mundane daily routine and provides an uplifting feeling. You are fully present in the moment, that is when we feel alive.

To find joy is to ignite the curiosity and playfulness within, a bit like finding your inner child. Children are true joy seekers, who see wonder in what us adults have now forgotten or 'outgrown'. I love exploring in nature – cloud gazing, running as the sun sets and cycling my bike.

As a lover of travelling, I am constantly inspired by other people's stories, history, and the possibility of what could be. It makes you stop and appreciate that we are here for such a short time, so why don't we experience more joy.

Sometimes we all need a gentle reminder that there is more to life than the daily grind. I want to inspire you to live life a little more joyfully, let's embrace it with open arms. Life is waiting for you to explore, to feel alive.

Travelling the world has taught me you don't need a passport to be an explorer – all you need is your curiosity and imagination. I encourage you to be curious in your own postcode, city, and country! Connect with the community you live in, switch off auto-pilot and say hello to what is right under your nose – the simple things in life. Allow yourself permission to feel the joy of a sunset or sunrise, sip of coffee in silence or just the sounds of nature.

Get curious and explore what joy means to you and once you discover it, tap into each day.

Follow Your Joy can be purchased from Amazon and is waiting to take you on an adventure.

Find more about Jacquelyn and her travel memoir below:

www.followyourjoy.uk
IG: @followyourjoy_ja

**90 countries
and a travel
memoir under
her belt.
Jacquelyn
Armour
encourages us
to follow our
joy**

www.followyourjoy.uk



SPRING CLEAN YOUR EMOTIONS WITH BACH FLOWER REMEDIES

Spring is here and Summer is fast approaching! I hope you are enjoying the longer days and the colourful surges of nature. Now that the weather is better, do you feel ready for Summer or does it bring feelings of overwhelm? The lighter nights might have made you want to declutter your home but what about when you want to declutter your mind?

The Bach Flowers work to gently help you cope with the emotional ups and downs of life. They are most effective when made up into personalised treatment bottles, choosing from the system of 38 individual remedies where a mix of up to seven remedies is created for you.

They are an alternative to (or can be used alongside) conventional medication and are safe for all the family and your pets, even plants too! The following remedies can help with some of the more common emotions we tend to feel at this time of year:

Crab Apple: helps when you have poor body-image, especially when we start to wear less clothing. It can also be used if you are obsessive about cleanliness.

Elm: is for feelings of overwhelm and supports you in handling those hectic days with more assurance.

Larch: brings self-confidence when you are faced with challenging situations.

Mimulus: is for when you have particular fears or are anxious about something.

Walnut: helps you adjust to any major changes in your life like a new job, divorce or moving house.

White Chestnut: is for the overthinkers, when you have worrying or repetitive thoughts going round in your head.

There is a remedy for every emotion, helping bring you into a better state of balance. Interested to know more? To chat about the positive potential of this therapy, get in touch.

Kim is a Bach Foundation Registered Practitioner (BFRP) based in Aberdeenshire, with a passion for supporting emotional well-being. She does this through use of the flower remedies and pure, organic essential oils.

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Rosy Rose Herbalist



HERBAL MEDICINE

Herbal medicine is the use of plants as medicine, and a herb is a plant with healing properties. Plant based diet is becoming increasingly popular, so why not try plant medicine too? It is one of the oldest forms of medicine in the world, and there is a wealth of information available about the traditional use of herbs.

Traditional Chinese Medicine and Ayurveda are still a large part of south and east Asian health care systems, whereas in Scotland Western herbal medicine and Scottish herbal medicine are used as more of a complementary approach to healthcare.

A herbalist has trained extensively in the studies of people and plants and knows how to match the two together effectively. Going to see a herbalist is a unique opportunity to explore your health situation in a holistic way by addressing mind, body and spirit, and the consultation is a valuable process for both the herbalist and client. Voicing yourself, your health situation, intentions, being heard and asking for help openly is a big catalyst for change. You will leave with individual diet and lifestyle recommendations and your own personalized herbal prescription.

Having regular follow up appointments to aim for to check in is also a good way to feel supported and show up for yourself along the way.

Rosy's herbal medicine clinic and dispensary is based at the Pillars of Hercules farmshop and cafe in Falkland, and she is currently in her fifth year of working here with clients to improve their health and well-being. Common health issues addressed include; anxiety, insomnia, menopause and menstrual issues, digestive health, skin health and low energy.

Rosy also runs regular workshops and herb walks on the Falkland estate. Get in touch with her to find a way to bring more herbs into your life.

Website: www.rosyherbalist.co.uk

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

Instagram: <https://www.instagram.com/rosyherbalist/>

Eventbrite: <https://www.eventbrite.co.uk/o/rosy-rose-herbalist-33874665337>



Rosy Rose Herbalist

www.rosyherbalist.co.uk

Connecting people with plants
Herbal medicine consultations available with qualified
herbalist Rosy by appointment at the Pillars
of Hercules in Falkland, Fife in person or via video call on
Tuesdays, Thursdays or Fridays.

Get in touch to find out more or schedule a free 10 minute
discovery call to find out how herbal
medicine could support your health and well-being.

**Rosy Rose
Herbalist**





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BRING HARMONY INTO YOUR LIFE

Harmony is the balance of separate but related parts that when nurtured create unity and synchronicity. As human beings we have many aspects to our lives, health, mental/emotional, love, family, friends, life experiences, finances, learning, our spirit, dreams and goals, when one or more of the parts are neglected, equilibrium is lost; it's very easy to lose focus on some areas and concentrate more on others. Home pressures, society, work, responsibilities, world issues, and today's busy lifestyles all add to the heavy load that we all carry and encourage disharmony in life. The impact on people can be disease, stress, anxiety, depression, erratic behaviour, dysregulated nervous systems, feelings of low worth, aches, pains and tension in the body and many other symptoms.

Don't fear, you can change this, a few simple steps can help you take control of your life. An effective way to start supporting yourself is by working on your mindset. For example, try to notice the good things in your life, use positive language, journal, goal setting, making mindful and healthy choices around food and by doing things that make you feel good. Helping other people also gives you a broader perspective on life and makes you feel good, can you do anything to support your local community, family or friends? In a world which can feel divided and disconnected, serving your local community could support your mental health and give you the feel-good factor. Honour all your thoughts and feelings but remember they will pass and change with the ebb and flow of life.

It can feel overwhelming to know where to start to gain control of your life. A good option is to find a lifestyle or holistic coach like myself, that you feel aligned with and that suits your budget.

Dream big and put the spring back in to your step!

Joanne Wilkinson – Happily, Healthily, Holistically!

Holistic Health Coach and Complementary Therapist

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Instagram – <https://www.instagram.com/happilyhealthilyholistically/>

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All of our products can be viewed and purchased on our website

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Email: craftedcomforts@hotmail.com



ANITA BELL MANAGING EDITOR OF THE ROOT & BRANCH MAGAZINE

Offering a friendly and supportive service for
small wholesome living businesses.

To find out more about joining us in our next
issue reach out to

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Find & Restore Your Inner Zen

Life as we know it, over the past couple of years has been intensely difficult and many have struggled mentally. Some have found it much harder than others but it has affected everyone globally in one way or another.

When faced with a difficult circumstance, trauma, tough decisions or simply day to day stresses, it can be overwhelming to know how to deal with it and how to release it. It is often easier to push it to the back of our minds, ignore it or end up finding an unhealthy habit to temporarily forget about it, which ends up being a short time fix, rather than delving to the root cause and working to heal the issue.

Holistic and natural therapies are becoming more popular and there is a definite increase in interest to the health benefits of them, emotionally and mentally as well as physically.

I have always had an interest in spirituality and complementary therapies which led me to starting my own holistic business, providing a service to the public to aid wellness, wellbeing and in turn helping and supporting people to feel relaxed, less stressed and holding space for individuals to feel like they can breathe and take time out for themselves.

Reiki has helped many people to relax, feel more connected to themselves, increased inner calm, be more mindful and allow more focus during the hustle and bustle of life as well as feeling happier and healthier with the added benefit of boosting the immune system. Reiki is a natural healing modality that is gentle yet powerful.

I have a passion for helping and supporting people and with the ever rising of mental health concerns, I personally feel now is truly an essential time for therapists to encourage mindfulness therapies.

If you would like to explore the wonders of Reiki and the healing benefits it holds, please do not hesitate to get in touch.



LISA SUGDEN

Usui & Karuna Reiki Master
Teacher & Holistic Therapist



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KALI YOGA
& WELLNESS



TAKE CARE OF YOUR MENTAL, EMOTIONAL, PHYSICAL & SPIRITUAL HEALTH AT KALI YOGA AND WELLNESS

We offer a holistic approach to wellbeing with regular weekly classes, powerful workshops and events plus alternative therapies at our bright and beautiful studio in the centre of Ellon.

As well as our usual wonderful weekly classes, we're very excited about some powerful events coming up in the next few weeks;

Lemurian Crystal Meditation - Friday 6th May, 7.30-9pm
Crystal Healing Level 2 - Saturday 7th & Sunday 8th May
Sunday Feel Yin - 15th of May, 10.30 - 11.30
Monthly Sound Bath - Friday 20th May, 7-8pm
Room in the Womb workshop - Saturday 28th of May, 1 - 5pm
Monthly Women's Circle - dates to be confirmed

Our Big Studio is ideal for workshops and events and our colourful Rainbow Room is perfect for;

1:1 Yoga or Yoga Therapy
Children's Yoga
Meditation & Mindfulness

If you haven't visited our Kali Therapy Room yet we offer;

Triple Goddess Experience - massage & healing
Fertility Massage
Pregnancy Massages
Crystal Healing
Reiki
Reflexology
Theta Healing

Our studio is available for workshops and events and can be hired on a half or full day basis.

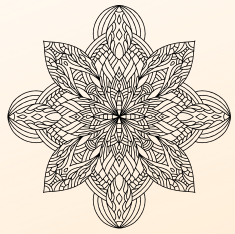
If you are interested in joining our growing team, we welcome any enquiries regarding classes or therapies you can offer.

The studio is situated 20 minutes from Aberdeen, Peterhead & Inverurie. Ellon is serviced well by regular bus routes and by the AWPR if driving.

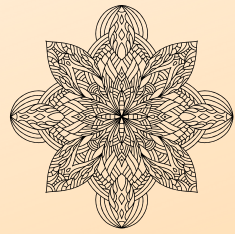
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FB: [@kaliyogawellness](https://www.facebook.com/kaliyogawellness)



My yoga wellness journey



Since lockdown an increasing number of people have introduced yoga practices to support their wellness. Have you thought about it? Worried you don't have a 'typical yoga body'? I ask you to think again.

Whatever your age, shape, gender or flexibility, whether you are looking to move more, or relax, yoga has something to offer. It may just take a little time to find the right door in.

I'm not what you might consider a "typical" yoga teacher; I am not very flexible!

During my 20's, after a significant period of intense chronic pain I was diagnosed with an autoimmune disease; Ankylosing Spondylitis, a disease that can cause spinal and joint fusion. This was a challenging time not just physically but also mentally. When I finally came to terms with my diagnosis I realised I needed to feel my pain to understand it. Like many others looking for alternative answers, I turned to yoga.

I went from rolling to the floor to crawl out of bed in agony to once again being able to put on my socks. These small wins felt like triumphs! Finally I felt "normal" again and yoga was the key.

I continued to deepen my understanding of these practices which had been so beneficial to my recovery. This led me to India; the holy city of Rishikesh and a life changing time. Here I learnt about the intricacies of asana, breathwork, yogic philosophy and Ayurveda. Suddenly the reason I thought I could never be "good enough" to be a yoga teacher, was in fact why I should! I practice and teach yoga through the lens of a person living with a chronic condition allowing me a unique perspective to support others.

If my body is a yoga body I have no doubt yours is too.

For all information on classes please contact me direct.



Facebook.com/alignwellness.co.uk

Instagram.com/align.wellness

<https://linktr.ee/align.wellness>

Coming soon:

www.alignwellness.co.uk

Email: info@alignwellness.co.uk

Phone: 07725259187





Beautiful flowers from Freefield Flower Farm, Aberdeenshire

Hello, I'm Natalie, Owner of Freefield Flower Farm, a flower farm, and floral studio based in Rothienorman, Aberdeenshire.

Stuck in lockdown with an empty field and a flowery dream Freefield Flower Farm was born. My focus is to grow beautiful flowers, in line with the seasons and as sustainably as possible, chemical and pesticide free and packaged in compostable or recyclable materials. Practicing the "No Dig" method I aim to improve the biodiversity in our field while also creating something amazing in the process. Every stem you take home from the farm has been hand-sown and carefully nurtured, cut to order, conditioned and arranged by Me.

Our season tends to run from April to October, however as we work alongside mother nature this can change from year to year. The 5 months of no flowers makes those first blooms of the year extra special!

If you are looking for earth friendly, unique, scented bunches, bouquets, wedding flowers and more, please don't hesitate to get in touch. Flowers are available to order online for local delivery or collection from the farm.

I hope to open the farm this year for tours, workshops and pick your own events. Follow our social media or sign up to the mailing list to be the first to hear the news from the field!

www.freefieldflowerfarm.square.site

Email:Natalie@freefieldflowerfarm.co.uk

FB & IG:[freefieldflowerfarm](#)



STEP INTO CALM

FIONA O'FARRELL

Escape Anxiety & Overwhelm with EFT Tapping

I am Fiona O'Farrell and I am an accredited Emotional Freedom Technique, EFT (also known as Tapping) practitioner.

Tapping is a powerful yet simple technique which is scientifically proven as a stress and anxiety reduction tool. Research shows that it soothes the nervous system, reducing anxiety by up to 60% and is known to work when nothing else has.

HOW IT WORKS

In a session I guide you to tap on acupressure points around the face and upper body whilst 'tapping' into your issue by stating it and acknowledging it. You can experience immediate relief from the issue as you bring the body's nervous system into a state of balance.

The tapping technique sends a calming signal to the stress centre of the brain creating a sense of calmness throughout the body and mind. We work through rounds of tapping to remove the emotional trigger and bring down the intensity of the issue until it is removed completely.

MY STORY

Following a catalogue of traumatic life events I was struggling. I was constantly on edge and overwhelmed with anxiety. In desperation I embarked on a well being course and was introduced to Tapping. The impact was life changing!

Through a program of guided sessions I was released from the weight of my anxieties and fears. The transformation was so profound I trained as a practitioner and now I help others escape their own anxieties to live the life they deserve.

WHAT MY CLIENTS SAY

'In my sessions I was able to let go so easily. I was able to release the negative emotion that was crippling my body and mind'

'After the tapping session all my worries and cares disappeared. It's hard to believe the difference it has made to my life'

Visit my website to find out more, try a FREE SESSION or to book a call to chat about out how Tapping with me can transform your life.

Website: www.stepintocalm.com

You can also find me on Facebook and Instagram: @stepintocalm

Please email me with any questions at: fiona@stepintocalm.com

SilverStory

Gorgeous, affordable, ethically sourced jewellery

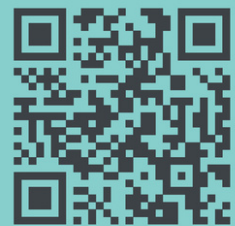
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