

The Root and Branch

Wholesome living services

Sept/Oct 2021

THISTLE & CLAY

Come and join us at our zero waste
vegan friendly coffee house
Ballater, Aberdeenshire

HOLISTIC ZEN

Natural Healing Therapies

ALVA

Plantable Paper for all your
business needs



Anita Bell

Managing Editor & Design

Well hello Autumn!

I don't know about you but Autumn is one of my favourite seasons. I love the slightly cooler days, darker nights, woodland walks and the beautiful colours of the trees too.

As we embrace the next three months ahead many of us may find ourselves being mindful of our own health and wellbeing. We may wish to safeguard ourselves against the common cold, flu and of course Covid-19 too. Apart from eating well, keeping fit and healthy and stocking up on vitamins the Root and Branch offers a selection of wellbeing services to help you live a healthier lifestyle.

So, grab a cup of your favourite beverage, pop your feet up and enjoy what we have in store for you.

Wishing you a happy and healthy Autumn.

See you in November.

With love

Anita x



@rootandbranchmag



@therootandbranchmagazine

The Root and Branch

Wholesome living services

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Image IG: @soulfoodfittie


Healing the Heart Chakra

thelittleroomofcalm.co.uk



The word 'Chakra' originates from Sanskrit and translates to mean 'wheel' which is how these seven energy centres appear, as vortexes of energy that interact with one another and the systems within our bodies. They work together to regulate 'chi' which is our life force and energy. Our Chi flows between these energy centres through pathways called meridians. It is thought that blockages within these energy centres and meridians, which can be caused by physical injury, trauma and emotional stress can interrupt the flow of Chi and can cause physiological symptoms. Balancing our chakras has been reported to bring about an increase in energy, vitality and overall sense of wellbeing. This article will focus on the Heart Chakra, the centre of love.

The Heart Chakra, located in the centre of the chest, may become imbalanced if we are struggling with giving or receiving love. Often this may occur in the absence of sufficient self-love and compassion. We can often give much to others without taking the necessary steps to give that same time and love to ourselves. We can balance this chakra in a number of ways to restore the free flow of chi. Close your eyes and visualise green light within this chakra, filling up the heart space. Eating nourishing green foods such as broccoli, kale and kiwi fruit and wearing green clothes, taking a 'goddess bath' with essential oils and rose petals and taking a moment at the start of the day for ourselves to meditate or do some yoga/exercise are also a wonderful way to balance this chakra. Carrying rose quartz or Jade crystals and burning fragrant Rose/Bergamot essential oil or popping a little in a bath are additional means of balancing the Heart Chakra. Repeating the affirmation "I am a being of light and love and give and receive love with ease" throughout your day can also help to open up the heart centre. Whichever form of balancing you choose, ensuring that it is a loving and nurturing act of self-care is most important.

With much love and light, Chantal 

IG: @thelittleroomofcalm

FB: The-Little-Room-of-Calm



Plantable Paper

A fresh, sustainable way to grow your business

We look to offer a fresh, sustainable way to go about your business:
Alva is a new beginning for your paper!

Instead of sending your paper to landfill sites, you can pop it in the ground or a pot and watch it grow into beautiful flowers of your choice. Attract bees, not rats, with this innovative new paper which is entirely biodegradable and destined for creation, not destruction.

This option is perfect for businesses looking to lower their carbon footprint and undertake a circular business model by reducing waste and encouraging biodiversity. The paper is suited to flyers and brochures, envelopes and stationery, product and clothing tags, invitations or bags.

We offer a range of flower options from wild flower meadow mixes, bavarian grass cuttings to lavender, chamomile and poppy seeds!

Card/paper can be purchased as blank sheets for you to print and create your own designs or alternatively our in house designer Mich and custom design, print and package your seeded paper vision and from there its simply Plant...Water....Grow!

For all queries please reach out to Carol our Sales and Marketing whizz on any of the following channels!

www.alva.team

Mobile: 07766528705

IG: @alva.paper



CalmSpace

Are you looking for a space for
group or individual holistic practice?

At Calm Space, we provide a peaceful space
for small groups to practice in
beautiful, natural surroundings.



IG:CalmSpacel

Email: calm-space@outlook.com

FB:CalmSpace



Zero Waste and Refillery Shop, Rothienorman

We are a zero waste and refillery shop stocking a variety of products which are cost effective, and will appeal to people who want to eliminate plastic packaging from their lives.

To reduce packaging and food waste, we offer dried cupboard essentials in bulk within the refillery section of the shop. You will find flour, baking products, sugars, rice, pasta, dried fruits, cereals, herbs/spices, nuts, seeds, pulses, coffee beans, loose tea and a gluten free section. You can bring along your own containers to fill or you can use our brown bags for your products, and take the quantities that you choose.

We also stock a wide range of locally sourced fruit and vegetables (some of which are organic), vegan bread and cakes, household goods, cleaning products some of which are available as refillables, personal care items, gifts and on-the-go reusables, all with sustainability in mind.

Amongst the businesses stocked at the shop are Invercamey Dairy, From Bakery Lane, Vegan Bay Bakery, Col's Baking Kits, Ola Oils, Bogmoon Bee's Honey, Aberdeenshire Bee Honey, Hungry Squirrel Nut Butters, The Raw Scullery, Taylor Made Refills, Flamingo Fluff, Mama Bella Pops, Retreat Apothecary, Lily's Goat Milk Soaps, Surya Luna Naturals and Bee Wrapped by Claire.

It's really important to us to work with local producers to bring quality products and choice to our customers.

We look forward to seeing you in the shop, our website is updated regularly with our stock lists so you can prepare for your visit, or we do offer a local delivery service or out of hours collection appointments.

Tel No : 01651 821969

Website – www.waste-a-weigh.co.uk

Email – info@waste-a-weigh.co.uk

Facebook – Waste A Weigh

Instagram – [waste_a_weigh](https://www.instagram.com/waste_a_weigh)





Let me be me



Calm your Mind with Bach Flower Remedies

Are you an overthinker? Anxious, stressed or feeling overwhelmed?

The Bach Flower Remedies are one way to naturally reduce any worries, stress or anxiety.

The remedies are an alternative, complementary treatment which helps you cope with the emotional ups and downs of life. Using the system of 38 individual remedies, Kim can create a personalised mix just for you. Whether it be a new job, changing family dynamics or a stressful situation, the essences will help navigate you through. They are gentle, natural and an alternative to (or can be used alongside) conventional medication.

Kim is a Bach Foundation Registered Practitioner (BFRP) based in Aberdeenshire with a passion for supporting and rebalancing people's emotional well-being. If you would like more information on the positive potential of this wonderful therapy, get in touch.

www.holdingyourspace.co.uk

HOLDING
space

e: holding.space@outlook.com FB/Insta: @holdingyourspace

The sun will rise



Even when I'm feeling blue
And earthly troubles crowd my head,
The sun it rises bright and true,
And lights the path that leads ahead.

It matters not, my mood or view,
The day will come as sure as steel,
Impermanence offers hope anew
On life's ever turning wheel.

Written by Rory Stuart

IG:rorysstories80



Introduce self-care into your life

Ready to introduce some self-care into your life? Holistichem can help!

Our Wellbeing Shop offers a range of goods and services that are all infused with love, care and positive intention. From crystals to distance therapies, we have you covered.

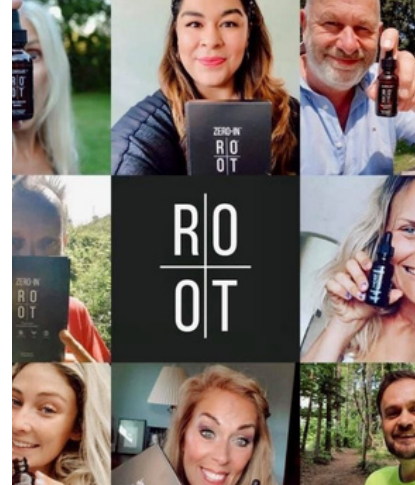
Inside our shop, you'll find our handmade crystal jewellery, created as a wearable form of crystal healing allowing you to make a connection with their vibration each time you wear them. We reiki-charge all of our jewellery to give you an extra boost of feel-good energy. Choose from a range of intuitively selected and reiki-charged crystal collections, ethically/sustainably sourced sage, Palo Santo, incense and much more.

If you're looking for some relaxation, then our distance reiki is a great way to balance body, mind and soul. Available in a choice of 15 or 45 minute sessions and incorporating crystal healing. Our longer session also includes chakra balancing. If you would like some spiritual guidance, we offer angel oracle card readings which provide you with angelic insight and support.

Browse our shop at www.holistichem.com
Connect with us on FB/IG: @holistichem



Holistichem



Ian Stirling Your “Optimising Cellular Health Consultant”

At 63 years young I live a healthy, active and happy life. I do not take any prescribed medication or suffer from any aches, pains or other debilitating issues. Instead, I choose to invest in the latest wellness technology products and devices that will help balance, energise, hydrate, re-mineralise, detox and protect my “Well-Being”.

In this month’s issue I would like to introduce you to one of the companies that I represent.

ROOT Brand and their three life changing products, which I use daily.

ROOT was conceived through a specific desire to recreate the path to wellness. The founders have global, world class success in business acumen, health and wellness. In addition we provide each individual with the knowledge and solutions to tackle some of the biggest health challenges we face today; a toxic environment, stress, life pressures and unhappiness, among others. Harnessing the power of nature to help you live a healthier and happier life.

ROOT is a company founded on improving your understanding of how toxins and chemicals harm your health. Instead of the Band-Aid approach, ROOT addresses the underlying cause.

With a simple philosophy: Cure the Cause!

Detox daily, safely removing toxins from cells, body and brain tissue using CLEAN SLATE.

Increase your concentration and focus while improving oxygen to your cells using ZERO-IN.

Restore, boost and support your immune system, bone health and blood pressure using RESTORE.

All products are Non-Gmo, Vegan, Organic, and Gluten Free

The story of ROOT is just beginning. We welcome you to become a part of that story.

On-line Root Products Site <https://therootbrands.com/ianstirling>

W: [optimised.health](https://www.optimised.health)

E: ian@optimised.health

M: +44 7970 846 768



Natural healing therapies at Holistic Zen

Are you feeling stressed? Overwhelmed? Anxious? Or are you simply craving some 'me time'?

At Holistic Zen, Lisa Sugden provides natural healing therapies to nourish your wellbeing for mind, body, spirit and soul wellness and is very passionate about supporting people to feel better in themselves by taking a natural approach to achieving better health.

Reiki is a wonderful natural healing modality that helps to balance your energy and chakra system. Reiki works on all levels; emotional, mental, physical, and spiritual. When you are feeling worn out and tired, receiving Reiki can help boost your energy levels, uplift your mood and it can benefit any aches, pains or inflammation which may be present in the body. Reiki can also be received distantly from the comfort of your own home if an in-person appointment isn't suitable.

If you are interested in learning the ancient Japanese art of Reiki healing, either for your own self-healing or to further and practice, training is also available for all degrees of Reiki at Holistic Zen.

Hopi Ear Candling is another natural treatment offered which is great for clearing sinuses, aiding hay fever symptoms, migraines, blocked ears, head colds and much more.

At Holistic Zen, you can be guaranteed a truly relaxing experience in a serene setting to simply let go of any stresses, worries and mind chatter, while being surrounded with the healing vibes of beautiful crystals for extra added bliss.



FB:HolisticZen Website: holisticzen.co.uk IG: [_holisticzen_](https://www.instagram.com/holisticzen_)



COMING SOON

The Square - Yoga and Wellness

Based in the heart of Ellon, Aberdeenshire in the North East of Scotland.

We wish to offer yoga and alternative therapies to support physical, mental and emotional wellbeing as well as a safe space to rent or host workshops, training and seminars.

Please like us on facebook @thesquareyoga

Email: info@thesquareyoga.com

***perfectly located on the AWPR/A90**

IG: [Thesquareyoga](#)

W: thesquareyoga.com

FB: [@thesquareyoga](#)



Being A Solopreneur Can Get Lonely – Here's How To, Overcome It

When I first started out as a Solopreneur, I never considered loneliness. Opening my own business was going to be an exciting experience, right? While there are delights of Solopreneurship, there are also serious challenges. It wasn't until I was working with my first coaching business that I understood loneliness was a common feeling for Solopreneurs.

The moment I first experienced solopreneur loneliness I was in a room filled with peers, at a weekend seminar, and while staying up late in my hotel room drafting a business plan for my new start up, Abstract Coaching, this wave of isolation overcame me. "Being the boss can be a bit lonely at times". 15 years later, I have recalled this realisation in more ways than one. Here are ways to combat loneliness:

Find a Solopreneurial Tribe. There is often no greater cure to solopreneurial loneliness than finding a tribe with fellow solopreneurs.

Prioritize your relationships. While it may make you uncomfortable at first, you'll need to streamline your relationships. As a solopreneur, you won't be able to be friends with everyone.

Start saying no. When I first woke up to realising, I was lonely, I didn't know why. I had plenty social commitments and attended meetings regularly – I even had more 1:1 coffee – dates on my calendar than I could manage. Then I realised that saying no to somethings was more important.

Work with your coach. When you need help finding balance or combatting loneliness as a solopreneur, consider talking with your coach as they might I have found a way to overcome it.

Remember who you are. You might lose friendships because of your dedication to your business. When this happens, you may question your decisions or focus on your start up.

The solopreneurial journey can be lonely. But always remember there is value in the process.

Find out about our tribe: <https://mindbloxmastermindmatrix.eventbrite.co.uk>

<https://www.mindblox.co.uk>

FB: <https://www.facebook.com/mindblox/>

Instagram: https://www.instagram.com/mindblox_coach/

Twitter: https://twitter.com/mindblox_coach

Linked In: <https://www.linkedin.com/in/tessday>

Book a Discovery call today:

<https://calendly.com/tessday/networking-1-2-1>



Our zero waste vegan friendly coffee house and organic refillery is now open in Ballater. Pop past for a warm welcome the next time you're heading in our direction.

Bring your own cup if you're looking for a takeaway, but don't worry if you're caught out, we have a few reusable ones which we're happy to share if you promise to take them back...

Our milk is organic, supplied by our local milkman in glass bottles. Our almond milk is wonderfully fresh and creamy, made by us, and the almonds themselves are delicious in our home made bakes.

Our coffee house features fine organic beans. The food menu is tailored to vegetarians and vegans and hand made by us, just like our organic shampoo and skincare.

zero waste organic coffee, vegan bakes, breakfast, lunch, groceries and lots of smiles

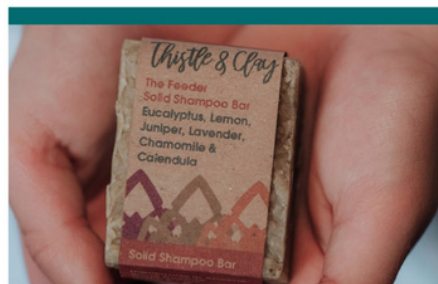
Our refillery is completely organic. We simplify the buying process by offering everything in compostable paper bags, pre-weighed and priced. The food is presented in beautiful glass jars to keep the products fresh and so you know exactly what you're getting without having to weigh and label everything yourself.

In addition to our own zero waste vegan friendly organic soap, shampoo and skincare, we stock a range of bathroom essentials, cleaning products by Taylor Made Refills, Suma and Green City foods, Dear Green coffee beans, and a range of fine loose leaf organic teas.

Our food menu, our skincare and our refillery are all plant based and organic in support of our organic farmers. None of our products will ever be tested on animals, nor will they ever contain any animal based ingredients. Our skincare is free from palm oil and plastic, packaging free whenever possible and uses organic ingredients.

You can buy our skincare online for delivery by Royal Mail, or order your groceries to collect in store, just in case you're looking for an excuse for a day out to Ballater...

www.thistleandclay.co.uk



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e:hello@thistleandclay.co.uk // fb: Thistle & Clay // ig: thistle_and_clay // www.thistleandclay.co.uk

Join us in our last issue of the
year – Nov/Dec 2021

