

THE GENTLE APPROACH TO A HEALTHY LIFESTYLE

YOGA & HEALTH

Light
on Life

exclusive interview with BKS Iyengar

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Einstein
& Gandhi

Two great men of the 20th century

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The latest in nutrition

Healing energy of magnets

Relief for pain and stiffness

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Breast Sense

A breast self examination pack is now available which includes a visual step by step booklet, educational DVD and specially designed glove made from two sealed sheets of extremely thin but strong hypoallergenic and latex free polyurethane containing a silicone based solution which reduces friction and increases sensitivity by enabling the glove to glide more easily over the contours of the breast. RRP £19.99 from www.breastsense.org or Tel: 01992 576570.

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A simple and reliable way to confirm whether you are entering the menopause. RRP £14.95 for two tests. Widely available. Details from www.viellemenopausetest.com.

magnetic therapy

Popular in Japan, this is the first outlet in the UK which specialises in Phiten products, designed to bring relief from pain and also to enhance athletic activity. The range consists of small tabs which can easily be placed on the skin according to detailed instruction for maximum effect, massage lotions, necklaces, bracelets and 'intelligent fabrics' incorporated into clothing which contain titanium, all designed to help relax muscles, thereby relieving pain and enhancing muscle performance. Further details and for mail order from Tel: 0141 357 6505 or visit www.phitenscotland.com.

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