



# Ed's note...



Oh, how I love midsummer, with the light, balmy evenings and opportunities to eat al fresco and go for long country walks. My spirits are soaring at this time of year, and the motivation to eat healthily and look after my body is never stronger.

We're blessed in this country that even the most urban areas contain green spaces, which are havens from the traffic fumes and crowds. Even if you live in the heart of a bustling town or city, you can still access parks and gardens and seek refuge from the stresses of modern living. On page 24, discover how connecting with nature can enhance your wellbeing and spirituality. OK, so you don't have to go around hugging trees if it makes you uncomfortable, but just simple things like practising mindfulness or holding a stone can make you feel more grounded and in touch with the earth. You can also utilise a quiet outdoor space to meditate and the quick visualisations on page 80 are just perfect for getting you in a contemplative and relaxed state of mind. My favourite place to meditate is on the beach, but I've also had some wonderful experiences on hilltops and even sitting in a tree once (you can't get much more up close and personal with nature than that!). Flowers are also out in full bloom right now, and apart from looking pretty they can also be used to heal. In *Be Your Own Flower Healer* (p35) we show you how to use flower remedies to banish negative emotions such as grief, anger, insecurity and jealousy. If, like me, you're a fan of the great Deepak Chopra's work, then turn to page 26 now for his lowdown on how to achieve spiritual nirvana. The great spiritual guru is so inspiring and his words strike a chord with so many people from all corners of the world, regardless of faith backgrounds. I hope they are meaningful to you too.

Until next month,

*Charlotte*  
Charlotte Smith, editor

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## MEET THIS MONTH'S CONTRIBUTORS:



**Dr Sarah Brewer** is a medical GP with a special interest in nutrition and integrated medicine.



**Gordon Smith**, a leading spiritual healer, reveals his favourite stress relieving techniques for body and soul.



**Antony Worrall Thompson** is a TV chef and author. Read his tips on seasonal cooking on page 52.



**Barefoot Doctor** is a well known healer who writes prolifically on alternative health and spirituality.



**Stella New** is a nutritional therapist and homeopath practising in West Sussex.



**Jane Alexander** is a leading holistic health expert, writer, and author of *The Overload Solution*.



**Dee Atkinson** is a medical herbalist who specialises in skin and joints at her practice in Edinburgh.



**Michael Van Straten** is a highly regarded health writer, broadcaster, naturopath and nutritionist.



**Alex Shalet** is a senior nutritionist at the Kensington branch of The Nutri Centre in London.



**Victoria Willis**, a renowned hypnotherapist shares her tips on coping with stress overload.



**Ian Marber**, aka the Food Doctor, is a pioneering nutritionist. Read his comments on page 32.



**Deepak Chopra** is one of the world's most revered spiritual writers. On p26 he shares his wisdom.

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