

Title: Spirit & Destiny
Date: 8th February 2016
Readership: 173,526

Image Box. 

MARCH STARS **PLUS** Love spells for your astro sign

SPIRIT & DESTINY

spiritanddestiny.co.uk

Your spiritual guide to life
MARCH 2016 £3.50

Connect with your
**SPIRIT
ANIMAL**

Feel stronger,
happier & wiser

**MIRACLE
HEALING** 'John of God
helped me walk again'

**SLEEP
RETREATS**
Get the rest
you need

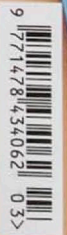
**SPIRITUAL
SHOPPING**

Where to go,
what to buy

NUMEROLOGY SPECIAL

Boost your
FORTUNES

with your personal power number



PLUS Crystal cures • Eat yourself younger
Angel guidance • Magic lunar gardening

The natural clinic

Alternative treatments to keep you in tip-top shape throughout the season



Claire MacKay's HERBAL HELPERS

Our herbalist and plant expert, Claire MacKay, shares her favourite remedies

Spring cleanse

Green shoots are finally pushing through as the sun warms up the soil, and this is the best time of year to tap into the revitalising energy of new life. An abundance of fresh herbs and greens in our supermarkets makes it an ideal time to shed any extra pounds we've put on, nourish our bodies and get moving again. Let's look at how we can

harness this spring energy to feel clean, green, lean and generally motivated.

● **Cleavers**, also known as goosegrass or sticky willy, is a bright-green plant, one of the first of the spring. It's thought to aid the lymphatic system and is packed with minerals. Try Neal's Yard Remedies Cleavers Single Herbal Tincture (£8 for 150ml, nealsyardremedies.com). Take 1ml-5ml three times a day.

● **Nettles** are a mild diuretic, meaning they make you wee, so they help with the elimination of toxins. They're also thought to support the adrenal glands, and they contain vitamin C and important minerals, including iron, potassium and calcium. Try Salus Nettle Juice on its own or added to other juices and smoothies (£6.28 for 200ml, napiers.net).

● **Dandelion leaf** is traditionally taken to help the liver and kidneys, and it's full of potassium so its diuretic effects don't cause potassium deficiency. As well as making tea, you can also eat new leaves as salad or wilted vegetables. Rinse them well, and pick them away from animals. Add the fresh leaves to pasta with garlic, olive oil, pine nuts and lemon juice, or try Cotswold Dandelion Leaf Tea (£1.95 for 100g, goodnessdirect.co.uk).

Try this

Pukka Clean Greens is an organic blend of 11 super-rich green foods, including nettle, kale sprouts and wheatgrass. These greens contain super-nutrients and 'fat-busters', which help rid the body of waste products. Available in a handy 4g sachet (£25 for 20), to add to juices, smoothies and soups, or in a daily capsule (£17.45 for 60, both from pukkaherbs.com).

● **Mustard** is a member of the cruciferous family of plants (like broccoli, cabbage and Brussels sprouts), which may help support metabolism. Add ¼tsp mustard seeds to meals daily. You could also try eating the leaves of hedge mustard, which is abundant at this time of year – just cook it like spinach.

WANT TO FIND OUT MORE? Claire MacKay works with Historic Scotland and the National Trust to ensure medicinal herbs continue to be grown and used. Visit herbalheritage.co.uk



Feel the joys of spring

ALTERNATIVE REMEDIES FOR...

Whiter teeth

TOOTHY TABS

Lush's tooth-cleaning tabs offer a natural alternative to regular toothpaste. They'll keep your teeth bright and shiny and are filled with essential oils and spices for fresh breath. Try Boom! Gunpowder Toothly Tabs (£5.95 for 50g, Lush branches nationwide and lush.com).

THE CRUNCH

Another brightening tip is to eat foods that crunch, because the crunching motion breaks

down plaque and helps restore whiteness. Foods such as apples, nuts and seeds, and raw cauliflower and broccoli, all have a fantastic crunch and contribute to pearly whites.

METAL MOUTH

Gold is currently enjoying a revival as a medicinal element. Perfect



Toothy fruit

White Gold Toothpaste (£5.49 for 100ml, Superdrug branches nationwide and superdrug.com) uses actual gold particles and contains no harsh abrasives or bleach. The antibacterial properties of gold can help boost blood flow to fight gum disease, as well as giving your gnashers an extra polish.

CRACK THAT NUT

The latest celebrity cult is oil-pulling – gargling with natural coconut oil for whiter, brighter teeth. It's a good way of getting rid of microbes, as bacteria clings to the liquid fat while you swirl it around your mouth for up to 20 minutes. Just remember to brush afterwards and don't use oil

Wild garlic and nettle pesto

Wild garlic can be picked in woodland or from riverbanks at this time of year, and sometimes from hedges or graveyards. It's easy to recognise and smells of garlic, but be careful not to confuse it with lily of the valley, which is poisonous. If you can't find wild garlic, use nettles and dandelion leaves plus a clove of regular garlic.

Serves around four with pasta

- A handful of chopped hazelnuts
- 100g/3½oz wild garlic leaves, rinsed and chopped, plus extra to garnish
- 100g/3½oz nettles (only pick the top four leaves of each plant for the best flavour)
- 150ml/5fl oz olive oil
- Juice of one lemon
- ¼tsp salt
- ¼tsp ground black pepper
- ¼tsp mustard seeds

METHOD

Dry roast the hazelnuts in a pan for 12 minutes until golden, then set to one side. Blend the rest of the ingredients in a food processor – it's nice to leave a little leaf visible. Pour into a bowl, sprinkle over the hazelnuts and garnish with extra chopped wild garlic leaves. This pesto can be used as a dressing for salads, potatoes or pasta, or as a dipping sauce.

Forage for free food



The message found the vital spot

as a replacement for regular cleaning and dental visits. Holland & Barrett sells 14 sachets of Cocowhite oil for £24.99, or a 500ml bottle of coconut oil is around £3.

THE LAST STRAW

Eating strawberries is a fantastic natural whitening method as these berries contain malic acid, which removes surface stains from teeth and whitens the enamel. They're great to snack on, too, as it's important to keep producing saliva throughout the day to neutralise acid and help remove debris.

TRIED AND TESTED

Fertility Massage Therapy



Claire Callcott, from Kent, has suffered from endometriosis since she was a teenager and wanted relief from the pain and discomfort

What is it?

Claire Blake developed this therapy to help women get in tune with their wombs. It can be used to help you conceive, but is also helpful for sufferers of PMS, painful or irregular periods, fibroids and endometriosis, as well as constipation and IBS. Claire tailors each massage to the individual's needs, blending her knowledge as a masseuse, reflexologist, reiki master and naturopath.

What happened?

Claire first asked me whether my sleep was disrupted. I get up every night at 3am to use the loo, and she explained that in Chinese medicine the period of 1-3am is related to the liver, which holds anger. This was revealing, as I'm an impatient person.

She rang bells over my body to set the mood, then massaged my lower back as I lay on my tummy. Claire rocked my body from side to side using a relaxing technique called 'pulsing', with a rhythm of 120-160

beats per minute, like the heartbeat in the womb. Claire massages intuitively to loosen scar tissue – large patches of endometriosis may form into cysts which bleed each month when you have a period, and in advanced cases organs may fuse.

She then massaged my tummy, and focused on a spot under my right ribs. This happens to be the place where I'd had such a searing pain in my early twenties that I was hospitalised, and it continues to be sensitive. Claire also worked on the left side of my abdomen, where I know I've got a nodule of endometriosis.

She then hung each of my legs in turn in a rebozo, a long scarf, and swung them as another way to loosen muscles. Next I was swaddled in the rebozo as she led me in a visualisation, which acted as a closing ceremony. I was also given cleansing herbs to make tea with at home.

Did you feel any benefit?

Afterwards I felt incredibly relaxed and light, and that evening I didn't have any of my usual throbs or twinges in my lower back and uterus. I went to bed early and slept soundly all night through.

Did the effects last?

A couple of weeks on, I still feel quite serene and niggly-free, and I'm sleeping a bit better than usual. I'm having far less pain and fewer mood issues than I would normally, too. Claire sent me some self-massage info, and I'm thinking of going back to see her for a maintenance session.

WANT TO FIND OUT MORE? For more about Claire Blake's work or to book a massage with her, visit fertilitymassage.co.uk



The message found the vital spot

**TRIED
AND
TESTED**

Fertility Massage Therapy



Claire Callcott, from Kent, has suffered from endometriosis since she was a teenager and wanted relief from the pain and discomfort

What is it?

Clare Blake developed this therapy to help women get in tune with their wombs. It can be used to help you conceive, but is also helpful for sufferers of PMS, painful or irregular periods, fibroids and endometriosis, as well as constipation and IBS. Clare tailors each massage to the individual's needs, blending her knowledge as a masseuse, reflexologist, reiki master and naturopath.

What happened?

Clare first asked me whether my sleep was disrupted. I get up every night at 3am to use the loo, and she explained that in Chinese medicine the period of 1-3am is related to the liver, which holds anger. This was revealing, as I'm an impatient person.

She rang bells over my body to set the mood, then massaged my lower back as I lay on my tummy. Clare rocked my body from side to side using a relaxing technique called 'pulsing', with a rhythm of 120-160

beats per minute, like the heartbeat in the womb. Clare massages intuitively to loosen scar tissue – large patches of endometriosis may form into cysts which bleed each month when you have a period, and in advanced cases organs may fuse.

She then massaged my tummy, and focused on a spot under my right ribs. This happens to be the place where I'd had such a searing pain in my early twenties that I was hospitalised, and it continues to be sensitive. Clare also worked on the left side of my abdomen, where I know I've got a nodule of endometriosis.

She then hung each of my legs in turn in a rebozo, a large scarf, and swung them as another way to loosen muscles. Next I was swaddled in the rebozo as she led me in a visualisation, which acted as a closing ceremony. I was also given cleansing herbs to make tea with at home.

Did you feel any benefit?

Afterwards I felt incredibly relaxed and light, and that evening I didn't have any of my usual throbs or twinges in my lower back and uterus. I went to bed early and slept soundly all night through.

Did the effects last?

A couple of weeks on, I still feel quite serene and niggly-free, and I'm sleeping a bit better than usual. I'm having far less pain and fewer mood issues than I would normally, too. Clare sent me some self-massage info, and I'm thinking of going back to see her for a maintenance session.



The massage found the vital spot

**WANT TO
FIND OUT
MORE?**

For more about
Clare Blake's
work, or to book
a massage with
her, visit fertilitymassage.co.uk