FOR PROFESSIONAL COMPLEMENTARY AND ALTERNATIVE PRACTITIONERS

Holistic Therapist Magazine

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Health Special SLEEP

Soothe your Summer Skin

A LOOK AT MISTLETOE THERAPY

Benefits of being Niche

GROWING POPULARITY OF CAM

Good Christmas Gift Guide

Sophrology

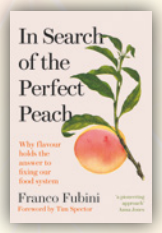
Dominique Antiglio

GRATITUDE PRACTICE; FEEL HAPPIER, HEALTHIER AND LIVE LONGER

BOOKSHELF: *Autumn reading*

Our pick of the best titles for Autumn health and wellbeing reading.

In Search of the Perfect Peach



What makes a great-tasting tomato? Why do scarred greengages taste better? Is 'eating local' everything it's cracked up to be?

The first bite of a perfectly ripe peach can be truly transformative – a joyful experience that stays with you forever. But, as Franco Fubini came to realise, flavour is a signifier of so much more than nostalgia. It has the power to change the way we grow, shop and eat – transforming the planet as well our palates.

From the citrus groves of Sicily to a knock-out taco in Mexico City, this is the story of how Franco's pursuit of flavour led him on a journey to understand how this incredibly simple desire can lead to radical change. Through flavour, a better future of food suddenly becomes possible: one in which we are not only closer to nature and to the people who grow our food, but where we are also actively building seasonal diversity back into our diets, putting nutritious food on our plates and restoring the health of our soils. Franco Fubini offers us a deeply optimistic vision of how we, as consumers, can follow flavour to fix the food system and bring joy to our every meal. Available from ***https://chelseagreen.co.uk/*** and leading retailers.

Walk Yourself Happy: Find your path to health and healing in nature

Julia knows first-hand the profound impact of nature: it has helped her survive breast cancer, overcome infertility and continue through failed IVF treatments;

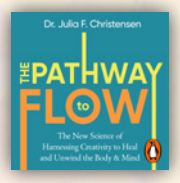
it balances the soul and acts as a confidante and therapist. Through science-backed information, practical tips and Julia's own story, Walk Yourself Happy will explore how nature can soothe anxiety and stress, how a mountain or a tree can keep you company in times of grief, and the importance of building nature into your everyday life, so you eat well, sleep better and move more. Walk Yourself Happy is available at ***https://www.littlebrown.co.uk/*** and leading bookstores.

Nature's Way to Healing

Nature's Way to Healing – a long covid guide is Australian Wellness Warrior Lee Holmes' tenth book. New research has found one in five people who get covid go on to have Long Covid symptoms. Nature's Way to Healing is a holistic approach that not only helps improve symptoms but gets to their root cause, providing a nutritional protocol and support plan, 30 delicious simple-to-make recipes, a menu plan and a list of low-histamine foods, tried and tested for ongoing results. Nature's Way to Healing can be purchased from ***https://www.rockpoolpublishing.com*** and leading retailers.

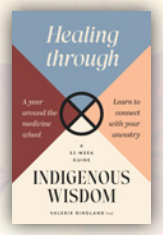
The Pathway to Flow: The New Science of Harnessing Creativity to Heal and Unwind the Body & Mind

Just 15 minutes of creativity a day can transform your life. After an injury derailed her career as a ballet dancer,



Julia was unable to dance as a mode of expression and felt more stressed and less energetic. She realised then that creative expression has a deeper impact than entertainment and embarked on a new career in psychology. Now working as a neuroscientist, she's spent the past decade unlocking the secrets of flow, mapping out what happens in our brains when we create and play, and how both can soothe and sharpen the mind. The Pathway to Flow can be purchased as an audio book and is also available in hardcover. Available from ***https://www.penguin.co.uk/*** and leading distributors.

Healing through Indigenous Wisdom : A Year Around the Medicine Wheel, a 52-week Guide



Learn to walk in two worlds: the Western world and your inner Indigenous cosmos through a 52-week journey of reflections, practical exercises, indigenous storytelling and knowledge-sharing. This guide will support you to respectfully connect with your ancestors whether you identify as indigenous or not. Purchase Healing through Indigenous Wisdom from ***https://www.rockpoolpublishing.com*** and leading retailers. ■

All titles can be ordered from your local bookshop, publishers' websites or online retailers.