

NODENS' TABLE NEWSLETTER - APRIL 2008



Springs is in the air (or so they tell me!). Welcome to the April edition of the Nodens' Table newsletter. Please feel free to pass it on to your friends and family. After the computer turmoil of last month, everything is now back to normality - well, with the addition of backing up my files!

Did I ever tell you who **Nodens** is? Firstly, **Hygeia** is the Greek goddess of health and disease prevention. I thought hers was an appropriate name to give to my wellness company. Similarly, **Nodens** is the Celtic god of health and disease prevention, so it seems fitting to gather round his table every month and discuss wellness issues.

Our newsletter this month contains the usual forthcoming events, shake recipe, and healthy hints and tips. We also have an article written by **style coach** Karen Swanston. I hope you enjoy it.

Forthcoming Events:

1) A Springtime Ramble on Sunday 20th April 2008.

The weather is definitely getting better. The light levels are heaps better now that the clocks have changed and beautiful little flowers are poking their heads up out of the ground again. Fancy a springtime ramble? We will be going for a stroll in Holyrood Park and climbing up Arthur's Seat. Please join us for a bit of exercise and chat.

Day: Sunday 20 April 2008

Time: 10am onwards.

Where to meet: the car park in Holyrood Park next to the Palace

What to bring: a camera, comfy shoes, warm clothes, waterproofs in case of rain and a packed lunch. If the weather is really bad we will postpone to another time. **Please let me know if you are coming so we can wait for you if you are a bit late.** You can also bring along anyone else who fancies a Sunday ramble.

2) Monday 28 April. Nodens Table. All welcome.

This month, fantastic business coach **Jane Quinn** will be leading us through some soul-searching questions in her 'wheel of life' - aimed at giving us pointers for starting to improve ourselves and our situations. It should be excellent! We will also have the usual shake tasting and stuff. Please come along to support Jane and feel free to invite any friends who might be interested.

Day: Monday 28 April 2008

Time: 7pm - 9pm

Venue: The Kaya Gallery, 24 Lochrin Buildings, Gilmore Place, Edinburgh.

Please note that there is unrestricted parknig outside after 6.30pm. Before that you WILL get a ticket!

Here is the article from [Karen Swanston](#), of [Fashion Pixie](#):

FEEL GREAT AND LOOK GREAT, INSIDE & OUT!

Have you ever watched a style make-over programme where they visit the person six months later and they have reverted back to their old look? This is because their internal issues have not been addressed. Style coaching is very different to conventional image consultancy, in that it embraces every individual client as a whole and takes a holistic approach. It works particularly well for people with low self-esteem or a poor body image.



The style coaching experience incorporates the vital skills of a personal stylist and a life coach, which helps recognise and enhance the very best in every client, even when they cannot see it for themselves. A style coach can help their client to improve not only the image they see reflected in the mirror, but also the image they see in their minds eye too. Style coaching believes strongly in a mind/body link; that the way we see ourselves on the outside has a high effect on how we see ourselves on the inside, and vice versa. As opposed to conventional methods, a style coach helps educate their clients to understand why certain styles and colours work and to empower them to make their choices and to grow in confidence.

Thanks Karen.

If you would like to make an appointment to see Karen, you can contact her at karen@fashionpixie.co.uk or take a look at her website, www.fashionpixie.co.uk.

Competition Time:

The answers to our competition are.....

- 1) [NRG](#) is the natural antihistamine
- 2) A mixture of [Tang Kuei](#) and [Male Factor](#) gives relief from menopausal symptoms
- 3) [Niteworks](#) decreases blood pressure
- 4) [Herbalifeline](#) keeps hearts and joints healthy
- 5) [Rose Ox](#) is the antioxidant
- 6) [Cell Activator](#) helps your body process nutrients more effectively

How well did you do?

Recipe Corner:

This one sounds and tastes fantastic. Why not give it a try.....

BANANA FRUIT SHAKE

2 scoops vanilla Formula 1
1 scoop Protein Powder
1 tablespoon of vanilla yoghurt
300ml soya milk
1/2 cup of fresh peach slices
1/2 a medium banana

Simply whizz up in a blender and enjoy!

Springtime woes:

One not so good thing about spring is the resurgence of **Hay Fever**. All that pollen sets our eyes and noses itching and streaming. Terrible. I have finally discovered two **effective** AND **natural** solutions for keeping my allergies under control. First, I use Bach's Flower Remedies (see the October 2007 issue of this newsletter) to control the stress that makes me react to the pollen, then, if I need some extra relief, I use **NRG** from Herbalife. This has a double benefit as the natural guarana wakes me up as well as stops me sneezing!



This month's special offer product from Hygeia's Herbs is **NRG**. If you would like to give it a try to control your hay fever and/or increase your vitality levels when you start to flag then look no further.

The full price of NRG is £15.40. You can try it this month for £11.00, while stocks last.

That's all for now,

See you in May!

Love

Amanda x