

Nodens' Table Newsletter October 2007



Welcome to the October edition of the **Nodens' Table** newsletter. Please feel free to pass it on to your family and friends. This month we have feedback after our hilarious **skin care** event last week, an excellent article on **Bach Flower Remedies** and another one on **lean body mass**. We also have our usual recipe corner and details of forthcoming events.

Don't forget to put your clocks back on 28th October!!!!

Forthcoming Events:

The next Nodens' Table nutrition evening will be held on **Wednesday 7th November, at Flat 2F3, 50 Albion Road, Edinburgh, from 7 - 9 pm**. This time we will be taking a look at the potential dangers of low-fat diet products. Please come along and invite any friends that might be interested.

Due to the success of our **skin care party**, we will be having another one in November and, hopefully, in our new venue - but don't hold your breath! Look out for details of the new address in a few weeks, but put the date in your diary today! Our next skin care party is on **Wednesday 14th November, from 7 - 9 pm**. Bring all your friends to this event. It will be loads of fun!

Our skin care party last week was an absolute hoot. There were five of us in total and it was way past 9 pm when the last person left. We had a few glasses of wine each and nibbled on some olives to help the evening go with a swing - which it did!

Starting with a cleanse and tone session, everyone removed make-up and the day's grime from their faces and then used a tester to see which skin type they were. Then followed various face packs, moisturisers, night creams, décolletage creams, eye creams, eye gels and lip refiners. Products were passed round, sniffed and tested and everything was accompanied by lots of laughter and chat.

In addition to having these events as part of Nodens' Table I can also run them as private parties for anyone who is interested. If you cannot make the next one but think it sounds like fun, why not arrange one in the comfort of your own home? A girls' night in now the evenings are getting darker? Just like a Tupperware party - but better!!

Bach's Flower Remedies:

I asked my good friend and **Bach Flower Therapist** Maria Laben to write an article on Bach Flower Remedies for us:

My name is Maria Laben and I am a qualified Bach Flower Therapist. Bach Flower Remedies were developed by Dr Edward Bach [pronounced 'batch'] in the 1930's. He was a Harley Street Practitioner, Homeopath and Bacteriologist. He believed that our psychological health affected our physical health – hence a positive mind helps develop a healthy body or controls a condition you live with more effectively.



He gave up his lucrative medical life to pursue the development of a safe, easy and non addictive way of self healing using non poisonous flowers and trees to develop the 38 remedies plus Rescue Remedy, a compilation of 5 of the of the remedies.

I am also a qualified confidence tutor, coach and stress consultant. I have found that when coaching someone the first thing I do is use Bach remedies to help people transform negative feelings and emotions about themselves – then they can tackle what they want to change much more effectively.



What I really like about the remedies is that they empower people!!!

If you are interested in finding out more I am offering a special £15 introduction which includes a consultation, remedy and information.

You can contact me on **0191 242 1228** or email at marialaben57uk@yahoo.co.uk

I met Maria last year at a wellness fair in Newcastle. She introduced me to the Flower Remedies and I have been using them ever since to control my stress-induced sneezing. They are fantastic (the remedies, not my sneezes!) and Maria is a wonderful lady as well as an excellent therapist. I thoroughly recommend her and her products to you!

Lean Body Mass

You may have heard me using the phrase "lean body mass" but do you know what yours is? Would you like another impedance test to have an up to date measurement and compare it with your older one to see how your fitness routine is helping your body?

Your lean body mass is not your 'ideal weight'. It is the name given to weight of the muscles, organs, bones, tissues and water in the body - but doesn't include fat. The percentage of lean body mass compared to fat can be an indicator of susceptibility to certain health problems. By working out our lean body mass we can determine how many calories our bodies burn at rest, how much protein we should be consuming each day and give us an idea of our target weight.

Although the precise figure varies with our age and sex, an average not-too-sporty female should have 75% of their weight as lean body mass and males should have 87%. The more sport you do, the higher this should be. If it is significantly lower than this you need to eat more protein and do more exercise.

While not as accurate as an impedance test, you can use the Body Mass Index (BMI) to obtain an idea of your body composition. Unless you are really active, a BMI value of between 19 and 25 indicates a healthy body composition. Above 25 tells you that you weigh too much and below 19 tells you that you do not weigh enough. The BMI does not take build into account, so if you have lots of muscle it can be quite misleading.

If you would like an up to date impedance reading with my fancy machine, please do not hesitate to ask. If this is not convenient and you would like to calculate your BMI instead, use the following: weight in kilos divided by the square of your height in meters (kg/m²).

Recipe Corner:

This month we have another savoury recipe for you to try. Did you like the last one? This one is fabulous!

The Carrot Thing

300ml fresh carrot juice
3 drops of lemon juice
3 ice cubes
2 scoops of vanilla formula 1
1 scoop of protein powder



Simply whizz up in a blender and enjoy! How about adding a bit of beetroot as well? Feeling brave? What's the worst that can happen??

That's it for October,

See you next month!

love
Amanda x