

MAGAZINE

HENPICKED

FOR WOMEN WHO WEREN'T BORN YESTERDAY

THINK DIFFERENTLY

MORE THAN JUST A MINDSET

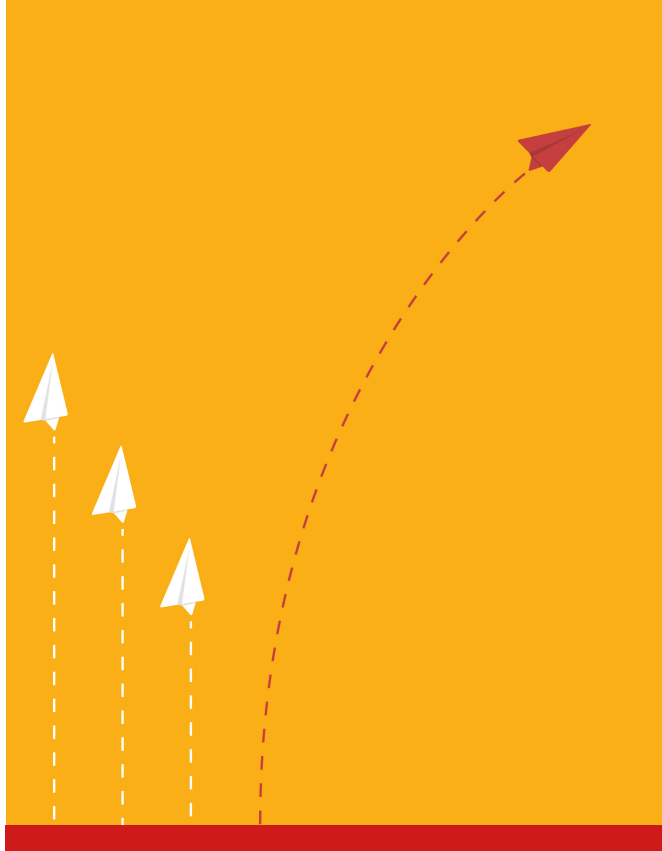
ONE WORD IS ALL IT TAKES

CHOOSE WISELY



SOBER SCHOOL

THE REAL COST OF DRINKING



WELCOME

JANUARY 2020

Henpicked champion modern, grown-up women leading extraordinary lives.

We inspire women in their prime and enable them to embrace positive change.

Our content is well-being focused for women who are embracing life and the challenges that come with it.

We believe that all the strong, kind, funny and wise women out there should be celebrated.

Henpicked is here to help us help each other ...

... making our lives better, happier and more fulfilled.

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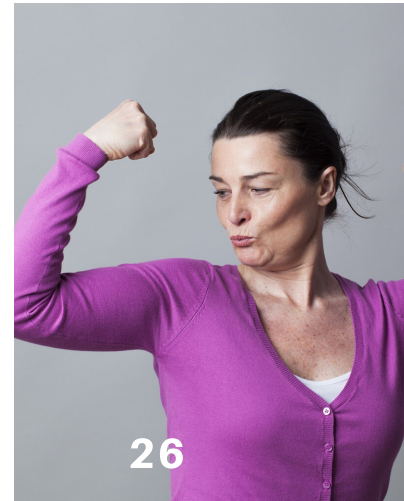
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FOR WOMEN WHO WEREN'T BORN YESTERDAY

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HENPICKED

11 High Street, Ruddington, Nottingham NG11

HENPICKED.NET



KATI VAN DER HOEVEN

I can be the victim of the circumstances,
or I can become commander in chief of my life.



CREATE YOUR DESTINY

They say that there are only two things certain in life; to die and pay taxes.

There is actually a third thing; **choice**. Even the poorest of the poor or the less abled of the disabled can choose his/her attitude towards life.

Back in 1995, when I was just 20 years old, I had a stroke and became Locked-In without hope of recovery. My mind, thoughts, and emotions were intact, while my body was in a stagnate state; I could not move nor speak at all.

My parents had two choices; to put me in an institute for the disabled or take me home and care for me, for the rest of their lives. They chose the latter against the doctors' and therapists' advice. They never gave up on me, and they will forever be my greatest heroes.

For the following few years, I was deeply depressed. I felt like I had no choice.

The only thing I wished for was to die and I could not even do something about that.

People tend to think that miracles are quick solutions that come from the unknown to give us back what we once lost. I learned that more often, miracles are part of you. In time they grow within you and take you to a better place, which you even did not know existed before.

A curious thing happens when you cannot speak; you become a good listener, and people start to confide in you. Family members, friends, and even total strangers would tell me about their lives.

Unable to speak and to be actively part of the conversation, I started to notice things I had never paid attention to before. Small details that often go unnoticed. Little gestures like the way they move their hands, a distinct look in their eyes, a grin on their face.

Maybe even an unconscious sigh or unintended pause between two words. I began to understand people better because, not only could I understand what the words they were saying, but also their emotions. I could connect with what they were feeling.

“ A sense of empathy started to grow in me, and that was something that I needed at that moment.

As people found some solace by opening their hearts to me, I started to feel useful, but most importantly, my soul began to heal.

As I regained my sense of self, I came to realise that despite being entirely paralyzed, I still have a choice. I can be the victim of the circumstances, or I can become commander in chief of my life.

I can create my destiny even in a motionless way.

I accepted reality, adapted to the situation, and then reconnected with the world in an entirely different way. In order to do so, I had to change my way of thinking and the way I looked at life. With a newfound clarity, I reached heights that I thought were impossible to achieve.

I have had dreams that I never thought were possible becoming true. I have learned many lessons along the way.

One that stands out is, *'you receive more from giving than you will ever get from taking.'*

[Editor note: Kati is almost completely paralyzed. Kati cannot speak either; she talks with her eyes. See her on Sky News [HERE](#)].



by Kati van der Hoeven
Author of Living Under Water
www.katilepisto.fi/en

MAKE IT HAPPEN

One word of warning, do be careful which word you choose
- it can take on a life of its own!



Words have power



2020

ONE WORD

IS ALL IT TAKES

What's your first impression of 2020?

Along with the 'think differently' theme for this magazine, you might like to use that idea to decide how you want your year to start (and continue) by having ONE word which creates the intention for your year. What one word do you want to live your 2020 through?

Over the years, the **costawomen.com** community have come up with all sorts of words. One of my personal choices included 'joy', a year when I wanted to bring more joy into my life so I read books about 'joy', created a Pinterest board to pin 'joy' related posts, made a Facebook collection of posts and images, followed Instagram hashtags, listened to podcasts around the topic.

#MAKEITHAPPEN

My computer also had a password and screensaver with images that related to 'joy' as did my phone. It then became the centre of my vision board.

The one word, is the word you will focus on every day. The one word could sum up who you want to be, how you want to live, or what you want to do in 2020.

And the good thing is you can't break your one word for the year (like you can a goal) so it will stay with you through thick and thin. If you let it, your one word will shape not only your year, it will also shape you.

We are all keen to create and write goals and the word could align with whatever goals you set, but sum it up neatly for you. For instance if you want to have a financially successful year, why not choose 'abundance' or want to expand your network, how about 'connections'?

One word of warning, do be careful which word you choose - it can take on a life of its own. One year I choose 'effortless' and became rather bored half way through the year as everything had become just that - effortless!



Once you have decided on your word, surround yourself with reminders. Put your word in a place where you can see it every day.

*Ali Meehan is the founder of **costawomen.com** - the largest free community for Women living in Spain, or Women heading to Spain.*

Hope it makes a difference to your 2020!

STEP ONE:

WRITE DOWN the first thing that comes into your head when you think of a word. Some words to get your juices going could include – COURAGE, ABUNDANCE, GRIT, BALANCE, JOY, ENERGY, MORE, GRATITUDE, THRIVE.

STEP TWO:

Look up the word on Google and find the dictionary definition, both positive and negative. Search hashtags on Instagram and Pinterest and see if it feels right for your year.

STEP THREE:

Think about how the WORD impacts your life in the following areas:- Business, Family & Friends, Finances, Life Planning, Learning, Habits, Self Care, Health.

STEP FOUR:

Choose your WORD and write it down in your Planner, Diary or Journal. Once you have decided on your word, surround yourself with reminders. Put your word in a place where you can see it every day. Hope it makes a difference to your 2020!





By: Claudine Reid, MBE
Re-published from
www.claudinereid.com with
kind permission



TIME TO THINK DIFFERENTLY

I thought I would share with you that the doctors have diagnosed me with Breast Cancer.

Breast Cancer affects 55,000 women in the UK per year, that is approximately 1 in 8 women.

When my consultant confirmed that the biopsy was positive, I felt like I was starring in a movie that I didn't want to be in. I almost wanted to say "you have the wrong person".

I've spent the last few weeks ensuring my roots of mental strength; spiritual and emotional strength are as fortified as they can be. I've learned that to face any challenge in life; your mind is crucial to success.

As I began to ensure I was ready for battle meticulously, I realised how focused I became. This included: mental and physical detox, meal plans, physical fitness, tidying up my finance, seeing

my solicitor about my will, ensuring my business had robust support structures that could carry the responsibilities in my absence; all while ensuring my mind, spirit and body was at peace.

Don't get me wrong; there were also several moments of uncertainty, anxiety and tears. Still, as I listened to the anchor of my soul, I found that my family and friends demonstrated a level of love, care and attention that was strength to my being.

It was this, coupled with the mind of my Father that caused my mind and spiritual muscles to grow.

Like many, many others, the reality of this diagnosis has done nothing to shake my faith, and rather it has exposed me to a whole new world of purpose, giving me opportunities to re-frame and re-assess life.

I'm praying, in this season, God will strengthen me for the journey, and like my colleagues – I'm also praying for the kind of faith which dances in the fire.

I'm sharing this because I want you to get comfortable with checking your breasts. (If you are a male check yours too because breast cancer doesn't only affect women).

Recognise what "normal" looks like so that you can be aware when things are abnormal – **cancer does not discriminate!** I know this to be true.



AMAZING WOMEN AWARDS

Julie Robinson, CEO of MenoHealth, was recently recognised in woman&home magazine's Amazing Women Awards winning the accolade for 'Going the Extra Mile for Charity'.

Following losing three sisters-in-law to breast cancer, Julie has raised £1 million for Breast Cancer Now after promising her sister-in-law Louise that she would raise £1,000 for research.

Julie says, "When Louise asked me to raise £1,000 to aid research into breast cancer, I couldn't say no.

With a group of friends, we organised a charity ball, where Louise danced the night away and we raised £7,000. Just four months later, Louise died, aged 44. I promised Louise that I would continue fundraising for the sake of our daughters.

Raising awareness and funds for the charity has become a lifetime mission to help Breast Cancer Now make lifesaving breast cancer research and care happen."



If you have any questions or concerns you would like to discuss with the Supporter Care team, please don't hesitate to get in touch supporterengagement@breastcancer.org



WHEN THINGS CHANGE

What a difference two years can make!



By Dawn Morris
MenoLeader

After spending 30 years working in the corporate banking world, I decided to quit my job in May 2018 and branch into pastures new. After taking a little break I began to research various companies who provide fitness training to senior citizens when I stumbled across Move it or Lose it and decided this was what I wanted to do.

I have always been very passionate about physical fitness and this was an ideal platform to give something back to the community. Fast forward 6 months with a portfolio of community classes, care homes and assisted living classes, things were going very well.

Then our hugely inspirational and supportive CEO Julie Robinson launched MenoHealth and I was delighted to be invited to become a Meno Leader.

Being menopausal myself I was truly excited to be one of the trailblazers to get this initiative off the ground and support a section of society who have historically been left to just get on with, what can be, the most difficult part of a women's life.

I felt driven by purpose and passion after receiving my qualification and began researching both the corporate and private sectors to ascertain which companies would be willing to support their female staff in attending exercise and educational classes.

Two months later the brakes slammed on when I was diagnosed with DCIS (ductal carcinoma in situ), basically pre-cancerous cells in the breast milk ducts.

Two surgeries followed and it was established that I had two very tiny areas of cancer cells which had escaped the ducts - radiotherapy followed.

If I can share one thing - you know your own body - if something doesn't feel right get it checked out. I didn't have a lump, just a sensation. I was incredibly lucky to present so early but frustratingly was out of action for 3 months.

During that time I took a Level 3 Assessors qualification and have now successfully become a Master Trainer so I can teach others to become MenoLeaders. So now, onwards and upwards.

MenoHealth here I come in 2020!

NOT ANOTHER BUNCH OF FLOWERS

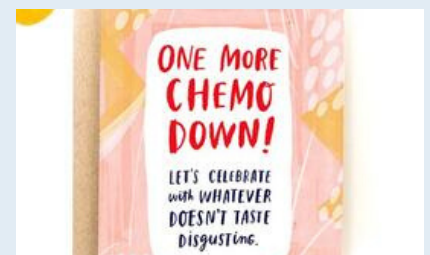
NotAnotherBunchofFlowers.com was set up in 2013 by Anikka Burton following her cancer diagnosis.

Friends and family wanted to send her a little something along with messages of support, but just didn't know what to send - apart from flowers.

Not many people know that flowers are banned in most hospitals. This inspired her to set up a site selling gift alternatives to flowers, including cancer care packages, hospital hampers and get well gifts.

They quickly expanded to offer all sorts of unique and thoughtful gifts for all occasions including new mums, new baby gifts, mums-to-be and presents for birthdays, Christmas, thank yous and just because.

The new personalised gifts have allowed them to offer even more gifts including christenings, new homes, weddings, engagements and anniversaries.



TIME TO CELEBRATE

It's a new time, it's a new life, it's a new decade...
A change for the better





MENOPAUSE

IS THE NEW 30'S



What's the **first word** that comes to mind when I say the word **menopause**?

Feedback we hear time and again are 'old', 'past it', 'hot flushes', 'mood swings', 'sweaty', 'painful'. In a culture that reveres youth and beauty why would you feel happy to say you're menopausal.

It's time to change our minds and old stereotype of the past.

Around a century ago women experienced menopause at 57 and died at 59, it was towards the end of their lives. Today, it's very different – we experience menopause on average at 51, live to be 83 and stand a 1 in 6 chance to live to be 100.

We're working for longer and whatever way you look at it, even at 50 we're much younger in our mindsets than generations of women before us.

By: Deborah Garlick
Director of Henpicked and
*Henpicked: Menopause
in the Workplace*



*It's time to change our minds
and old stereotype
of the past*



Back in the day, they said a life was 3 score years and 10 = 70 – 30s being halfway through life.

Today, the start of your menopause transitions is half way through your life.

It's time we looked at it that way – menopause is the new 30s. We're strong, youthful, independent women.

It might not feel like that if you're struggling with symptoms.

We know from the research we did 4 years ago that women with few or no symptoms were most positive about the next chapter in their lives.

So how about getting to the point where you know what to look for and know how to manage or get rid of them for good.

There's so many of us now raising menopause awareness, education and support.

In this new decade, it's time we get to the point where menopause is a completely unremarkable conversation to have. We can all talk about it. No big deal.

I'm often asked if there's any good side to menopause. There is. No periods is one thing, and the monthly cycle of changing hormones and ups and downs that went with them. No need to think about contraceptives.

I'm not alone when I say that I feel happier in my skin than ever before, my energy level is full on, I know what makes me feel good and go for it. I meet women, like me, who've started new businesses, started new careers, new jobs. Old and past it – forget that.

I see my menopause as a marker to my next life chapter. Time for me to enjoy myself and just be me. How about you?

Are you ready to get 'menopause is the new 30s' trending?



MENOPAUSE MONOLOGUES

by Harriet Powell

*Excerpts published with kind permission
[Available HERE](#)*

The Menopause Monologues is an unassuming little book, independently published by a successful children's author.

But what started as a passion project for Harriet Powell has gained a celebrity following. Emma Thompson says it's a 'wonderful book', Lorraine Kelly calls it 'incredible' and Kristin Scott Thomas currently has it in her bag for train-time reading. Amanda Redman and Meg Mathews are also fans.

"When I started getting handwritten letters back from people like Emma, Lorraine and Kristin, I felt incredibly moved. I had no idea that this would make such a deep impression on women from all walks of life."

The Menopause Monologues is a collection of anonymous, frank, funny and often touching first-person narratives about what the menopause really feels like. It talks about hot flushes, sleepless nights and lost libido – but it also gives a more authentic, nuanced insight into women's experiences.



In aid of

Shelter

“ Carries Story

Puberty had arrived like a tombstone dropped from a hot air balloon, and so did the menopause. But it was mercifully quick.

For five months I sweated, and large chunks of my system turned off: I felt as though the night-watchman had woken up with a start and realised he had left everything running, tearing about randomly pulling out plugs until the machines all fell silent. And the silence was deafening.

The decision about whether or not to have a third child was suddenly not even on the table. I found some grey hairs. I still enjoyed sex but wasn't that bothered if my husband was already snoring when I came to bed. The cheerful distant lust I had enjoyed for a couple of my colleagues was no longer even interesting. And there was the knowledge that, even if I clocked up my ancestors' impressive life spans, the odds were that I had lived more years than I had yet to live, and that I really ought to bear that in mind.

My family tend to drop dead rather than slowly decline, and although the clock had always been ticking, in the sudden quiet I found I could actually hear it.

“ Mo's Story

I'm told there are some who come out the other side of the menopause superwomen. They get through this bit and then suddenly: athletes, achievers, beauties, brainboxes all.

Please let that be me. It would make such a nice change from the muddle-headed, crotchety, sometimes-nice-but-sometimes-not, sweaty, slightly lardy woman I feel I've been for too long.

So, bring on the good stuff, Mother Nature: I'm ready to move on.

“ *Harriet hopes the book will help break the taboo and is heartened by the number of women who want to waive their anonymity for a second collection of stories that she is currently compiling.*

The Menopause Monologues II will be out early next year.

Half of all profits are being sent to Shelter.

[CLICK HERE to purchase via Amazon](#)



CHANGING YOUR MINDSET

The brain is a muscle that can move the world



EXERCISE

ACTION PLAN

So many of us start the year off with good intentions to eat less and exercise more but give up before the end of January.

It's a difficult month to get motivated. Or we're too tired or too busy. We can always find an excuse to avoid exercise even though we know it's good for us and we'll feel better afterwards.

Here's my top tips on changing your mindset and embedding exercise into your mind and your life:



By: Julie Robinson

Founder of MenoHealth and
Menopause Fitness Specialist

1. Find a mantra that fires you up

Say it out loud, write it down and keep repeating the phrase. I can do it. I can and I will. Just do it. Choose words that mean something to you. These positive thoughts will supersede the negatives and trick your brain into action. This works the same way that smiling spurs chemical reactions to release happy hormones.

2. Be ready to go

Put your exercise gear out so you can step into it, or have it packed in your bag so you're ready and committed. Not being able to find your trainers will give you the excuse you're searching for to avoid exercising.

3. Nudge yourself

Put a reminder in your phone or calendar so you get pinged when it's time to get moving. The whole premise of fitness trackers is that they work by prompting and nudging us so we can't forget to move. Also, if it's in your calendar then you're more likely to keep the time free for yourself.

4. Visualise yourself exercising

The changes that occur in the brain when we mentally practice an action change the brain in the same way as actually performing the action.

So when you wake up, try to see yourself doing your early morning workout in technicolour detail, then go do it!

5. Reward yourself

No matter how small your exercise goal might be, reward yourself when you achieve it (preferably not with a biscuit)!

Your brain loves rewards, so set off a positive cycle and soon you will actually start looking forward to exercising.

DO YOU WANT TO ...?

- ✓ **Tone up**
- ✓ **Lose weight**
- ✓ **Boost your bones**
- ✓ **Get your heart pumping**
- ✓ **Take control of your
menopause?**

For a limited time only, our Henpicked community can get the streamable MenoWorkout online for just £4.99 using code HENPICKED - [CLICK HERE NOW](#)

MenopauseWorkout

Fabulous fitness routines to help you improve your fitness, muscle tone, bone health and body confidence



Join menopause fitness expert Julie for a 30 minute MenoWorkout!

Fabulous fitness routines to great music to help you improve your fitness, muscle tone, bone health and body confidence. Each exercise can be done at your own level depending on how hot you want to get.

There's no complex choreography, yet the routines ensure you get a good workout for heart health, some impact for boosting bones, mat work for core strength and muscle tone, balance work and a mindful cool down.

It's a fun way to burn calories and enjoy a mood-boosting, time-saving workout which you can do whenever you choose in the comfort of your own home.



THE IMPACT OF HORMONAL DECLINE



By Aly Dilks, Founder of
SimplyMenopausal.co.uk

Menopause is a normal result of the ageing process and not an illness or a disease and every woman will go through it at some point, whether they notice it or not. Natural hormonal decline is inevitable.

Some women can have very few symptoms during their menopausal years, and their periods just stop. Other women suffer a variety of mental and physical challenges, many of which can be very debilitating, having a negative effect upon their quality of life.

In turn this can have an impact on relationships with their partner, family and work colleagues. Many women confuse their symptoms such as fatigue, irritability, forgetfulness, poor sleep and worsening migraines, with working too hard and busy lifestyles.

However the real cause of these life-changing effects could be falling hormone levels.



I see so many ladies in my clinic who are struggling with poor memory and are afraid that they have dementia



Taking hormone replacement therapy (HRT) to supplement these falling hormones, has many health benefits, as well as reducing the symptoms associated with the menopause.

These include protecting you against osteoporosis and heart disease.

Osteoporosis is a condition that weakens the bones, meaning that even after a low impact fall, they can break easily. Bone is a living tissue that regenerates throughout our lives, and up to the age of 30, we generally build more bone than we lose. As we then get older, our bone tissue starts to naturally decline.

Oestrogen aids absorption and retention of calcium, which helps to maintain strong healthy bones. As oestrogen level declines during the menopause bone breakdown rate is more rapid than build-up, and ultimately the bones become much weaker.

Replacing the lost oestrogen by taking HRT can help to maintain bone mass and strength.

Cardiovascular disease refers to the conditions that affect our heart and blood vessels such as heart attacks, angina, stroke and vascular dementia.

Oestrogen protects arteries by preventing the build-up of fatty plaques which could cause the arteries to harden and narrow, and therefore prevent enough blood and oxygen reaching our vital organs. Heart disease risk rises for everyone as they age, but for women symptoms can become more evident after the onset of menopause.

Menopause does not cause cardiovascular diseases. However, certain risk factors increase around the time of menopause and can be reduced by taking HRT. In addition women should take care of their heart through regular exercise and good nutrition, and by eliminating unhealthy habits like smoking.

There are so many women who are suffering unnecessarily due to a lack of knowledge and understanding around the symptoms of menopause and the benefits of HRT.

SIMPLY MENOPAUSAL

A NURSE LED PRIVATE MENOPAUSE CLINIC.

Are you suffering with any of the following symptoms?

- hot flushes
- night sweats
- difficulty sleeping
- vaginal dryness
- low libido
- pain with intercourse
- brain fog
- mood swings
- anxiety
- low mood
- dry skin/hair
- weight gain
- increased headaches
- joint pain



Menopause is a normal part of the ageing process, not an illness or a disease. All women will go through it at some point in their lives and yet it still remains surrounded by mystery.

Simply Menopausal believe every woman deserves to explore her symptoms and discuss the options available. We understand that, as women, we are not all the same.

Low mood, heightened anxiety, mood swings, tearfulness and loss of confidence are common symptoms many peri-menopausal women report to their GP during their consultation. However, due to time constraints or a GP's lack of knowledge around the subject, many menopausal women are incorrectly prescribed anti-depressants rather than HRT.

This is why Simply Menopausal was created by founder Aly Dilks.

OUR UNIQUE APPROACH

Simply Menopausal believe every woman deserves the time to explore her symptoms and discuss the options available. We understand that, as women, we are not all the same. Our diagnosis relies on listening to your symptoms and offering a treatment option specifically for you.

Treatment plans are all in keeping with NICE guidelines and are recommended by the British Menopause Society and are all research based and up to date.

Find us at:

144a New Walk, Leicester

Call us on:

0116 2927877

www.SimplyMenopausal.co.uk



CREATING PEPPY

Re-imagining health support
during life's big transitions



peppy CHAT

Peppy gives people the health support they need during a major life transition, like going through the menopause, or becoming a new parent. We know that during these periods, you are not 'ill' in the conventional sense, but your health is vulnerable.



By providing support from health professionals in a convenient way, like chat and phone consultations, we can help women to make the right choices for them to improve their quality of life.

We work with employers to fund these services for their employees. More and more organisations want to do this and are working with organisations such as Henpicked and Peppy, because everyone wins.

Women can find out about the support available and access it easily. Employers are able to provide support to those who are struggling and it's affecting their work.

I'm a working mum myself and have two little kids. It was when I was pregnant with my second child that I realised first-hand how difficult it is to manage work, your own health and your family's health in these periods. One of my children also has multiple allergies.

*Mridula Pore
Co-Founder and
CEO of Peppy
She lives in London
with her husband
and two children*

Peppy
www.Peppy.health



Within one month of using Peppy, over 70% of women feel less bothered by their menopause symptoms and more confident in managing them.

98% would recommend the service to their friends

Managing these situations on a day-to-day basis has to be an utmost priority for our family. It also has to fit with the daily realities of being a household with parents working full time and two tiny tots.

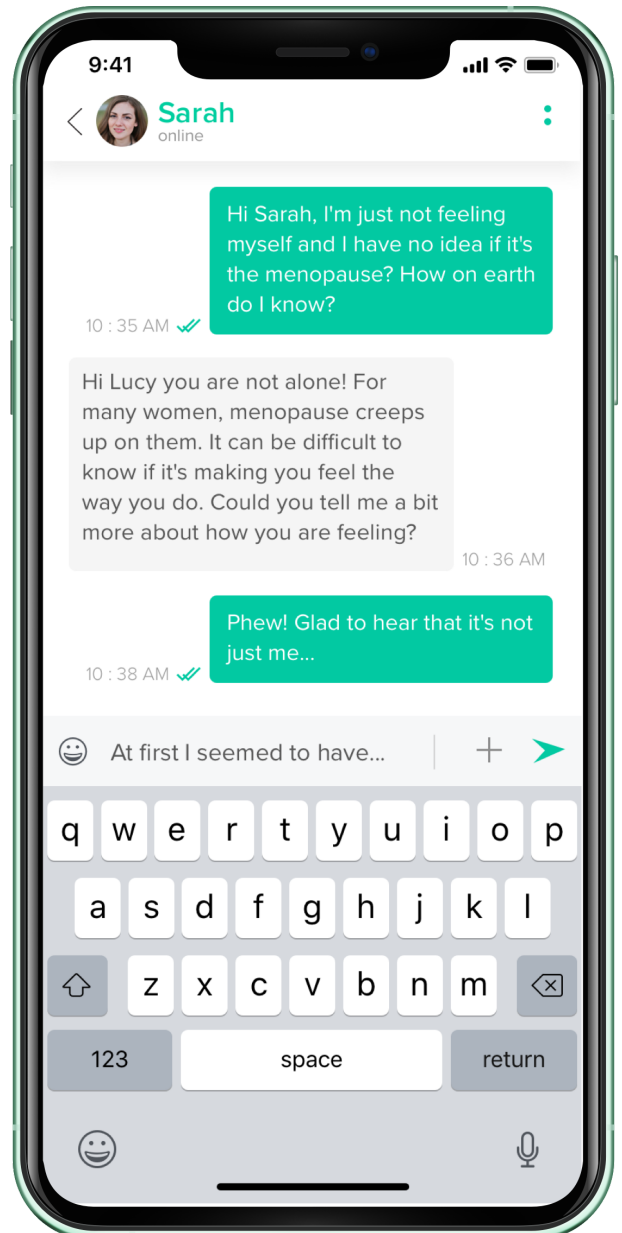
It was when I met Kathy Abernethy (then the Chair of the British Menopause Society, and now Peppy Director of Menopause services), women began telling me about their menopause journeys, that I had a 'lightbulb' moment.

These situations are not something unique or rare. We all go through these stages of life at different points, and each person's journey is different. We want Peppy to be the trusted place to go to with all the questions you have through your health journey:

'Is this normal?', 'Should I be worried?', 'What are my options?', 'I tried this and it didn't work. What do I do?'

Over the last year we have been working with organisations as diverse as law firms, publishing houses, not-for-profits, banks, insurance companies, media companies and more to introduce this concept.

I'm really pleased that we've already been able to serve women across the country from Brighton to Paisley.



peppy

The awareness for menopause, is rising fast, thanks to Deborah Garlick, Sharon Vibert and the Henpicked team who have played a huge role in this.

But ultimately what matters to each of us is the quality of our day-to-day life, at home and at work, and out and about.

That's where I hope that Peppy can make a huge difference to a lot of people.



SHE'S GOT

YOUR NUMBER

You may have heard phrases like ...
'I have your number' or 'Your days are
numbered' ... this is because it's true!

Numbers speak, and their language is
numerology.

Numerology is the science, philosophy
and psychology of life interpreted
from the symbols of names, dates and
numbers. We are all named, coded,
numbered and placed in the great eternal
plan.

I have always been fascinated by
numerology from a young age. As the
years went by, every time I saw an article
about numerology in a magazine, a blog
post, a book, I would make a beeline for
it.

I knew I was a life path '1' but didn't
appreciate the magnitude of the impact
that this had and has on my life.

On International Women's Day in March
2017, I went to an event and Richard Abbot
was the guest speaker. He spoke for a few
hours 'top level' about numerology, its
impact on the World, on master numbers
and the impact they have on our life.

His opening gambit was - forget
'International Women's Day' because it is in
actual fact 'International Women's
Millennium!' as we are now in the energy of
the 2's - the '2000's'.

In numeric terms, 2 is all about the Divine
Feminine, intuition, sacred knowledge and
the subconscious mind. We can relate the
times that we are in now to feminine
energy, we are in constant flux and can be
undecided.

Now more than ever, there is the need to
create balance, to see both sides of the
story. There is no certainty, and don't we
know it.



B1ZOLOGY

— with Jo Soley —

Jo Soley, Founder of Bizology
A business coach who uses the Powers
of Numerology to Elevate
your Business Success.
www.JoSoley.com

These times are also ripe for us to develop our intuition, our psychic development, and our natural knowing for stuff.

Your Life Path number is the main number we work with in numerology. It is created from the numbers in your date of birth. You cannot change your date of birth – it's impossible so this number never changes.

1 is about directness leadership, innovation, individuality and entrepreneurship.

1 is about independence, 1's need to make their life about them, and from that place help others.

1 is focused on results, it wants to go from A-Z.

Numbers have spectrums.

At one end 1's can be selfish and make their life all about them, at the other end 1's can be selfless and people please.

I know I was making my life and business about others.

Since I have embodied my 1 energy, put my head down, minded my own business I am serving others from this space, which is empowering, and life is aligning and working for me.

I created Bizology – using the power of numerology to elevate your business success, and have brought this modality into my business coaching.

Numerology gives you another way of doing things, a clearer path in which to head.

Using numerology guides you, it helps you understand yourself at a deeper level.

Numerology shows us not only personality analysis but how we can make better decisions. It's not maths or statistics. It's spiritual empowerment into our life aligning your vision with your personality.

To find out the life path number you are working with TAP THE ARROW to download my free guide



–‘Discover Your Life Path Number’ –



Destination Perfect
YOUR TRAVEL ADVENTURE AWAITS

TO TRAVEL IS TO LIVE

'It's a big world out there', a common saying we've all said many times before. How many of us actually really think about this though?

The world is indeed an extremely big place, and for that reason, most people will have a list as long as their arm of places they dream to go.

Yet, we are all guilty of saying 'I'd love to go there' or 'I'd love to do that' and every year when our holidays comes around, we book something not too dissimilar from our last trip ... the list never gets any shorter.

As we enter a new year, we ask you to think differently about the next destination that you visit and, importantly, what you experience whilst there.

Take a break from the norm and challenge yourself to look back at the end of 2020 and think, "Wow, I have created long lasting memories and achieved so many of my travel goals this year!"

We're now in a time where anything is possible.

If it's staying at a Buddhist temple in Japan or with an Italian family, enjoying authentic food, on the stunning Amalfi Coast, we can organise truly unforgettable experiences to help you fully emerge yourself in the destination of your dreams.

So, whether you want to watch for whales in the white wilderness of Antarctica, take a trek to Machu Picchu, ride the rails through the Canadian Rockies or swim with pigs in the Bahamas, **get in contact to book your next adventure today.**

Why Book with Us?

Destination Perfect is a family run independent travel agency.

We endeavor to find the perfect holiday for you, creating tailor-made travel, package holidays, family breaks, tours, cruise or anything that requires a touch of luxury – we can make your dream holiday a reality!

We pride ourselves on providing a professional, honest and personal service, ensuring that you're looked after from your initial enquiry to your return home.

We are committed to providing the correct consumer protection for each of our customers.

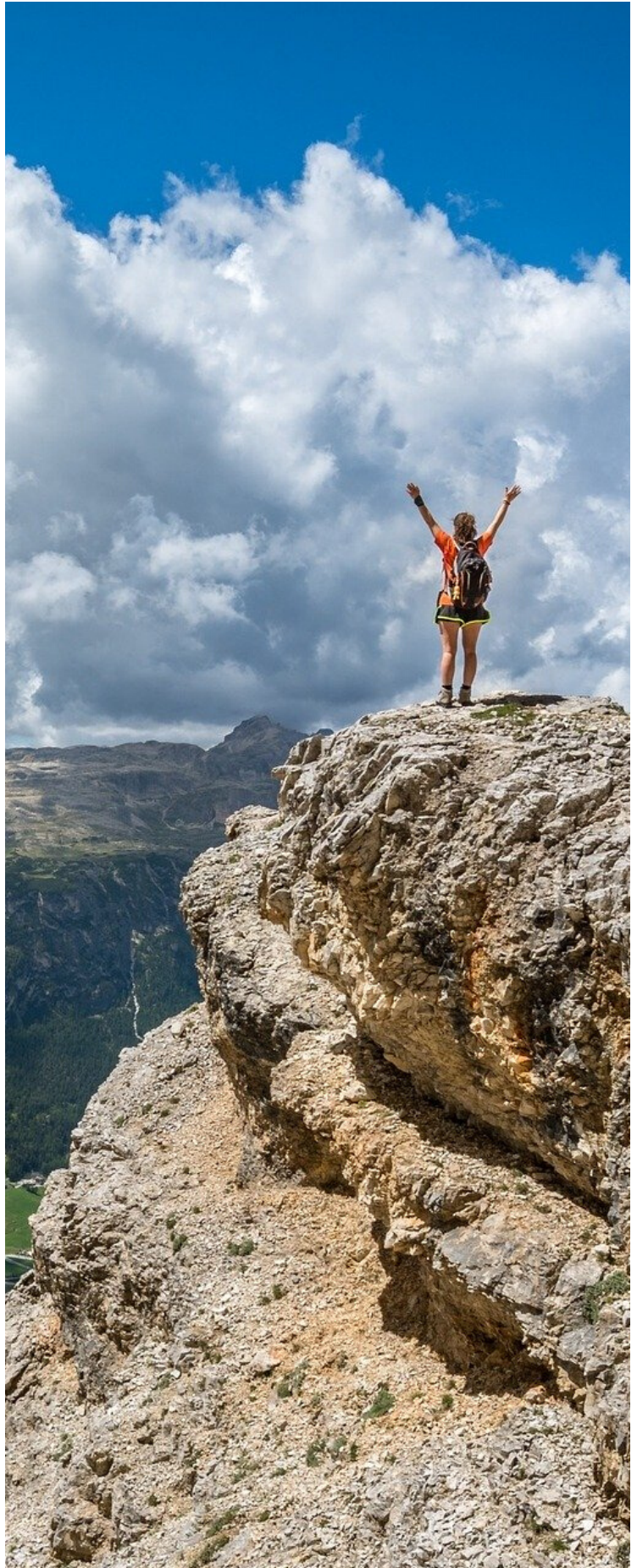
That's why, every trip we offer comes with the peace of mind of knowing that your money is safeguarded by bond or via a trust arrangement, and that all the overseas holidays we sell by air, come with ATOL protection as standard.

As independent travel specialists, we work differently.

Tel: 0161 872 1773

info@destinationperfect.com

www.DestinationPerfect.com



WHY DRINKING COSTS MUCH MORE THAN YOU THINK



Something I don't often write about is how much alcohol costs us. I tend not to focus on the money side of sobriety, because saving cash isn't the main reason why people quit.

For most of us, it's the opportunity cost that hurts: it's the missed life experiences and broken promises. The morning-after shame spirals. The physical consequences. And yet, I can't deny that having extra money in the bank is a very welcome (and often unexpected) side effect of sobriety.

When you start adding it all up, the numbers can be staggering. If you're looking for a little extra motivation – at an expensive time of year – then let's talk about the actual cost of drinking.

Earlier this year, I celebrated six years sober. I used to drink, on average, two large glasses of wine a night. Obviously, there were days when I drank much more than that. But there were also nights when I didn't drink at all.

Two large glasses of wine a night is 730 glasses a year. At 250mls each, that works out at 243 bottles a year. If a relatively average bottle of supermarket wine costs £6, then I've saved £8,748 in six years (about USD 11,300).

My calculations above do not take into account the money I spent going out and drinking with friends. When you're buying expensive cocktails in bars, or drinking over-priced pints at a gig, you burn through your money fast.

It's also hard to account for the times when I bought big rounds of drinks, or spontaneously

ordered double measures instead of singles, or paid for someone else because it was their birthday.

It's really easy to lose track.

As well as paying for the alcohol itself, there are other costs to consider e.g. missing the last train and having to get a taxi.

When I was drinking, I had a terrible habit of losing things like credit cards, phones, keys, my purse ... replacing that stuff was a hassle and not cheap.

You might also need to pay for a cheeky takeaway on the way home, dry cleaning for the dress you spilt wine on, drunk purchases made late at night and the cost of that gym membership you hardly ever use.

Whether you're newly sober or thinking about quitting drinking, it can be very motivating to keep track of the financial numbers.



An easy way to do this is to download an app like I'm Done Drinking which will help you calculate averages over time.

An eye-opening (but more time consuming) exercise is to track every penny spent on alcohol over a month. Keep your supermarket receipts so you can account for the bottles of wine you buy with your weekly shop.

Trawl through your bank statements to work out what you've spent on cocktails, Ubers and restaurant 'meals' that are more booze than food.



Kate founded The Sober School, a coaching program that helps women feel inspired and empowered by their decision to quit drinking. She helps women who are ready to start living their best life learn how to do it without a glass of wine in hand.

Kate Bee
Founder of
www.TheSoberSchool.com

Would you like to stay sober tonight?

Pop over to Kate's [website](http://www.TheSoberSchool.com) a register for a free pep talk audio file and learn how to navigate alcohol-free living without feeling deprived or miserable.



Nikki Everiss

The Professional Matchmaker

www.TheProfessionalMatchmaker.co.uk

FINDING LOVE

THE ERA OF MODERN ROMANCE

I'm going to start by saying "**dating is hard**".

There is no point in sugar coating things here. Whether you are dating someone you met online, or in a bar or even through a friend or a matchmaking service (yes they do exist, I'm a professional matchmaker myself), things can get messy pretty quickly and especially if you develop feelings that aren't reciprocated it can make us feel rejected and that isn't a nice feeling.

Of course, if you do want to meet the right person, then you have to take time to get to know them and find out if they are someone you would want to spend more time with. To do this, you have to be in the best possible mindset so you can start dating with confidence and trust that what will be will be, instead of trying to force things.

Remember, more often than not, you have to 'kiss a few frogs' before you meet that special person anyway, so if you're experiencing the difficult part of dating at the moment, rest assured most people who manage to find their true love definitely went through what you're going through now, so I hope that makes you feel hopeful, if only a little.



*Rejection is the
universe's protection*

Our conventional society tells us in order to be happy the goal is to be in a relationship, however, speaking from experience and like a lot of other single women I know, I can tell you this is not true. I'm happier and surer of myself than I have ever been and it feels amazing. I didn't always feel that way and that is where I want to help women who feel the same as I did.

Here are some things to bear in mind

- First of all be kind to yourself, we put so much pressure on ourselves and this isn't healthy. Write down all the negative things you say about yourself and replace them with a positive.
- Do not compare yourself. This was a big one for me and one I still have to work on it sometimes. Focus on something you like about yourself and use the affirmation 'I am enough.'

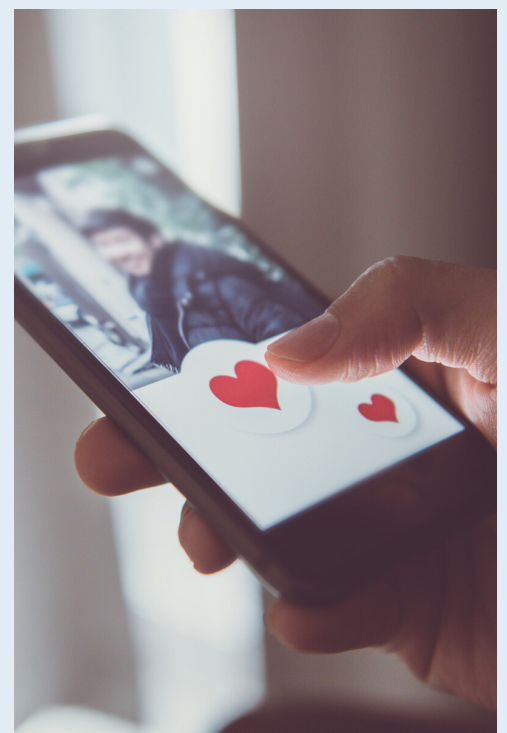
- If you feel you are not embracing being single then you risk settling for someone who isn't right for you. Life is too short to settle on anything less than you deserve.
- You are not defined by your relationship status, after two years of being single and working on myself I can now genuinely say I am 'happily single, thank you.'
- You have the freedom to do whatever you want and not answer to anyone.

And last but not least, you get the bed to yourself!

So, if you are single, embrace it. There will be days where you long to meet somebody and that's OK too and totally normal, but also remember when you are in a relationship you will have days where you miss your single life.

ONLINE DATING V PROFESSIONAL MATCHMAKING

- Matchmaking is a personal service where every single client is interviewed and ID verified, which is a much safer environment to date.
- Online dating is a lot more time consuming, and your Matchmaker can do all the hard work of finding a compatible match.
- A matchmaking service is an investment, and this seems to attract clients that are serious about settling down. Most online dating apps are free and can attract the time wasters.
- When using a Matchmaker all information on our members is also carefully stored away from a public website. There is never any sort of profile, photographs or personal information online that could be accidentally accessed by friends, relations or work colleagues etc.





EMEPELLE REDEFINE SKIN AGEING

To celebrate the launch of the breakthrough skincare range for menopausal skin, Emepelle held a Menopause Masterclass breakfast at All Bright Women's members club in Mayfair London. This empowering event welcomed key press, journalists and influencers to not only be introduced to the Emepelle product line, but to learn more widely how hormonal changes during menopause affects the body and the skin from key industry experts.

The esteemed panelists consisted of Harley Street Consultant Dermatologist, Dr Emma Wedgeworth, Menopause specialist, Dr Joanne Hobson and Emepelle Brand Ambassador A-list facialist Teresa Tarmey.





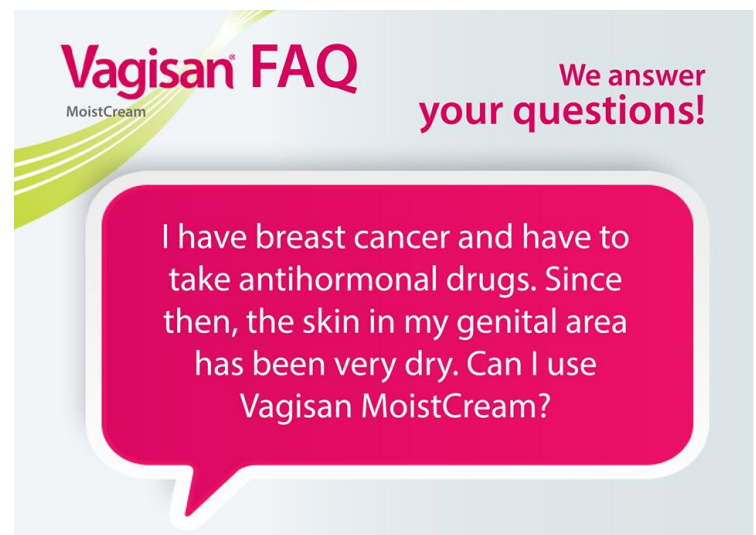
Vagisan MoistCream has a high water content and as a result, it supplies moisture to the skin in the vagina and the external genital area.

The lipids it contains nurture the sensitive and dry skin and make it supple.

Vagisan FAQ



Yes, Vagisan MoistCream is suitable for women who have to take drugs in connection with the treatment of breast cancer and its aftercare. Please consult your gynaecologist.



Vagisan MoistCream contains no fragrances or colourants. It contains a preservative (benzyl alcohol) to ensure the long-term stability of the water-based cream.

Vaginal dryness?

Did you know almost one out of every two women over 45 suffers from vaginal dryness?*

Have you had the following symptoms in the external and/or internal vaginal area in the last 4 weeks?

- | | | |
|--|------------------------------|-----------------------------|
| Dryness | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Itching | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Soreness/Irritation | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Burning | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Pain without engaging in sexual activity | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| Pain during sexual activity | <input type="checkbox"/> yes | <input type="checkbox"/> no |

**The Detection and Management of Vaginal Atrophy Canada 2004*

If you answered "yes" to at least one question, this could be a sign of vaginal dryness.

The above symptoms could also be a sign of something else; therefore you may wish to consult your doctor again if they persist.

Vagisan MoistCream: The first **hormone-free** cream for vaginal dryness



Vagisan MoistCream provides noticeable relief from the symptoms of vaginal dryness after the first application. Unlike other products that are gel based and can feel sticky, Vagisan MoistCream is absorbed quickly and provides nurturing lipids and long lasting moisturisation. Other creams available

for vaginal dryness contain hormones and require a prescription but Vagisan MoistCream is hormone free and is available over the counter. It can be applied to the internal and external area, with its easy to use applicator for internal usage, for fast effective relief.

Vagisan

www.vagisan.co.uk

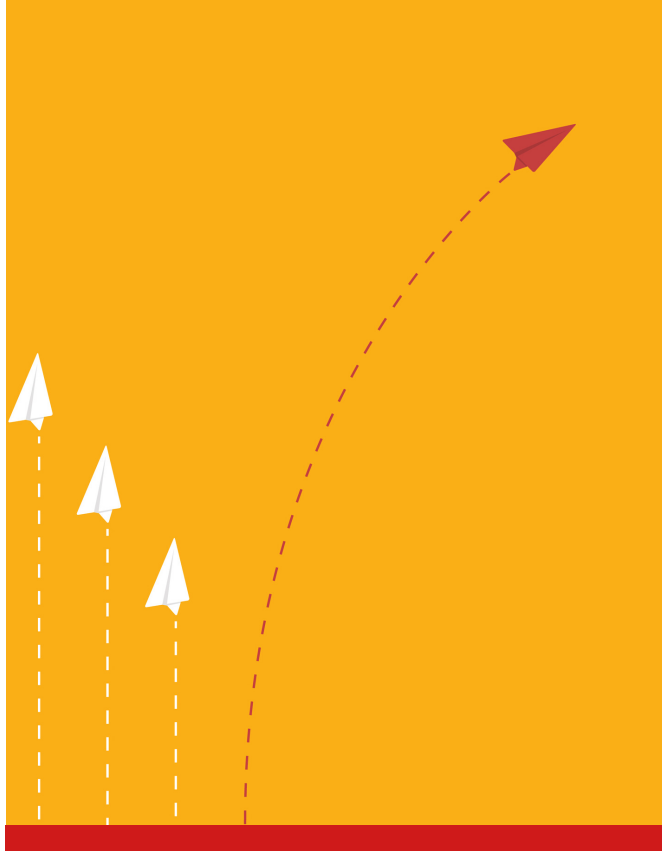
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www.theprofessionalmatchmaker.co.uk

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