

The Root and Branch

Wholesome living services

*Healthy
living*

Summer issue
July/Aug. 2024

LIGHTEN THE LOAD LIFE

Laughter Specialist and Life
Coach

JULES HEALING GEMS

Crystals, Gems and Alternative
Lifestyle Gifts

UNFURL JOURNEYS

Unfurl Journeys with Sound

CRAFTED COMFORTS

Handcrafted Bath, Body & Home
products

TEA CEREMONY SCOTLAND

Communion Tea Ceremonies

HAVEN HOUSE HEALING

Awakening your Inner
Goddess with Sea Therapy

The Root and Branch

Wholesome living services

Gift yourself this Summer!



Anita Bell
Managing Editor

At the Root and Branch our aim is to introduce you to healthy living services that support your overall wellbeing. We want to encourage you to take time out for yourself by offering a selection of wellness services that are welcoming and supportive. Connecting within and listening to the needs of your emotional and physical wellbeing is a loving gift to 'self'.

In this issue we have another beautiful selection of wholesome living services that support a healthy living lifestyle. You can reach out to all of our services by contacting with them direct or by visiting our website and utilising our user friendly customer enquiry form.

Have a lovely Summer

With love and gratitude,

Anita x

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JOINING US THIS SUMMER

Braco-tv.me - 4

The Beauty and Power of Inner Silence

Sally Warrack - 5

Women's Trauma Specialist

Haven House Healing - 6

Awakening the inner goddess with Sea Therapy

Dancing With The Universe - 7

The healing benefits of Sound Baths

Jane Macdonald - 8

Personal Coaching Programmes to support your long term goals

Tea Ceremony Scotland UK - 8

Oneness, harmony, collaboration & friendship.

Lighten The Load Life - 9

Your path to a lighter - brighter you

Jules Healing Gems - 10

Discover the benefits of Crystal Healing

Unfurl Journeys - 11

Creative and Therapeutic Sound Healing - Fife

Crafted Comforts - 11

NEW handmade vegan friendly bath & body products

Bonding With Baby - 12

Infant massage & Rhythm Kids classes

Wildly Sacred- 13

Tap into your inner wisdom with Wild Soul Training courses

Wildly Sacred - 14

Celebrating your special day 'your way'

The Little Room of Calm - 15

Take control of spiralling thought patterns

Yay4Yoga - 16

Nurturing Yoga for Wellbeing

The Root & Branch Magazine - Back Page

Encouraging 'Mindful Moments'



rootandbranchmag



therootandbranchmagazine

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The Beauty and Power of Inner Silence

Braco and his Silent Gaze

“I came out of curiosity and had my mum’s photo with me. When Braco came on stage, I felt a wave of energy. After that first encounter, my skin problem simply disappeared and my mum suddenly felt better. I had concrete proof that this was something very special and powerful” Thomas (34)

The possibility of spiritual fulfillment in modern everyday life

In a time when the search for spiritual meaning is often overshadowed by complicated teachings and methods, Braco's way of helping radiates clarity. Braco is a fascinating person with a special gift. His unique way of helping, based on a gentle and intense gaze has caught the attention of many people around the world and has often helped bring balance to many people's lives.

Some believe that Braco's gaze emits a vibration that can have a positive effect on a person's emotional, mental and even physical well-being. Some suggest that Braco's focused gaze serves to convey a powerful presence or state of consciousness. This presence is believed to resonate with individuals in the audience, triggering deep emotional responses and facilitating personal insights and transformations. Braco himself does not explain his gift.



Open to all and without teachings

Braco's gaze requires no teachings, meditative practice or spiritual tradition, it is in his case, 'a pure gift'. At the same time, Braco does not consider himself a healer and does not see his work as a substitute for medical therapies.

What Braco does may seem unconventional at first glance, but there are some experts who point to the positive effects of his gaze. It is no secret that the mind has a powerful force over the body. When meeting Braco you stand with others in a group, Braco then comes on stage and gazes at the crowd for a few minutes. No gripping speech, no new teachings, just his silent gaze. A direct experience not to be understood, but to be felt and experienced.

Braco is back in London on the 29th of September. To book your tickets in advance, please go to www.braco-tv.me. Tickets are also available at the event: Rembrandt Hotel, 11 Thurloe Pl., South Kensington, SW7 2RS London, UK. There will be 5 sessions per day at 10am, 11am, 12pm, 1pm and 2pm, each session costs £30 per person.

Should you have any questions please contact: mkamp999@gmail.com

www.braco-tv.me YouTube: Braco official channel
Free Livestreaming with Braco's Gaze See Dates and Times at
www.braco-tv.me – click: Join The Live Stream



Sally Warrack - Women's Trauma Specialist

Hi, my name is Sally, I'm a Women's Trauma Specialist. I specialise in supporting women heal from generational trauma through subconscious healing. Helping women break free from their trauma and live their best life not only for themselves, but for their children and future generations. Once we heal and break free from generational trauma it can no longer be passed down the generations. How beautiful that we can change not only our own lives, but that of our future generations.

Generational trauma can be described as 'the transmission of psychological and emotional wounds from one generation to another'. It can be passed through family dynamics and the way trauma survivors interact with their own children and grandchildren. This then gets passed down the generations until someone decides it is time to stop it.

I also bring in generational trauma healing to support women who have been in toxic relationships. The patterns of our generational trauma, particularly around beliefs, behaviours and emotions, can be linked with entering and being in toxic relationships. Toxic relationships typically last a long time and the emotional and psychological effects can be devastating. Not only are you are healing from the relationship, but the trauma that you have inherited a long time before you entered that relationship.

Trauma healing is not just a job to me. It is my passion, my purpose, to share and help you. I have personally experienced and healed from trauma and I now help others to heal too. One aspect of my healing which is unique, is that it is fast! Many of my clients have such huge shifts in just one session that they don't need anymore.

For further information please connect with me through my social media pages or email at sallywarrack@yahoo.com

*With love,
Sally x*



@sally_warrack_



Sally Warrack

Awakening the Inner Goddess with Sea Therapy

The sea has always been my go to for not only energising, but balancing the energy field too. There must have been a reason why Haven House, our 200 year old house on the cliffs overlooking a bay on the outskirts of Wick called us to her in 2013. I believe it's because she had so much to teach us, give us and show us. Her exposed location means we are constantly connected with the elements. In winter we are subjected to the harsh realities of far north living, with tempestuous seas and high winds that threaten to knock us off our feet. In the summer we are greeted with the delicate sea sparkle dancing on the sea below us and beautiful serene, warm summer days that we sink into.

The sea began to show up markedly in my work as a visual artist shortly after moving in. Big barrelling waves began to appear on the canvas. Little did I know at the time that what I was doing was channeling the healing energy of the waves and bringing it into my body.

In February 2020 I experienced something called a Kundalini awakening, which opened up a gift of feeling energy very strongly within my body. I can now feel people's auras and have the ability to release blockages from their aura and energy field with light tapping and gentle shaking.

It is my mission and purpose to guide others to healing using their own energy field and all the healing modalities that led to my awakening, including creativity, movement, breath work, sound healing and meditation.

My online offerings throughout July include a Sea Goddess Healing Session and a Sea Goddess Mini Sanctuary. To find out more about my wellbeing retreats, held throughout Scotland, please contact me direct.



HavenHouseArts



havenhousehealing



havenhousehealing.com



*Wave
paintings
reduced to
half price*



THE HEALING BENEFITS OF SOUND BATHS

After discovering crystal bowls during the first lockdown on youtube and having a huge release of emotion whilst processing grief, I was fascinated to learn more about sound baths which then led me to purchase my first bowl. The following year I enrolled on a course for sound healing and after completion I ended up buying a complete set of chakra bowls.

I started hosting group sound baths in Aberdeen in November 2023 in addition to my other offerings at 'Dancing with the universe' And what a journey it's been!

The last seven months have been so heart opening and life changing. I've met over 100 people and I've been blown away by everyone's feedback after coming to a sound bath for the first time.

During a sound bath you enter a very deep state of relaxation, switching off from the outer world, exploring your inner world and the heightened state of consciousness it takes you to. Sound healing can help with reducing physical pain, promote better sleep and is amazing for your overall wellbeing and mental health.

The resonance that comes from the crystal bowls is so powerful that you can sometimes feel your body temperature fluctuate between hot and cold as you release trapped energy. This is normal and often people say they can feel tingling and shivering sensations. It is also common to see a spectrum of colours and images as I play the third eye chakra bowl.

I've now started using other instruments to accompany the crystal bowls, including the handpan and shamanic drum which has enabled me to follow my intuition and be really creative!

I'm now offering 1-1 sound baths at The Gym, Huntly Street, Aberdeen, after an opportunity came my way, thanks to NLB Coaching Solutions, I couldn't be happier.

I welcome you to contact me direct to book a 1-1 sound bath healing session.

I look forward to connecting with you soon.



dancingwiththeuniverse22



dancingwiththeuniverse2022



07542925422



bjw@dancingwiththeuniverse.org

www.dancingwiththeuniverse.org

Jane Macdonald
Life Alignment Mentor
Reiki Master Teacher & Professional Practitioner

Would you love to feel the energy of transformation, seeking a more fulfilling life?

I've been where you are, navigated my own healing journey with limited support and now own a successful women's wellness business providing the tools and support I would love to have had.

As a Life Alignment Mentor, I offer a safe environment with personal support and;

powerful intuitive healing & re-programming techniques
coaching towards your goals at your pace
engaging and simple mindset tools
access to a community of likeminded people

www.janemacdonald.co.uk
07724405688 – what's app
wellbeing@janemacdonald.co.uk



 [janemacdonald1111](https://www.facebook.com/janemacdonald1111)

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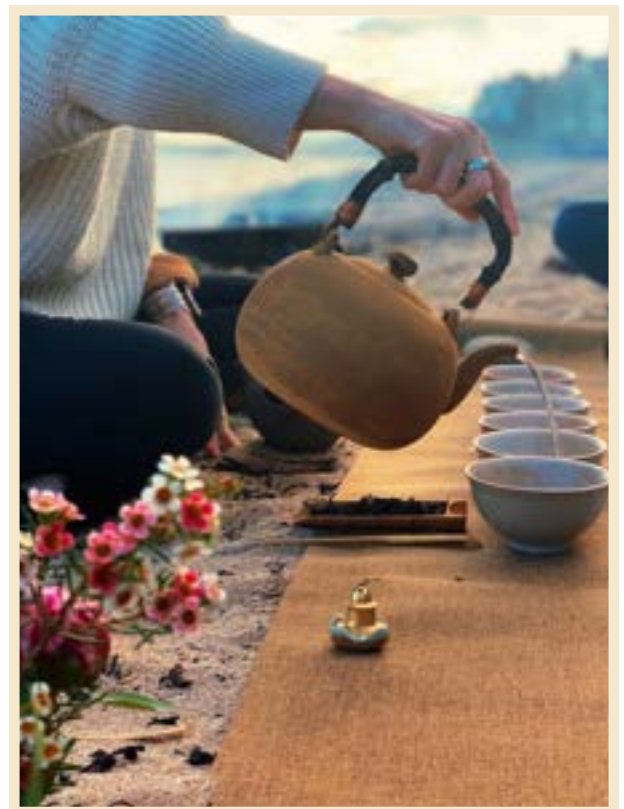
Communion Tea Ceremonies

Communion Tea Ceremonies unite us in community and with the elements of earth, air, fire, water and spirit.

In these gatherings, I serve tea in the Global Tea Hut lineage, following Cha Dao, the Way of Tea. This practice of self-cultivation and service nurtures inner peace, harmony and deeper connections.

Each ceremony fosters mindfulness, renewing our connection with nature and each other.

These ceremonies serve the gentle plant medicine of organic, sustainable living tea, guiding us within, lifting any veils of illusion and bringing balance and wisdom into our lives.



 [laura_x_main_](https://www.instagram.com/laura_x_main_)

 teaceremonyscotland.uk



Lighten The Load: Your Path to a Lighter, Brighter You!

I'm Natalie Gilray, founder of Lighten The Load where therapeutic laughter, mindset shifts and decluttering come together to create a lighter, brighter you!

For Individuals

I am dedicated to providing personalised support to help you thrive in every aspect of your life. Whether you're feeling overwhelmed by clutter, looking to shift your mindset, or simply need to laugh, I'm here to guide you on your journey.

What makes Lighten The Load stand out? It's not just my extensive experience with a career in health and social care spanning over 28 years, it's my genuine passion for helping others and my commitment to your well-being. I am committed to building genuine connections and customising my approach to suit your specific needs.

Join me for energising laughter yoga sessions that leave you feeling uplifted and connected. Dive into coaching workshops designed to empower you to embrace positive change and unlock your full potential. And, explore my transformative decluttering packages, where I create space for clarity and abundance in your life.

For Workplaces

As the leading Laughter Yoga expert in the north of Scotland, I specialise in workplace wellbeing sessions. I provide programs that strengthen team bonds, reduce stress and foster a positive and productive work environment. My workplace sessions are designed to boost morale, improve communication and increase overall employee satisfaction.

Beyond my services, what truly sets Lighten The Load apart is my dedication to your journey. I'm here not just to offer solutions but to be your cheerleader, guide and biggest supporter every step of the way.

Are you ready to lighten your load and embrace a life filled with joy and possibility? Let's connect and start this incredible journey together!



lighten_the_load_life

www.lightentheload.life



lightentheloadlife

Greetings, Crystal Seekers!

I'm Jules the heart and soul behind Jules Healing Gems in Ellon.

As a certified Reiki Practitioner and Master Crystal Teacher, my journey has been a tapestry woven with the threads of spirituality, positivity and a deep connection with crystals.

I have spent many years as a crystal healer and supplier, carrying only the highest quality items, sourced from all over the world. Each piece has been personally chosen, not only for its superior appearance but also for its energetic properties.

All of my customers, whether coming into the shop or popping online for some time-out from their often busy and stressed days, are quickly absorbed in the beautiful offerings we have on sale. I often find customers become part of the crystal family that I have spent many years creating and crafting to ensure the whole experience leaves you feeling energetically refreshed and connected.

I am dedicated to providing you with the highest quality products and services. I am passionate about what I do and I believe that every interaction, no matter how small, can make a difference. I invite you to explore our online store and discover the transformative power of healing crystals for yourself.

We also have our comprehensive two day Crystal Healing Course Levels One and Two taking place periodically throughout the year. Call 01358 724440, or visit our new website www.juleshealinggems.com for updated details on our courses and workshops and book online from there.



jules_healing_gems_ellon

www.juleshealinggems.co.uk



JulesHealingGems

Creative and Therapeutic Sound Healing in Fife



Helen was trained by ANSU School of Sound (Now SoundSphere Scotland) in 2019, gaining a distinction in Creative and Therapeutic Sound. She runs sound healing events in Fife and has a beautiful 'unfurling' studio from her home, for new and full moon circles, smaller group sessions, and kirtan.

Kirtan is a devotional practice involving the call and response of mantras and sacred songs to uplift the mind, open the heart, and encourage inner peace. Here she uses her harmonium to lead these joyful gatherings.



unfurljourneys.co.uk



[unfurl_journeys](https://www.instagram.com/unfurl_journeys)

Craftedcomforts.co.uk

Crafted Comforts, a vegan-friendly brand based in Aberdeenshire, offers two new product ranges designed to nourish and moisturise the skin naturally. The Body Butter, enriched with shea butter, cocoa butter and sunflower oil, provides deep hydration, while the inclusion of carnauba wax helps to seal in moisture, leaving the skin feeling soft and smooth.

Additionally, Crafted Comforts presents a unique collection of handcrafted bath bombs to help you create a spa-like experience in the comfort of your own home.

We believe self-care and relaxation as essential elements to leading a fulfilling life.

Tik tok: @craftedcomforts

Mobile: 07732276797



[craftedcomfortsbylewis](https://www.instagram.com/craftedcomfortsbylewis)



[craftedcomfortsbylewis](https://www.facebook.com/craftedcomfortsbylewis)



Bonding With Baby Infant Massage & Rhythm Kids Classes

Are you a new parent, recently had a baby and looking for a supportive and calm space for you both to meet other parents and babies then 'Come relax and have fun with your little one' on either of Laura Henderson's multi-award winning 'Bonding With Baby' 6 week Parent Education Courses in INFANT MASSAGE or RHYTHM KIDS and learn skills that will last a lifetime.

Laura is an IAIM Certified Infant Massage Instructor and Rhythm Kids Teacher with over 15 years experience teaching these courses to almost 4,000 local families. As an independent local business, Laura has gained the following local and national awards, as voted for by parents: WINNER of 'BEST POST-NATAL ACTIVITY' (2015); BEST INDEPENDENT ACTIVITY FOR UNDER 5'S' (2017) & 'BEST BABY /TODDLER CLASSES' (2017) and has recently been NOMINATED for the 'BEST LOVED BABY CLASSES' (2024)!

Courses for Summer 2024, start w/c 8th July and will run in BANCHORY on MONDAYS, WESTHILL on TUESDAYS and ABERDEEN CITY on FRIDAYS.

INFANT MASSAGE (suitable for parents with a baby from birth to pre-crawling stage) - Spend quality time bonding with your baby whilst learning life-long skills to use at home to provide pain relief and aid colic, reflux, digestion issues, congestions, colds and teething.

RHYTHM KIDS (suitable from 3 months to pre-walking) - This baby Exercise and Rhyme course supports babies physical development, aiding skills to roll, crawl, sit and walk whilst developing language. Learn fun skills to use with your baby and gain play ideas to develop at home through the early years.

Weekly discussions enhance what is learnt in class and friendships made on the course often last much longer than either 6 week course so why don't you 'Come and relax and have fun with your little one.'

More information can be found on: www.bondingwithbabyaberdeen.com.

Book online directly

through www.bookwhen.com/bondingwithbaby or email Laura on bondingwithbaby@yahoo.co.uk with any queries.

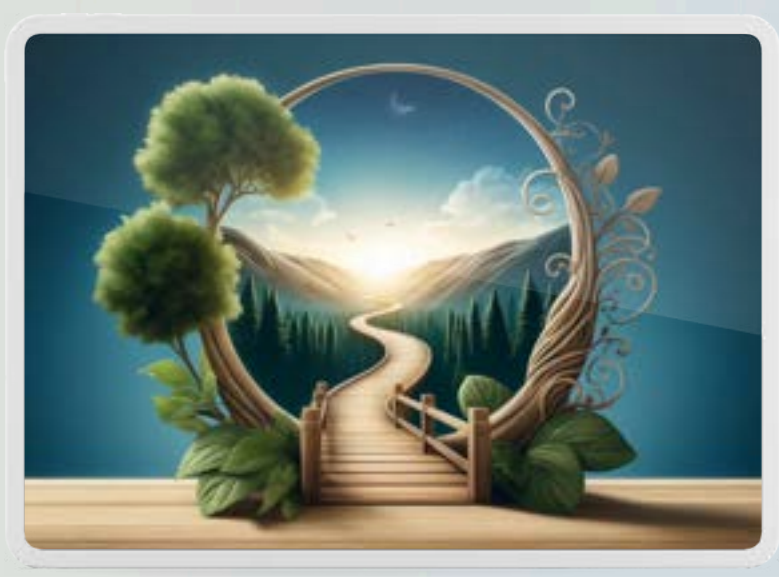


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www.bondingwithbabyaberdeen.com



[bondingwithbabyaberdeen](https://www.instagram.com/bondingwithbabyaberdeen)



Wildly Sacred as the Wild Soul Companion

With many years of experience in supporting individuals on their spiritual journeys, Reverend Carolanne Allardyce is dedicated to fostering spiritual growth and helping others discover their authentic selves.

At Wild Soul Training Courses, we believe that everyone has the power to create the life they desire. Our courses are designed to help you tap into your inner wisdom and unlock your full potential.

Join our community of empowered spiritual seekers and start living your best life today.

The following personal programme courses are available:

Journey to Enlightenment – A beginner's guide to your spiritual growth

Echoes of the Soul Healing – personal programme - Soul Restoration: Healing from Past Trauma

Soul Vision Quest - Discovering Your Soul's Vision - An Exploration of Purpose and Passions

Practitioner Training – All accredited and insurable

Soulwave Healing - Unlocking Your Healing Potential - The Art of Intuitive Energy Healing

Echoes of the Soul Healing – Practitioners Course - Soul Soothing - Spiritual Healing Techniques for healing Trauma in others

Spirit of Traditions - Sacred Rituals: Exploring the Power and Meaning of Traditional Practices

Angelic Essence Healing Therapist - The Angelic Energy Guidance Therapist Soul Navigator

Soulful Pathways - A Journey in Soul Coaching

For further course information please go to www.wildlysacred.com



reverendcarolanne



wildsacredandconnected

Let's celebrate

Hello! I'm Carolanne, an ordained Interfaith Minister, dedicated to serving the spiritual and ceremonial needs of everyone, regardless of faith or lack thereof.

My mission is to support and celebrate all individuals, embracing diversity in race, religion, sexual orientation, ethnic background, social status, gender and age. Whether you're embarking on a new journey, marking a significant milestone, or simply wanting to celebrate life's moments, I am here to create a personalized and meaningful ceremony just for you.

As an Interfaith Minister, I have the freedom to incorporate any elements you wish, making your ceremony uniquely yours. I offer a wide range of ceremonies, including: Wedding Ceremonies, Commitment Ceremonies, Vow Renewals, Baby Blessings, Naming Ceremonies, Celebrations of Life Rites of Passage, Birthdays, New Beginnings and Endings, Memorials

And that's not all! If you have a unique celebration in mind, I am here to craft a bespoke ceremony tailored specifically to you. Beyond Traditional Ceremonies I also provide: New Home Blessings, Healing Services, Spiritual Guidance

My Approach

I bring a touch of quirkiness, respect, joy and nurturing sensitivity to every ceremony. Whether you envision something formal and traditional, fun and quirky, themed, wild and wacky or relaxed and calm, I am here to bring your vision to life. There's no one-size-fits-all – each ceremony is as unique as you are.

Your Ceremony, Your Way

I am flexible and adaptable, committed to ensuring that whatever you want is exactly what you'll get. I take the time to get to know you, ensuring your ceremony reflects your personality, values and wishes. My passion lies in making your special day truly memorable and meaningful.

Reach Out and Let's Create Magic Together

Let's commemorate, celebrate and contemplate life's journeys together. With a full commitment to you and your special day, I promise to deliver a ceremony that honours and celebrates your individuality.

Your journey is my joy. Let's make it unforgettable!



wildsacredandconnected



reverendcarolanne

www.wildlysacred.com

Spiralling Thought Patterns

Our Guest Writer
The Little Room of
Calm



Do you ever find yourself spiralling into a thought pattern that is an old familiar, perhaps ruminating on something upsetting or out of your control? Maybe something that you've thought a lot about before, and that you know, no amount of ruminating or worrying will fix or change it?

I would like to invite you to "Dead End" it.

By saying out loud or in your mind to yourself "dead end!" The minute we notice this happening, we can consciously choose to stop following this thought down the spiral and into the exhausting, helpless and upsetting place. All our thoughts, as well as actions, require energy. In dead ending, we are not denying that these things are there, and are perhaps upsetting. But we are, in that moment, choosing how much of our precious energy we are willing to give to ruminating about something that we know will lead us nowhere further in the end.

If we begin by writing down our frequent thoughts that end up spiralling into these places, we can then bring focus to what's within our control instead:

Listing anything that is within our power to positively impact that situation/thing, (if there is anything) and make a plan to take action if appropriate.

Focusing on self-care, however that looks/feels like for us. Movement/rest/hobbies/activities/nourishment.

Changing state - get outside into nature, call a friend, surround ourselves with people we love and feel cared about by, speak to a therapist/counsellor if needed.

Doing something kind/selfless for another.

Speaking kindly to ourselves, remind ourselves of the positive attributes we have, and that we are always doing our best, growing and learning.

We all deserve freedom from the worry of things we cannot control. Dead ending can be a great way to help recognise the unhelpful spirals and refocus on what is within our power for the benefit of our minds/bodies and those we care about



thelittleroomofcalm

www.thelittleroomofcalm.co.uk



the.little.room.of.calm

Nurturing Yoga for Wellbeing

I'm Ali. I offer a heart-centred, gently re-energising and deeply relaxing blend of Hatha, Yin and Restorative Yoga. I hold weekly classes on Thursday evenings in Banchory – "Nurturing Yoga for Women".

My aim is to help you re-connect to an innermost self-compassion, through movement, nurture and rest. I believe yoga and its philosophy is for every stage of life. I came to yoga age 19. At 57 I still feel the same sense of openness and capacity for calm yoga offers. It's important to find the right style for you, at the right time.

I offer Menopause Yoga workshops in Strachan, Aberdeenshire – like informative mini-retreats. Covid lockdown presented opportunity to tune inwards, slow down, noticing the benefits of a gentler, more honest, intuitive practise. Menopause yoga training ignited my passion to support midlife women, helping to breakdown the centuries-long taboo of menopause. Much has changed, but we still have a long way to go. Women gathering, re-creating the "village" mentality, produces Oxytocin – the happy hormone. It's a holistic practise, combining the latest western medical science with eastern wellbeing, bound by light-hearted connection and inspiration. Experience of menopause will vary, but every woman will go through this challenging, but ultimately precious transition.


I also run Restorative Yoga sessions and mini retreats. Picture deep, nourishing relaxation, sinking into luxurious stillness, fully supported by cushions, bolsters, yoga props and a lavender eye pillow in place, yielding to deep rest. Restorative yoga down-regulates the nervous system, supports digestive health, stills a busy mind, improves sleep and leaves you with a palpable sense of wellbeing.


I extend a heartfelt welcome to you to join me for 'Nurturing Yoga for Women' weekly classes in Banchory, and/or one of my longer ad-hoc sessions. A savasana a day keeps the nonsense away!

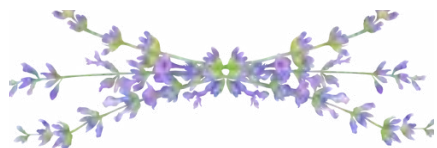
Look out for updates on my website and social media pages.



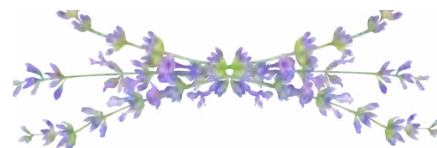
www.yay4yoga.co.uk

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'Mindful Moments'



Mindful living is not easy, silly as this sounds. Having had a busy mindset most of my life I have found it hard to 'simply be in the moment'. I'm sure many of us feel the same way as we try to manage our daily lives, it just seems like there is always something to do. Work commitments, home and family life, distractions of social media and a do, do, do mindset often stop us from stepping back to connect within and enjoying the simple things in life.

However, some of us may need to feel a sense of connection to something to enable mindful living. This is why I am sharing some personal photos to encourage you to find what resonates with you, if you have not already done so. Lately, I have found much joy in embracing my garden, planting lavenders and connecting in nature. Instantly I find myself feeling at peace by thoughtfully enjoying each moment without thinking of what I should be doing next.

Mindful living really is so rewarding but it takes practise and I am certainly no expert at it either. However, it is amazing how freeing it is once you start to include it in your daily life. Breaking a habit of a lifetime is not easy so by starting with small 'mindful moments' it will not feel too difficult, and hopefully as each day goes by you will feel a sense of peace and have a less busy mind too.

Another way to help ease a busy mind is to take time out for yourself and enjoy little moments of self care to nourish and support your wellbeing here at the Root and Branch magazine. Our healthy living services welcome you to connect with them when the time is right for you.

Sending much love

Anita x

