

The Root and Branch

Wholesome living services

May/June 2024

*Supporting your
health
and wellbeing*



INTERNATIONAL MEDICAL MANAGEMENT

The path to wellness begins with
the food we eat

TIME FOR RHYMES

An interactive book of rhymes for
children aged 4 - 10 years

GROW FREE

Wellbeing events & courses to
help you thrive - Aberdeenshire

BRACO

The beauty of silence
18/19th May - London



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The path to wellness begins with the food we eat



SOLSTICE GATHERING
& LODGE CEREMONY

GrowFree
Community

For All Ages.
Fri 21st-Sat 22nd June
Woodend Community Garden
AB51 7LA

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An offering of events & courses to help heal trauma

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Braco

The beauty of Silence
18th/19th May - London



PAUSE FOR A MOMENT



WELCOME TO OUR MAY/JUNE ISSUE

Great to be back with you and thank you for your continued support and patience during our break away.

Whilst it has been lovely settling into our new home, the transition has been totally exhausting too. Initially I was full of enthusiasm unpacking boxes and the next I was struggling to find the energy to make a cup of tea.

It got me thinking how easy it is to ignore the signs of exhaustion and how it can even feel normal to some of us to constantly feel tired. However, we know that feeling tired all of the time is our body's way of telling us something is not right. It could be that you simply need more sleep or maybe you are recovering from an illness or stressful event, whatever the reason, 'pausing' for a moment, connecting to how you feel and giving yourself some TLC often brings back balance and harmony within.

So, if you or a loved one is feeling tired and out of sorts we have a lovely selection of services to help nourish your mind, body and soul. Checkout uplifting and healing events across Scotland and the UK, take a sneak peek at Luna

Rose Carringtons new book 'Time for Rhymes' for children aged 4 - 10, stock up on your daily vitamins at LemonWellMed, treat yourself to a relaxing massage/holistic treatment, or book a coaching session with Jane Macdonald to help reset your goals and visions for 2024.

Most importantly 'Enjoy this moment for you'

With love and gratitude

Anita x



rootandbranchmag



therootandbranchmagazine

EDITORIAL OFFICE
FYVIE
ABERDEENSHIRE

www.rootandbranchmagazine.co.uk

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THE YOGA SOCIAL

The Yoga Social is a not-for-profit organisation based in Dunfermline, Fife. Our mission is to provide inclusive access to quality, trauma informed, therapeutic yoga, nature and creative based therapies to communities across Dunfermline and West Fife.

We facilitate safe spaces from our yurt and in community settings that support physical, mental and emotional wellbeing, addressing the needs of both individuals, health and community groups.

Lisa Mulube – founder of The Yoga Social and Yoga Therapist, started teaching Yoga & Meditation in 2017. She was drawn to the therapeutic benefits, having had a personal practise since the early 2000's that supported her through a stressful career in fashion & textiles, motherhood and the general ups and downs of modern life. Knowing that it worked, but not fully understanding why, she then discovered Yoga Therapy in 2020 and started her studies with The Minded Institute in London.

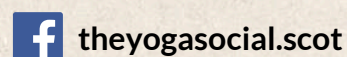
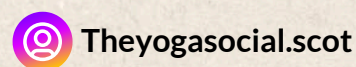
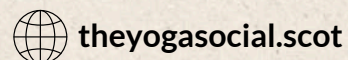
What is Yoga Therapy?

Yoga Therapy meets people where they are, connecting them to their own innate healing potential. Yoga therapy clients report experiencing improved mood, decreased stress, improved sleep and reduced chronic pain, plus much more.

Yoga Therapy empowers the individual to realise their inherent wholeness and promote freedom from suffering through the application of yogic principles and practises. This is where ancient wisdom meets modern science and psychology – and it's a potent combination.

Through this work we are addressing imbalances and restoring adaptive functioning to the physical (musculoskeletal), physiological (digestion, respiration, cardiovascular, endocrine, and immune), and mental/emotional systems. This might include using specific practices such as movement, breath, somatic experiencing, meditation and mindfulness in order to integrate body and mind. It has the potential to alter deeply entrenched patterns of thought and behaviour – leading us to a place of health and wellbeing.

Book a discovery call with Lisa on 07989 499995 or via our website to see how Yoga Therapy could help you.





Nourish your health affordably and safely

At Lemon Well Med, we pride ourselves on the quality of our **Vitamunda liposomal formulations, probiotics, prebiotics, enzymes, digestive and colon cleanse programs**. All Vitamunda products have been developed using innovative technology that ensures **maximum absorption into the bloodstream** and **long-term benefits**. Their efficacy is supported by scientific evidence and by our happy customers!

Our Vitamunda supplements are **safe and free from artificial ingredients and preservatives**. They are **environmentally sustainable** and come in non-toxic brown glass jars (except for the colon cleanse, that comes in sachets). They are also **vegetarian and vegan** friendly.

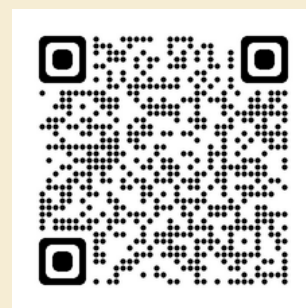
Did you know that the liposomal formulations are more **cost-effective** than the traditional ones? You can reap their benefits by taking lower doses. This also minimizes the risk of side effects.

Using liposomal formulations and powder formulations free from nasties, which contain **100% pure and active ingredients**, is the best way forward for the consumption of supplements, because these are products that **actually work**, supporting well-being and normal functionality of the body effectively. However, we recommend that you eat a balanced diet, get enough exercise, and sleep adequately. Your health needs and those of your family are being met when using our Vitamunda supplements and adopting a **healthy lifestyle**.

Browse our website to see our full Vitamunda range and use the **discount** coupon code **MAG10** if you want to try these products: <https://lemonwellmed.co.uk/health-products/product-category/vitamunda/> The Vitamunda range is **despatched within one working day** and **delivery is free!**

A glowing testimonial about our Vitamunda liposomal vitamin D3/K2/magnesium:

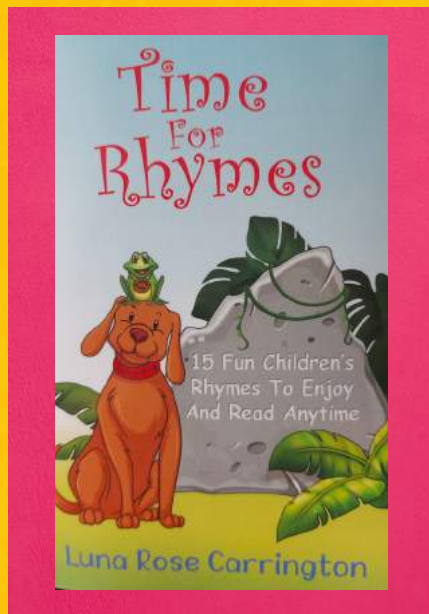
"I am a qualified and registered Nutritional Therapist working with Lemon Well Med. This is my all-time favourite product! Every single client I have given this product to has reported back saying their overall wellness, energy and joint pain had improved drastically. I have tried a couple of vitamin D3 and magnesium products, this one is by far the best."



AVAILABLE ON AMAZON

Paperback £6.99

Ebook £2.99



Time For Rhymes by Luna Rose Carrington

A fun book of rhymes for children aged between 4 and 10 years old

Some of the rhyme subjects include;
The Seaside, Cats, Dogs, Fruit & Vegetables, Painting and Christmas

At the back of the book are tips to encourage children to write their own rhymes too

If you would like to contact Luna, please email:
lunarosetimeforrhymes@gmail.com

 [lunarosetimeforrhymes](https://www.pinterest.com/lunarosetimeforrhymes)

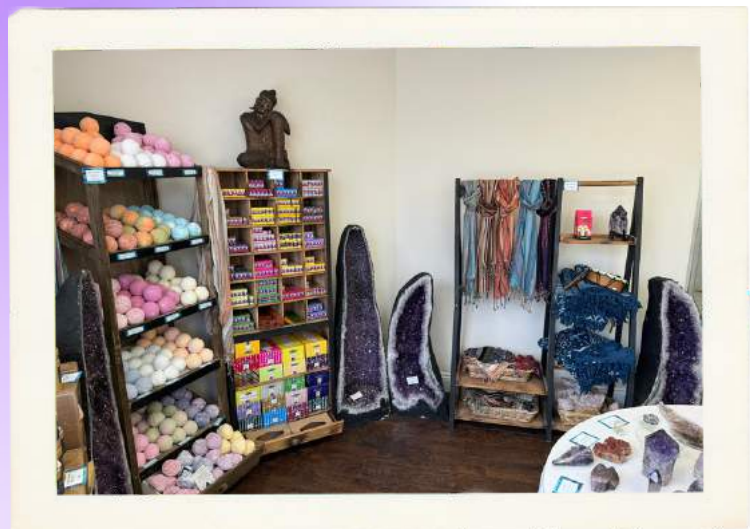
 lunarosebookandgifts.com

ELEMENTAL CRYSTALS

Celebrating a decade of enchantment, Elemental Crystals in Inverurie invites you to discover the magic within our shimmering collection. As we mark our 10th anniversary, we invite you to immerse yourself in the world of crystals, where each gem tells a story.

Explore the realm of possibilities with Elemental Crystals, where every crystal holds the promise of transformation and enlightenment.

Check out our website www.elementalcrystals.com where you can use code **ROOT** for 10% off your order.



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

 [elemental.crystals](https://www.instagram.com/elemental.crystals)

Natural healing at HolisticZen

I now have a new therapy space which is peaceful and serene and set just outside of the quaint little village of Lumphanan in Aberdeenshire.

I have been a reiki master/teacher for over 12 years and offer reiki treatments as well as reiki training, hopi ear candling and oracle card readings for insight, guidance and positive uplifting personal messages.

I am passionate about holistic wellness and promoting natural healing for everyday to help relive stress, anxiety, physical pain and bring the body into balance and harmony .



HolisticZen

www.holisticzen.co.uk



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

One Crow on the Patio

By Anita Bell

Please feed me says the crow on the patio

If you feed me I will remember your kind face, bring you shiny gifts
and fly with grace

People see us as pests but they have yet to learn to connect and
listen to our divine message of change and yearn

We have much to share with you if you kindly listen, our caws and
claws are part of our mission

So, when we next visit, we may bring you a message of wisdom
and intuition, to support your vision and transistion







Relise
Massage Therapy

Lisa Warren DSM, DRSM
14 Tulloch Park
Bucksburn Aberdeen AB21 9XR
M: 07740 679441
E: lisa@relisemassagetherapy.com




 relisemassagetherapy.com

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



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)

 [@janemacdonald1111](https://www.instagram.com/@janemacdonald1111)



GrowFree

Grow Free brings together people and practitioners to transform trauma and reclaim our capacity to thrive. Courses, community and a calendar of events ensure there's always support for releasing trauma, mastering our nervous system, re-connecting with nature and learning to flow with life.

Co-Founder, Yoga Therapist and Trauma Specialist, Emma B runs monthly online Closure Circles guiding people to witness the release of deep trauma and re-engage their own healing wisdom. She also combines her passion for plants with Yoga to create wild wellbeing and foraging retreats and plant consciousness journeys.

This summer is an exciting time with practitioners co-creating new offerings that give life to the route maps that Grow Free provides through educational courses. We welcome you to join us at;

Wild Wellbeing Retreat - Saturday 11th May 10-3pm

A combination of Yoga, nature connection and wild food with Emma B at the Woodend Community Garden & Sanctuary space - £45

Gather-n-Garden (gardening with song and dance) - Saturday 11th May 3-7pm Join community members to develop our community garden in Aberdeenshire AB51 7LA

Monthly Closure Circle with Emma B - Tuesday 21st May 7-8.30pm

Experience the healing of baring witness. Book by paying £16.50 to: paypal.me/GrowFreeEmmaB and register at: emma@grow-free.com

Plant & Yoga Nidra Journey - Friday 24th May 6.30-9pm

Foraging walk followed by a guided journey of deep relaxation and an expanded consciousness of the plant world - £25

Together in Nature|The Whole Story - Wednesday 5th - Saturday 8th June

A Four-day Workshop with Emma B and Jon Cree in Space Holding, Story-making and Attunement with the human and more-than-human world - £250 for 4 days or £75 per day

Solstice Community Gathering and Ceremonial Lodge - Friday 21 - Saturday 22nd June

A two-day family friendly gathering with food, fun and fire at our Woodend Community Garden site, centred around an indigenous lodge ceremony lead by Lorna Bailey & Josephine Scott
Prices £65-£95

For more information and bookings please email emmab@grow-free.com

www.community.grow-free.com



GrowFreewithEmmaB



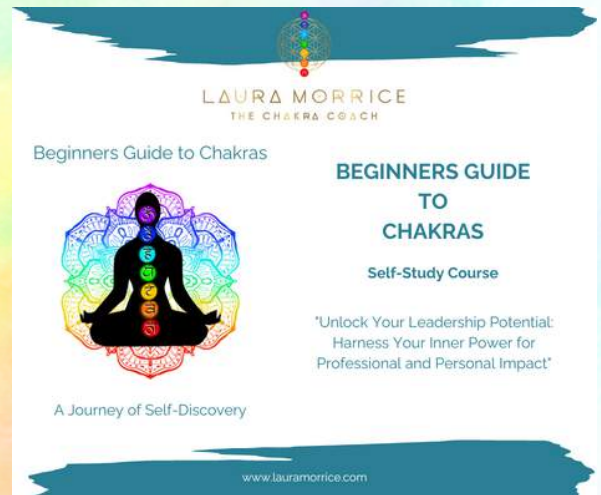
[grow.free.with.emma.b](https://www.instagram.com/grow.free.with.emma.b)


INTRODUCING A BEGINNERS GUIDE TO CHAKRAS

This course is designed to liberate you from life's conditioning, trauma and limiting beliefs, tailored to your uniqueness. Explore the intricacies of the seven major chakras, identify blocks and realign your energy and mindset with guided video lessons and practical worksheets.

A simple but profound practice that will activate your leadership and impact you personally and professionally. Use your power within to create more power throughout.

For further details please go to
www.lauramorrice.com
and use discount code
R&BSPECIALOFFER
valid until 30th of June 24



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Immerse yourself in the seduction of Pinede,
A natural sensual forest aroma embracing the spirit of
a South of France Summer, with notes of Lavender,
Amber and Pine.

Now in diffuser as well as in candle.

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Kalyach Yoga & Wellness - Ellon

[@kalyachyogawellness](#) &
[@mummoorhula](#)



Beltane Celebrations

Celebrating Celtic traditions & connecting back to our roots



Join us for an afternoon of relaxation, movement, and sound in the beautiful studio.

Take a deep breath, relax, and unwind with our experienced instructors. This event is accessible for all abilities.

Date: May 4th, 2024 | Time: 4:00 PM - 6:00 PM | Location: Kalyach Yoga & Wellness, Ellon, AB41 9AA | Price: £25

Bring your own mat and anything else to make yourself comfortable to get ready to find your zen. Limited spots available, reserve your spot now. [#soundbath](#) [#mindfulness](#) [#meditation](#) [#movement](#) [#ellon](#)

info@kalyachyogawellness.com

sound isn't always compatible with some health conditions and to get in touch to check.

We welcome you into this safe space dedicated to holistic wellbeing. With a focus on nurturing the mind, body and soul, our studio offers a sanctuary for individuals seeking balance and rejuvenation.

The spacious 'big studio' is filled with lush green plants, soft lighting and beautiful crystals creating a natural relaxing ambiance as soon as you walk through the door.

The therapy room is delectably calming and grounding where you can find different types of holistic therapies, and the rainbow room is bright and fun.

Classes are led by experienced instructors who guide students through a variety of practices, accessible and inclusive for all levels of experience and ability. There is something for everyone to explore and discover on their journey to wellness, including 1-2-1 Yoga therapy consultations, various styles of yoga, somatic movement, pilates, sound healing, meditations as well as a range of holistic therapies to support and nourish.

We honour traditional yoga and include weaving of mantra, meditation, breathwork (pranayama), philosophy into our classes - allowing individuals to deeply relax, reduce stress and cultivate a peaceful mind-space. Our yoga classes offered will cultivate core strength, stability, alignment and flexibility from a physical aspect, meeting you where you are at in the present moment.

In addition to yoga, our studio also offers pilates classes as well as meditation, kids and teens offerings and sound healing to offer a full spectrum of wellbeing for the whole community.

Workshops and seminars on topics such as nutrition, crystal healing, breathwork, mindfulness and deepening into the philosophy of yoga all provide valuable tools for holistic living.

At our yoga studio, we believe that true wellness encompasses the body, mind and spirit. Through the practice of yoga, pilates, meditation and sound, we strive to empower individuals to live their lives with intention, vitality and joy. Welcome to your journey towards holistic wellbeing.

All spaces are available to hire to support the wellbeing for the whole community and beyond.

For more information about our events below, please contact us at Info@kalyachyogawellness.com

Beltane event Saturday 4th May, 4-6pm

Yoga Retreat in Spain October 24, please contact Rebecca for more details



kalyachyogawellness



kalyachyogawellness.com



kalyachyogawellness



The path to wellness begins with the food we eat

**By Dr Louise Slaney, Medical Director,
International Medical Management, Bon Accord Square,
Aberdeen**



When you look at most of your meal plates, do you see colour, variety, balance and nutrition?

The path to wellness often begins with the food we eat and ensuring we consume nutritionally balanced foods is the key to good health.

It's vital to consider whether you are making informed choices that promote a healthy lifestyle. There are so many benefits of a balanced diet. Sound eating habits, developing consistency around that and undertaking regular physical activity can boost your overall immunity, protecting you from illness.

Lowering cholesterol; decreasing the risk of heart disease, type 2 diabetes and some cancers, maintaining a healthy weight, helping the digestive system function, keeping skin, teeth and eyes healthy, supporting muscles, strengthening bones and lifting your overall mood. With a list like this, why wouldn't you take steps to a balanced life?

Ensure you consume the seven major nutrient groups - good carbohydrates that are high in fibre, protein, fats, vitamins, minerals and water. Each of these food groups performs different functions to contribute to good body health. Eating whole grains, lean proteins, healthy fats and less processed food is the way to help protect your future self.

Why not challenge yourself to at least one of these:

- **Commit to trying a new healthy recipe every week or add more fruit and vegetables to your diet.**
- **Read and educate yourself - dive into articles or books that enhance your knowledge about nutrition and health.**
- **Support local - visit farmers' markets or local producers to get fresh, nutritious ingredients.**
- **Try a cooking class and learn some new healthy recipes.**
- **Share your recipes and tips on social media. Your posts could help inspire others!**

IMM provides a unique range of end-to-end occupational health, travel health, onshore and offshore medical services, including wellness medicals. For more information, go to: www.intmedical.com



“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 them feeling energetically refreshed and connected.

I am dedicated to providing 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 the online store and discover the transformative power of healing crystals for yourself.

We also have our comprehensive two day 'Crystal Healing Course, Level One' taking place on 27th - 28th April up in Elgin, and we've released the same course taking place on 25th - 26th May at the Kalyach Yoga & Wellness Studio in Ellon.

Don't miss out - mark your calendars and call Jules for more details - 01358 724440, or visit our new website and book online from there.

Jules x



JulesHealingGems



jules_healing_gems_ellon



juleshealinggems.com

WHAT'S NEW WITH CARNIEBEES

CATCH UPS WITH KAYA

Picture this: after some deep soul-searching and a journey of self-discovery, I realised that I was craving deeper connections and meaningful friendships. That's when I had this idea—why not create a space where women can come together, unwind, and support each other on our wellness journeys?

AND THAT'S HOW SOULFUL SOCIALS WAS BORN.



You see, having my own business has been quite a lonely journey. Even though I have the opportunity to work with my lovely mama, I still felt like I needed more female energy in my life. Because let's be real, us women are such badasses, and I wanted to surround myself with more of that energy.

I wanted to build a community—a sisterhood, really—of like-minded women who are on their own paths of self-discovery and growth. So, I started organising these gatherings where we could come together, share stories, and support each other through life's ups and downs.

So far, we've had some incredible experiences together. We've tried our hand at pottery with Art's Cricket, flowed through yoga sessions with Laura Watt at Breathing Space Studio, and just last month, we had the pleasure of learning about lymphatic drainage massage with Jess from Solasta Skin.

A New Consciousness
Braco: The Beauty of Silence
18th/19th of May
London



"I suffered from depression for many years. After the first encounter with Braco at an event in Los Angeles the sadness suddenly disappeared. It happened without me doing anything myself. I just felt happy. My children and my sister also experienced wonderful improvements in their lives without being at the event with Braco. I just thought of them and asked for help."

A Mystery of Modern Times

Braco is a fascinating person with a special gift. His exceptional way of helping, based on a gentle gaze, has caught the attention of many people and often helped bring balance to life.

There are thousands who have been coming to events and congresses with Braco in the USA, Australia, Russia, Japan, Israel, Mexico, Colombia and most countries in Europe for almost 30 years to experience Braco and his gaze.

Some medical doctors, psychologists, consciousness researchers look at Braco's work with great respect and have written books about him.

Visitors to the events speak of an energy, a light, a strong force that they perceive in and about themselves during gazing with Braco. A feeling of happiness, a newly awakened joy of life and optimism are reported, changes in life happen for the better with many feeling gratitude and peace in their hearts.

Braco does not consider himself a healer and does not see his work as a substitute for medical therapies. He describes his work with the few words, "Giving help."

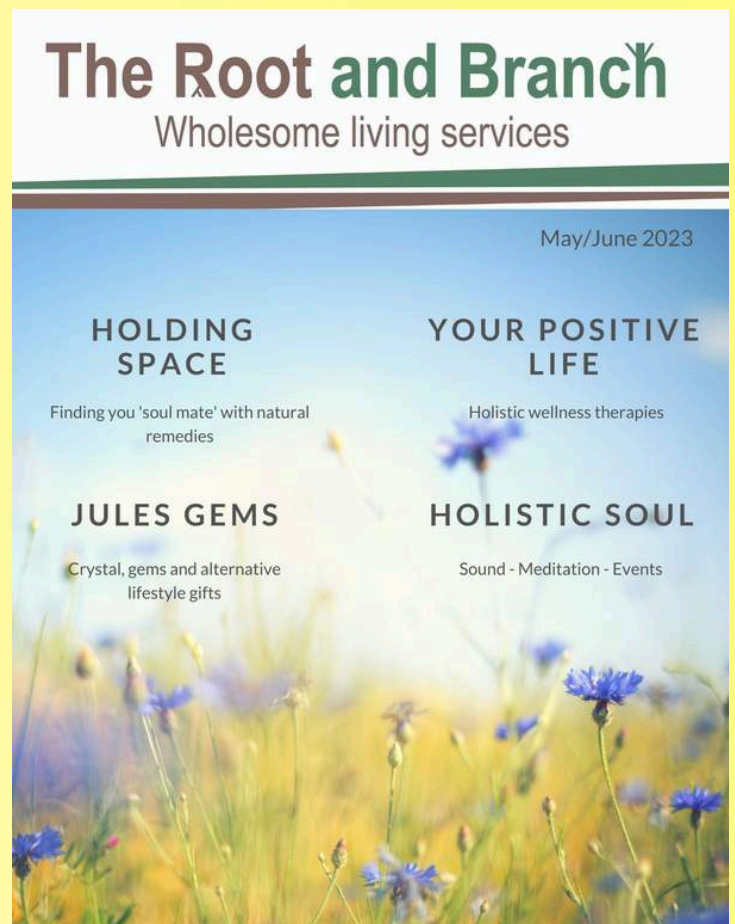
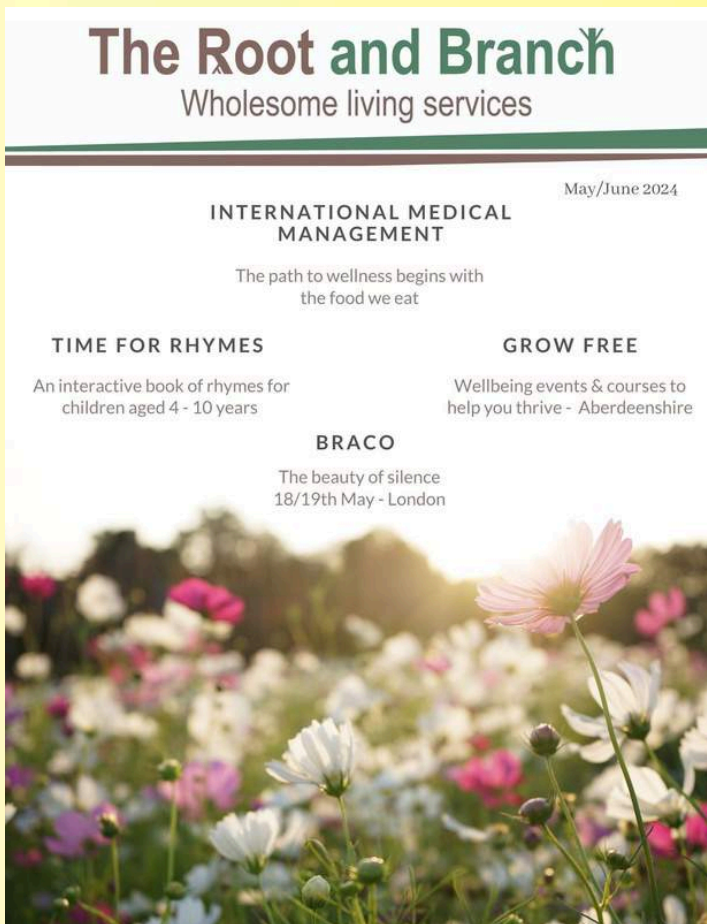
To book your tickets in advance please go to **www.braco-tv.me**. Tickets are also available at the event on the 18th and 19th of May at **The College Of Psychic Studies**, 16 Queensberry Place, London SW7 2EB

There will be 5 sessions per day at 10am, 11am, 12pm, 1pm and 2pm, each session costs £30 per person

Book your ticket now!

www.braco-tv.me YouTube: Braco official channel

Join us IN OUR NEXT ISSUE



JOIN OUR HEALTHY LIVING COMMUNITY AND LET
US SUPPORT YOUR WHOLESOME LIVING BUSINESS
COVERING THE WHOLE OF THE UK

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