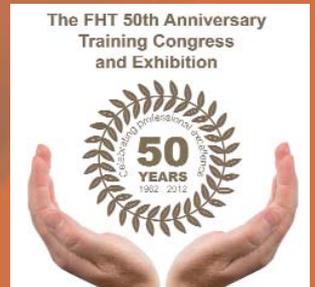


Choice

Health & Wellbeing



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Use raw honey

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Your Health and Wellbeing Success Starts Here!

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

Overcoming a knee cartilage issue



through the use of Organic Silicium



In my late teens, through long-distance cycling 100+ miles a day, I developed a very sore knee through cartilage damage, running was too painful now. I took up swimming to keep fitness levels up; I had run a half marathon aged 16, before I took up cycling.

Twenty years later, I took up running again; I was fed up at being in a car for hours due to my sales occupation. From 1 January 2011, I started running just 5 minutes on a Sunday, then Saturday and Sunday, then 10 mins, then 20 mins then, after a while, I hired a personal trainer to help me achieve better fitness. Through personal training sessions that were tough, but what I wanted, I achieved easier running, through short sprints, and found a relaxed style of running, legs feeling light as air. I started running round Ashdown Forest; I was running 45 mins up and down hills, muddy paths, avoiding bulls, seeing deer, sheep, and wildlife. I

enjoy the momentum of running and also get energy from the environment; I was able to run with energy and enthusiasm.

Abstaining from coffee, tea and chocolate from 2011, I was on a raw food diet. I lost weight. My mind became less foggy more dynamic and focused. I enjoy the real flavours of food and love a curry. My energy levels began to rise, my ability to run along the beach in the morning increased to twice daily.

I got up to around 12 miles around September time and through a chance meeting at the Camexpo 2011 I met Garnett Faulkner, from Agedefy Ltd, who introduced me to ArtaculaSil

Organic Silicium for cartilage repair and re-growth. I started to use the oral supplement liquid and gel to help prevent any reoccurrence of my knee problem that had caused me to stop running 20 years ago. The benefits I have felt are no knee ache or soreness, all my joints feel freer. Also, in October, I got a place in the 2012 Brighton Marathon through Heart FM to run for Childhood Cancers and ChildLine Charities. So, from October, my mileage increased slowly and regularly; I also took up Pilates and Yoga for strength, and increased specific leg exercises.

I completed 18, 22 miles, and the last 24-mile run in March in around 3 hours 16 mins and deeply enjoyed the seafront environment, which is always inspirational and energizing, challenging myself and finishing the marathon was the focal goal. My relentless training was in all conditions, taking the sessions seriously, and also enjoying them, giving myself great credit for doing so. I have enjoyed the help of family and friends along the way and the great people from Nutritional Healing Foundation. In late November, I started a practitioner nutritional healing course for greater de-toxing, hydration, and increased energy levels leading to quicker muscle recovery.

I finished the Brighton Marathon in 3 hours 48mins with no knee ache, muscles in good shape and delighted with how my joints felt. I recommend the ArtaculaSil to anyone with joint issues. My next marathon is Edinburgh or Worthing.

My other achievements in the endurance sports arena are a solo swim of the English Channel, eight miles of the Atlantic, Worthing Pier to Brighton Pier twice. I am very knowledgeable in particular regarding sea swimming, and swimming coaching; I have also coached and mentored the oldest British woman to swim the Channel. **CHW**

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- ☉ Ensuring that you have regular protein with your snacks keeps you fuller for longer as protein is digested much slower than carbohydrates so will stop you craving sugar in the afternoon.
- ☉ Eating a balanced diet ensures that your body gets all the nutrients it needs to function optimally and you receive all the vitamins and minerals you need.
- ☉ This means with the right physical training you will be able to lose body fat and then gain muscle and get the lean physique you desire whilst still eating sensibly and feeling great.
- ☉ Furthermore there are a number of health benefits from having a healthy diet as well, for example there is a decreased risk of diabetes, cancer and heart disease when partnered with a balanced exercise regime. **AND**
- ☉ You don't need to cut out the things you like you can still have a treat every so often.

Getting the balance!

Simple steps to achieving this

- ☉ Include all food groups
- ☉ Eat little and often
- ☉ Eat vegetables of many colours and include them in every meal
- ☉ Try low GI carbohydrates such as Quinoa, sweet potato and wholemeal rice and pasta
- ☉ Try lean protein such as turkey, chicken and white fish, include oily fish twice a week
- ☉ Make sure you include healthy fats such as avocado, olive oil and nuts and seeds



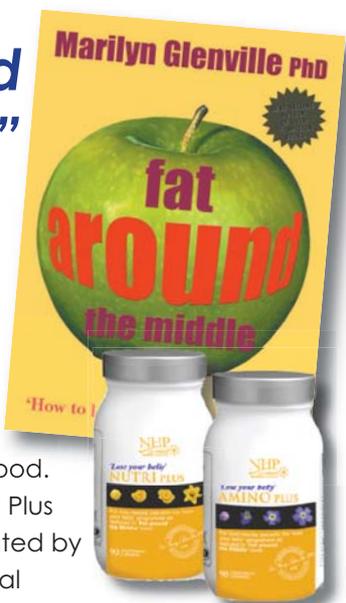
☉ Drink plenty of water
So forget the word DIET, the word to remember is MODERATION, life is too short to diet! **CHW**

☉ **Becky Smith is an advanced functional personal trainer in Brighton, she specialises in helping women to look and feel great. One**

thing clients love the most is the fact they now no longer have a fear of weight training and exercise. She has helped many women achieve brilliant fitness results and feel their best; you could also be one of them. For more information call 07757168652 or email becks-js@hotmail.com

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