



Special Little People

From their first day EVER, when everyone is excited and anxious in equal measures, to starting their first year in college, being prepared and giving kids support and backup is vital. Once we gently shove them through those big school doors it is over to them. That was the key reason why I started blending my essential oils - I needed to give my then 4 year old something he could take into school with him that would reassure him, help him feel safe and grounded. This blend - which he christened - 'What If?' - is now one of my best sellers - it is perfect for those what-if-you-are-late-to-pick-me-up, what-if-no-one-talks-to-me-moments! Applying a few drops of this blend of pure essential oils on a hanky and letting a child take this with them is effectively giving them a small but powerful helper to keep up their sleeve!

How it works.... the limbic system is directly connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance. This relationship helps explain why smells often trigger emotions. Of course all our little cherubs need to know is that whenever they are feeling a little wobbly there is something they can do about it, and THAT is a real confidence booster!

Available in leading Boots stores.
For more information, visit www.speciallittlepeople.co.uk.

Eating Healthily During Pregnancy, What to Choose and What to Lose

It's all very well knowing that you're now eating for two, but knowing what to eat and what to avoid can be tricky.

It's natural to want to cut down on fatty foods - the only problem is fat free foods are loaded with sugar and other preservatives! So even though you're consuming less fat calories, you're actually increasing your intake of sugar calories. What you really need to be doing is increasing your intake of good fats. This means the Essential Fatty Acids (or EFAs) found in cold pressed olive oil, seeds, nuts, avocados, oily fish or supplements. These fats are absolutely essential for your own health, but especially for vital development of your baby's brain & vital organs.

If you wish to cut out your daily caffeine hit without feeling like you're going cold turkey you could try herbal teas Rooibosch (Red Bush) is the closest to 'normal' tea and can be drunk with milk. Caro, Barleycup and Dandelion coffee are all caffeine-free coffee alternatives. Tocoeno is a delicious coffee substitute that you make in a cafetiere and comes in different

flavours such as mocha and vanilla.

And as we are discussing vices, what about chocolate? Well the good news is that chocolate contains both magnesium and iron, two vitamins that pregnant women need a lot of. It's also been known to help women with morning sickness. Dark chocolate is also good for you because it is rich in flavonols - which help to protect you against coronary heart disease. The bad news for all you chocoholics is that it's not a good enough source of any nutrients so keep it as a treat and make sure it's the good stuff (organic, dark & minimum 70% cocoa solids).

It's important that you commit to eating better quality food today! Pregnancy is only 9 months long and your precious little one needs those nutrients for proper growth and development, not to mention you need them for strength and energy.

For further information and advice on pre and postnatal exercise, nutrition, personal training or to download free reports visit www.nomoreexcuses.co.uk.



Competition!

Looking for a healthy way to keep fit during or after pregnancy? Then look no further! Pregnancy and postnatal exercise specialists, No More Excuses, have teamed up with Primary Times Sunday, to give readers the chance to win a 2 hour 'Get Started' session worth £99 with one of their qualified trainers.

The session will include a full health and fitness assessment, a training session at your home and you will be given a bespoke training programme for you to continue with.

All you have to do is send your name and contact details, along with the title 'No More Excuses' to: Kaitie at Primary Times Surrey, PW Media and Publishing Ltd, Second Floor, Richardson House, 21/24 New Street, Worcester, WR1 2DP.

Competition closes Friday 25th September. For more information and advice on pregnancy and postnatal exercise please visit www.nomoreexcuses.co.uk