Allan Armstrong, who has devoted more than thirty years to the study of Kabbalah, shows how through studying the symbolism and engaging in its disciplines, it is possible to enter the Secret Garden of the Soul and become aware of the Divine Presence that resides within it.

The book contains a comprehensive overview of the origins of Kabbalah, the Tree of Life, the significance and use of letters and numbers, and methods of meditation and relaxation for exploring the secret garden of your own soul.

Further Information
The Secret Garden of the Soul may be obtained from the Atlantis Bookshop, 49a Museum Street, London WC1A 1LY or direct from the publisher at ip@imagier.com; www.imagier.com

Coenzyme Q10 and Energy

The body requires energy to function normally and keep us healthy. A complex series of chemical reactions in our cells convert nutrients into ATP (adenosine triphosphate), the energy which cells require. Most ATP generation occurs in the mitochondria.

Coenzyme Q10 is stored in the mitochondria of each cell and plays a vital role in the production of energy as ATP.

The body is usually able to maintain adequate levels of coenzyme Q10, but these become depleted with age and further reduced by intense physical exercise, stress, and illness. Coenzyme Q10, an antioxidant, is also an important supplement for those taking cholesterol lowering drugs called Statins.

Further Information
Bio-Quinone Q10 is available from health food stores and independent pharmacies FREEPHONE 0800 591 756; www.q10.co.uk

Holistic Massage Course

Essentials for Health (EfH), a massage training provider, is launching a three month Fast Track Massage Course in Bristol, Edinburgh and Huddersfield, that will lead to a BTEC level 4 qualification. Using blended learning techniques, the 15 day course is spread over 4 blocks that cover practical techniques supplemented by online learning and teleconferencing tutorials for Anatomy and Physiology. Students also complete practical case studies. Further information Tel: 0845 108 0088; www.essentialsforhealth.co.uk

The Cancer Clock

The recently published The Cancer Clock was written with the aim to bring an informed and authoritative perspective of cancer to a broader audience. The book deals with cancer as a clock, where it starts with chapters indicating what can cause cancer, including food and lifestyle issues, genetics, inflammation etc, moves on to how cancer is first diagnosed and the potential treatments available and post-treatment care. It suggests ways to improve the quality of life of terminal individuals suffering from the disease and explains the psychological effects at the individual stages of the disease. The book is aimed at intelligent members of the public rather than an expert medical professional. Further information Tel: 01908 853832. Or buy online at www.amazon.co.uk

Retreat for Colon Health

Sura Detox offers week long retreats, once a week in rural Devon. Each retreat takes the form of a juice or water diet and twice daily colonics. All Sura Detox programmes are supported by powerful nutritional talks to encourage visitors to adopt healthier eating patterns and complementary therapies such as Yoga, Massage and Homeopathy. Fasting gives your body a chance to naturally purge itself of toxins and the frequent colonics ensure the thorough elimination of waste. Further information Tel: 08456 343 895; www.suradetox.com