Retreats in Turkey and Portugal

Nature's Rhythms retreats offer the perfect opportunity to kick back, relax and enjoy the beautiful scenery. It's time for you to reflect, recharge and learn valuable skills to give you more energy, alleviate stress and improve your health and wellbeing.

Nature's Rhythms retreats run by Jyotish Patel and Lianne Campbell are a unique and practical program of yoga, meditation and energy/health management.

Jennifer Worth
Sponsored Cycle Ride for Allergy Sufferers

Jennifer Worth, now 70, plans to cycle 1000 miles, and walk 200 miles for the charity Action Against Allergy (AAA) and invites others to sponsor her. All her life Jennifer has had asthma, and, in recent years, severe bronchitis. To increase her lung capacity she started serious cycling five years ago, and in that time she has reduced the asthma by about 70%. Jennifer also suffered very severe eczema in her 50s. She wrote a book about the treatments and food plans she tried and those which succeeded in curing her. Eczema and Food Allergy - The Hidden Cause? - on-line at www.allerbuys.com AAA are appealing for £1 a mile from all her supporters. AAA will put all monies raised to very good use in their campaign to obtain better treatment for all allergy sufferers.

Please send your contribution to Action Against Allergy, PO Box 278, Twickenham TW1 4QQ, marking the envelope JENNIFER. Or phone AAA with credit card details on Tel: 020 8892 4949.

New Blueberry and Cherry Superfood Capsules

The Dorset Blueberry Company has launched Wild Blueberry and Cherry Flex softgel capsules. Each Wild Blueberry softgel capsule contains the equivalent levels of anthocyanin as half a cup of fresh blueberries. This high level of natural antioxidant has identified blueberries as one of the top healthy fruits to eat, with half a cup delivering the same antioxidant power as five servings of peas, carrots or broccoli.

The company has also launched a Cherry version of the softgel capsule. Like blueberries, cherries have a high level of natural antioxidant.

Special Offer and Further Information

The capsules come in bottles of 30, which retail at £14.99 per pack and are available from good health stores and by mail order on Tel: 01202 579342; www.dorset-blueberry.com Dorset Blueberry is offering Positive Health readers a multi-buy special offer: buy any 2 bottles for 10% discount — £26.99 with free P&P. Please Tel: 01202 579342 and quote PH, or log onto www.dorset-blueberry.com and put PH in the coupon section of the checkout.

Brief Takes

Green Tea Benefits

The Cancer Research journal has published a study proving that Green tea extract can target cancer cells while avoiding healthy ones. In a separate study, Japanese researchers found green tea to boost exercise endurance. NVS Himalayan Green Tea is grown on a single estate and comes in a range of herbal flavours each with its own connotation of medicinal benefits. Further information Tel: 020-7486 0560; www.himalayangreen tea.co.uk

Organic Farm Award

Graig Farm Organics has been named Best Home Delivery Retailer in this year's Soil Association Organic Industry Awards, in recognition of its innovative approach and customer service. Graig farm offers a high-quality range of organic meats, fish, poultry, dairy, baked, grocery and non-food items and works in partnership with local suppliers. Graig Farm Organics is a network of around 200 mostly family-run farms across Wales and the borders. Further information Tel: 01597 851655; www.graigfarm.co.uk

New Qualifications

Complementary Healthcare, a Brighton-based provider of complementary therapies and education is one of the first in the country to offer a Diploma in Holistic Stress Management and a Certificate in MindBody Medicine in Cancer Care as a professional qualification, accredited by the National council of Psychotherapists (NCP). The part-time Diploma is aimed at those wanting to change or enhance their career. The Certificate is delivered as a week intensive aimed at qualified