



EDITOR'S LETTER

Social conditioning is the sociological process of training individuals in a society to respond in a manner generally approved by the society.

Societal conditioning affects us all to some degree – especially us women and especially us moms. The expectation society places on women/mothers are unrealistic and unobtainable and when we try and keep up with these unachievable goals, we then become overwhelmed, find it difficult to cope, or feel as though we have failed. The feeling of failure then manifests in a lot of areas of our being, ultimately affecting our health. It is only when we unshackle from these expectations society has placed upon us that we can redefine our success on our own terms and step into our own natural light.

A couple of weeks ago I was fortunate to attend Nicky Rowbotham's launch of her latest book, *Embrace Your Elegant Power Your Path to Success Through Ease*. A powerful event, which re-affirmed my journey I started earlier in the year – of putting myself and my health first, clearing out what doesn't serve me and falling in love with my own individual gifts. The launch was an empowering emotional event for all who attended, where Nicky shared her inspirational story with us, and we resonated with her journey. Tears, laughter and hugs brought us together, a magical event!

It's not about changing or becoming. It's about remembering and knowing that we are already enough.

Embrace Your Elegant Power Your Path to Success Through Ease

Full of powerful, personal and transformative stories and insights, this book is your level-up guide to celebrating your own uniqueness and using

easefulness as the frequency holder for your life.

Embrace Your Elegant Power is published by Tracey McDonald Publishers. Purchase your copy today, available online at www.nickyrowbotham.com and at all major retail bookstores nationwide.

In this issue we show some tender love and care for our own skin as we look at IPL treatment for sun damaged skin. We try out BODYROLL – a lymphatic drainage and recovery therapy new to our shores and look at what happens when good inflammation goes bad. We examine indoor air quality and how this impacts your health and count down 10 reasons why you shouldn't think twice about going dairy-free.

We explore the wonders of water, the vital nutrient of which you probably need more of and give you the lowdown on orthodontics for children. We enjoy some delicious food from Lucy Tweed's wildly entertaining and practical cookbook, *Every Night of the Week* and meander along the magical Klein River aboard the delightful *Lady Stanford*. We also go on an adventure in the Kingdom of Morocco – a place to dream.

And bring love into your home with the leftovers of nature and second-hand treasures, we show you how and so much more within this issue.

Grab your copy or your tablet, sit back, and enjoy!

Auje'

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