



# Summer wellbeing

Want to look and feel your absolute best this summer? Then we've got the products, treatments and food choices you'll need to achieve your wellbeing goals



### Shape up with Bodychef

Hi, I'm Jayne Ritchie. You can lose weight and feel great with my fresh food diets, delivered direct to your door. With seven diet plans to choose from, including meat-eating and low carb options, I can customise your healthy eating plan to suit your tastes and objectives. Feel free to call 0800 783 7083 or visit [www.bodychef.com](http://www.bodychef.com) to discuss your weight loss programme.



### Delicious African dining

Muna's Restaurant and Bar presents the very best in Sudanese and Eritrean food – a refreshing twist on traditional rustic African cuisine. Our spectacular array of dishes will delight your senses, bringing you the warmth of East Africa, as only Muna's Restaurant and Bar can. So enliven your spirit and delve into this most ancient of cultures, whose Nubian cuisine has been dined on for over a millennia. Find us at 599 Green Lanes, Haringey, London N8 0RE, or call 020 8340 8411 or 0771 300 0827.



### Say cheese!

Cheeses is a family-run shop serving the very best cheese to the Muswell Hill community. We're passionate about sourcing artisan cheese made by skilled craftsmen throughout Europe. Cheese made with quality ewe's milk can aid digestion and promote healthy skin, as well as being a good source of calcium during and after pregnancy. For expert advice on the benefits of cheese, find us online at [www.cheesonline.co.uk](http://www.cheesonline.co.uk), visit our shop at 13 Fortis Green Road, Muswell Hill, London N10 1HP, or call 020 8444 9141.



re-nu  
BODY CLINIC  
medical

### Renew with us

Re-Nu Clinic offers a comprehensive range of quality treatments tailored to your individual needs. We use the latest technology and innovations in medical aesthetics to offer men and women the most up-to-date range of treatments – including free consultation and skin analysis, medical microdermabrasion and permanent laser hair reduction. All treatments are carried out by experienced practitioners using top skin health products such as Aestheticare, Elyon, Jan Marini and Endocare. Visit [www.renuclinic.com](http://www.renuclinic.com) or call 0800 056 8567 for more information.



### Unwind with YogaRelax

Starting and ending your day feeling stressed, aching or tired? Want a relaxing, enjoyable way of recovering your physical and mental wellbeing? For Michelle Cross, director of YogaRelax, the benefits of yoga are transformational: 'Yoga relaxes your body and mind, taking you on a rewarding journey towards mental clarity, calmness, self-discovery and balance. It nourishes your 'radiant health' – reducing the impact of stress – while improving posture, muscle tone, flexibility and strength.' Showcasing 18 years of professional experience, Michelle's downloadable yoga relaxation CDs complement her teaching. Or you could book yourself on to YogaRelax's UK and international retreats – log on to [www.yogarelay.co.uk/summerwellbeing.htm](http://www.yogarelay.co.uk/summerwellbeing.htm) for details, or call 0795 612 7366.

### Yantra Mat

The Yantra Mat is an exciting new acupressure innovation that helps relieve stress, aches and pains, as well as boosting your energy levels while simultaneously promoting a good night's sleep. The stylish product has received rave reviews on TV and in the press – it was even voted 'The Best Thing Since Sliced Bread' by the *Daily Mirror* – and thousands are already enjoying the benefits. Get yours at [www.theyantramat.co.uk](http://www.theyantramat.co.uk) or call 0845 399 0038.

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### RNK Afro-Caribbean foods and cookery school

Try our Afro-Caribbean fresh foods and ingredients, packed with essential nutrients to nourish your body, promoting optimum wellbeing – perfect if you are a vegetarian or vegan too. Taste our rice and peas, ackee or organic callaloo – all packed with ingredients rich in fibre, essential fatty acids, protein and up to 87% of your daily nutritional requirements. Plus they are gluten and dairy-free too. Find out more about our range of ingredients and ready meals – and our cookery lessons – by emailing [rnkfoods@btinternet.com](mailto:rnkfoods@btinternet.com) or calling 0151 608 7405 or 0776 155 8314. To cook your own, have a look at Grace's cookery book *Cooking Is Fun: Afro-Caribbean Style*, available from Waterstone's or online at [www.rnk-foods.co.uk](http://www.rnk-foods.co.uk).



### Just Organic

Just Organic has been delivering organic fruit and vegetables to London households since 1995. We are committed to supplying the best quality produce with the lowest ecological impact. We provide fresh, seasonal, healthy and great-tasting food – and, as we come to you rather than opening shops, we offer our customers excellent value for money. For details, visit our website at [www.justorganic.org.uk](http://www.justorganic.org.uk).