



## SUZANNE AFRICA ENGO ON RAISING AIDS AWARENESS

*Log on to [www.basilandspice.com](http://www.basilandspice.com) to read Suzanne Africa Engo's, inspirational interview about her life, phenomenal weight loss, her historic run from New York to Chicago and her battle to raise AIDS and HIV awareness. Truly amazing!*

# Health NEWS

## Yoga saved my life!

Feeling the stresses and strains of daily life? Almost burnt out? That's exactly how Patricia Ezechie felt before she discovered yoga and used it to shed six stone and all the stress that led to her being diagnosed with Chronic Fatigue Syndrome. Now toned, fit and healthy, Patricia decided to put her career as a consultant behind her to become a yoga practitioner. Not content with solely teaching yoga, she has gone on to design her own range of yoga t-shirts featuring her signature Yoga Stickmen. She has also started her own Yoga Stickmen software business, which delivers a bespoke teaching aid for yoga professionals, when she couldn't find any printable images of yoga poses to give to her students. To find out more about Patricia and her yoga teaching check out [www.yogastickmen.com](http://www.yogastickmen.com).



## ALTERNATIVE THERAPY?

Acupuncture has recently become really popular and is seen a credible alternative therapy. But just how effective is it?

Blackhair reader Afreyea Bosu finds out...

"I have had endometriosis for a few years and despite laser treatment my condition has persisted. I suffer from a lot of pain especially around my time of the month and it really gets me down. I have tried everything else so I was open to having acupuncture. I found that it really worked – from the first session! My acupuncturist made me feel really relaxed and I had a full consultation before my treatment. It was a bit uncomfortable having the needles in my hands and wrists but in other areas of my body I didn't even feel them going in at all. After the first treatment I felt pretty lousy, but my acupuncturist told me this was because my body was trying to balance itself and get rid of toxins. When this passed I began to feel much better. A few sessions on, the pain has lessened and my periods aren't so bad. I hope to be free of endometriosis this time next year!" For more info on endometriosis check out [www.endometriosis.org](http://www.endometriosis.org). Click [www.acupuncture.com](http://www.acupuncture.com) for the latest information and to find your nearest acupuncturist.

## A DIVINE TREAT

We love a sweet treat in the Blackhair office so when this bar of Divine chocolate's latest flavour landed on our desk there was nearly a cat fight! Their latest creation of Dark Chocolate with Raspberries, £1.69, is as yummy as it sounds. Divine is the only Fairtrade chocolate that is co-owned by farmers in Ghana and uses Fairtrade sugar from Malawi as well as Fairtrade vanilla (real vanilla not vanilla flavouring) from India. It's also free from artificial flavourings, colourings and preservatives, suitable for vegetarians and vegans, and is Kosher certified so you can feel saintly while you stuff your face! To buy the new bar online, as well as gift combinations you won't find anywhere else, visit The Divine Chocolate Shop at [www.divinechocolateshop.com](http://www.divinechocolateshop.com) – our new favourite website!



## DYING FOR A DRINK?



According to the UK Office of National Statistics (ONS), alcohol related deaths have increased by 40%. Last year there were 7,341 deaths in England and Wales directly resulting from drinking. These include deaths from health issues such as cirrhosis of the liver, alcoholic liver disease, chronic hepatitis, and alcohol poisoning.

Where as liver-related illnesses normally affect older age groups, victims are worryingly becoming younger, as the number of people in their teens, 20s or 30s who have died from drink related health problems have increased. If you're worried about your drinking habits, catch liver disease before it's too late! Try the York Test Liver Check, a finger prick blood collection kit that you can do in the comfort of your own home. The actual blood collection is then posted away to a laboratory and tested to reveal how well your liver is functioning. The results are shown in a traffic light colour coded system – green showing there is no problem, amber showing your liver health is less than optimal and red indicating your liver is damaged. The Liver Check costs £99 and is available from [www.yorktest.com](http://www.yorktest.com), [livercheck.co.uk](http://livercheck.co.uk) or by calling 0800 074 6185.

## SPA YOUR TROUBLES AWAY...

With the rubbish British weather and the even more rubbish recession, we're all feeling a bit washed out, sun deprived and well in need of a break from the doom and gloom. Champneys Spa is the perfect place to get that bit of R&R. Okay, you may not be guaranteed wall to wall sunshine, but a relaxing Elemis massage, Thalassotherapy treatment or facial will more than lift your spirits. Along with the delicious healthy food, gorgeous surroundings and brilliant staff, Champneys is well worth a treat this Autumn. With prices starting from £85 for a day break with two treatments of your choice, or £209.95 for an Autumn Two Night Escape with two treatments, food and accommodation included, Champneys is the ideal anecdote to banish those post-summer blues. For bookings or more info, check out [www.champneys.com](http://www.champneys.com)



**CHAMPNEYS**  
THE PLACE TO BE

## Munchy Seeds



At last, a healthy snack that not only won't break the diet but contains essential fatty acids which are fab for our hair too! Munchy Seeds are packed full of Omega 6 and 9, high in iron, zinc and vitamin E, plus they are cholesterol, dairy and gluten free. They're available in 6 delicious flavours including Original Mix, Vanilla Pumpkin, Pumpkin Mix, Chilli Mix, Omega Mix and Munchy Granola. We love them as a snack or sprinkled over porridge, fruit or soup! The whole range is available in a choice of individual sachets (perfect for your handbag!) or larger tubs. Prices range from 55p for a single sachet to £6 for a tub. For stockists or info check out [www.munchyseeds.co.uk](http://www.munchyseeds.co.uk)