



# Alexandra Worsley's Health & Well-being column

**Your health is so essential, at Alexandra Worsley we want to help and support you to achieve that healthy balance...**

None of us are perfect but a good place to start is with loving yourself, warts and all(!), and then true health and well-being will happen more easily. Why not start this spring, turn over a new leaf to bring new life into your well-being, LOVE YOURSELF, it is allowed!

Take a moment to sit and think about your health goals. What would bring happiness in your life? Do you really want to be in the same position years down the line? Do you need to take a bit of time to put yourself first? Whether it's physical or emotional you can achieve your goals if you really want to – there is nothing stopping you but yourself!

Have you seen the WWTW (Walking with the Wounded) expedition? Six wounded soldiers (interviewed on pages 32-33) are trekking to the North Pole to beat a world record, they will be the first disabled people to do this, WOW! This proves that whatever your goal is, anything is possible!

Once you have your goal – what are the next steps? As individuals we all respond to different advice, remedies or treatments. We understand this perfectly at Alexandra

Worsley which is why we have many different therapists and remedies to support and point you in the right direction. Of course there are other options and a lot of information to be had but if you research complementary health you will find out that it complements and enhances treatment received by the medical profession so why not give it a try? You have nothing to lose and possibly everything to gain! You can email me at [alex@alexandraworsley.com](mailto:alex@alexandraworsley.com) if you want further help and advice.

**“If you help yourself you'll be helping others.”**

As an incentive to try a £10 taster session for a treatment or therapy, for each taster session booked we will donate £5 to the charity WWTW until the end of March. So, treat yourself well, make time for yourself because remember, you are very important!

*Take care of yourself, Alex x*

P.S. We have lots of events planned: Meditation classes and a 'Love Yourself - Love Life' workshop. Our monthly e-shot will keep you up to date. Email your details to [alex@alexandraworsley.com](mailto:alex@alexandraworsley.com) and we'll keep you posted!

