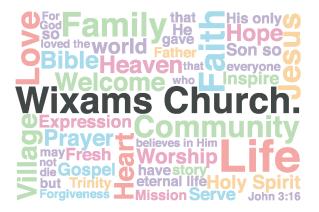


## **Health**

7 et another review on alcohol and its safe levels, a question I  ${f Y}$  am often asked and frequently feel bad about telling a patient that complete exclusion is the only option. The reason I feel guilty is not that I am denying them their favourite tipple but there are health issues that do merit no alcohol, whilst I continue to enjoy a glass of red.

Rather than 'government' figures individual circumstances have to be considered. For any type diabetic units are sugar and will affect insulin so they need to monitor blood sugar levels. Kidney problems will worsen with booze and a fatty liver will not tolerate it well. If you are getting hangovers it's a sign that you are probably dehydrated and making it worse with a drink. Any one fighting Candida would only feed the yeast issue so should exclude.....but the good news for the rest of us, is that by drinking water after each glass and taking 2 consecutive nights off each week you can continue to enjoy a couple of wines or beers or the occasional spirit ( higher alcohol % harder on the liver). There is a recipe for a liver cleanse on my web site that is worth doing particularly if you have partied too hard.....cheers!

Sheila Partridge Dip Nutritional Medicine www.sheilapartridge.com



**Events** Diary:

Sundays, 11:00am: Celebration a mix of praise, worship & teaching

Fridays, 10:30am-12pm: Little Stars playgroup for babies preschoolers with parents & carers



Thursdays, 3:30-5:30pm: Messy Church



a way of being Church for families, involving fun, Bible stories & a family meal together

Next events: 21st April, 19th May

For more info... e-mail: hello@wixamschurch.org.uk www: wixamschurch.org.uk Tel: 07398 812552

f: facebook.com/WixamsChurch : @WixamsChurch



erry runs The Revive Company which brings award winning beauty and holistic treatments and Pilates Classes to residents in Wixams! She has lived in Wixams for four years and loves it.

Recently Kerry won UK Therapist of The Year 2016 award in the most prestigious and established awards scheme for the beauty, spa, nails and aesthetics markets, out of hundreds of

Kerry has been in the beauty industry for over 12 years working in London Spas and Health Clubs. She has been a Beauty Lecturer, Manicurist at London Fashion Week, has written an online course for therapists to start their own mobile business and has been a speaker at Spa Business Bootcamp.

Kerry has worked with world renowned Clarins and Elemis and has chosen to work with Germaine De Cappucini and Jessica.

You can find out more about Revive at www.therevivecompany.com kerry@therevivecompany.com and on facebook - TheReviveCompany.comWixams



## Councillor GRAEME COOMBES Reporting to Wixams - April 2016

## 1.Local GP service request made to NHS again

I recently attended Bedford's Health and Wellbeing Board and put questions to the NHS representatives about the continued lack of a nearby GP service. For many Wixams residents, a visit to the doctor can be quite a trek and in my case results in a ridiculous 14 mile round trip. The response from the NHS was non-committal and disappointing, so I have now written to our local MP, Nadine Dorries and Health Minister Alistair Burt, asking for their support.

2. Protection of wooded copse area - Brooklands/Southern Cross Contractors recently appeared at the wooded copse near Southern Cross and started preparatory work for a play area. Although designated a play area in the Wixams plan, a planning application is required and hadn't been submitted. I spoke to the Planning Department and Gallagher and managed to get the work halted. I have now requested that this area be used as a green/nature/widlife area instead, to protect the trees, shrubs and greenery and the rooks nesting on the site.

## 3. Request for tougher action against illegal traveller encampments

We've seen repeated illegal encampments from travellers in recent months. Despite the best efforts of Council officers, who eventually get them moved on and clean up afterwards, the travellers keep returning. I have again written to the Mayor asking for more robust action, suggesting that these areas be blocked off and that Wixams be designated as an area where a special injunction can be used to move illegal encampments more quickly. Continued on Page 4

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