

Issue 3

The Conscious Smile Magazine

Modern
Laser Use
in Dentistry
Kevin Easter

From Habit
to Conscious
Smile
Jonathan Jones

Karen Tan's
Unexpected
Path

**Dr Aliesha
Williams**
Greenfield
DentalCare



Dr John Roberts

INTEGRATIVE HEALTH CARE



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Dr Pippa Nicholls BDS, Dimples Founder & CEO

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NOTE FROM THE EDITOR

Spring has always symbolised renewal.

The softening of winter tension.

The return of light.

The quiet reawakening of life beneath the surface.

It feels fitting that this third edition of *The Conscious Smile* explores a theme that mirrors this seasonal shift: the relationship between safety, stress, and the mouth.

For decades, dentistry has focused, rightly, on restoring structure. Enamel, dentine, bone, alignment. The technical excellence of modern dentistry is extraordinary.

Yet as conversations around mental health, trauma-informed care, and nervous system science expand across healthcare, an important question arises:

Are we giving enough attention to how patients feel, not just what we treat?

Dental anxiety remains one of the most common healthcare fears worldwide. Jaw clenching, grinding, inflammatory flare-ups, and avoidance behaviours are increasingly linked to chronic stress and dysregulation. Patients are not simply presenting with cavities or gum disease; they are arriving with stories, tension, and lived experiences that shape how their bodies respond in the chair.

This edition invites a broader perspective.

In the feature article, *Is Dental Anxiety a Nervous System Issue?*, I explore how stress physiology intersects with oral health. Not as an alternative to clinical care, but as a complement to it. Not as mysticism, but as biology.

The aim is not to disrupt dentistry. It is to deepen it.

We are witnessing a wider movement in medicine toward integration: recognising that systems of the body are interconnected, that psychological safety influences physiological response, and that patient empowerment improves outcomes.

Oral health cannot remain isolated from this conversation.

Spring reminds us that growth does not require abandoning roots. It requires nourishment, awareness, and light. Dentistry's roots in science and precision remain firm. The opportunity now is to expand our canopy; to include regulation, communication, and the human experience of care.

If this edition encourages even one practitioner to consider the nervous system in their approach, or one patient to feel more empowered in the chair, it has served its purpose.

The future of oral healthcare is not only structural. It is relational, physiological and conscious.

Dr Marc Mortiboys
Editor, *The Conscious Smile*



What originally drew you to dentistry, and how has that journey evolved over time?

I attended Leeds University in 1977, and study dentistry to help people. It was considered a lesser healing profession.

Dentistry last century was usually done reactively, fixing teeth and dentures that had broken, helping people in pain often with extractions. Prevention was:- please clean your teeth at least once a day, up and down and side to side. Very simple, very 2D, black and white thinking.

For the past 46 years my thoughts and beliefs about dentistry and me as a person and healer, have evolved. I am looking forward to further evolution over the next 35 years.

Fortunately I never had an "AH HA" moment, for myself my family and friends, we have never had a serious illness where I saw the "light" and made a transformation and change.

I am brave enough to say I don't know and research health and spiritual issues rather than be dismissive and authoritarian and say NO you are wrong. I will look up issues and make up my own opinion. I also respect the people's opinions in what they choose to believe and practice, even if they are different to mine.

For the first six years it was a treadmill of people in people out, receive a pay check once a month just live a regular life. Now I believe less dentistry is the best care if we create and understand real dental health. Treating children who if we get it right, should have trouble free dental care for most of their lives That was our goal .

NATURAL TEETH FOR A LIFETIME

To achieve the we look to achieve a balance of care using the principles of homeostasis, both physically emotionally and spiritually.

Was there a specific moment or experience that shifted how you now view oral health and your role as a dental professional / healer?

In 1987 I set up my own practice I added colour to my practice. I wanted to make a difference. To do dentistry that could enhance a healthy mouth, meaning less future dentistry and possible healthier and happier person. I had already questioned the safety of mercury fillings through conversations with patients.

We did not have many options back then it was a mercury filling , extraction or drill more of the tooth away and do a crown. I was always reluctant to drill tooth away than was absolutely necessary. I was never drill happy; in fact I once failed an exam because I did not drill enough healthy tooth away.!



With eyes wide open, and wanting to make a difference, though never being a businessman, I started training in 1988, on non-extraction orthodontics, (heresy at that time) TMJ issues and prevention. I had a children's dental education room and a non-clinical examination and record taking room.

A Panorax-ray to see the whole mouth and took photos and videos to plan healthy interventions. I wanted to create a safer space at a time where dentistry, at a time when care was still very crude and dominated by doing things to reluctant patients, not them asking us to do dentistry and help them. Within a year I employed a dental hygienist as I saw the real value hygiene work and education, reducing the dentistry people need going forwards.

Health orientated and free-thinking patients we're now coming to the practice, we were very busy, though I always had the time to talk with patients and learn from them. I started attending non-dental meetings

and training with osteopaths, chiropractors, homoeopaths all sorts of non-dental healers and I saw how I could integrate this to become a better healing dental clinician.

I chose to leave the NHS in 1994 as I was no longer prepared to place mercury filling despite the authorities saying they were safe!

I had to survive working up north in working class area, doing health orientated dentistry. Fortunately, the practice became even busier as more patients wanted for their dental and overall health.

In 1995 I ran my first IAOMT conference dealing with the mercury issue and biocompatibility I was out there sharing my beliefs and educating other dentists to make the change. Health in and through dentistry was now being talked about and practiced. I still teach dentists and associated health practitioners the joy and potential I have for my chosen profession.

In 2000 I travelled to Washington DC and studied part time for a doctorate degree in Integrative Medicine. I am officially DIM. Doctor of Integrative Medicine

The practice became so busy in 2003 I moved to larger premises. I employed other health practitioners to achieve a true Dental Health Practice (the rules had changed).

In 2017 I downsized the clinic to concentrate more on dental and personal issues, it took too much time, money and energy to run a big building and busy practice. I continued to run holistic dental courses promoting health and integration of healers. I am now semi-retired I choose to enjoy my life fill it with fun happiness and health while educating dental and health clinicians the joy of Integrative Healing.

How would you describe the deeper mission behind your work today?

As a 67 year old Integrative Dental Health Practitioner, I only want to be part of a healing team, delivering individualised health care to anyone who chooses to receive it. Integration is everything, unfortunately: still most health, allopathic or alternative practices are still done in isolation, both physically and spiritually.

Exploring the Shift in Perspective

What part of the traditional dental model did you begin to question, and why?

I have watched with horror how the current dental profession has become the "business of dentistry." Dentistry has created a market, bright white straight teeth whatever the health issues, and then does everything it can to sell you this even though it may not be needed or affordable. We have created a false market. There is good dentistry done but the first question is never asking with "how can we enhance the patient's health?". It makes me very sad.

How do you now integrate broader aspects of health: emotional, spiritual, or ancestral, into your care or teaching?

Body and mind are two sides of the same coin though True Healing is multi/ Inter dimensional. It has energetic, spiritual, vibrational, components to it, and requires light sound and gratitude with acceptance of who we are. To transcend the physicality of the dental and medical work we do the dental care practitioner has to accept and practice these principles too.

Have you faced resistance or challenges in embracing a more holistic or conscious path? How have you navigated that?

In the early 1990's local practitioners complained to dental authorities because I called my practise a dental health practice. At that time, I could only be a Dentist and work at a Dental Surgery or Dental Practice.

I got reported for bringing the concept of health to my profession! I was investigated for having abnormal prescribing patterns, doing more fillings, less extractions, more hygiene more prevention than the local average dentist.

I was accused of being a quack and profiteering on my holistic preachings. I have chosen to stay in the profession and push the boundaries of what dentistry really is and I am pleased to say more and more of the profession are seeing the joy of becoming the real Integrative health practitioner we should be.

I trust in my inner self that what I choose to say and practice is from the authentic me. I listen to what people say about me and always use this a learning opportunity.



Practices & Philosophy

Are there specific modalities, techniques, or philosophies that you now champion in your practice or teachings?

I believe that teeth energetic and electrical conductors into our bodies. They are attached to our meridians and conduct energy from the chi of the food (organic please) we eat to feed on meridians. They are piezo electric generators (scientific) and they charge the life force is our body when we chew and create sound. They pump our cranial system when eating and swallowing and should be respected not abused, drilled, filled or extracted just to look good.

A healthier mouth is definitely a healthier person and dental interventions to improve dental and general health have long term systemic health benefits .

How do you view the mouth or smile as a reflection of deeper systemic or energetic states?

Please look up “Duchenne smile,” it is the genuine smile that is an authentic connection of joy from the inner person, not the dutiful smile or the fake smile that is commonly seen. A true smile communicates connection with those who receive it, it creates an instant bond of trust, openness and love. It is not dependant on bright white straight teeth ,the teeth can be like tombstones or no teeth, but the smile communicates with the eyes from the inner genuine person.

What do you believe is missing in most people's understanding of true oral wellness?

We need to bring in the mouth, teeth, breathing, swallowing, sleeping, back into an integrative health model. It is often said the mouth is a gateway to health and with time and experience it shows me it bidirectionally connects us to the outside world as well as to our inward wellbeing.

Conscious Leadership

As a conscious dental professional, what does leadership mean to you in this new era?

I truly believe that people want to see dentist with integrity ,understanding through experience, honesty, a certain degree of humility, but the fortitude to stand by their beliefs. I choose to be a person who shares knowledge, is accepting that there's more to learn, have a willingness accept when they are mistaken and work with love and passion in the job I do and the people I care for.

How do you support or inspire your patients, students, or community in awakening to a deeper understanding of dental health?

Speak my truth, illustrated as once criticised belief is now based in science. You could look at the mercury and fluoride issues, the concept of the lymphatic's and cranial system and

realise something I experienced and believed in 30 years ago is now accepted as mainstream science.

Vision for the Future

What is your vision for the future of dentistry and oral health care?

I dream of a practise where a team of dental health professionals see patients/friends every six months to a year, for an MOT health checkup. We scan their teeth ,gums ,jaws, breathing, sleep, body balance, general nutrition and more. We say yeah everything is fine, any problems give us a call, good work see you next year. Occasionally we may do minor corrections to prevent out of hand problems in the future.

If you could wave a magic wand and change one thing in the current dental system, what would it be?

I would love to see dentistry more affordable so everyone could benefit from appropriate health orientated care.

Final Spark

What message or truth do you feel most called to share with our readers of Conscious Smile?

Integration of healthcare, both in the physical world, but real healing needs to occur on multi-dimensional layers and an acceptance of change and time. As a dentist practising dentistry (though not sure for how much longer), I see my role as the gatekeeper to the bridge that divides allopathic and alternative, left and right brain thinking and mentalities, the physical to the many interdimensional levels of health healing, wellbeing and just being.

What does the phrase “Conscious Smile” personally mean to you?

A smile that comes from the soul with honesty, openness, integrity, curiosity, dignity and an acceptance of all, not just what I want to believe and experience. My motivation to keep practicing dental health care is to continue creating an Integrative health care approach for the modern dentist. This is what the patients are wanting, 66% of people now use some form of complementary or alternative medicine.

I am part of a team, developing an education model for dentists and allied health practitioners to teach how modern dental care around the mouth, head, neck, shoulders do have a profound effect on total health and wellbeing.

We must shed the mechanical approach of dentistry that started in the 1960s. A dentist needs to respect the biological tissue that they are guardians of, not just cut and fill, crown and kill, move and extract teeth, with no regard for biological function. They just want things to look better. It's an assault on a person's wellbeing. I have lectured on this in the past and the title has been

"Never in the field of health have so few done so much harm to so many" What will create change is embracing modern science that now explains more and adds understanding to the wonderful biological being that we are. Embracing energetic and frequency medicine, looking at the subtle micro rather than the macro world we live in will bring harmony,

What excites me is that we will understand more about this beautiful bioenergetic being we are in 10 years' time, often complementing what we observe now but cannot fully explain as yet.

I also desire the change in the hierarchy of professional associations ,who frequently judge the modern holistic dental practitioner as a danger to the patient and the profession. They defend and will not investigate the harm that old style dental care causes, preferring to keep the status quo and independence of dentistry from whole body health care.

Most dental care is far too expensive , in part due to regulatory conditions along with oversight and judgement by others who may have more financial drivers than health provider and patient concerns.

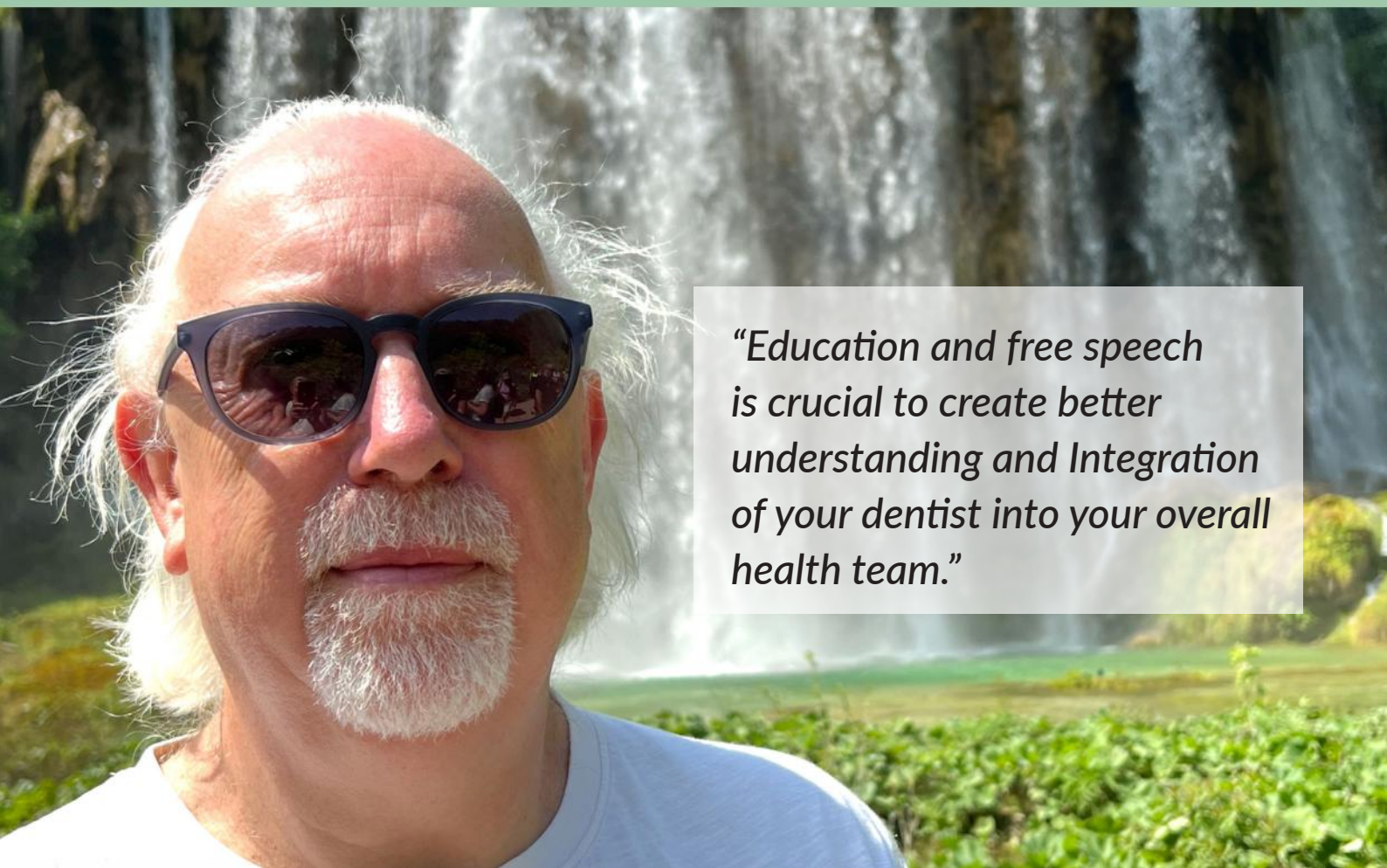
As patient, we must act to take care of ourselves more, not just rely on someone to fix us when though our neglect something goes wrong. Modern medicine and health care is wonderful in helping with unavoidable health conditions but accept more responsibility for who you choose to be now.

As health care customers we should ask what more can I do for myself ,not just blame someone or something and pay to get it fixed. Unfortunately, then most of that care is health detracting.

Education and free speech is crucial to create better understanding and Integration of your dentist into your overall health team. Open and honest debate where we can disagree is acceptable the aim is to give you, the reader and patient a choice for your own health care. For dentists and other health care practitioners please connect with me so I can share our new educational models

Dr John Roberts

www.dentistry4healthandhealing.co.uk



"Education and free speech is crucial to create better understanding and Integration of your dentist into your overall health team."

KEVIN EASTER

Dental Laser Consultant and Clinical Trainer



Modern Laser Use in Dentistry

A Clinical Perspective on Precision and Biological Modulation

Laser technology has transitioned from experimental physics to a well-established adjunct in clinical dentistry. While early enthusiasm in the 1990s was often driven by marketing claims, contemporary laser use is grounded in a clearer understanding of wavelength-specific tissue interaction, evidence-based applications, and minimally invasive principles.

Modern laser dentistry is best viewed not as a replacement for conventional techniques, but as a biologically informed extension of them.

Laser-Tissue Interaction: The Clinical Foundation

The behaviour of a dental laser is determined by its wavelength and the absorption characteristics of target tissues. In dentistry, commonly used wavelengths include:

- Erbium lasers (Er:YAG 2940 nm; Er,Cr:YSGG 2780 nm) – highly absorbed in water and hydroxyapatite, making them suitable for hard tissue ablation.
- CO₂ lasers (10,600 nm) – strongly absorbed in water, ideal for precise soft tissue incision with effective haemostasis.
- Diode lasers (810–980 nm) – absorbed primarily by haemoglobin and melanin, making them effective for soft tissue surgery and bacterial reduction.



Understanding selective photothermolysis is essential. Laser energy is absorbed by chromophores within tissue, converted into heat, and produces controlled thermal effects such as vaporisation, coagulation or bacterial disruption. Clinical safety and efficacy depend on appropriate power settings, emission modes and fibre management.

Soft Tissue Surgery: Precision and Haemostasis

Diode and CO₂ lasers are widely used for soft tissue procedures including frenectomy, gingivectomy, operculectomy, fibroma removal and crown lengthening of soft tissue.

Compared with scalpel techniques, lasers offer immediate coagulation through haemoglobin absorption, reduced intra-operative bleeding, improved surgical visibility and often reduced need for sutures. Studies have demonstrated favourable healing responses and reduced post-operative discomfort when diode lasers are used within appropriate parameters.

Periodontal Therapy and Bacterial Reduction

Periodontal disease is a biofilm-mediated inflammatory condition requiring mechanical debridement as its foundation. Lasers do not replace scaling and root planing; however, adjunctive use has been investigated for pocket decontamination and bacterial reduction.

Near-infrared diode lasers demonstrate bactericidal effects against key periodontal pathogens. Clinical studies suggest potential improvements in probing depth reduction and inflammatory parameters when lasers are used adjunctively.



Peri-implant Disease Management

Peri-implantitis presents a therapeutic challenge due to complex surface topography and microbial biofilm adherence. Diode lasers have been explored for implant surface decontamination due to their bactericidal properties and fibre-optic delivery systems. Thermal control is essential to avoid implant surface overheating.

Hard Tissue Applications

Erbium lasers represent the primary wavelength for hard tissue dentistry. Their high absorption in water enables micro-explosive ablation of enamel and dentine with minimal thermal diffusion. Evidence supports erbium laser efficacy in cavity preparation and enamel etching, though training is required for predictable results.

Photobiomodulation: Clinical Evidence

Low-level laser therapy (photobiomodulation) uses sub-ablative energy levels to stimulate cellular responses. At the mitochondrial level, light absorption may increase ATP production and modulate inflammatory mediators. Systematic reviews report benefits in reducing post-operative pain, accelerating wound healing and managing temporomandibular disorders.



Patient-Centred Considerations

Laser adoption requires compliance with UK safety regulations, appropriate training, local rules and oversight by a Laser Protection Advisor. When implemented responsibly, lasers may contribute to reduced bleeding, improved patient comfort and enhanced precision.

What This Means for Patients

For patients, the integration of laser technology in dentistry often translates into a more refined surgical experience. In many soft-tissue procedures, laser use can reduce intraoperative bleeding, minimise mechanical trauma, and support improved post-operative comfort. In periodontal and peri-implant therapy, adjunctive laser decontamination may enhance bacterial reduction when used within evidence-based protocols.

Importantly, laser dentistry is not a replacement for clinical judgement — it is an advanced tool that enhances precision when used by properly trained clinicians. Patients interested in minimally invasive or technology-forward care may wish to discuss with their dentist whether laser-assisted treatment is appropriate for their specific clinical needs.

Conclusion

Modern laser use in dentistry reflects a maturing discipline grounded in physics, tissue biology and clinical evidence. When used within evidence-based protocols and supported by adequate training, laser systems provide a versatile adjunct aligned with minimally invasive and biologically informed dental practice.

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Disclosure: The author is involved in the distribution, training and consultancy of dental laser systems.

JONATHAN JONES

Founder of My Green Routines



From Habit to Conscious Smile

For as long as I can remember, I've never been afraid of the dentist. In fact, I've always been fascinated by it.

Even as a child, I found something reassuring about sitting in the chair and knowing that someone could look inside your mouth and instantly understand something about your health. The mouth, I realised early on, was more than just my teeth. It was a biomarker for my body.

One of my earliest memories of dentistry is actually my dad putting me and my siblings over his knee and inspecting our teeth himself. He had struggled with his own dental health growing up, and my mum had hereditary gum issues, so oral care was always a topic in our house. He'd use whatever tools he could find to check our teeth and make sure we were brushing properly.

Looking back now, I realise he instinctively understood something many people overlook - the

importance of daily routines, compounded action and conscious choices. That early awareness planted a seed in me that would later grow into something much bigger.

Learning the Hard Way

Like many people, my relationship with dental health wasn't perfect. When my parents divorced and I spent more time living with my mum, the structured brushing routine that my dad had enforced faded away. Between the ages of about ten and sixteen, dental discipline disappeared. I drank fizzy drinks, neglected brushing, and treated my teeth like most teenagers do...as something that didn't really matter. My teeth paid the price.

In my early teens I was dealing with deep cavities, dental work, and root canal treatments. What followed was a long process of repairing and restoring my teeth through my mid teens. Once my braces came off and my dental health was back on track, something shifted inside me. I became almost obsessive about oral hygiene - brushing electronically and manually, to make sure everything was perfect. But over time I realised that oral health wasn't about obsession — it was about balance, education, and lifestyle. That understanding would become central to everything I do today.

The Moment My Perspective Changed

A few years ago I spent about two years travelling. During that time, I didn't see a dentist once. Normally that would have worried me. But I had been focusing heavily on improving my overall health. I prioritised whole foods with no grains, lifestyle optimisation, and experimenting with natural oral care approaches while developing our own product formulations. When I finally went back to the dentist after those two years, I expected the worst. Instead, after about thirty seconds of examination, the dentist said something I'll never forget:

"Everything looks great. Nice work Jonathan."

It was the best and most significant dental report I had ever received. Because that moment fundamentally changed how I viewed oral health. It reinforced to me that oral health is not just about toothpaste or dental products. It's about the entire system of health that surrounds them. Your diet. Your habits. Your lifestyle. Your microbiome. Your overall wellbeing. Everything is connected.

Questioning the Traditional Model

As I began developing my company and researching oral care more deeply, I started questioning many assumptions within the traditional dental model. For decades, most people have been told that oral health begins and ends with toothpaste. Usually a plastic tube filled with fluoride and synthetic ingredients. But when I began studying the scientific literature and working on formulations, I discovered something interesting: there are credible alternatives emerging. And without a background in medical dentistry, I relied on peer reviewed studies. Ingredients like nano-hydroxyapatite, xylitol, zinc citrate, and calcium carbonate are increasingly being supported by research as powerful tools for oral health.



At the same time, I became deeply concerned about another issue... plastic.. Billions of toothpaste tubes are thrown away every year, and almost all of them end up in landfill.

So the deeper mission behind our brand became clear:

- 1. Create high-performance oral care without harsh chemicals**
- 2. Eliminate plastic waste from the daily dental routine**

Our products are designed to be plastic-free, refillable, and sustainable, while still delivering clinically effective oral care.

For us, it's not about rejecting science, it's about evolving it.

The Mouth–Body Connection

One of the biggest gaps in public awareness is the connection between oral health and whole-body health. Most people think brushing their teeth simply protects against cavities. But the science shows something far more significant. Poor oral health has been linked to conditions ranging from cardiovascular disease to cognitive decline, including Alzheimer's and dementia.

Your mouth is one of the main gateways to the body. If the oral microbiome is imbalanced, that imbalance can influence systemic inflammation and long-term health. To me, the smile is like the eyes - it's a window into the body.

When someone has a healthy mouth, you can often see it immediately. Their energy, their confidence, their vitality, all shine through. Healthy mouth, healthy body. It really is that simple.

Navigating Resistance

Of course, challenging long-standing industry norms isn't easy. The oral care industry is dominated by a handful of multinational corporations. Many of the habits and beliefs around dental care have remained unchanged for almost a century. When you come along as a young founder and suggest that people reconsider their routines or switch from traditional toothpaste tubes to tablets or alternative formulations...it can naturally be met with skepticism. But I firmly believe that data should guide the conversation. If a natural, sustainable formula can perform just as well as — or better than — traditional products, then people deserve to know that option exists. Our mission isn't to rebel against dentistry. It's to expand the conversation.

Leading Through Education

In this new era of wellness and preventative health, leadership means something different. For me, leadership is about sharing information. Through content, partnerships with dentists, and community education, my goal is to encourage people to ask better questions about their health. Not blindly reject established systems but also not blindly accept them. True progress happens when curiosity meets evidence. If we can encourage even a small number of people to rethink their daily routines and adopt healthier habits, that's a meaningful step forward.

A New Future for Oral Care

I genuinely believe we are witnessing the early stages of a transformation in oral care. Over the next 10–20 years, we will likely see a major shift away from single-use plastic packaging and toward more sustainable formats like tablets, powders, and refillable systems. At the same time, the ingredients used in oral care will continue evolving as new research emerges. Nature has already provided many powerful tools for maintaining oral health, we simply need to rediscover them and combine them with modern science. If our brand can help lead that transition, even in a small way, I'll consider that a success.

The Meaning of a Conscious Smile

At its core, the phrase "Conscious Smile" captures exactly what we're trying to achieve. A conscious smile means understanding that your daily habits affect not just your own health, but also the health of the planet. It means choosing products that support both people and the environment. And it means recognising that even small routines, like brushing your teeth, can become acts of awareness and responsibility. If more of us begin making conscious choices in our everyday lives, the impact could be enormous. Because sometimes the smallest daily habits create the biggest long-term change.

My Green Routine

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This Is The Future Of Toothpaste



If I Choose a Holistic Approach, How Do I Monitor Whether It's Working?

By Marc Mortiboys



“

“One of the most common questions people ask is this: “How do I know if it’s actually working?” It’s a fair and responsible question.”



After 40 years in holistic dentistry, I've seen many patients choose a more intentional path to oral health. They want something deeper than quick fixes. They want to care for the body with greater awareness and reduce the cycle of constant intervention.

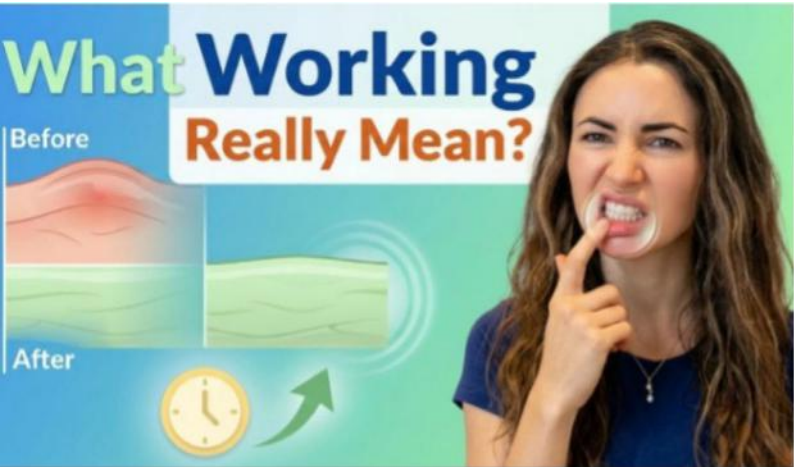
One of the most common questions people ask is this: “How do I know if it's actually working?” It's a fair and responsible question. When someone chooses a holistic approach, they often step away from simple pass-or-fail answers. Healing becomes less about immediate symptom suppression and more about observing long-term patterns. That can feel unfamiliar at first.

People begin asking themselves: Am I improving, or just hoping? Why does progress feel slow? Why do symptoms fluctuate? The important thing to understand is that holistic care is not unmeasurable. It is simply measured differently. Even conventional healthcare recognises that healing is often gradual.

Mainstream guidance on inflammation, gum disease, and tissue recovery consistently points to the importance of behaviour, consistency, and biological response over time rather than one-off interventions. Holistic care follows those same principles more consciously.

Instead of looking for dramatic overnight change, progress is monitored through stability, resilience, tissue response, and long-term trends. When you know what to look for, progress becomes much easier to recognise. What “Working” Really Means A common misunderstanding is that if a holistic approach is working, symptoms should disappear quickly.

That is rarely how genuine healing behaves. In symptom-based medicine, treatments are often judged by immediate outcomes. Pain reduces. Swelling settles. Infection clears. The result feels measurable because the change is rapid. But deeper healing usually unfolds more gradually.



In holistic care, progress often looks like:

- fewer flare-ups
- reduced intensity of symptoms
- more stable tissue response
- improved resilience
- better long-term habits

These shifts are easy to miss if you only focus on how you feel today. That is why one of the most useful questions is not: "Is the problem gone?" But rather: "Is the system becoming more stable?"

Stability matters because it shows the body is reacting less dramatically. Recovery becomes steadier. Bad days no longer undo weeks of effort. Very often, stability is the first meaningful sign that healing is genuinely taking place.

Why Holistic Progress Feels Difficult to Measure

Most people are conditioned to expect fast feedback. Take a pill. Reduce the symptom. Problem solved. Holistic care rarely follows that pattern.

Instead of dramatic before-and-after moments, progress appears through gradual changes:

- fewer extremes
- calmer tissue response
- more consistent recovery
- fewer setbacks

This can make people feel as though nothing is happening, even when meaningful change is already underway. Chronic inflammation itself is monitored this way in mainstream healthcare.

Clinicians look for trends over time rather than judging recovery from a single good or bad day. Holistic care simply applies the same long-term perspective more deliberately. Another challenge is emotional noise.

When people focus heavily on symptoms, every sensation can feel significant. One good day creates optimism. One difficult day creates doubt. Without a framework, people swing

emotionally between hope and frustration. That's why monitoring progress properly means asking: "What has changed over the last few weeks or months?"

Not: "How do I feel right now?" The Two Types of Progress You Must Track To monitor holistic health properly, you need to track both objective and subjective markers. Many people rely too heavily on one and ignore the other. Objective markers are physical signs that can be observed or measured.

These include:

- bleeding frequency
- inflammation
- tissue stability
- healing response
- pocket depth
- breath quality
- recovery patterns

Objective markers tend to change slowly, which is precisely why they are valuable. Slow improvement often reflects deeper biological adaptation rather than temporary suppression. Subjective markers are based on lived experience.

These include:

- comfort
- sensitivity
- energy
- sleep quality
- emotional state
- ease during daily routines

These signals matter because they reflect how sustainable and tolerable the process feels in real life. However, subjective markers can fluctuate due to stress, workload, sleep, emotions, or lifestyle changes. That is why they should always be viewed in context. The clearest sign of progress is when both objective and subjective markers begin moving in the same direction over time.

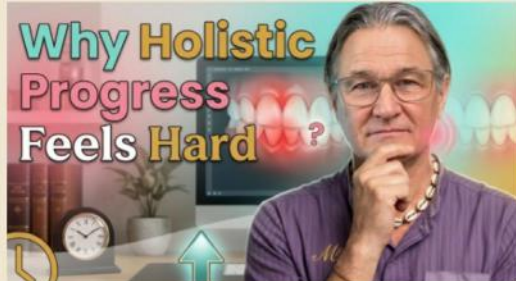
Objective Markers I Trust Most

In practice, objective markers are often the most reliable indicators of real progress. Gum and Tissue Response Healthy gums should not bleed easily.

That is why I pay close attention to:

- bleeding frequency
- swelling
- colour
- tissue firmness
- healing speed

A gradual reduction in bleeding over several weeks tells a much more important story than one symptom-free day. It suggests inflammation



is settling rather than simply being masked. Pocket Stability. Pocket depth tells a long-term story. I do not look for dramatic overnight changes. I look first for stability. If pocket depths stop worsening, the environment inside the mouth is becoming less destructive.

Stability is often success before improvement. Pain Patterns. Pain intensity alone is not enough.

What matters more is:

- how frequently discomfort appears
- how long it lasts
- how quickly recovery happens

Shorter flare-ups and faster recovery usually indicate improving resilience. Breath Quality. Persistent bad breath often reflects inflammation and microbial imbalance. Consistent improvement in breath quality can indicate that the oral environment is becoming healthier and more balanced. Visual Records Photos and clinical observations matter because memory can be misleading. When tissue changes are documented over time, progress becomes far easier to assess objectively.

Subjective Markers That Matter.

Subjective changes are important, but they need careful interpretation.

Some signs I pay close attention to include:

- reduced anxiety around symptoms
- less oral sensitivity
- improved sleep
- increased awareness of triggers
- feeling calmer after routines

These shifts often appear gradually and tend to remain once established. When someone says:

“Things don’t feel as intense anymore,” that usually signals meaningful nervous system and inflammatory improvement. However, some subjective experiences should be treated cautiously.

For example:

- sudden bursts of energy
- emotional highs
- feeling “amazing” for one day

These experiences are real, but they are not proof of lasting progress on their own. The mistake people often make is assuming one good day confirms success or one difficult day

means failure. Healing is rarely that linear. Why Visual Awareness Matters There comes a point where holistic care stops being theoretical. That moment often happens when someone sees something clearly for the first time. They may believe they are cleaning effectively or managing symptoms well, only to realise there is still hidden inflammation, debris, or irritation present.

Visual awareness changes behaviour. Progress stops being abstract and becomes measurable and personal. When people understand what is actually happening inside the mouth, motivation changes. They stop chasing perfection and start paying closer attention to consistency. That awareness strengthens long-term habits. And long-term habits are what create lasting results.

Common Mistakes That Delay Progress

Most setbacks happen because of small mistakes repeated consistently. Changing Too Many Things at Once. This is extremely common.

People become impatient and begin:

- switching products
- changing routines
- following conflicting advice

The problem is that cause and effect disappear. Consistency is more valuable than constant optimisation. Expecting Fast Results. Tissue healing takes time. Inflammation rarely resolves overnight. People often quit just before meaningful change begins because they expect speed rather than stability. Stopping Too Early. Early improvement can create false confidence. Symptoms ease. Routines become inconsistent. Old habits return. But early healing is fragile.

Stability needs reinforcement before progress becomes reliable. Relying Only on Feelings. Feelings fluctuate naturally. Stress, sleep, emotions, and workload all influence symptoms. The mistake is treating today’s feeling as the final verdict on the entire process. Progress is measured through trends, not snapshots.

A Realistic Timeline. Healing usually develops through repeated behaviours rather than dramatic breakthroughs.

Here is a realistic framework.

First Few Weeks

- slight reduction in irritation
- reduced bleeding
- increased awareness of triggers

Objective Markers I Trust



One to Three Months

- greater tissue stability
- improved tolerance to routines
- fewer intense flare-ups

Three to Six Months

- more consistent balance
- fewer setbacks
- daily care feels more natural

If no improvement appears after several months, it may mean the approach needs adjustment rather than abandonment. The Most Important Question. The most useful question is not:

“Is this working fast enough?” It is: “Am I becoming more stable over time?” If the answer is yes, meaningful progress is likely taking place. Holistic healing rarely announces itself dramatically.

It usually appears quietly through:

- patterns
- resilience
- tissue response
- consistency
- stability

When objective and subjective markers begin aligning, progress becomes far easier to trust.

Conclusion

Choosing a holistic approach to oral health is not simply about treating symptoms differently. It is about committing to a longer-term relationship with healing. That requires patience, consistency, and a different way of measuring progress.

The changes may not always feel dramatic, but that does not make them less real. Instead of focusing only on instant results, holistic care encourages people to recognise gradual improvements that build over time. True healing is rarely perfect or linear. But when approached consistently and thoughtfully, it can create more stable and sustainable long-term outcomes for both oral and overall health.

Is It Working?



QUIET STEADY HEALING





The new hybrid approach to sports recovery – robotic tech and massage guns

Would you have a robotic massage? Too futuristic? Well, not so now, being already used in elite gyms and Spas. Tech designing mechanical arms, AI and sensors can tailor a treatment to your body shape and tension patterns.

The intuitive and healing nature of a therapist cannot yet be mimicked, but they can achieve a practical and fairly effective result. Plus, adding labour-free income, even if priced lower than a manual session, for the companies.

Self-massage guns – are they just another latest gadget?

This recovery tech has exploded in the market for home devices. Most modern athletes have moved from foam rollers to these for reducing stiffness and improving range of movement. Aiding warming up or post recovery for aching muscles, affected by late onset stiffness from the dreaded lactic acid buildup.

Short, targeted work can enhance blood flow and help you between longer sports massage sessions. They are quieter, lighter, and now feature adjustable speed settings and interchangeable heads for more varied, more flexible targeting of areas.

Nicky Abell



“But who knows what may be developed? The job of the athlete is to combine the new tech and utilise both human and humanoid.”

Expert assessment still vital

Overuse, causing tissue damage, can injure more than the aim of prevention. Causing nerve irritation and bruising if worked over bony areas from a lack of anatomy knowledge, and using incorrectly is rife. Symptoms can be aggravated or even mask deeper issues. By relieving any discomfort initially, the client assumes all is ok. Until the next sports session. With the problem of soreness or injury returning.

Sports massage therapists are still key for advice on safety protocol, as well as seeing red flags before they develop into more serious problems.



Pain or discomfort is the body alerting us of over use or a problem that might implode deeper. They are not a fix-all gadget to replace proper diagnosis and care. But if used sensibly as a good sidekick to a maintenance plan, they are indeed worth considering. Combine smart tech with the skill of a hands-on therapist and a great combi hybrid is achieved.

A hybrid approach can be ace.

Allowing a professional, skilled therapist to examine and detect any subtle tension, weakness or extreme tension patterns. They can work out and advise what approach is needed. Speed of the vibration, direction of stroke.

How long and if daily or only after a heavy sports session or game. Otherwise, you are allowing an amateur to use a pneumatic drill-like device on possibly a very vulnerable area. Once a nerve is irritated, it is hard to calm it down. Damage is already done.

They are very delicate structures. Our aim is for the fleshy muscles to soften and allow for stretch. Not to annulate the soft tissues. Being a fairly fast or slow vibration the softly intuitive approach is hard to achieve. As with robotic arm massages.

The movement of rolling or kneading will be fairly fixed, detecting resistance beneath its sensors as tightness, but if the client is fearful and tense for that reason, then heavier pressure from the arm would be a little uncomfortable for the client as they resist the stroke applied.

As humans, we detect this and back off. Allow safety to be acknowledged by the client so that they can let go. We then work more cautiously, not more vigorously. A machine may decide the area is more tense, so more pressure or kneading is required. The client resists more, and it hurts, setting up a cycle.

Innovative Smart Tech

The design of course will improve. Possibly reading oxygen levels, pulse of the arteries and electrical impulses of the muscles as it works over the skin. But the connection and empathy of another human caring for you in a healing, respectful manner would be very hard to replicate in an inert object.

But who knows what may be developed? The job of the athlete is to combine the new tech and utilise both human and humanoid. Designs may be like an actual human. Not just a mechanical bed you lie on or arms that roll over you.

The skill is to surrender your nervous system to relax and trust the artificial intelligence working on you. How calm are you?

By Nicky Abell-Francis

ENERGY MATTERS

EMBODYING 2026 - THE YEAR EMPATHS RISE

2026 isn't asking us to do more. It's asking us to be more embodied. For years now, empaths, sensitives, and intuitively wired people have been doing the inner work - clearing emotional baggage, healing old patterns, and becoming more aware of energy. Yet many still find themselves feeling overwhelmed, overstimulated, or quietly exhausted, as though life keeps pulling at them from every direction.

The energy of 2026 marks a turning point.

This is not the year for empaths to shrink, hide, or overextend themselves. It's the year for empaths to rise - not as over-givers or emotional sponges, but as empowered, discerning creators of their lives.

To truly embody 2026, empaths must learn one essential skill: how to contain their energy, rather than leak it.

Empowerment comes from choice. Clarity comes from focus. And freedom comes from directing your energy intentionally rather than scattering it everywhere.

This year invites us to shift from being energetically available to everything to being energetically aligned with what truly matters.

There are four key elements that support this shift - four foundations that allow empaths not just to cope, but to thrive.

1. Discernment: Where Your Energy Goes, Your Life Follows

Discernment is not judgment. It's self-respect.

For empaths, discernment is the difference between feeling nourished and feeling depleted. It is the conscious awareness of where your time, attention, and emotional energy are being directed - and whether those choices are actually supporting you. Every decision carries an energetic consequence. Every yes, every obligation, every conversation, either: fuels your energy, or drains it.

Without discernment, energy leakages occur. They often show up as exhaustion, resentment, loss of motivation, and the feeling of being "off track" without knowing why.

In 2026, unconscious choices are costly. Empaths are especially sensitive to environments, relationships, and emotional undercurrents. When energy is consistently poured into situations that don't align, the result is burnout rather than fulfillment. Discernment asks simple but powerful questions: Does this choice empower me or deplete me? Does it bring joy, meaning, or momentum?

Or does it flatten my energy and pull me away from what I'm here to create? This isn't selfishness. It's an energetic responsibility.

When empaths become discerning with their choices, they stop leaking energy into obligations that no longer fit - and begin conserving it for what truly matters.



*“Empowerment
comes from choice.
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everywhere.”*

2026 invites us into a lighter, more expansive way of creating - often referred to as 5D consciousness. This is creation driven by soul rather than fear, intuition rather than pressure.

In old, dense energy patterns, creation is often motivated by survival, comparison, or ego. In higher, more conscious energy, creation comes from inspiration, curiosity, and inner alignment. Imagination is the bridge. Your imagination is not unrealistic or indulgent - it is a creative intelligence. It allows you to see beyond current circumstances and open yourself to possibilities that don't yet exist in physical form.

For empaths, imagination is especially powerful because it bypasses logic and taps directly into intuitive vision. In 2026, you are invited to imagine: a life that feels lighter and more spacious work that feels meaningful rather than draining relationships that nourish rather than consume success that doesn't cost your nervous system This is about imagining not just what you want, but how you want to feel.

The future is created first in imagination, then in energy, and finally in form. When imagination is engaged, energy lifts - and new pathways begin to reveal themselves.

3. Intention: Focused Energy Creates Momentum

Imagination opens the door. Intention directs the energy through it. Intention is the conscious act of focusing your energy with clarity and purpose. It is what transforms vision into momentum.

There is a simple, energetic truth:
Where your attention goes, your energy flows.

When attention is scattered - across too many responsibilities, emotional demands, and distractions - energy becomes diluted. Progress slows. Frustration builds. But when intention is clear, energy becomes coherent.

In 2026, empowered empaths learn to:
Say no without guilt Release the need to please Stop explaining their choices

Hold steady, focus on what truly matters Intention doesn't require force. It requires presence. When your energy is directed with clarity, creation becomes far more effortless. This is how imagination becomes reality - through consistent, intentional energy.

4. Intuition: The Rise of Intuitive Intelligence

This is the year intuition moves from optional to essential. Emotional intelligence taught us how to understand feelings. Intuitive intelligence teaches us how to navigate life.

Intuition is your internal GPS - your true north. It doesn't shout. It doesn't argue. It simply knows. In 2026, empaths are being called to trust what they sense inside, rather than relying solely on logic, approval, or external validation.

Intuition speaks through the body and through energy. It tells you when something is aligned - and when it isn't - often long before the mind catches up. This year is about:
trusting what feels right, honouring inner signals choosing authenticity over expectation and following paths that feel true, even when they're unfamiliar.

When intuition guides imagination, intention becomes natural - because you're no longer forcing your life. You're flowing with it.

Containing Your Energy So You Can Fly

The final key to embodying 2026 is containment. Empaths feel deeply - but that doesn't mean they must give their energy away indiscriminately. This year is about reeling your energy back in, holding it steady, and directing it with purpose. Think of your energy like fuel in a tank.

If it leaks constantly, momentum is impossible. When it's contained, you have the strength to move forward with clarity, confidence, and direction. Empowered empaths are not drained empaths. They are discerning, imaginative, intentional, and intuitively guided.

2026 isn't asking you to become someone new.



It's asking you to embody who you already are fully.
And when empaths stop leaking their energy and start living in alignment, they don't just survive - they soar.

Want more support on living with empowered energy?
Explore intuitive guidance, conscious tools, and aligned living at www.sallyestlin.com.

About the Author

Sally Estlin is an Intuitive Healer and Coach and founder of Self Empowered Lifestyles and Empowered Clothing. Through her work, she supports empaths and conscious individuals to live in energetic alignment, trust their intuition, and make empowered choices in everyday life.

www.sallyestlin.com

DR ALIESHA WILLIAMS

Greenfield Dental Care



How Cosmetic Dentistry Connects Confidence, Self-Care and Whole Body Wellness

In dentistry, we often talk about the smile as if it exists in isolation - just teeth, gums and bone. However, any clinician that spends time talking to patients knows that this isn't true. A smile is deeply personal. It shapes how someone interacts with the world, how they communicate, how they feel in photographs and even the degree to which they prioritise their own wellbeing.

Cosmetic dentistry when approached consciously and holistically, becomes a bridge between how someone looks and how they live. It is this intersection of aesthetics, confidence and whole-body wellness that continues to shape my practice and my philosophy of care.

I entered dentistry because it offered the perfect blend of science, precision and creativity. I loved the idea of working with my hands, creating something both functional and beautiful, all whilst knowing I could directly impact someones quality of life. As I spent more time with my patients, my understanding of dentistry evolved. I realised it's not just clinical. It is profoundly emotional.

Patients will rarely talk about their teeth without talking about the way those teeth make them feel. How quickly someone would apologise for their "terrible teeth", or how a patient would instinctively cover their mouth when they laughed. Many of the concerns people brought into the practice wasn't just about crowding or staining. They were about confidence, identity and the emotional weight people carry when they don't feel good about their smile.

What began as a technical career, slowly become one centred around human connection, psychology and wellbeing. I became just as interested in the person in the chair as the treatment plan in front of me.



Holistic dentistry acknowledges that the mouth is not separate from the rest of the body. We know this on a biological level: gum inflammation links to systemic inflammation, stress affects parafunctional habits, sleep impacts oral health and nutritional patterns show themselves clearly in the mouth. However, what I am becoming increasingly conscious of is the emotional side of oral health.

People who are overwhelmed, burnt out, anxious, or going through personal challenges often let their oral health slip. This isn't because they don't care, but because they can't find the capacity for self-care in that moment. On the other hand, patients who feel good about their smile tend to look after themselves better overall. This is one of the most interesting and under-appreciated aspects of cosmetic dentistry: when



someone improves their smile, they naturally begin to improve their behaviours. This is not because we lecture them, not because they suddenly become better patients but because liking their smile makes them want to protect it. I've seen this shift countless times.

After whitening, patients often become more committed to brushing and flossing because they want to maintain their results. That visual improvement motivates them. After alignment, the change is both psychological and practical. Straighter teeth means fewer plaque traps, easier hygiene access and a cleaner feeling that encourages consistency. People love that feeling and most want to keep it. Patients who invest in composite bonding or veneers often begin treating their teeth with a level of care they have never shown before.

They reduce staining habits, become more mindful of their diet, purchase higher-quality oral care products and attend their check-ups more reliably. These changes might seem small, but collectively they represent something deeper: a shift in identity. A recognition that "I am someone worth caring for". Cosmetic dentistry in the right hands isn't superficial - its transformative.

The mouth tells a story long before the patient speaks:

- ***Inflamed gums can point to systemic inflammation, stress or metabolic imbalance***
- ***Acid erosion can reveal gut issues, disordered eating, chronic stress or nutritional patterns.***
- ***Bruxism often reflects a nervous system that is under pressure.***
- ***Cracks, wear and neglected teeth may reflect periods of survival mode where self-care was impossible.***

But the smile doesn't only reflect, it also influences. Once someone begins to deal with their smile, its common to see improvements in mood, social engagement and physical health routines. When a person feels safe to smile openly, something shifts in their nervous system. Their body recognises expression, connection and confidence as safe again.

The biggest misconception I see is the belief that good oral health simply means brushing twice a day and avoiding sugar. Real oral wellness is multidimensional. It is shaped by how you sleep, how you breathe, how you eat, how you feel emotionally, how

motivated you are to maintain your oral environment and how much self-worth you attach to your smile.

Cosmetic treatment often plays a pivotal role in this. It brings alignment, harmony, balance, and motivation into someone's daily routine. A smile that feels beautiful becomes a smile that is looked after. This is not vanity. This is self-care.

Your smile is a living expression of your inner and outer health and treating it consciously is



one of the most powerful acts of self-care you can choose. Cosmetic dentistry, when approached holistically, isn't about creating perfection. Its about restoring harmony - not just in the smile but in the person who wears it. A confident smile has the power to soften the nervous system, lift self-esteem, encourage healthier habits and reconnect someone to parts of themselves they may have lost. This is why cosmetic dentistry matters. Not because it changes teeth but because it changes people. It helps them step into their lives more fully. It gives them permission to be seen and it often marks the beginning of a deeper journey toward wellbeing.

Why Loss Matters More Than We Think



When I ask people what personal loss means to them, the response is invariably the same: the death of a loved one. And while it's true that grief is most often associated with death, we actually grieve all losses. Why is this significant?

Loss includes the everyday losses we face, quietly shaping our emotions, behaviour, and sense of safety in ways we rarely acknowledge or realise. And this is important because, to heal, we have to feel, which means grieving every loss, however major or minor it may seem.

In my work supporting individuals and organisations through loss, life transitions, and emotional dysregulation, I see the same pattern repeatedly. People are struggling not because something is “wrong” with them, but because their nervous systems are responding to loss that has never been named or processed. They may not be consciously aware of it, and simply feel stuck or unable to move forward, or are easily triggered when further losses come their way.

We lose jobs, relationships, health, identity, financial security, status, certainty, and futures we believed were assured. We lose roles, routines, and ways of being in the world. Many of these experiences are dismissed as “change” or “something we should just deal with.”

But the human nervous system does not make that distinction.

Loss matters because it threatens our most basic needs. To understand why, it helps to revisit Maslow's hierarchy of needs, not as a motivational model, but as a map of human survival.

At the foundation of the hierarchy are physiological needs and safety. When these are stable, we can focus on connection, contribution, creativity, and growth. When they are threatened, our nervous system shifts into survival mode.

Consider job loss. On the surface, it may appear to be a professional disruption. Beneath that, however, the nervous system registers that loss of income as something far more primal: Can I pay my bills? Can I keep my home? Will I survive? Even when the rational mind knows there are options, the body responds to perceived threat.

This is why loss so often leads to anxiety, irritability, shutdown, shame, or emotional volatility. These are not overreactions. They are survival responses. Prolonged stress and nervous system dysregulation are what ultimately wreak havoc on our emotional, relational, and physical well-being.

This is also where loss and trauma intersect. We talk about PTSD. But trauma is not defined solely by catastrophic events. At its core, trauma arises when an experience overwhelms our capacity to cope, and our need for safety, support, or meaning is unmet. Many living losses meet this definition, particularly when they are cumulative (CPTSD), unexpected, or faced alone.



“At its core, trauma arises when an experience overwhelms our capacity to cope, and our need for safety, support, or meaning is unmet.”

Loss of health can shatter our identity and scupper future plans. Relationship breakdown can destabilise attachment and belonging. Divorce and estrangement can be particularly painful losses. Organisational change can erode psychological safety, even for those who remain employed. Disruption is unsettling. These experiences are not minor to the nervous system because they represent profound threats to stability and coherence. They challenge our equilibrium.

Yet because many of these losses are not socially acknowledged, people often minimise their impact. They do not wish to share for fear of being seen as weak or unable to cope, and tell themselves they should be grateful, resilient, or able to move on. The result is unresolved loss that quietly drives burnout, conflict, illness, and disengagement.

But resilience does not come from bypassing loss. It comes from recognising it.

When loss is named and validated, the nervous system can begin to settle. Clarity returns. People regain access to choice rather than reaction. Psychological safety, both internally and externally, can be restored. This reframes a crucial question. Instead of asking, “What’s wrong with me?” we can ask, “What have I lost, and what did my system need at the time?”

Loss is not the end of the story. With understanding and support, even profound loss can be integrated. Resilience is not about erasing what has happened; it is about learning to move forward and rebuild after loss with strength, meaning, and purpose.

By Celia Conrad

www.yourrelationshipguru.com



LEANNE BUTLER & LYDIA DEAN

Reimagining Oral Health as a Wellness Movement



How It started

As cofounders we have been in dentistry for a combination of 30 years. I (Leanne) initially completed my work experience as a dental nurse when I was 16 and immediately found I had a passion for helping people in this unique environment. Actually even before this I remember in primary school doing a presentation about oral health and persuading the entire class to chew disclosing tablets much to the teacher's annoyance. I qualified as a dental nurse back in 1998 and have never looked back. Becoming head nurse.

Clinical manager and practice manager. Lydia joined the profession quite by accident. She was a very nervous patient at the practice I was working at whereby we were looking for a receptionist. With her front of house experience she aced the role and progressed to practice management and her most recent role as a dental business analyst.

After working closely alongside dental hygienists within a dental practice highly focused on prevention and whole health we soon realised the vital role oral health plays in wellness and the lack of understanding around this by the general public. Our favourite part of the industry became educating patients and seeing them improve their health.

Our Deeper Mission

We created Flosst with a deeper mission to bring Oral Health more into the wellness arena. We are passionate about helping people to see the links between oral health and systemic health and take it seriously. That said we want to make it fun to take part in and as on trend as tracking steps and other health trackers.

We couldn't understand why other healthcare professionals didn't take oral health seriously as part of their patients' overall health, particularly those with heart disease, diabetes and other systemic diseases. We were seeing patients who couldn't see the value of preventative care and regular hygienist appointments. So we wanted to challenge this and help patients to really understand the WHY behind oral health and consistent behaviours.

Our App approaches behaviour change with compassion and without judgment, recognising that every person carries a unique story. We encourage gentle consistent habits that honour self respect rather than perfection. Oral care becomes a daily ritual - a moment to reconnect, restore and care for oneself even during seasons of stress or emotional challenge.

Incredibly thus far people have been very open and engaged with what we are doing. So many people have connected with us to explain they had no idea how important oral health is for their emotional and physical health. We champion prevention-led behaviours focusing on educating people WHY it is important to take care of their oral health. While empowering them to take ownership of their overall health and wellbeing.

The mouth is the gateway to overall health and wellbeing, it tells you when something isn't right, and it is worth listening to. We want people to tune in to what their body is telling them. The links between gum health and inflammatory diseases, the links with parafunction and stress, the impact of dietary habits on mouth health, systemic health and emotional health are undeniable. A confident smile is usually a healthy one. Smiling lifts our energetic state and projects openness and moves us from contraction to

expansion. When most people think about oral wellness they think teeth and only teeth. They are missing the whole picture. They miss the vital role oral wellness plays not just on their systemic wellness but their emotional and spiritual wellness. We are a network of interconnected systems each playing a crucial role. It can lift us up or push us down. For example if we experience challenging times our self care diminishes, our mental health takes a beating and oftentimes oral care is one of the first things to dip, this in turn has a direct impact on all the other systems

Leading The Way

Leadership in this new era of dentistry means moving beyond fixing problems and stepping fully into prevention and empowerment. It's about guiding patients to take ownership of their health, using data and insight to support better habits, and creating a culture where the whole team feels responsible for long-term wellbeing — not just today's appointment.

A conscious leader doesn't just treat teeth and gums. They influence behaviours, inspire confidence, and build systems that make health easier to maintain.

We aim to inspire our community which is made up of both dental professionals and patients alike, to really think about what oral health means and the impact it has on overall health and the way in which the dental industry is seen. To move dentistry from quick fixes and repairs to long term planning and prevention. Our Dental practice App seeks to show patients their clinicians care about them beyond the dental practice walls and between appointments. .

The Future of Conscious Dentistry - Our Vision

Our vision for the future of dentistry is to see collaboration with other healthcare professionals. For dentists to be taken seriously by GPs, consultants and mental health practitioners. To show patients oral wellness is part of their health. To see practices being brave enough to challenge the status quo and invest in a holistic approach, seeking to understand the why behind what

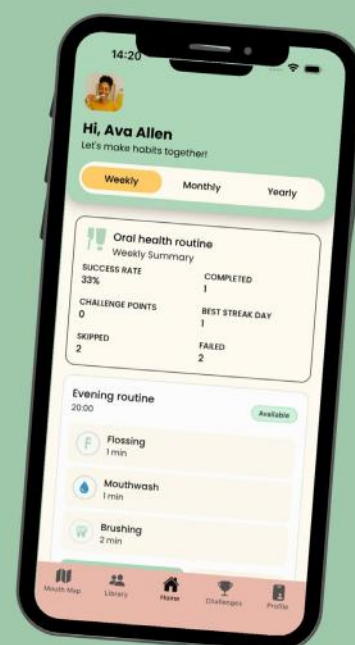
can often be seen as non compliance in patients' oral health. To help the public take ownership of their oral health through relatable accessible education. If we had a magic wand we would make oral health education and dentistry accessible for all so there is a level playing field . We've been taught to only think about oral health when something hurts. But the real magic happens long before that — in the quiet, consistent habits that protect your body, support your confidence, and help you keep your natural teeth for life.

You don't need perfection. You need awareness. You need small, doable steps.

A conscious smile isn't about having "perfect teeth." It's about understanding that caring for your mouth is an act of caring for your whole self. And understanding that healthy gums are the foundation of lifelong confidence and wellbeing.

Flosst is our piece of the puzzle — and when placed with intention, it helps reveal the bigger picture of conscious health.

www.flosst.com



SPRING'S AWAKENING LIGHT

ALIGNING WITH THE ENERGY OF BECOMING



As the stillness of winter gives way to the quiet re-emergence of spring, the world awakens through colour and light. Buds unfurl, sunlight lingers a little longer each day, and nature gently invites us to breathe deeply once again. Spring calls us forward gently, inviting movement that is not rushed or forced, but conscious and alive with possibility.

In this article, we'll explore the art of conscious manifestation - how to attract through energy, emotion and gratitude. Together, we'll awaken your inner landscape of possibility - supported by journaling, crystal energy, and chakra alignment for a season of pure creation and renewal. During this season of transition, meditation becomes a vital companion. Just as the earth pauses before it blooms, we too are invited to slow down and listen inwardly. Through meditation, we create space to notice what is stirring beneath the surface - the intentions, emotions, and dreams ready to rise.

Meditation creates a gentle bridge between stillness and movement, helping us attune our inner world to the energy of renewal unfolding around us. Spring is a season of new beginnings. A sacred threshold where seeds of intention are planted, fresh dreams are nurtured, and our hearts begin to open again. It reminds us that life itself is cyclical. What once rested quietly beneath the surface now stirs, stretches, and begins to grow.

Spring does not rush its unfolding; it teaches us that growth does not come from pressure, but from presence.

True manifestation begins with energy, the emotional frequencies we choose to inhabit each day. Rather than focusing on the object of desire, we are invited to connect with the feeling behind it. The universe does not respond to our words or written lists, but to the energies we consistently embody. Allow this season of awakening to guide you into alignment with your dreams. Trust in divine timing. Dream boldly and let gratitude become your daily practice. The universe is always listening, and this spring, it is ready to bloom alongside you.

Soul Notes: Spring Manifestation Journaling Practice

This season calls for heart-led intention, grounded in feeling rather than thought. Manifestation is not about distant or random wishing; it is about recognising what is already ready to bloom within you.

As you write, imagine your intentions as living realities, already unfolding in your life. Let your words carry certainty, devotion, and most importantly, trust.

When your inner vibration aligns with the feelings you long to experience, the world around you begins to reorganise naturally to that frequency. Opportunities appear, clarity sharpens, and momentum builds - not through force, but through resonance.

Write like you mean it:

- *Get really specific.*
- *Dream big - anything is possible.*
- *Include a gentle future timescale.*
- *Show each intention with gratitude.*
- *Focus on the feelings and emotions behind your desires.*
- *Write in the present tense, as though it has already unfolded*

Begin each sentence with 'Thank you for...', allowing gratitude to raise your vibration and anchor you in faith.

Gently explore the following prompts, allowing your pen to flow freely:

- *What do I truly dream of?*
- *What am I ready to attract into my life this season?*
- *How will it feel when these dreams are my reality?*
- *What emotions do I wish to live in - joy, peace, excitement, purpose?*
- *What am I ready to release, to make space for what is new?*

Write from the knowing that it is already in motion - present and unfolding now. Allow your language to be guided by feeling and truth.

As you write, listen to your body. Notice the softening, the clarity, the gentle emotional shifts. These felt responses are the true seeds from which manifestation grows. When your words feel complete, gently close your eyes. Place your hands over your heart and whisper: "I am ready to receive. I trust that what is meant for me is already finding its way."

Remain with the breath, letting gratitude ripple quietly through your body.

"When your inner vibration aligns with the feelings you long to experience, the world around you begins to reorganise naturally to that frequency."



“Crystals are powerful companions during meditation, helping to steady the mind and anchor the body as you align with growth and renewal. “

Supporting Growth, Clarity & Heart-Led Manifestation: Crystals for Spring Alignment

Crystals are powerful companions during meditation, helping to steady the mind and anchor the body as you align with growth and renewal. Their natural frequencies support a deeper state of presence, allowing your energy to settle and open more easily to clarity, intention, and inner guidance.

Use your crystals intentionally within your meditation practice. Hold them as you sit in stillness, place them beside a candle or freshly picked spring flowers, gently infusing them with your breath and gratitude. As you meditate, allow their individual energy to support your focus - creating a calm, receptive space where insight can arise and renewal can naturally unfold.

Green Aventurine: Luck - Opportunity - Confidence

- *Green Aventurine gently opens the heart to trust in divine timing, reminding you that opportunity often arrives quietly, asking only that you say yes.*
- *This stone supports courageous steps forward, helping you move beyond hesitation and into action guided by inner knowing rather than fear.*
- *Like spring unfolding in its own rhythm, Green Aventurine encourages steady expansion, aligning you with abundance that feels grounded and true.*

Citrine: Creativity - Manifestation - Joy

- *Citrine awakens your inner light, dissolving doubt and inviting ideas to flow freely, infused with confidence, playfulness, and possibility.*
- *This radiant stone reminds you that attraction works best when fuelled with gratitude, not pressure, helping your intentions to take shape through optimism and trust.*
- *Like the first warm sunlight after winter, Citrine lifts mental fog and rekindles motivation, inviting steady forward movement guided by purpose and ease.*

Rose Quartz: Love - Compassion - Emotional Healing

- *Rose Quartz opens the heart gently, creating a safe inner space where compassion can settle, and healing can begin.*
- *This gentle stone reminds us that when intentions are rooted in self-worth and kindness, what we attract unfolds with harmony and grace.*
- *Like a steady heartbeat, Rose Quartz gently holds space for old wounds to soften, allowing trust, connection, and emotional safety to bloom once more.*

Chakras & Spring Renewal: Awakening Energy for a Season of Growth

Spring carries a rising current of energy - one that moves upward through the body, inviting flow and expansion. As the earth warms and life begins to stir, our energetic system responds instinctively. Meditation during this season allows us to consciously connect with this upward frequency, creating space to notice how the energy is shifting within us.



During spring, the Sacral, Solar Plexus, and Heart centres are most responsive to the season's energy, supporting creativity, confidence, and emotional expansion. Together, they form a natural pathway from feeling to action to love. Through meditation, we can gently awaken these centres, allowing creativity to flow, confidence to strengthen, and the heart to open with greater trust and receptivity.

When these chakras are supported through mindful awareness and meditation, we move through spring not with force, but with resonance. We create with ease, act with purpose, and attract from a place of openness. This is growth guided by presence - a return to flow, shaped by stillness and attunement to the rhythms of the season itself.

The Sacral Chakra

Spring stirs creativity and emotional flow, echoing the essence of the Sacral Chakra. An invitation to move with life rather than against it - creating, feeling, and allowing abundance to flow naturally when we honour joy and follow what feels alive within us.

Affirmation: I trust the rhythm of life. I create with openness and passion, allowing abundance to move freely through me.

The Solar Plexus Chakra

With the return of warmth and light, the Solar Plexus awakens our inner fire. This is the energy of confidence, direction, and forward motion. In spring, this chakra supports us in taking clear, empowered steps toward what we desire, transforming intention into purposeful action.

Affirmation: I am confident, capable, and a magnet for success. My energy attracts opportunities aligned with my purpose.

The Heart Chakra

Spring mirrors the heart's natural rhythm - opening, softening, and expanding after a season of rest. As nature begins to bloom, the Heart Chakra invites us to lead with gratitude and love, reminding us that the most powerful manifestations arise when the heart feels safe, open, and ready to receive.

Affirmation: I welcome love and harmony into my life. My heart is open to the beauty and promise of new beginnings.

By Helen Gullick

Spring Meditation

International Usui Reiki Master Teacher, Angel Reiki Master, Advanced Crystal Therapy Healer, Professional Practitioner Diploma, Manifestation Coach, Holistic Partner at Tara Rose Salon UAE & Insight Timer Teacher.

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“When these chakras are supported through mindful awareness and meditation, we move through spring not with force, but with resonance.”



KAREN TAN

From Architecture to Oral Care



Karen Tan's Unexpected Path

How a personal health journey led one founder to question toothpaste, plastic waste and the future of oral care.

"There are sliding doors moments that alter the course of our lives."

Karen Tan didn't set out to work in oral care. Her background was in architecture, designing built environments for communities. But in 2015, she unexpectedly began experiencing a series of health issues that ultimately led to a diagnosis of Multiple Chemical Sensitivities (MCS).

"The diagnosis inspired me to question everything and take a closer look at the products I was using in my home, on and into my body," Karen reflects.

Drawing on her studies in building biology and later certifying as an Integrative Health Practitioner (IHP), she began systematically removing chemicals from her surroundings. Cleaning products changed. Personal care products changed. Her home gradually became a low-tox space. She audited her food, removed sugar and processed foods from her diet and began focusing on gut health.

Her health improved. Life settled. And then, in 2021, the symptoms crept back.

The Toothpaste Rabbit Hole

This time, with her symptoms much worse, Karen once again audited everything she was putting in and on her body. In the process she noticed something unexpected.

Her "healthy" toothpaste still contained synthetic ingredients she had removed from other products, and sugar. That moment shifted everything.

Oral care, something we use twice daily, was rarely questioned.

"My curiosity went somewhere deeper," she says. "I began wondering what sugar was doing to my brain first thing in the morning and last thing at night. Was it affecting memory, focus or cravings?"

Around the same time, Karen attended an online detox summit where a speaker discussed the oral microbiome, the complex ecosystem of bacteria living in the mouth.

For Karen, it was a turning point.

"It blew my mind that we talk so much about gut health, but almost no one talks about the mouth," she says. "The mouth is the beginning of digestion. Everything starts here. Why are we not treating it with the same reverence as the gut?"

Blending Her Way to a New Life

Unable to find a toothpaste without sweeteners, synthetic additives or plastic packaging, Karen began exploring alternatives. She discovered toothpowder, but struggled to find one that was affordable or easily accessible. So she did what came naturally.

She read ingredient lists, sourced the materials herself and began blending her own formula. The results surprised her. Friends began asking for jars. Word slowly spread. What began as a personal solution to a health question gradually evolved into something much bigger.

In 2021, ohGiGi® was born, a name that reflects Karen's Malaysian heritage. "Gigi" means teeth in Malay. "Little did I know," she laughs, "I was blending my way from architect to entrepreneur."





Rethinking Oral Care

As Karen continued researching oral health, her perspective expanded beyond simply creating a natural toothpaste alternative.

She became increasingly interested in the relationship between oral health and overall wellbeing, from oral microbiome balance and inflammation to cognitive function and systemic health.

"The mouth isn't separate from the body," she explains. "It's the gateway. And what we put in it twice a day matters far more than most of us realise."

Karen sees her work as expanding the conversation around oral care beyond dentistry, exploring how the mouth connects to broader health.

"Oral care shouldn't only be about cavities or cosmetic whiteness," she says. "It should also be about supporting the oral microbiome, reducing unnecessary chemical exposure and understanding how the mouth connects to the rest of the body."

Small Rituals, Bigger Impact

Karen's curiosity about health naturally extended to environmental impact.

Regular toothpaste tubes are rarely recycled, with billions ending up in landfill every year. When she launched ohGiGi, she chose refillable glass jars and compostable sachets instead. "That's simply how we live ourselves, minimal plastic, intentional choices," she says.

The brand now tracks its environmental impact by measuring how many toothpaste tubes are diverted from landfill through its refill system, working toward a long-term goal of preventing one million tubes from ending up as waste.

A Conscious Smile

At its heart, Karen's work is about awareness.

To her, a conscious smile is not just about aesthetics or perfect teeth. It's about the daily choices we make for our bodies, our health and the planet around us.

"What we put in our mouths twice a day matters," she says.

"What we do in those two minutes while we brush our teeth matters too."

And once you begin questioning those everyday rituals, she believes, it changes how you see everything.

Driven by an endless curiosity about low-tox living and a desire to create a healthier world for her two children, Karen has built something rare, a brand rooted in lived experience.

Every ingredient intentionally chosen. Every batch blended with care. Every jar a reminder that small daily rituals can shape both our health and our planet.

www.ohgigi.co
[@ohgigi.co](https://www.instagram.com/ohgigi.co)
hello@ohgigi.co





How to Keep Your Spirit When Medical Bills Attack

There are two gut punches that come with a terrible medical diagnosis. The first is the word itself. For me, it was «cancer.»

The world went numb, and my mind became a gushing waterfall of frantic questions: Oh, my gosh. What does this mean? Am I going to die? I don't have time for this! It was a strange and surreal moment of pure, silent panic. Then comes the second gut punch — the one nobody really warns you about — landing just moments after the first: How much is this going to cost me??

There's a special kind of dark humor in surviving a life-threatening illness only to be financially threatened by the very treatment that saved you. It's the universe's most twisted punchline. You've just fought a war for your body, and now you're being drafted into a second one for your bank account. The exhaustion is real. The injustice is infuriating. And in today's volatile world, this can be very scary for some.

For years, I ran on adrenaline. Juggling a demanding career, navigating natural disasters like Katrina, and supporting my husband through his own terrifying health crisis with MRSA—I just kept going. I ignored my body, my intuition, and my spirit until they collectively staged a coup. My body finally screamed “ENOUGH!” in the form of a breast cancer diagnosis.

One of the biggest lessons that the journey taught me was how to receive. I, the ultimate do-it-all-myself person, physically couldn't. I had to let people in. I had to let them help. And just when I thought I had that lesson down, the bills started rolling in, and I felt that old, familiar pressure to handle it all myself. To be the strong one. Again.

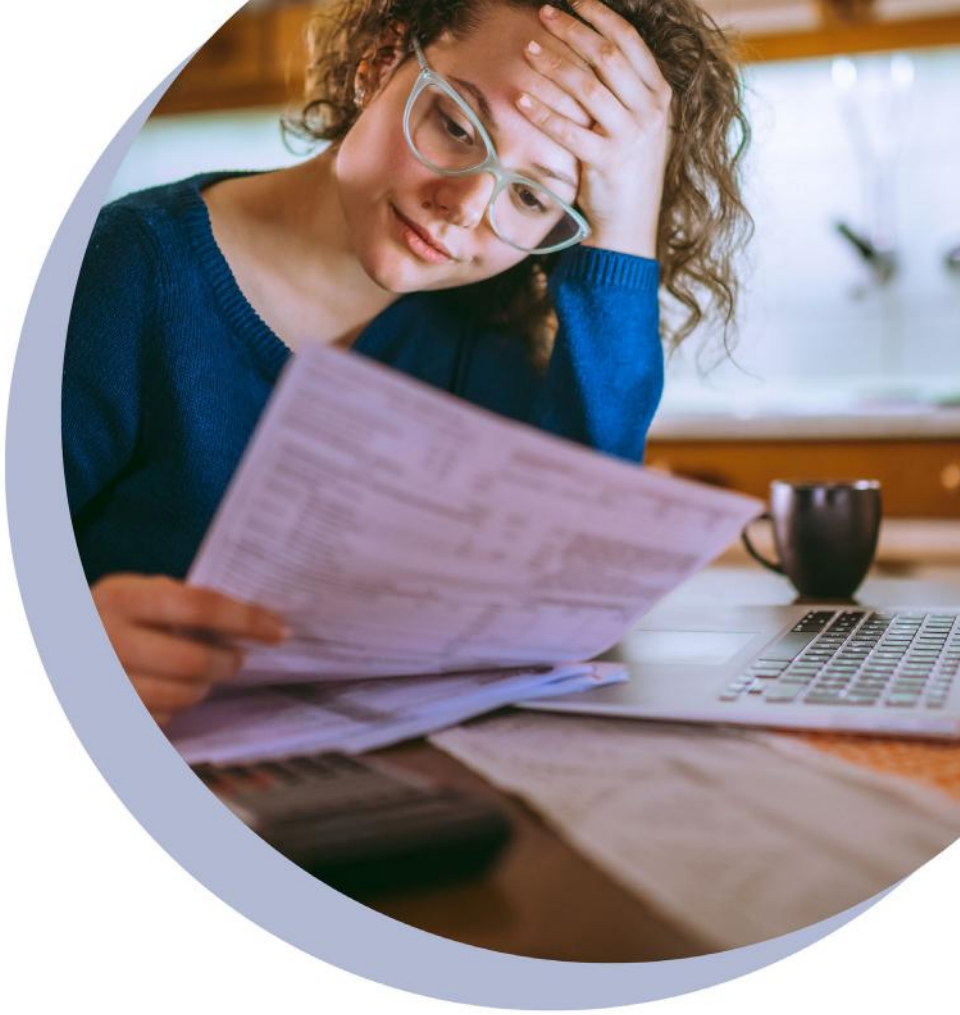
But here's the secret: your spirit isn't forged in the fire of pretending you're fine. It's forged in the messy, beautiful, and sometimes hilarious reality of admitting you're not.

So, what do you do when the financial fallout feels as scary as the diagnosis was? You treat it like you treated cancer. You take back control, one tiny, empowering step at a time.

First, give yourself permission to be absolutely furious. Scream into a pillow. Write a rage-filled, unsent letter to the hospital billing department. The pressure to be a graceful, grateful “cancer warrior” 24/7 is garbage. You can be profoundly grateful to be alive and profoundly pissed off about the cost of it in the same breath. Both are valid.

Next, it's time for what I call the “I'm a Survivor, F-It” budget. This isn't your typical, joy-sucking, no-lattes-for-you budget. This is a radical act of self-preservation. Look at the paper battlefield and ask yourself one question: “What truly matters to my spirit right now?” It's not about a perfect credit score; it's about your

***“But here’s the secret,
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sanity. It’s about protecting your hard-won peace. Call the hospital. Tell them your story. Ask for a payment plan, for financial assistance, or for a discount. You’d be surprised what’s possible when you advocate for yourself with the same ferocity you advocated for your health.

And most importantly, remember the lesson of receiving. You are not alone in this. That sisterhood you found in the chemo suite? The friends who dropped off soup? They are your army. Let them in. Talk about the money stuff. The shame and silence around debt are more toxic than any chemo drug. When you speak it out loud, the monster under the bed shrinks.

My cancer journey, as harrowing as it was, brought with it the most beautiful and miraculous silver lining: a sisterhood with my business partner, Lia and a community that held me. That, I’ve learned, is the real currency. The bills are just paper. The numbers are just ink. But the love, the laughter, the connection, the sheer, stubborn fact that you are still here to read this—that’s the real wealth. And no bill, no matter how astronomical, can ever take that away from you.

You’ve already conquered one diagnosis.
The other one doesn’t stand a chance.

By Laila Morcos Zissis

Professional Certified Coach

***Executive Producer & Host of Breast Cancer Unleashed Podcast
& Founder & President LikeMinded Ladies***





THE RISE OF THE EMBODIED WOMAN

There was a time in my life when I was praised for being strong. Strong enough to endure. Strong enough to carry everything. Strong enough to keep performing while quietly unraveling. But what no one saw — not even me — was that my strength was rooted in survival.

I was achieving, producing, and leading... yet deeply disconnected from myself. I had mastered resilience but abandoned embodiment. I was visible in rooms, but absent in my own body. And disconnection, when prolonged, becomes costly. This is the story of how I moved from survival to sovereignty — and why feminine embodiment is not a lifestyle trend, but a leadership paradigm shift.

The Hidden Cost of Disembodiment

Disembodiment rarely announces itself. It develops subtly. It begins when emotional expression is labeled excessive. When intuition is dismissed. When accommodation is rewarded more than authenticity. When independence becomes armor instead of empowerment.

High-achieving women are particularly vulnerable to this pattern. We become hyper-capable. Hyper-responsible. Hyper-independent. We override fatigue. We silence discomfort. We rationalize misalignment. We call it discipline. But often, it is dysregulation disguised as strength. For years, I operated in that state. Professionally, I thrived. I built stability and credibility. On paper, I was successful. Internally, however, I felt fragmented. Emotional wounds — subtle but cumulative — had eroded my confidence and my sense of safety.

I did not fully trust my voice. And when a woman does not trust her voice, she cannot lead from a place of sovereignty. She leads from vigilance.

The Cultural Myth of the “Strong Woman”

Modern culture celebrates the woman who can “do it all.” The woman who needs no support. The woman who never falters. The woman who endures without complaint. But what if much of that celebrated strength is simply unprocessed trauma wearing competence? Hyper-independence is often a survival adaptation. When we have experienced dismissal, betrayal, or silencing, we learn that reliance is risky. We internalize the belief that control equals safety. So we armor up. We suppress emotion. We prioritize productivity over presence. We equate faith with silent endurance rather than relational trust.

I lived within that narrative. I believed leadership required invulnerability. I believed visibility demanded perfection. I believed resilience meant emotional suppression. But suppression is not sovereignty. Sovereignty requires integration. When I slowed down long enough to listen to my body — to the tension in my chest, the fatigue beneath my drive — I realized I was surviving efficiently but living incompletely. There is a critical distinction between capacity and wholeness. One sustains output. The other sustains identity.

Defining Feminine Embodiment

Feminine embodiment is frequently misunderstood. It is not aesthetic softness. It is not passivity. It is not performative gentleness. Embodiment is the capacity to inhabit your body safely and fully. It is the nervous system regulation that allows discernment instead of reactivity.

It is emotional literacy without emotional volatility. It is trusting intuition as a legitimate source of intelligence. It is the alignment between internal truth and external action. Embodiment is coherence. When what you feel, what you say, and how you lead are congruent, authority emerges organically. For me, embodiment began with awareness. I had to identify where I was overriding internal cues, where I was saying yes while my body signaled no, where I was performing strength rather than embodying stability. Slowing down was uncomfortable. Because when performance stops, sensation surfaces. Embodiment requires the courage to feel without immediately fixing, suppressing, or escaping. It requires presence.

The Turning Point: Choosing Alignment Over Approval

My transformation was not instantaneous; it unfolded through intentional decisions. There came a season when external success no longer compensated for internal misalignment. I had constructed a stable life, but it lacked resonance. I was operating from obligation rather than conviction. The defining shift occurred when I made a decision anchored in faith rather than fear. I left corporate America. That choice was not merely professional — it was existential. It signified a commitment to alignment over approval. It required relinquishing certainty for integrity. From that place, I began building what would become Let's Break the Silence — initially as a podcast, ultimately as a movement.

What began as conversations about healing evolved into a platform for integration. Women were not simply sharing stories; they were reclaiming agency. As I spoke publicly, something recalibrated internally. Voice is embodied alignment expressed. The more I articulated truth, the more integrated I became. Silence had fragmented me. Expression restored me.

Faith as the Foundation of Integration

My journey into embodiment was inseparable from my faith. For years, I conflated spiritual strength with silent endurance. I believed faith meant tolerating discomfort without acknowledgement. But mature faith is not suppression. It is intimacy. In stillness, I began to reconnect with parts of myself I had compartmentalized. I recognized that God was not asking for endurance at the expense of authenticity. He was inviting wholeness. Wholeness demands integration.

It requires acknowledging pain without allowing it to dictate identity. It requires forgiveness without forfeiting boundaries. It requires humility without self-erasure. Through that process, I stopped identifying as broken. I began identifying as sovereign. Sovereignty, in a spiritual context, is not control. It is stewardship — of voice, of body, of purpose.

Embodied Leadership: A New Paradigm

As I integrated, my leadership evolved. Previously, I led based on performance metrics. I optimized outcomes. I managed perception. I believed influence correlated with flawlessness. Embodied leadership operates differently. It is regulated rather than reactive. Grounded rather than performative. Intentional rather than impulsive. When a leader is embodied, decisions are not driven by panic or scarcity. They are guided by clarity.

Through my coaching frameworks, global speaking engagements, and transformational retreats, I now teach women to lead from sovereignty rather than survival. Sovereignty redefines power. It does not require dominance. It does not depend on exhaustion. It does not seek validation. Embodied leaders: Listen before responding. Set boundaries without hostility. Build strategically without self-abandonment. Create impact without sacrificing nervous system stability.

This is not merely personal development. It is organizational evolution. As more women ascend into leadership, embodiment becomes essential infrastructure. A dysregulated leader cannot sustain a healthy culture. A fragmented leader cannot model integration. Embodiment is no longer optional; it is strategic.

The Strategic Advantage of Embodiment in Business

There is a misconception that embodiment is incompatible with ambition. In reality, embodiment sharpens ambition. When I stopped operating from fear-based urgency, my clarity intensified. My collaborations became more aligned. My brand voice strengthened. My decision-making accelerated — not because I rushed, but because I trusted myself. Embodiment enhances influence. A regulated presence commands attention without force. When a woman is grounded, she does not chase approval; she attracts resonance.

Within both empowerment coaching and the beauty and wellness industry, I emphasize that confidence is not cosmetic. It is somatic. External transformation without internal integration is unsustainable. You cannot scale impact while ignoring your body's signals. You cannot build a legacy on chronic dysregulation. You cannot innovate while depleted. Embodiment protects energy capital. It reduces reactive decision-making. It prevents burnout cycles. It enhances discernment. In an era defined by constant stimulation, embodiment is a competitive advantage.

Winter as a Metaphor for Integration

This message feels especially resonant within a Winter Edition. Winter is often perceived as stagnation. In truth, it is preparation. It is the season where roots deepen unseen. Embodiment requires winter seasons. It requires intentional pauses. Reflection without distraction. Integration without audience. There was a winter in my life when visibility decreased, and internal work intensified. I confronted patterns I had normalized. I released identities that no longer aligned.

I allowed certain ambitions to be refined rather than amplified. Winter taught me that growth is not always expansion. Sometimes growth is consolidation. Without stillness, there is no clarity. Without integration, there is no sustainable momentum. If you are in a winter season, resist the urge to accelerate prematurely. Sovereignty is cultivated in stillness.

About Angeline Constantinou

Angeline Constantinou is a faith-driven empowerment leader, global speaker, and founder of Let's Break the Silence, a global platform dedicated to helping women move from survival to sovereignty. With a background in corporate leadership and entrepreneurship, Angeline now equips high-achieving women to reclaim their voice, regulate their nervous system, and lead from embodied confidence.

The Rise of the Embodied Woman

We are witnessing a cultural shift. Women are no longer satisfied with performative empowerment. They seek embodied empowerment. They want nervous systems that feel safe. Leadership that feels aligned. Faith that feels relational. Success that feels whole. The embodied woman does not apologize for depth. She does not over-explain boundaries. She does not confuse silence with peace. She does not confuse softness with weakness. She understands that true power is regulated, integrated, and rooted.

Through international retreats, speaking engagements, and transformative programs, I have observed women transition from fragmentation to coherence. From hyper-independence to collaborative strength. From survival to sovereignty. The shift is rarely dramatic. It is deliberate. It is not loud. It is lasting.

Sovereignty as Daily Practice

Sovereignty is not an arrival point; it is a practice. It looks like pausing before responding. Consulting your body before committing. Honoring fatigue without guilt. Trusting intuition without excessive justification. It is self-leadership enacted consistently. For me, sovereignty means I no longer perform strength — I embody stability. I no longer build to prove worth — I build from alignment. I no longer suppress discomfort — I investigate it. And the paradox is this: the more embodied I become, the greater my influence expands.

Because embodied leadership is contagious. When one woman regulates, others feel safe. When one woman speaks truth, others recalibrate. When one woman honors her body, others reconsider their own boundaries. Movements are not built through noise. They are built through integration.

From Survival to Sovereignty

To the woman still surviving, I offer this: Your endurance is admirable — but it is not your ceiling. You deserve embodiment. You deserve leadership that does not cost you your peace. Success that does not fracture your nervous system. Faith that restores rather than suppresses. Moving from survival to sovereignty is not about becoming someone new. It is about returning to who you were before fear required fragmentation.

The embodied woman is not emerging because she is fashionable. She is rising because she is foundational. As leadership evolves — across industries, communities, and faith spaces — the future will belong to those who are not merely powerful, but integrated. From survival to sovereignty. From silence to embodied significance. This is the rise of the embodied woman. And she is not performing anymore. She is present.

By Angeline Mitchell



SAYING NO WORKS BECAUSE...



Saying no really works because every no you say opens up an extraordinary number of meaningful yeses. Yeses that are chosen, not automatic. Yeses that come from clarity rather than obligation. Yeses that are aligned, not people-pleasing.

If you are a people pleaser, this will be hard for you.

For many years, I have worked with clients who want to say no — but when the moment arrives, and they open their mouth, yes comes out instead. It often happens so quickly that they barely realise it has happened. The decision feels unconscious, almost reflexive.

This isn't a lack of intelligence or confidence. It's conditioning.

Our bodies remember. Whether you call it muscle memory, tissue memory, or simply

habit, many people — particularly those over 50 — have spent decades learning that saying yes is respectful, polite, and expected. We were taught that being agreeable was a virtue and that prioritising ourselves could easily be perceived as selfish, difficult, or ungrateful.

For many women and men in midlife and beyond, saying no doesn't just feel uncomfortable — it feels wrong. And yet, without the ability to say no, personal power quietly erodes.

Over more than three decades of working as a therapist and coach, I've seen that insight alone isn't enough. People often understand why they want to say no, but their body hasn't learned how. When pressure arises, the nervous system defaults to what it knows best.

That's why I focus not just on awareness, but on practice. I teach people how to train their bodies to recognise and execute a no response through repetition and embodied learning. Much like any new skill, saying no must be practised regularly — out loud, in low-risk situations, until it becomes familiar rather than frightening.

When people can say no in real time — without apology, justification, or collapse — their experience is often profound. They describe feeling stronger, clearer, and unexpectedly liberated. Simply by saying no, they gain more power than they have felt in years. Why?

Because no creates choice.



***“Simply by saying no,
they gain more power
than they have felt in
years. Why?
Because no creates
choice.”***

When you can say no, you are no longer trapped in automatic agreement. You can pause. You can assess. You can choose. That freedom alone is deeply empowering.

You might also notice that when you begin to say no, other people may react. Some will be surprised. Some may push back. Others may attempt to renegotiate your boundary. This is not a sign that you are doing it wrong — it is simply a sign that the old dynamic has changed.

When you stop automatically saying yes, you interrupt patterns that others have grown comfortable with. This can feel unsettling at first, particularly if you are used to being the reliable one, the agreeable one, or the person who “always manages.”

Learning to stay steady in the face of those reactions is part of the practice. A calm, grounded no does not require explanation or defence. Over time, people adjust — and more importantly, so do you.

There is another layer I see consistently, particularly in people of my generation and stage of life. Many of us were raised to believe that we should already know how to do most things. Asking for help can feel like a personal failure rather than a sensible strategy.

We are not a generation that was encouraged to ask questions — we were encouraged to cope.

Asking for support, learning new relational skills, or admitting uncertainty can feel exposing. And yet, the willingness to learn what we were never taught is one of the most mature acts of self-leadership there is.

Saying no isn't about being difficult.
Saying no is about being defined.
Every no strengthens your boundaries.
Every no builds confidence.
Every no clarifies what you are willing — and not willing — to tolerate.

What you say yes to can be pivotal to your success, particularly in business and leadership. But your real power often lives in the no. The no that protects your time. The no that honours your energy. The no that creates space for what truly matters.

Saying no does not make you selfish.
It makes you self-aware.
And in the second half of life, clarity is not a luxury — it is essential.
Practise the art of saying no.
Your future yeses depend on it.

By Mary Scott





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