

## Brilliant Krill

HEART, MIND AND VISION.

By Elva Carri

While I'd love to say I'm getting all of the nutrients I need in my diet, eating perfectly all of the time can be a difficult choice between spending a lot of time planning and preparing or spending a lot of money, and I know a lot of people who feel they're in the same boat. Luckily, that boat now comes with a net for Krill.

Galway Natural Health, makers of Revive Active, have just launched a new product. Revive Active was produced to fulfill a need for a really high quality supplement. They know that research has proven this approach to be effective and indeed it seems to be working for people; including TV presenters Linda Barker and Tracy Piggot who are big fans of the supplement. So now the brand has decided to dive into Omega-3.

Their new products is a 100% pure Krill oil, obtained from "the pristine waters of the Antarctic". It works in synergy with Revive Active too, which is not surprising if you know how carefully they considered the pairings of components in their previous product.

Taking Krill oil increases your intake of of Omega-3 fatty acids - they're some of the good fats! This is great for improving heart health, brain function and for maintaining your vision - literally, though I'm sure with the overall boost



to your health, your heart, mind and vision will be uplifted in a more metaphorical sense too. Good moods and productivity come much easier when your body is given the chance to function optimally.

[reviveactive.com](http://reviveactive.com)

## An African-Irish Shaman

UNIVERSAL TRUTHS AND A HEALING CULTURE.

By Elva Carri



John Lockley is a traditional African shaman, known as a Sangoma (medicine person). He comes from the same tribe as Nelson Mandela, but his Mum is Irish and he refers to Ireland as his second home. He spoke to us from hot, noisy New York City, to tell us about his work, his journey and the joy of working as a catalyst to helping people discover and realise their dreams.

For three to four months of the year, John volunteers in his community at home in South Africa. He describes his work there as being like a nurse to the elders, ensuring they are well so that they can continue to help others throughout the year. The rest of the time he spends travelling Europe and the US, teaching people to live with the instinctual intelligence of a leopard in workshops, healing in one on one sessions and giving public talks or blessing ceremonies.

Through dreams, John was called to become a Sangoma at 17, but it was a long path before his training as a Sangoma began. He first trained in the medical corp of the South African army and worked in one of the best hospitals in South Africa. There, he discovered that black soldiers' bodies healed about three times faster than the average soldier and he began to learn more about the African culture of healing. The secret? John says they understand and connect with the whole circle of life, from birth to death, their ancestors, their bones and their hearts. They do not fear death in the way we do. Along with John's traditional medical beginning to his journey, he also has two degrees in psychology and has studied yoga and Buddhism, all of which compliment and enhance his work in beautiful and practical ways.

[johnlockley-sangoma.com](http://johnlockley-sangoma.com)