

# THERAPIES

Magazine

JULY-AUGUST 2023 · 0003

MENTAL HEALTH - WELLNESS - SELF CARE - CULTURE - EVENTS - TRAVEL



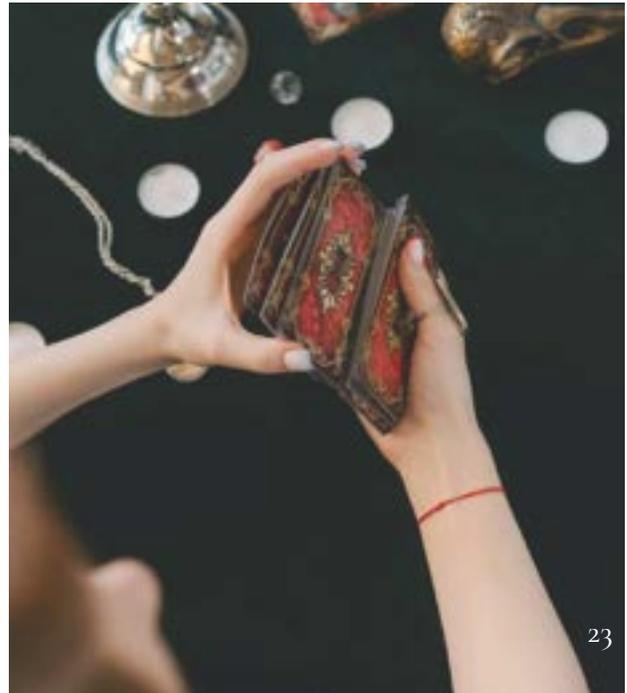
Travel



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Welcome to the highly anticipated third issue of Therapies Magazine, where we embark on an inspiring journey to explore various aspects of personal growth, self-discovery, and the transformative power of therapy. In this edition, we have curated an engaging collection of articles that delve into diverse subjects, offering you a wealth of knowledge and insights to enhance your well-being and enrich your life. Our feature article shines a spotlight on Matthew Jones, a British that will tell us about his journey moving and settling here in the Costa del Sol. Astrology has captivated human curiosity for centuries, and in this issue, we take you on an astral exploration of planetary influences. The world is becoming increasingly interconnected, and multilingual education has emerged as an essential skill. Our in-depth article on navigating multilingual education sheds light on the benefits, challenges, and strategies for success in a globalized society.

Also, our article on expatriation challenges explores the complexities of transitioning to a new country, offering practical advice and psychological support for those embarking on this transformative journey. Discover valuable insights on coping with culture shock, building social connections, and cultivating a sense of belonging in a foreign land. Are you considering relocating to Spain? Obtaining your NIE (Número de Identificación de Extranjero) is a crucial step in the process. Our informative guide provides a comprehensive overview of the NIE application process, addressing common questions and concerns.

In the spirit of balance and leisure, we introduce you to two exciting features: Spikeball and Nikki Beach Marbella. Spikeball, a fast-paced and addictive sport, is gaining popularity worldwide. Discover the rules, strategies, and sheer joy of playing this dynamic game that brings friends and families together. Additionally, take a virtual journey to the luxurious Nikki Beach Marbella, a beachfront oasis that embodies the epitome of relaxation and sophistication. Immerse yourself in the beauty of this renowned destination and discover the secrets behind its allure.

We hope you enjoy this diverse collection of articles and find inspiration in the pages of Therapies Magazine. May this issue guide you on a transformative path, empowering you to unlock your potential and embrace a life of holistic well-being. Wishing you a journey of growth and self-discovery.

Catherine Ndong,  
Editor-in-Chief, Therapies Magazine

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All the photos featured in this magazine are sourced from the website Pexels with the exception of the article on Meghan Tait, and Matthew Jones, all the photos featured in this magazine belong to their respective authors, and the photos of Rod Stewart, and David Rees to their Instagram. The publisher makes every effort to ensure that the magazine's contents are correct, but cannot accept responsibility for the effects of errors or omissions. Therapies Magazine reserves the right to refuse to publish any advertisement deemed detrimental to the best interests of the community or that is in questionable taste, and cannot accept responsibility for the claims, goods, or services of advertisers. The views and opinions expressed by contributors in Therapies Magazine do not necessarily reflect the views of the editor or the publisher. Products and prices mentioned are subject to change without prior notice. No part of this magazine may be reproduced or copied in any way without the prior written consent of Therapies Magazine.



Beach time!



# NEWS

JULY-AUGUST 2023

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# 1

## The Festival de la Cueva de Nerja

30 June to 12 August 2023

The Festival de la Cueva de Nerja needs no introduction, with 62 editions to its credit in 2023. The Festival offers an eclectic programme to delight lovers of art and music. Renowned symphony orchestras, passionate flamenco groups, talented ballet dancers and dazzling opera singers all take to the stage. Performers include María Peláe (7 July), Los Morancos (21 July), Mecano Experience (15 July) and Pastora Soler (12 August). Check out the full programme and enjoy live music in a spectacular setting!

## Starlite Marbella

1 July to 31 August 2023

Lovers of good music, entertainment and gastronomy go at the Cantera de Nagüeles, in Marbella. Internationally renowned artists perform in this unique setting, offering unforgettable concerts in musical genres ranging from pop and rock to electronic music and jazz, so don't miss out!

# 2



# 3

## Virgen del Carmen festivities

16 July 2023

Málaga celebrates its Virgen del Carmen festivities: a festivity during which the patron saint of fishermen and sailors is honoured to bless the waters so that they can bring in the big catches for the fishermen. The programme includes a show on the mother, dancing, music, fireworks and many other festivities.



# 4

## Estepona Tourism Day

15 August 2023

This is an annual celebration that highlights the cultural, tourist and gastronomic wealth of this charming town on the Costa del Sol with a host of activities such as guided tours, cultural demonstrations, gastronomic tastings, events...

## International polo tournament in Sotogrande

24 July to 26 August 2023

A not-to-be-missed event that brings together the best polo players from all over the world. You can watch exciting matches in spectacular surroundings. The Sotogrande tournament also offers a social and festive experience. Spectators can enjoy an elegant and sophisticated environment, with food stalls, relaxation areas, children's activities and gala evenings. Get dressed up and head over there !

# 5



# 6

## The summit of the Rock of Gibraltar

Summer 2023

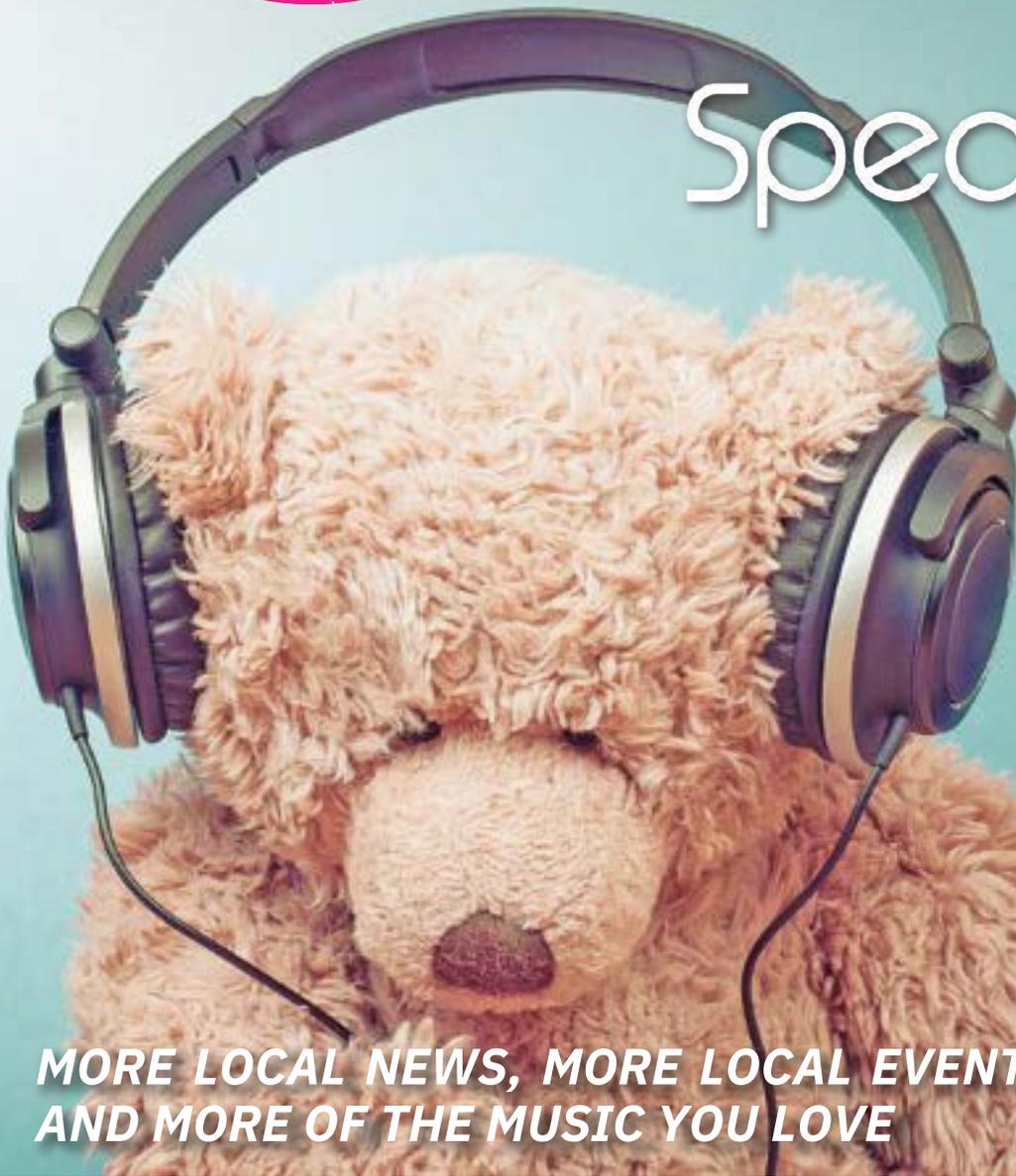
Climbing to the top of the iconic rock is a unique experience. Here you can meet the famous Barbary macaques, Europe's only wild monkeys. The rock is home to a nature reserve with a variety of flora and fauna. Hiking trails allow you to explore the reserve and observe the natural beauty of the rock. Enjoy breathtaking panoramic views of the African coast.



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# ROD STEWART

by Catherine Ndong

*Moving Arts*

# ROD STEWART, A CONCERT NOT TO BE MISSED ON 21ST JULY IN MALAGA!

Rod Stewart, a true music icon, has conquered the world with his unique voice, irresistible charm and undeniable talent. With a career spanning several decades, Rod Stewart has left an indelible mark on the music industry. His raspy, powerful voice, combined with his eclectic style, has captivated millions of fans around the world. Let's discover the remarkable career of this legendary artist who left his mark on rock history.

Born in London on 10 January 1945, Rod Stewart began his musical career in the 1960s as the lead singer of several rock bands, including The Jeff Beck Group and Faces. He quickly attracted attention with his distinctive voice and unique style. His first solo album, "An Old Raincoat Won't Ever Let You Down", released in 1969, marked the beginning of a prolific and successful solo career.

Rod Stewart is best known for his hit songs, which have dominated the charts for decades. Iconic songs such as "Maggie May", "Da Ya Think I'm Sexy", "Sailing" and "Forever Young" have made him a fixture on the music scene. His distinctive blend of rock, folk and pop has appealed to a wide audience, transcending generations and borders.

On stage, Rod Stewart is a true showman. His charismatic presence, liveliness and infectious energy make each of his performances an unforgettable spectacle. He captivates his audience with dynamic movements, rousing dances and warm interaction. His natural charm and devastating smile only add to his charisma on stage.





Beyond his musical career, Rod Stewart has ventured into other artistic fields. He is also a prolific songwriter, writing songs both for himself and for other well-known artists.

He has also explored the world of painting and writing, publishing several books.

Rod Stewart has left an indelible mark on the music industry.

His songs have marked entire generations, and his distinctive voice continues to resonate in our minds and hearts. His influence on rock music is undeniable, and many contemporary artists consider him a major source of inspiration.

Rod Stewart is much more than just a rock singer. He is a true legend whose music transcends borders and generations. With his powerful voice, irresistible charm and undeniable talent, he has conquered stages the world over. His musical legacy and his status as a timeless icon are proof of his immense contribution to the music industry.

Rod Stewart will forever go down in the annals of music as one of the greatest artists of all time.

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# BOUNDARIES

by Beatriz Setto-Godoy

*Self*

*Boundaries and emotions are closely intertwined, as our emotional responses can be a key indicator of when our boundaries have been crossed or violated. When someone crosses a boundary, it can trigger a range of emotions, from anger and frustration to anxiety and sadness. Understanding our emotional responses can help us identify when our boundaries are being challenged and take action to assert them.*

At its core, setting boundaries is about recognizing and respecting our own needs and values. This involves being in touch with our emotions and learning to identify when we feel uncomfortable, stressed, or overwhelmed. For example, if a co-worker consistently interrupts us during meetings or makes inappropriate comments, we may feel frustrated or anxious. These emotions can be a sign that our boundaries are being challenged, and we may need to speak up and assert ourselves in order to protect our well-being.

Setting boundaries can be a difficult and challenging task for many people. Whether it's saying "no" to a friend who asks for a favor, or telling a co-worker that their behavior is unacceptable, setting boundaries requires us to stand up for ourselves and assert our needs and values. So why is it so hard to set boundaries?

We have in our DNA the need to belong in a community and be loved and accepted by people. Thinking about setting boundaries may put this love in danger, and here are some reasons why it's so difficult to do it.

- Fear of rejection: One of the biggest reasons why people struggle to set boundaries is the fear of rejection. When we set boundaries, we risk upsetting or disappointing others, which can make us feel anxious and uncomfortable. We may worry that saying "no" will cause others to dislike or reject us, or that they will retaliate in some way.

- Guilt and shame: Many people have a deep sense of guilt or shame when it comes to setting boundaries. We may feel selfish or ungrateful for saying "no" to others, or we may worry that we're being unreasonable or demanding. These feelings can be difficult to overcome and can make it hard to assert our needs.

- Lack of assertiveness skills: Setting boundaries requires assertiveness, which is a skill that many people struggle with. It can be challenging to find the right words to say or to stand up for ourselves in the face of pushback or resistance. Without assertiveness skills, it's easy to fall back into old patterns of people-pleasing and avoiding conflict.



- Fear of conflict: Many people avoid setting boundaries because they're afraid of conflict. They may worry that standing up for themselves will cause an argument or escalate a situation, so they choose to keep quiet or go along with others to avoid conflict altogether.

- Lack of clarity around personal values and needs: Finally, setting boundaries requires a clear understanding of our own values and needs. If we're not sure what's important to us, or if we're not in touch with our own feelings and desires, it can be hard to communicate those needs to others.

Setting boundaries is a challenging but essential part of healthy relationships and self-care. By understanding why it's so hard to set boundaries, we can work to overcome these obstacles and develop the assertiveness skills we need to stand up for ourselves and protect our well-being. With practice and persistence, we can learn to set boundaries with confidence and clarity and create healthier, more fulfilling relationships with others.

To expand further on why setting boundaries is so difficult, it's important to consider the role that our upbringing and past experiences play in shaping our behavior. Many of us are taught from a young age to prioritize the needs and wants of others above our own, and to avoid conflict at all costs. These patterns can become deeply ingrained, making it hard to assert our own needs and values.

People usually think that if you disagree with someone it means a conflict or a fight. The conflict begins when you point fingers at others' actions, feelings, and thoughts. Because when you do that the other person feels attacked and will automatically defend themselves.

When you learn how you communicate about your feelings and needs the chance of you getting into a conflict is very small. Because you will be talking about you, explaining to the other person how is that you are feeling about that situation, you will not be talking about whether what they did is right or wrong. It's also important to be mindful of the emotions of others when setting boundaries. For example, if we need to say "no" to a friend who has asked us for a favor, we may worry that they will be hurt or upset. In these situations, it can be helpful to express our boundaries in a compassionate and respectful way, while also acknowledging the other person's feelings. This might involve saying something like, "I understand that this is important to you, but I'm not able to help out right now. I hope you can find someone else who can."

In addition to these internal factors, external factors can also make it challenging to set boundaries. For example, we may work in a culture or environment that values self-sacrifice and putting others first, which can make it harder to assert our own needs. Similarly, we may be in relationships with people who are manipulative or controlling, and who actively discourage us from setting boundaries.

All of these factors can make it difficult, but it's important to remember that setting boundaries is a skill that can be learned and developed over time. One key step is to become more aware of our own needs and values and to practice expressing them clearly and assertively. This may involve learning new communication skills, such as "I" statements or active listening, and setting small, achievable goals for asserting our boundaries in different situations.



Another important step is to develop a support network of people who respect and value our boundaries, and who can provide encouragement and validation as we navigate these changes. This may involve seeking out new relationships or building stronger connections with existing friends and family members who share our values and goals.

It's also very important to practice self-compassion and kindness as we work to set boundaries. This can involve acknowledging our own fears and vulnerabilities, and recognizing that setting boundaries is a brave and important act of self-care. With patience, practice, and support, we can learn to set boundaries in a way that is healthy, respectful, and empowering for ourselves and others.

Another important aspect of boundaries and emotions is learning to regulate our own emotional responses when our boundaries are challenged. When someone violates a boundary, it's natural to feel angry or upset, but reacting in a hostile or aggressive way can be counterproductive. Instead, it's important to find healthy ways to express our emotions, such as taking a deep breath, stepping back from the situation, or talking to a trusted friend or counselor.

One effective exercise for setting boundaries involves creating a list of personal boundaries and practicing expressing them in a clear and assertive way. Here's how to do it:

- Create a list of your personal boundaries. This might include things like "I don't want to be interrupted while I'm speaking" or "I need at least one day a week to myself to recharge." Try to think about areas of your life where you've felt uncomfortable or overwhelmed in the past, and identify the boundaries that would help you feel more comfortable and in control.
- Practice expressing your boundaries in a clear and assertive way. This might involve role-playing with a friend or writing out scripts for different scenarios. For example, if your boundary is that you don't want to be interrupted, you might say something like, "Excuse me, I wasn't finished speaking. Can I please have a chance to complete my thought?"
- Visualize scenarios where you might need to assert your boundaries and practice using your scripts. This might involve imagining a conversation with a difficult co-worker or family member or practicing saying "no" to a friend who asks for a favor.



The more you practice expressing your boundaries, the more confident and comfortable you'll feel in real-life situations.

- Reflect on your experiences and adjust your boundaries as needed. As you practice setting boundaries, you may find that some of your initial boundaries aren't as effective as you thought, or that you need to adjust them to better fit your needs. Be open to feedback from others and willing to make changes as needed to create healthy and respectful relationships.

Remember, setting boundaries is a skill that takes practice and patience. With time and effort, you can learn to assert your boundaries in a way that is healthy, respectful, and empowering for yourself and others.

Another important aspect to think about is that when you set your own boundaries it's important to respect others. If a friend, a co-worker, or any other person sets their boundaries you may not agree and even get mad or sad or frustrated about it, but you need to respect.

Remember, setting boundaries is a skill that takes practice and patience. With time and effort, you can learn to assert your boundaries in a way that is healthy, respectful, and empowering for yourself and others.

Another important aspect to think about is that when you set your own boundaries it's important to respect others. If a friend, a co-worker or any other person sets their boundaries you may not agree and even get mad or sad or frustrated about it, but you need to respect.

When you are feeling that your boundaries are challenged or you weren't comfortable with the boundaries that someone else set for you try this:

- Stop and take a few deep breaths
- Check with yourself by asking:
  - "What am I really feeling about this situation?"
  - "What exactly do I need now?"
- Try to separate the facts from your emotions in order to try to understand what does this situation really mean to you.

Always keep in mind that it's ok to be mad one in a while, in order for you to learn and grow as a person it's important to experience all kinds of situations.

And remember all health relationships are based on respect and boundaries and don't forget that the most important relationship you have in your life is with yourself, so be always kind to you.

And if you need professional help you can always count on me, it's essential that you know that sometimes we need help, sometimes we feel overwhelming and it's crucial to have someone by our side.

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# PLANETS IN ASTROLOGY

by Deniz Jale Ozer

*Astrology Insights*



When we think about Horoscope and Astrology in a modern society, many of us have unclear or mixed thoughts.

On the other hand, if we take our perception to see what each of the signs are suggesting about our strengths or weaknesses, we could have a better idea and one step further to get to know ourselves deeper. For this reason, we should look at Horoscopes as a helping tool for knowing ourselves and others.

But before we begin each sign and their characteristics, I would like to talk more about Astrology and where it is coming from, and why we should include it as a strong tool for our lives. Because this ancient knowledge can help us to improve our lives in practical and spiritual matters.

While the debate about whether the effects of astrology are true or false is controversial, as a discipline built on accurate information and data, it has been in existence for centuries and still maintains its popularity today. Astrology is used as a tool to guide people's personality traits and lives. Many people seek astrological guidance to solve problems in their lives.

Astrology is an ancient knowledge that has been around for centuries. Unaware of each other, many different cultures and civilizations have studied the movements of the sky at different times, and have thought that these movements could have some effects on our lives. From eclipses to full moons, times when Venus makes its closest appearance to Earth, and the effects of Mars on societies and Kingdoms...

What is most interesting is that these societies have interpreted the specific movements and characteristics of planets in almost the same way, even though they were unaware of each other and at different times.

They have made almost identical interpretations for each zodiac sign and observed their personality traits in the same way.



Even many different religions and holy books have mentioned this ancient knowledge. It has its roots in various sources ranging from the Bible to the Quran, from Buddhism to Hindu mythologies, they all point more attention on this topic. In fact, there is a section in the Quran that is only written about the zodiac signs. While the holy religions have advocated for our free will and that it is in our hands to behave rightly or wrongly, they have still acknowledged the effects of astrology.

In modern times, some people have viewed astrology purely as fate and rejected the notion of free will. However, astrology never actually rejects free will. While our personality traits or the effects of planets may manifest in our lives, how events will turn out depends entirely on how we behave in response to these influences. If we give an example regarding this topic, the planet Mars is ruled by Aries and Scorpio zodiac signs, and it has a destructive, warrior-like but equally innovative, and entrepreneurial characteristic due to its nature. If an individual born under the Aries sign, can use the constructive side of these traits, they can be very successful, but if they use their negative traits, they can invite destructive effects into their life.

Looking at it from another perspective, one of the best examples that can be given is the movements of the Moon. As we all know, the tides on Earth are affected by the movements of the Moon, and our body consists of 60% of water. Another example that can be given is that during full moon periods, it has been observed that mammals born during this time tend to mate more, and plants tend to grow faster.

If we think about all of the above, our emotions, personalities, reactions, and relationships are all influenced by both internal and external factors. Planetary movements and their interactions with each other can affect our hormones, mood, and overall mental and physical health. For example, exposure to sunlight and vitamin D can help improve our mood and fight off depression. The study of astrology can help us better understand these influences and how to work with them for our benefit.



On the other hand, there is one other question that arises, and that is "if there are twelve signs, then, Do all the people in the world divided into twelve characteristics?"

No! Astrology and zodiac signs do not claim that all people are divided into twelve characters based solely on their sun sign. In astrology, a birth chart is used to interpret personality traits and life journeys based on the positions of the planets at the time of birth.

Therefore, in astrology, not only the sun sign but also the positions of the other planets at the time of birth is important. An astrological chart is prepared based on an individual's birth date, birth time, and birthplace. Therefore, astrology and zodiac signs do not claim that all people are divided into only twelve characters.

Exact day, month, year, birth time, and location are unique to each individual and therefore The way it reflects in the sky is also unique. Each of us has a specific and unique birth chart, and it's personal to each individual.Ok! Now there is another question that I might hear from you and it is, "What is this birth chart you are talking about?"

The birth chart is based actually on the position of the sky at the moment of our birth, and our place of birth determines

the ascendant based on latitude and longitude calculations. Houses are then calculated based on the ascendant, and planets are placed in these houses. Each house and planet has different meanings. Based on all these indicators, an interpretation is made on the birth chart that has been calculated. However, each house, zodiac sign, and planet has its own distinct meanings. Therefore, when interpreting a birth chart, the possibilities are presented within a certain range.

If we want to briefly look at the meanings of planets and houses and which sign they are ruled by...

In Western astrology, a total of ten planets are used. However, many astrologers use small asteroids in addition to the ten planets, and astrologers who examine the effects of new Asteroids every day make new discoveries and publish their work in books or magazines.

But since there are so many asteroids and explaining the meaning of each one would take for a long time, I would rather focus on examining the ten main planets and their meanings.

Also, Each planet moves at a different speed in the sky. For example, the Moon completes its orbit around the zodiac in twenty-eight days, while Saturn takes an average of thirty years. Below, I will list the planets from fastest to slowest based on their speeds. Let's start!



*MOON:*

The Moon reveals insights into an individual's emotional state and inner world. It is responsible for our instincts and how we react to situations with how much intensity. Moon also represents their need for protection, security, and emotional fulfillment, as well as their instinctive behaviors and habits. It also sheds light on the psychological atmosphere within the home, family life, and the influence of past experiences and memories. With its feminine

energy, the Moon symbolizes the mother figure and reflects the lessons and truths learned from her. The lunar influence provides information about one's relationship with their mother,

her nurturing qualities, and how one may embody the feminine archetype in their own life...

In astrology, the Moon rules Cancer, finds its exaltation in Taurus, experiences detriment in Capricorn, and is in its fall in Scorpio. Traveling through the 12 signs of the zodiac in approximately 28 days, the Moon spends about 2-3 days in each sign.

*MERCURY:*

Mercury offers insights into the functioning of an individual's mind, including their communication style, language usage, and aptitude for learning languages. This planet governs all forms of communication and expression, determining how we process information and approach events. Mercury is also responsible for logic and intellect, influencing how we solve problems. It reveals how they perceive and process information, as well as how they articulate their thoughts to others. This is why, mental activities, education, and relationships with siblings are also influenced by Mercury.

Additionally, Mercury governs persuasion and negotiation skills, as well as short trips and commercial endeavors.

Mercury rules over the zodiac signs of Gemini and Virgo, finding its exaltation in Virgo. However, it is debilitated in Sagittarius and Pisces, indicating potential challenges in these areas. Astrologically, Mercury completes its rotation around its own axis in approximately 57 Earth days, which is a relatively long period compared to other planets. It also completes its orbit around the Sun in approximately 88 Earth days.

*VENUS:*

Venus, the planet of love and beauty, holds significant sway over a person's relationships, their capacity to give and receive love, their sense of connection, and their aesthetic preferences. It reveals what brings them joy and satisfaction in life. This planet influences how we idealize romance and relationships, determining what we appreciate and emotionally respond to. Venus also sheds light on emotional relationships with the opposite sex, acting as a magnetic force that attracts and fosters sympathy, influencing one's approach to love and marriage. It embodies femininity and passive energy, providing insights into a woman's experience of femininity and a man's attraction to specific female figures. Furthermore,

Venus illuminates one's social position, their ability to socialize, and their relationships with others. Acting as a mirror, Venus reflects the way individual approaches and interacts with others, revealing their values and judgments. It also reveals a person's self-assigned worth and their relationship with money.

Venus rules over the zodiac signs of Taurus and Libra, finding its exaltation in Pisces.

However, it experiences challenges in Aries and Scorpio, indicating potential difficulties in these areas.

Venus is in a weakened position in Virgo.

Venus undergoes retrograde motion approximately once every 19 months, occurring around 1.6 times per year on average. The retrograde period lasts for about six weeks, during which Venus appears to move backward in its orbit as observed from Earth.



**SUN:**

In a birth chart, the sign where the Sun is located represents the individual's personality and how they express it. While not everyone, many people reflect the characteristics of the zodiac sign where the Sun was positioned at the time of their birth. The Sun governs your individuality, unique character, goals, determination, pride, vitality, health, personal and social achievements, and your heart. In other words, Sun represents who we are and our efforts to become that person. The essence of personality, life energy, and creative capacity are revealed by the Sun. It provides information about the ego, consciousness, intentions in life, purpose, and the desired goal to be achieved. It narrates the direction taken in life and represents the source of vitality, the path embraced to and the sense of empowerment and fulfilment. It is also our hero and signifies authority figures in our lives, primarily the father. In a woman's chart, it provides information about the spouse. It embodies the masculine principle and corresponds to the heart in the body. The Sun's placement in the zodiac sign, house, and aspects in the astrological chart provides significant information about a person's self-confidence and self-respect.

The Sun rules Leo, is exalted in Aries, is in detriment in Aquarius, and is in fall in Libra.

**MARS:**

Mars, the fiery planet, holds valuable insights into a person's energy source, self-expression style, and survival instincts. Mars determines our intention and aggression, and governs our inclination towards conflict. This planet rules our basic instincts and primal animal instincts, which encompass our most fundamental desires. It signifies where individuals draw their motivation, how they exert effort, and their level of courage. Mars is associated with physical and psychological aspects of fighting, defence, and assertiveness. It also encompasses anger, ambition, violence, and potentially criminal tendencies. Mars sheds light on the approach to masculinity and sexuality, influencing how individuals channel and express these energies.

In a man's chart, Mars describes how he utilises this energy, while in a woman's chart, it reveals the type of male figures she is attracted to and her potential spouse.

Additionally, Mars is associated with surgeries, accidents, fires, bites, and injuries, highlighting areas of vulnerability and potential danger. Mars rules over the zodiac signs of Aries and Scorpio, finding its exaltation in Capricorn.

*End of part 1.*

*N.B: The rest next edition. (Full article available online).*



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***Lux Mundi is a Christian Charity that has been helping people of all nationalities for 50 years.***

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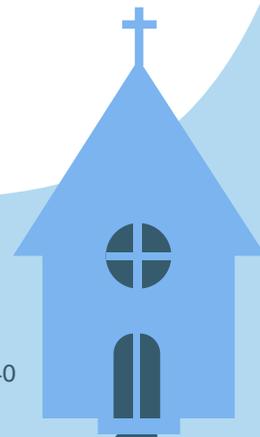
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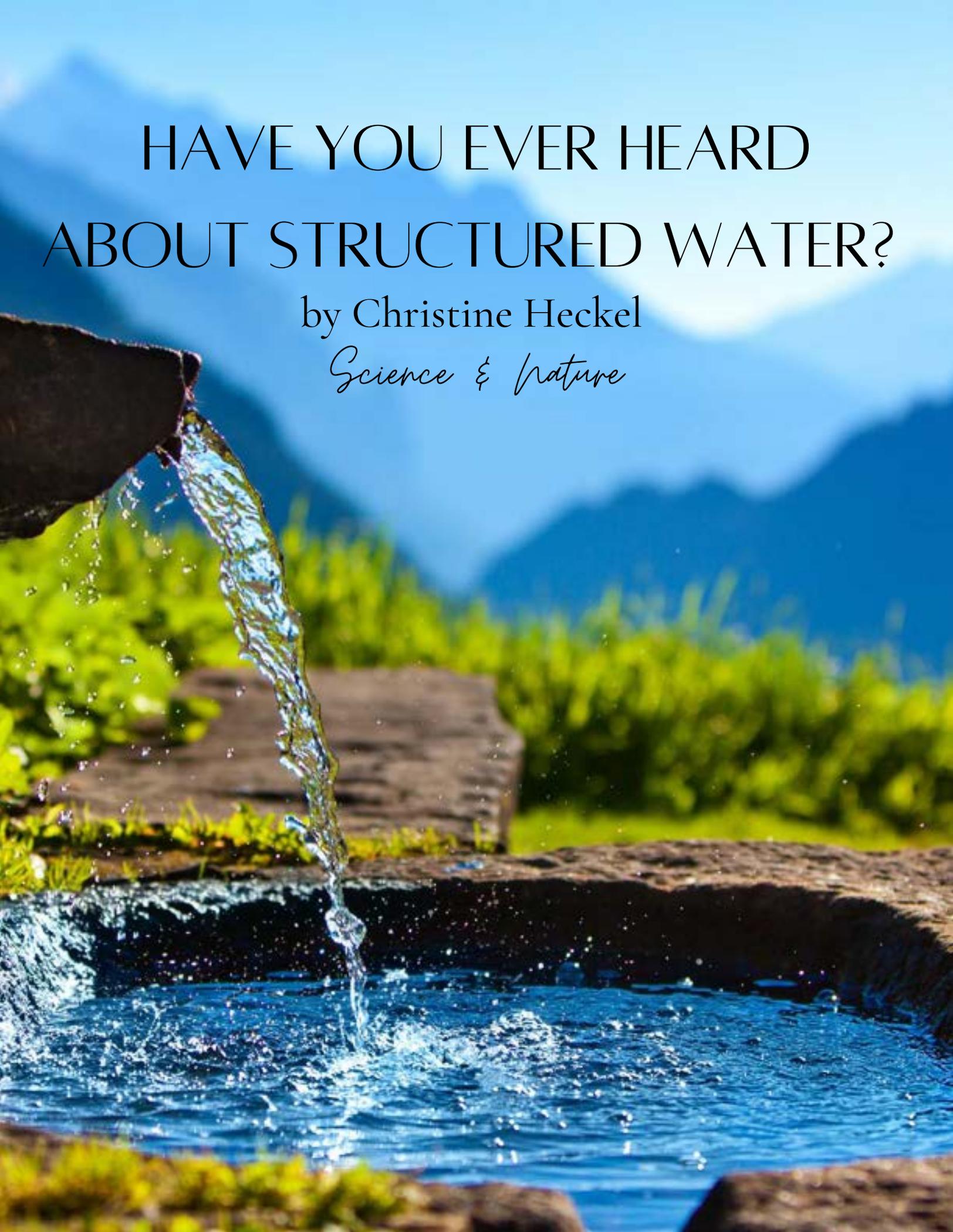
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# HAVE YOU EVER HEARD ABOUT STRUCTURED WATER?

by Christine Heckel

*Science & Nature*

Structured water is a term used to describe water that has a unique molecular arrangement or pattern, which is believed to differ from the random arrangement of molecules found in regular water.

Structured water molecules are arranged in a symmetrical and organized manner, forming small clusters or units that are believed to have different physical and chemical properties than regular water.

Structured water may have many health benefits, including improved hydration, enhanced nutrient absorption, increased energy levels, improved detoxification, and better immune function.

It's important to note that there is evidence to suggest that water can exist in different states or phases, depending on its temperature, pressure, and other environmental factors.

These different phases of water can have different physical and chemical properties, and may play a role in various natural phenomena, such as cloud formation and ice crystal formation.

Considering that the human body consists up to 70 - 80% of water, we may understand how important the structure of the water in our physical body is. Restructuring and therefore support for an utmost health and wellbeing can be supported by various therapies including sound healing as we can see in the studies and research done e.g. by Masaru Emoto and Alexander Lauterwasser.

Other devices may support this process of restructuring the water in our body e.g. through symbols like the „Flower of Life“ and other.

Let us look at the some potential benefits of structured water:

- **Improved hydration:** Structured water has a different molecular structure than regular water, which may be easier for cells to absorb. This could lead to better hydration, which is important for overall health and wellbeing.

- **Enhanced nutrient absorption:** this type of water can help to improve nutrient absorption, as it may allow nutrients to pass more easily through cell membranes.

- **Increased energy levels:** Structured water can help to increase energy levels, by improving the efficiency of cellular processes and enhancing overall bodily function.

- **Improved detoxification:** Structured water can help to improve detoxification, by making it easier for the body to eliminate toxins and waste products.

- **Better immune function:** The unique properties of structured water may help to enhance immune function, by supporting the proper functioning of cells and tissues in the body.

- Also reported have been a reduction in allergies, an improvement of stress and mood, a faster injury or surgery recovery, a reduction of inflammation, less joint pain and also less chemo side-effects, and probably much more.



Structured water can be created or enhanced through exposure to certain frequencies, such as sound or electromagnetic frequencies. The idea is that these frequencies can alter the molecular structure of water, causing it to become more organized and structured... original structure???

One method that is commonly used to create structured water through frequencies is called „vortexing“. This involves spinning water in a circular motion, which is believed to create a vortex or whirlpool that helps to re-organize the water molecules.

Some people use devices or machines that are designed specifically for this purpose, while others simply swirl the water in a container by hand.

Another method that is used to create structured water through frequencies is called „Water structuring“. This involves exposing water to specific frequencies of light or sound, which may cause the water molecules to become more organized and structured.

Structured water by Masaru Emoto :

Masaru Emoto was a Japanese researcher who conducted experiments on the properties of water and its response to different stimuli. One of the most famous experiments involved exposing water to different words, emotions and music, and the freezing of that water to observe the crystals that formed.

According to Emoto's research, water that was exposed to positive words and emotions formed more beautiful and symmetrical crystals when frozen, while water that was exposed to negative words and emotions formed less symmetrical and more chaotic crystals. Emoto believed that this demonstrated the idea that the water is not just a passive substance, but it can be influenced by thoughts, words, and other external stimuli.

Alexander Lauterwasser is particularly known for his work and demonstrations on cymatics. It is not the music itself that becomes visible, but the response of the water to the sound vibrations: in the form of surface oscillations.

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# EXPATRIATION CHALLENGES

by Audrey Thomas

*Family*

While expatriation is an experience that can be a source of personal and family growth, it also requires particular vigilance and attention to the psychological aspects that can affect our well-being and that of our loved ones.

Leaving one's country of origin to settle in a new cultural context means facing major changes and challenges of adaptation, which can have repercussions on our 'state', our emotions as expatriates, our family and social relationships, and even our identity!

After several weeks of preparation, here we are, freshly landed in our host country.

Since the day we decided to leave, we've lived our daily lives between fear and joy. Excitement and joy at imagining ourselves in a new environment, one that may be more colourful, warmer, less polluted, less stressful, where we're sure to find a better quality of life, more time... time to take, time to discover, time to renew!.

We dream big about this new air and at the same time, we're afraid. So many anxieties, if you're one of those people who are insecure or even petrified by change.

Days and days of questioning before departure: "Will I be able to adapt? If I don't speak the local language, will I feel at ease enough? Won't I miss my family and friends? Will my children integrate well? Will things work out financially? Will we be well looked after?"

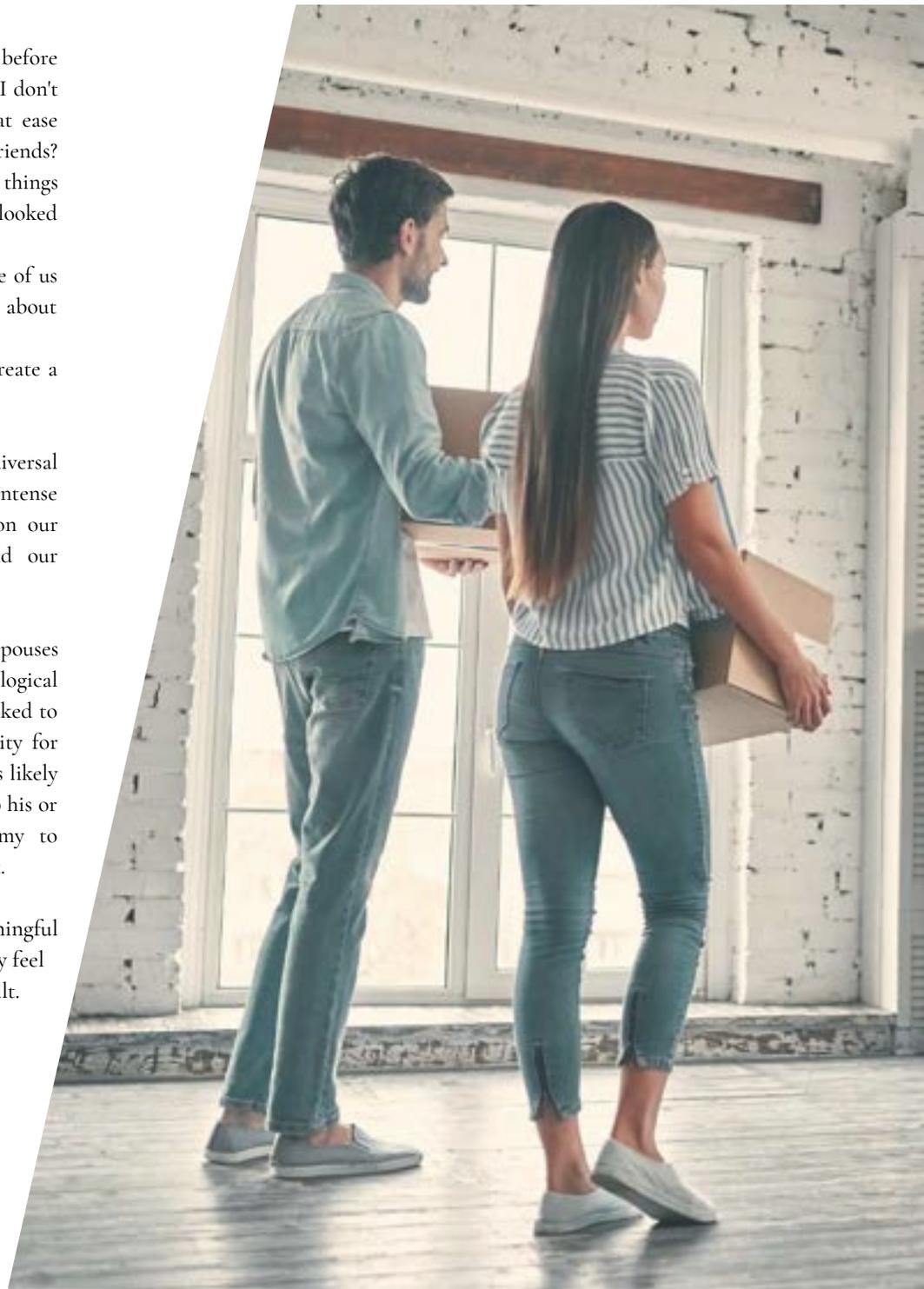
If we've gone away as a family and one of us doesn't work, we may be worried about boredom!

"Will I manage to make friends and create a new social fabric?"

All these legitimate and surely universal questions generate more or less intense emotions in each of us, depending on our personality, our character traits and our uniqueness.

Among expatriate family members, spouses are often the most exposed to psychological risks. In the case of an expatriation linked to a transfer or a professional opportunity for one of the members of the couple, it is likely that the other will be forced to give up his or her professional career and autonomy to follow their partner in this new project.

"Dependent" and without any meaningful activity in their host country, they may feel a sense of uselessness, frustration or guilt.



Another problem faced by expatriates is coping with the expectations and needs of their expatriate families, who may experience the adaptation process differently.

The expatriate has to manage everyone's emotions, those linked to the departure, the stay, or the return: anger, grief, fear... Emotions due to culture shock, homesickness, missing things...

For some members of the family, expatriation can be experienced with the feeling of "leaving everything behind", of leaving behind one's entire world and the security it represents. Expatriation involves leaving one's comfort zone and breaking with pre-existing reassuring ties, which can be difficult to maintain from a distance.

The expatriate then has to create a new network in his host country, and this can be complicated: cultural, linguistic, and behavioral differences can generate misunderstandings and frustrations.

Expatriates may also find it difficult to integrate into their own community! Cut off from family and friends, they may find themselves isolated.

All these fluctuating or ambivalent emotions can affect mood, motivation and self-confidence.

This can lead to the development of depressive symptoms or even psychosomatic disorders that can affect daily life.

It's not easy to verbalise all these movements and paradoxes when those around us keep telling us how lucky we are to be living this experience! It's hard to feel understood and to dare to talk about the feeling of sacrifice that we may be experiencing.

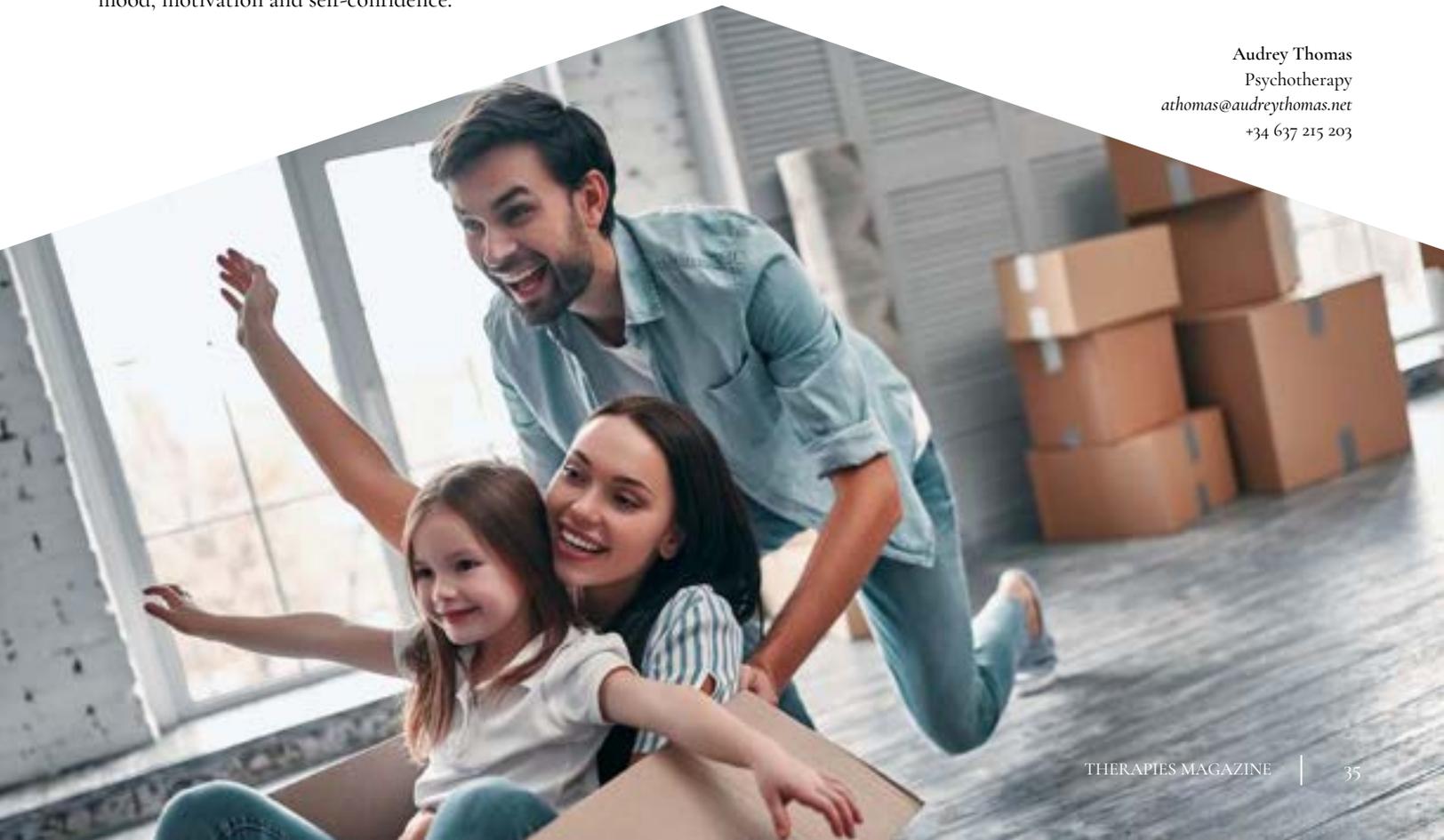
Family and social relationships are essential to the psychological well-being of expatriates, as they provide them with support, affection and recognition.

If possible, it's important to maintain positive communication within the expatriate family, to experience together moments that we wouldn't have had in our 'other life'!

It's important to create spaces for socialising and exchanging with other expatriates; sharing this common experience brings people together and unites them.

Finally, opening up to the locals, living and being accepted in a culture and tradition other than our own is a source of deep enrichment, one that heals the heart because it makes us feel the full benefit of change, of taking risks, it brings pleasure and gives meaning to this new human adventure.

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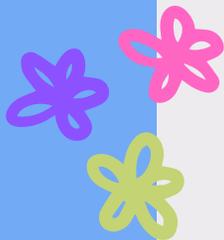


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NAVIGATING  
MULTILINGUAL EDUCATION

by Catherine Ndong  
*Parenting & Education*

For expat parents living in a multicultural environment, providing their children with a multilingual education can be both a rewarding and challenging endeavor. The benefits of being fluent in multiple languages are well-documented, including enhanced cognitive abilities, cultural understanding, and future career opportunities. However, navigating the complexities of multilingual education requires careful consideration and strategic planning. In this article, we will explore valuable tips and strategies to help expat parents successfully navigate the journey of raising children in a multilingual environment.

- **Set Clear Language Goals :**

When establishing clear language goals for your child, consider factors such as maintaining the native language, acquiring the host country's language, and adding additional languages of interest. Clearly define the level of fluency you hope to achieve in each language. For example, you may want your child to be fully bilingual or have conversational proficiency. Setting these goals will provide a roadmap for language development and help you stay focused on your child's language-learning journey. One life example of setting clear language goals for a child is the story of Maria and her family. Maria, originally from Spain, moved to the United States with her husband and two children. They wanted their children to maintain their Spanish language skills while also becoming fluent in English.

To achieve this, Maria and her husband established clear language goals for their children. They wanted their children to be fully bilingual, proficient in both Spanish and English. They defined specific benchmarks for language proficiency, such as being able to hold conversations, read and write in both languages, and understand cultural nuances.

To support these goals, Maria and her husband implemented a language routine at home. They spoke Spanish with their children exclusively during certain times of the day, such as meal times and family discussions. They also provided a variety of language resources, including books, games, and online language courses, to foster language development in both Spanish and English.

Additionally, Maria sought out Spanish-speaking communities and cultural events in their new city to provide her children with opportunities to interact with other Spanish speakers and practice their language skills outside the home.

They joined local language clubs, attended cultural festivals, and participated in language exchange programs to immerse themselves in the Spanish-speaking community.

Through their consistent efforts and clear language goals, Maria's children successfully maintained their Spanish fluency while becoming fluent in English. They were able to communicate effectively in both languages, embracing their multicultural identity and enjoying the benefits of being bilingual.



- Create a Language-Rich Environment:

Immerse your child in the target languages by creating a language-rich environment at home. Surround them with books, music, movies, and interactive activities in each language. Label household items in different languages, play language-learning games, and explore cultural resources together.

This immersive approach will expose your child to the sounds, vocabulary, and grammar of each language, helping them develop language skills naturally.

One life example that illustrates the creation of a language-rich environment is the story of Alex and his family.

Alex's parents, originally from France, moved to Canada when he was young. They wanted Alex to grow up bilingual, fluent in both French and English.

To immerse Alex in the target languages, his parents made sure their home was filled with resources in both French and English. They had a diverse collection of books, including children's stories, novels, and educational materials, in both languages. They also subscribed to streaming services that offered movies and TV shows in both French and English.

To make the environment interactive, Alex's parents labeled household items

with sticky notes in both languages. They created a language-learning corner in the living room, complete with flashcards, language games, and puzzles. They encouraged Alex to engage in activities that exposed him to the sounds, vocabulary, and grammar of both languages.

Alex's parents also took advantage of cultural resources to enhance his language learning. They attended French and English language classes together as a family, where they learned new vocabulary and practiced speaking.

They visited French and English-speaking communities, participated in cultural events, and even took trips to France to experience the language and culture firsthand.

As a result of this language-rich environment, Alex grew up with strong proficiency in both French and English. He effortlessly switched between the two languages and developed a deep appreciation for different cultures. This multilingual upbringing opened doors for him in various aspects of life, from academic achievements to career opportunities.

- Consistency is Key :

Consistency is crucial when raising multilingual children. Establish consistent language routines and allocate specific time for each language. For example, you could dedicate certain days or activities exclusively to one language, or assign specific family members to speak a particular language. Consistency will help your child differentiate between languages and reinforce their language learning process.

One life example that demonstrates the importance of consistency in raising multilingual children is the story of the Martinez family. Mr. and Mrs. Martinez, originally from Spain, wanted their children, Sofia and Lucas, to be fluent in both Spanish and English.



So moving on to my second point, offering advice for th  
To ensure consistency in language exposure, the Martinez family established specific language routines. They designated Mondays, Wednesdays, and Fridays as Spanish-speaking days, while Tuesdays, Thursdays, and Saturdays were designated for English. On Sundays, they had family time where both languages were spoken interchangeably.

In addition to specific language days, the Martinez family assigned roles to family members. Mr. Martinez primarily spoke Spanish, while Mrs. Martinez primarily spoke English. This consistent language usage helped Sofia and Lucas associate each parent with a particular language, making it easier for them to differentiate between Spanish and English.

To reinforce the language learning process, the Martinez family implemented various activities that aligned with their language routines. On Spanish-speaking days, they cooked traditional Spanish meals together, watched Spanish movies, and played games that incorporated Spanish vocabulary. Similarly, on English-speaking days, they engaged in activities such as reading English books, watching English cartoons, and having conversations in English during mealtime.

By maintaining consistency in their language routines, the Martinez family provided a clear structure for language learning. Sofia and Lucas quickly grasped the concept of switching between Spanish and English, developing language proficiency in both. They felt comfortable communicating in both languages and were able to adapt to different linguistic environments with ease.

The Martinez family's commitment to consistency paid off as Sofia and Lucas grew up with strong bilingual abilities.

They not only reaped the cognitive benefits of being multilingual but also developed a deep appreciation for their cultural heritage and a global perspective.

- Utilize Language Learning Resources :

Make use of language learning resources specifically designed for children. There are numerous educational apps, online language courses, language tutors, and language exchange programs available. These resources offer engaging and interactive ways for your child to practice and develop their language skills. Explore a variety of resources to find what works best for your child's learning style and interests.

One example that illustrates the effective utilization of language learning resources is the story of the Johnson family. Mr. and Mrs. Johnson, expats living on the Costa del Sol, wanted their daughter, Emily, to develop proficiency in both English and Spanish.

To support Emily's language-learning journey, the Johnson family explored various language-learning resources designed for children. They discovered a popular language learning app that offered interactive lessons, vocabulary games, and engaging exercises tailored to young learners. Emily found the app visually appealing and enjoyed earning rewards as she progressed through the lessons.

In addition to the app, the Johnsons enrolled Emily in an online language course specifically designed for children. The course incorporated fun activities, songs, and stories to help children practice their language skills. Emily enjoyed interacting with other children in virtual classrooms and felt motivated to learn alongside her peers.



Recognizing the importance of human interaction in language acquisition, the Johnsons also hired a language tutor who conducted weekly one-on-one sessions with Emily.

The tutor utilized interactive materials and incorporated games and role-playing to make the learning process enjoyable. These sessions allowed Emily to receive personalized attention and feedback, boosting her confidence in speaking both English and Spanish.

To provide Emily with real-life language practice, the Johnsons enrolled her in a language exchange program. Through this program, Emily had the opportunity to meet and interact with local Spanish-speaking children who were interested in learning English. They engaged in language exchange activities, such as conversing in their respective languages, playing games, and exploring cultural similarities and differences.

By utilizing a variety of language learning resources, the Johnson family ensured that Emily had access to engaging and interactive tools to support her language development. The combination of the language learning app, online course, language tutor, and language exchange program provided a well-rounded learning experience for Emily.

As a result, Emily's language skills flourished. She became proficient in both English and Spanish, able to communicate confidently in various settings. The Johnsons were delighted to see Emily embrace her bilingualism and enjoy the cultural richness that came with being fluent in multiple languages

- **Foster Social Interaction :**

Encourage your child to interact with peers who speak the target languages. Seek out playgroups, language clubs, or community events where your child can engage with other children who are also learning or speaking the languages they are acquiring.

Social interaction provides an opportunity for your child to practice their language skills in a natural and supportive environment while building friendships with others who share similar language experiences.

One example that exemplifies the importance of fostering social interaction in language learning is the story of Sofia and her family. Sofia's parents, expats living on the Costa del Sol, wanted her to develop fluency in both English and Spanish.

To encourage social interaction and language practice, Sofia's parents actively sought out language clubs and community events that catered to bilingual children. They discovered a local playgroup specifically designed for children learning English and Spanish. This playgroup provided a safe and supportive environment where children could engage in various activities while using both languages.

Sofia attended the playgroup regularly and had the opportunity to interact with other children who were also learning or speaking English and Spanish. Together, they engaged in games, arts and crafts, storytelling, and other activities that encouraged language use and practice. The playgroup facilitators created a nurturing atmosphere that encouraged communication and collaboration among the children.



In addition to the playgroup, Sofia's parents organized regular playdates with other families who were raising bilingual children. They hosted gatherings where the children could play, have conversations, and engage in language-rich activities. These playdates provided an informal setting for Sofia to practice her language skills and build friendships with peers who shared similar language experiences.

By fostering social interaction with other bilingual children, Sofia's language skills flourished. She gained confidence in using both English and Spanish, as she had ample opportunities to practice in a supportive and non-judgmental environment. Sofia's parents were thrilled to see her form strong connections with other children and develop a sense of belonging within the bilingual community.

Sofia's experience highlights the significance of social interaction in language learning. By actively seeking out playgroups, language clubs, and community events, parents can create opportunities for their children to interact with peers who speak the target languages. These social interactions provide a natural and supportive environment for language practice, as well as the chance to build lasting friendships with others who share similar language experiences.



- Support Language Learning at School :

Communicate with your child's school to ensure they understand your language goals and support your efforts. Inquire about language programs, bilingual education options, and language support services offered by the school. Collaborate with teachers to reinforce language learning at home and stay informed about your child's progress in language classes. This partnership between home and school will enhance your child's language development.

One real-life example that illustrates the importance of supporting language learning at school is the story of Alex and his parents. Alex's family relocated to the Costa del Sol, and they wanted him to continue developing his native language, English, while also acquiring fluency in Spanish.

To ensure that their language goals were supported at school, Alex's parents scheduled a meeting with his teachers at the beginning of the academic year. They communicated their desire for Alex to maintain his English proficiency and shared their interest in him learning Spanish as well. The teachers were receptive and provided information about the school's language programs and bilingual education options.

The school offered a bilingual education program that integrated English and Spanish instruction across various subjects. Alex's parents enrolled him in this program to provide him with a solid foundation in both languages.

They also learned about the language support services available, such as additional language classes and tutoring, to further enhance Alex's language development.

Throughout the school year, Alex's parents maintained regular communication with his teachers. They collaborated on ways to reinforce language learning at home by incorporating English and Spanish activities into their daily routine. The teachers shared resources, such as recommended books and online language-learning platforms, that Alex could use at home to practice his language skills.

This partnership between home and school proved beneficial for Alex's language development. With the support of his teachers, Alex was able to thrive in the bilingual education program and make progress in both English and Spanish. His parents received regular updates on his language progress and were able to provide additional support and encouragement at home.

By actively supporting language learning at school, Alex's parents ensured that his language goals were aligned with his educational environment. This collaboration between home and school created a cohesive approach to language development, providing Alex with the necessary support and resources to excel in both English and Spanish.



- Embrace Cultural Immersion :

Multilingualism goes hand in hand with cultural immersion. Expose your child to the cultures associated with the languages they are learning. Celebrate cultural holidays, traditions, and events together as a family. Encourage your child to participate in cultural activities such as music, dance, art, and cuisine. This will foster a deeper connection to the languages they are acquiring and help them appreciate the richness of different cultures.

One real-life example that highlights the importance of embracing cultural immersion in language learning is the story of Sofia and her family. Sofia's parents wanted her to not only become fluent in English and Spanish but also develop a genuine appreciation for the cultures associated with these languages.

To immerse Sofia in cultural experiences, her family actively celebrated holidays and traditions from both English-speaking and Spanish-speaking countries. For example, during Christmas, they incorporated traditions from both cultures by decorating a Christmas tree and also displaying a nativity scene called a "Nacimiento" as part of their holiday traditions.



In addition to celebrating holidays, Sofia's family attended cultural events and festivals that showcased music, dance, art, and cuisine from different countries. They visited local museums and cultural centers, where Sofia had the opportunity to learn about the history and traditions of various cultures. Sofia's parents also encouraged her to participate in extracurricular activities like flamenco dance classes and English language theater groups, which further immersed her in the cultural aspects of both languages.

Sofia's family also incorporated diverse cuisines into their meals, exploring recipes from different countries. They would prepare traditional dishes together, teaching Sofia about the ingredients, cooking techniques, and cultural significance behind each recipe. This not only exposed Sofia to a variety of flavors but also deepened her understanding and appreciation of different cultures.

By embracing cultural immersion, Sofia's family provided her with a well-rounded language learning experience. Sofia developed a strong connection to the languages she was acquiring by actively engaging in cultural activities and celebrations. This immersion not only enhanced her language skills but also fostered an appreciation for the richness and diversity of different cultures.

Sofia's story demonstrates how embracing cultural immersion can complement language learning. By exposing your child to the traditions, arts, and cuisines associated with the languages they are acquiring, you create a deeper connection to the languages and foster a sense of cultural appreciation. This approach enhances their language skills while also broadening their worldview and promoting intercultural understanding.

- Be Patient and Flexible :

Remember that language acquisition is a gradual process. Be patient with your child as they navigate the complexities of multiple languages. Each child's language learning journey is unique, and progress may vary. Stay flexible and adapt your approach as needed to meet your child's individual needs and preferences. Provide a supportive and nurturing environment where your child feels comfortable experimenting with and practicing different languages.

One real-life example that exemplifies the importance of being patient and flexible in supporting a child's multilingual journey is the story of Alex and his family. Alex's parents wanted him to grow up speaking both English and French fluently, as they believed it would open doors to various opportunities in his future.

From an early age, Alex was exposed to both languages through books, songs, and conversations with family members. However, as Alex started attending school, he initially struggled to keep up with his peers in both languages. His parents noticed that he was more comfortable expressing himself in English and would often switch to English when faced with challenges.

Rather than pressuring Alex or becoming frustrated, his parents remained patient and understanding. They recognized that language acquisition takes time and that each child progresses at their own pace. They embraced a flexible approach by adjusting their expectations and providing additional support where needed.

Alex's parents sought the guidance of a language therapist who specialized in multilingual language development. The therapist suggested incorporating more immersive activities to boost Alex's French skills.

They introduced regular playdates with French-speaking children and enrolled him in a local French conversation group where he could interact with peers in a supportive environment.

Furthermore, Alex's parents made an effort to create a nurturing and encouraging atmosphere at home. They celebrated every milestone, no matter how small, and acknowledged his progress. They understood the importance of making language learning enjoyable, so they incorporated fun activities such as language games, storytelling, and cultural outings into their daily routine.

Over time, with patience and flexibility, Alex's language skills began to flourish. His confidence in speaking French improved, and he started expressing himself more comfortably in both languages. Through the supportive environment provided by his parents, along with additional resources and targeted interventions, Alex overcame his initial challenges and developed a strong foundation in both English and French.

Alex's story illustrates the significance of being patient and flexible when supporting a child's multilingual journey. By recognizing that language acquisition takes time and progress may vary, parents can create a nurturing environment where their child feels comfortable experimenting with and practicing different languages. Through patience, adaptability, and appropriate interventions, children like Alex can overcome obstacles and develop fluency in multiple languages, opening doors to a world of opportunities.

- **Seek Support from the Community :** Connect with other expat parents and multicultural families who are also navigating multilingual education. Join local language groups, online forums, or

social media communities where you can share experiences, exchange tips, and seek guidance from those who have already gone through similar journeys. Building a support network of like-minded individuals will provide valuable insights, encouragement, and a sense of belonging.

One real-life example that illustrates the importance of seeking support from the community in navigating multilingual education is the story of Sarah and her family. When Sarah and her husband moved to a new country, they wanted to ensure their children maintained their native language while also learning the local language.

Sarah discovered a local expat community group specifically dedicated to supporting families raising multilingual children. She attended their monthly meetings and connected with other expat parents who were facing similar challenges. Among the group, she met Laura, a parent who had successfully raised bilingual children in the same country.

Sarah and Laura quickly formed a bond and began exchanging tips and resources. Laura shared her experiences, including strategies she had used to create a language-rich environment at home and insights into local language programs. She also introduced Sarah to a local language club where children could practice their language skills in a fun and interactive setting.

Through their regular interactions, Sarah not only received practical advice but also found a sense of support and understanding. She realized that she wasn't alone in her journey and that there were others who could empathize with the joys and struggles of raising multilingual children.

The community group organized various events and workshops where families could come together and celebrate their diverse languages and cultures.

Sarah and her children attended these gatherings, which allowed them to interact with other multilingual families and engage in language-based activities. The children formed friendships with peers who were also navigating multiple languages, creating a supportive network for language practice and cultural exchange.

By seeking support from the community, Sarah gained valuable insights, practical strategies, and a sense of belonging. The connections she made with other expat parents and multicultural families provided her with the encouragement and guidance she needed to navigate the complexities of multilingual education. Through this community, Sarah's children were able to maintain their native language while also embracing the local language and culture of their new home.

- **Celebrate Progress and Success :** Celebrate your child's language milestones and successes along their language learning journey. Acknowledge their efforts, progress, and achievements, regardless of how small they may seem.



Positive reinforcement and recognition will motivate your child to continue their language learning and instill a sense of pride in their multilingual abilities.

One real-life example that demonstrates the importance of celebrating progress and success in multilingual education is the story of Ricky and his family. Ricky's parents wanted to raise him to be fluent in both their native language and the language of their new country.

As Ricky began learning the second language, his parents recognized the importance of acknowledging his efforts and celebrating his achievements. They set small milestones for him to reach and praised him whenever he made progress. For example, when he successfully learned new vocabulary words or had a conversation in the second language, they would commend his hard work and To make the celebration more meaningful, Ricky's parents created a reward system. For every milestone he achieved, they would plan a special family outing or activity that incorporated both languages and cultures. This could involve visiting a museum, cooking a traditional meal together, or attending a cultural event.

On one occasion, when Ricky reached a significant milestone of speaking a full sentence in the second language, his parents surprised him with a trip to a language-themed amusement park. They spent the day enjoying language-focused games, interactive exhibits, and shows that highlighted the benefits of multilingualism.

The celebration of Ricky's language milestones and successes not only motivated him to continue learning but also fostered a sense of pride in his language abilities. He felt recognized and valued for his hard work, which boosted his confidence and enthusiasm for language learning.

Over time, as Ricky achieved more milestones and witnessed his progress, his parents noticed a positive shift in his attitude towards language learning. He became more eager to practice, engaged in conversations with native speakers, and even started exploring additional languages out of curiosity.

By celebrating Ricky's language milestones and successes, his parents created a positive and supportive environment that encouraged his multilingual development.



Ricky's journey exemplifies how celebrating progress and success can instill a sense of pride, foster enthusiasm, and fuel continued language growth in multilingual children.

Navigating multilingual education as an expat parent requires careful planning, commitment, and support. By setting clear language goals, creating a language-rich environment, and utilizing resources and community support, expat parents can provide their children with the invaluable gift of multilingualism. Embracing cultural immersion, fostering social interaction, and being patient and flexible are key to helping children thrive in a multilingual environment. Through this journey, expat parents empower their children to embrace linguistic diversity, expand their horizons, and become global citizens equipped for success in our interconnected world.

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A photograph of two young children sitting on a white armchair in a library. The child on the left has curly blonde hair and is wearing a white collared shirt. The child on the right has straight blonde hair and is wearing a colorful plaid shirt. They are both looking at a large red book held by the child on the left. The background is a white bookshelf filled with colorful books.

UNLOCKING GLOBAL  
LEARNING IN MALAGA

by Maeva Da Costa

*Entertainment*

# INTERNATIONAL KIDS CLUB "EL CAMPANARIO"



In the bustling city of Malaga, Spain, a vibrant educational institution stands tall, welcoming children from all corners of the globe. The International Kids Club "El Campanario" is not just an ordinary school; it is a melting pot of cultures, languages, and experiences. With its commitment to nurturing young minds and fostering international understanding, this unique educational establishment has become a symbol of unity and global learning in the heart of Malaga.

Located in a picturesque setting surrounded by lush greenery, "El Campanario" is more than just a school. It serves as a home away from home for expatriate families and international students residing in Malaga. By embracing diversity and celebrating various cultures, the school creates a supportive environment where students feel a sense of belonging, irrespective of their backgrounds.

At "El Campanario," the curriculum transcends conventional boundaries, combining the best educational practices from around the world.

The school follows the International Baccalaureate (IB) programme, renowned for its emphasis on critical thinking, creativity, and global perspectives. Through a holistic approach to education, students are encouraged to explore their passions, develop strong values, and become active global citizens.

One of the highlights of "El Campanario" is its dedication to language learning. Recognizing the importance of multilingualism in an interconnected world, the school offers a comprehensive language program. Students have the opportunity to learn Spanish, English, and other foreign languages through immersive teaching methods, ensuring that they become proficient communicators in multiple languages.



Education at "El Campanario" extends beyond the confines of the classroom. The school strongly believes in providing a well-rounded education, emphasizing the development of social skills, emotional intelligence, and physical well-being. Students are encouraged to participate in various extracurricular activities, including sports, arts, music, and community service, allowing them to explore their talents and interests beyond academics.

As an international school, "El Campanario" understands the significance of fostering a global perspective in its students. The school organizes regular cultural exchanges, international trips, and collaborative projects with partner schools around the world. These experiences provide students with a firsthand understanding of different cultures, fostering empathy, open-mindedness, and respect for diversity.

The success of "El Campanario" can be attributed to its exceptional faculty members. Comprising passionate educators from diverse backgrounds, the school's teachers are dedicated to creating a nurturing and intellectually stimulating environment. With a student-centered approach, they guide and inspire students to reach their full potential, fostering a love for learning that extends far beyond the classroom walls.

International Kids Club "El Campanario" stands as a testament to the power of education in uniting diverse communities. By providing an inclusive environment, an exceptional curriculum, and a global perspective, the school paves the way for young learners to become compassionate, knowledgeable, and well-rounded individuals. In a world that grows increasingly interconnected, "El Campanario" serves as a beacon of inspiration, nurturing the leaders and changemakers of tomorrow.

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# HAVING A SPORTING GOAL AS A FAMILY

by Meghan Tait  
*Exercise & fitness*



You will have fun' they said, 'it would be a great experience' they said, WELL it actually was and is! So chuck out all those negative thoughts and lets find an appropriate sporting goal for you and the family. Something you can all work towards and have fun in doing aswell as reap the rewards of that day, the build up of excitement and then the ultimate gratitude and feeling of accomplishment at the end. I am willing to bet that either you or other family members or both will be asking 'so when are we doing the next one' or 'that again' ?

Family fitness is for every family, large and small, young and old, urban and rural.

It would be best to introduce this as early as possible into your childs upbringing as incorporating exercise at a young age helps to set the stage for healthy habits as an adult, however its never too late to have a sporting goal together, regardless of their age or ages.

As we juggle work and life, be mindful that research shows active parents raise active children and that Fitness should ALWAYS be a priority in a family's daily schedule.

Let's have a look at some of the benefits of exercising as a family for the kids and parents or carers :

Firstly it allows us to learn our aswell as our childs strengths and weaknesses, and through this you can find what motivates your child, and therefore encourage good behavior or nip bad habits (like being a sore loser) in the bud.

Bonding through exercise also helps develop stronger relationships and creates trust.

As parents or caregivers working together as a team helps children feel safe and good about themselves.

Furthermore Families that exercise together don't just strengthen their muscles, they ultimately strengthening their emotional connection.

So where to go from here and what are the options:

Well its one of three training options,

- (1) involving your family in your up and coming race
- (2) two incorporating your family into your race day
- (3) doing a race as a family.



So you have finally decided to have a fitness goal and have registered for a race, for the majority of us racing is a hobby, but still you deserve to have that time for your training and there is a way to incorporate your family into your training lifestyle

So it will have to be a balance between incorporating them into your training and incorporating your training around your family.

The two go hand in hand to give you the opportunity to maximize time with yourself, your family and your training.

The easiest way to incorporate your training around your family is to choose training times that don't interfere with the day. This could mean early or late starts when your kids are asleep or possibly Getting creative with your mileage, don't think it has to all be done at the same time all the time, do a short run in the morning, a short run at lunch and a short run in the evening. Regardless of when it is about picking the times when you are free and not seeing what you're doing as a sacrifice of your free time but as just another fun hobby you get to focus on in that time.

No training will ever be perfect and it is better to do something than nothing at all, even if its ten minutes, most people seem to think that any training under 45 mins isn't beneficial, but science and research have proven that long workouts are not ideal for everyone's body type and quality minutes are always better than quantity whereby most of the minutes are wasted getting distracted, talking or too long recoveries. The second part is incorporating your family into your training.

Perhaps you have a toddler, run with the stroller, possibly running to an outdoor park area where you could fit in some strength or stretches whilst your kiddo plays and continue running when it's time to continue.

Possibly going a little further in distance each time whereby it's a comfortable transition in time for the little one, as another option doing hill repeats with your toddler in the stroller for extra resistance whereby you log in a bit of cardio and strength

If your kids are older and are no longer using a stroller, you can jog laps around the playground while they play. Another example is taking your strength training and doing it indoors where you can communicate with your family if needed.

Having them join in for most of your training means having your family at the big day, the RACE day, the best way to do this is to get them involved in some way, for kids, this could be having them hold your country flag if you from out of town, or this could be having them make a sign for mom or dad who is doing the race.

During the event, bring your family to the start line or expo while you are there, engage them in the surroundings and the energy of the event, also tell them your feelings, be honest, and let them know if you are nervous or excited.

Communication and activity are the two best ways to get your family involved and excited about what you do.



A race is not just your hobby that you sacrifice for, its something the entire family most likely worked for.

Try show your family the fruits of your labor and the meaning of their support. If the event is ok with it, take your family with you across the finish line.

Remember incorporating your family into the whole process from start to finish means this is not just a win for you, it's a win for everyone.

Be positive, involve your family, go get the medal and enter the next one

So the final part would be doing a race together as a family, entering a local 5km or 10km running race, a mini duathlon or triathlon, cycle race, spartan, kids of any age can join in strollers for fun runs, but toddlers as young as 3 years old can walk and run quite comfortably and get to the finish line, don't call it working out or exercise because its about playing together, children don't need working out, you just need to set the example and want to participate and leverage their imagination and games that they would naturally play, 4 points to consider :

1.Keep it FUN- as your little ones get older, there will be opportunities for serious training, but for middle school age and under just keep it light.

2.Set Goals-help your child or children to decide on something that's achievable yet still challenging. Make it a treat and not a task integrating activity into daily life, 'don't make it a ring fenced task' it's a treat, a means of getting somewhere or a way to socialise.

Finally make sport a normal part of life, if a kid doesn't find sports fun.....

KEEP TRYING to expose children to as many activities as you can. Through exposure, children will find something they enjoy and will stick with it.

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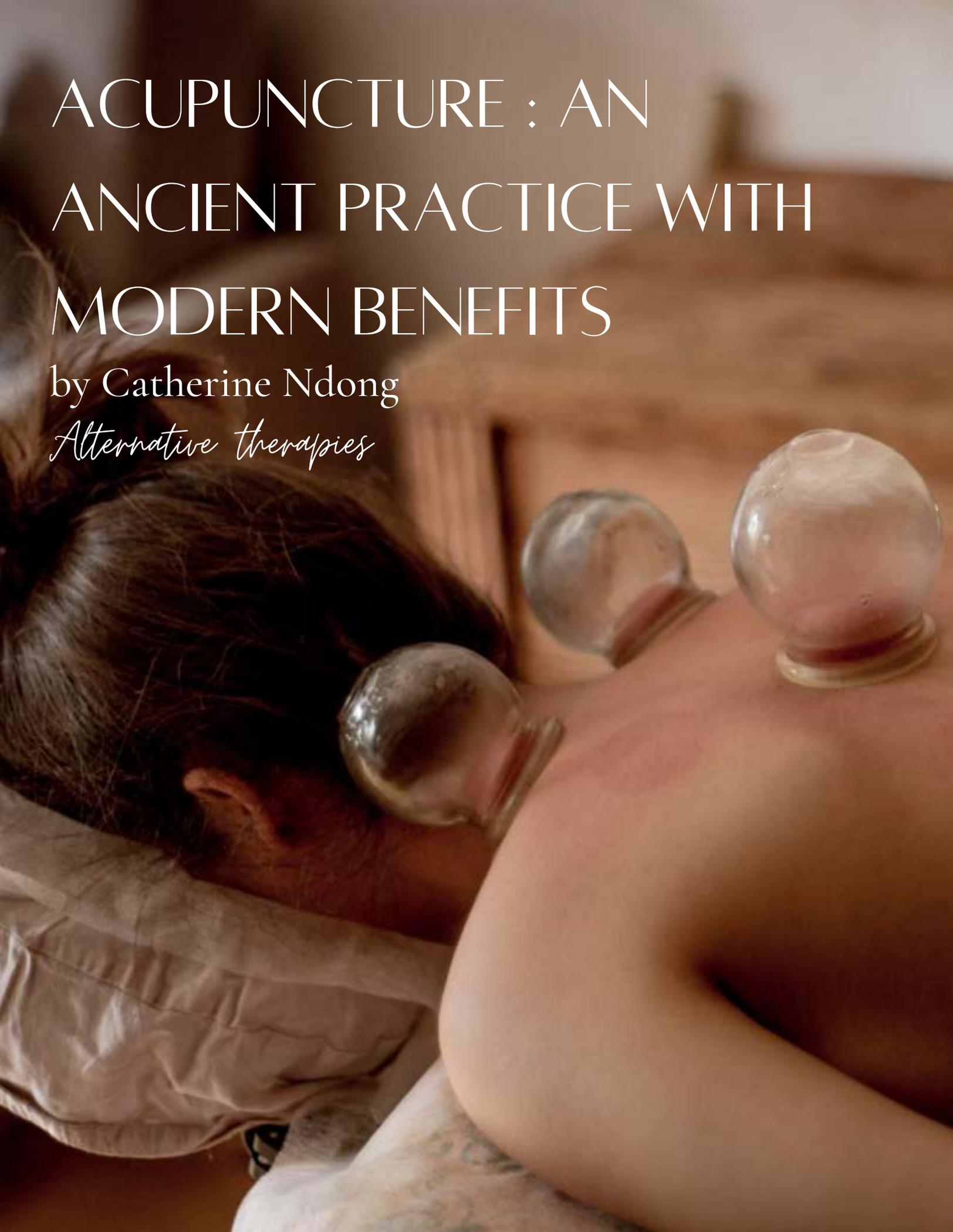
3.Spark some competition- as mentioned, signing up for a local 5k together or hold a casual competition among friends and family.

4.Reward the effort and focus on praise rather than improvement- of course you want your kids to exercise for the health benefits and the stress relief, but sometimes a little external motivation cant hurt.



# ACUPUNCTURE : AN ANCIENT PRACTICE WITH MODERN BENEFITS

by Catherine Ndong  
*Alternative therapies*



Acupuncture is an ancient practice that has been used for thousands of years to treat various physical and mental health conditions.

It is based on the principles of Traditional Chinese Medicine (TCM), which views the body as a network of interconnected channels or meridians through which energy flows.

Acupuncture involves the insertion of thin, sterile needles into specific points along these meridians to stimulate the body's natural healing response.

While some people may be wary of needles, acupuncture has gained popularity in recent years as a safe and effective alternative therapy for a wide range of conditions. Here are some of the benefits of acupuncture :

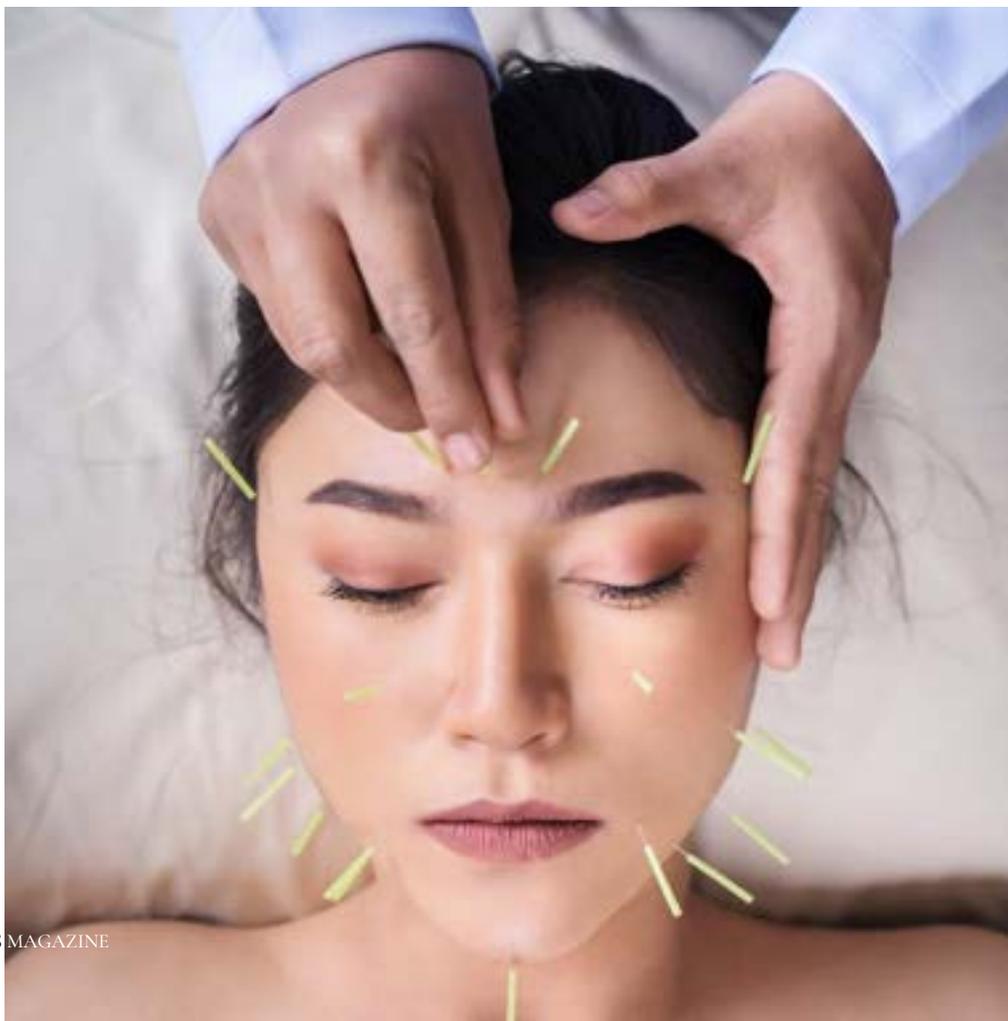
1. Pain relief: Acupuncture has been shown to be effective in reducing pain, both acute and chronic. It is often used to treat conditions such as back pain, neck pain, headaches, and arthritis.

2. Stress reduction: Acupuncture has a calming effect on the nervous system, which can help to reduce stress and anxiety. It has also been shown to improve sleep quality and reduce symptoms of depression.

3. Improved digestion: Acupuncture can help to regulate digestion and reduce symptoms of digestive disorders such as irritable bowel syndrome (IBS) and acid reflux.

4. Enhanced fertility: Acupuncture has been shown to be beneficial in improving fertility for both men and women. It can help to regulate hormones, increase blood flow to the reproductive organs, and reduce stress, all of which can improve fertility.

5. Boosted immune system: Acupuncture has been shown to stimulate the immune system, helping to increase the body's natural defenses against illness and disease.



If you are considering trying acupuncture, it is important to choose a licensed and experienced practitioner.

During a session, your acupuncturist will assess your individual needs and create a treatment plan tailored to your specific condition.

Acupuncture sessions typically last between 30-60 minutes and may be recommended on a regular basis for optimal results.

In conclusion, acupuncture is a safe and effective alternative therapy that can provide numerous benefits for both physical and mental health.

It is a holistic approach that treats the whole person, rather than just the symptoms of a particular condition.

With its long history of use and modern research backing its benefits, acupuncture is a valuable tool in achieving overall wellness.

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# MEGHAN TAIT

by Cita Jenko

*To Discover*

# MEGHAN TAIT

## REVOLUTIONIZING HOLISTIC HEALTH AND REHABILITATION

Megan Tait's remarkable career as a physiotherapist and personal trainer spans over 24 years, with her expertise derived from a lifelong passion for physical activity and a deep-rooted commitment to promoting overall well-being. From her early days as a sprinter and sports enthusiast, Megan developed a profound sense of discipline that has shaped her holistic approach to health. With a diverse educational background and a relentless drive for continuous learning, Megan has established herself as a highly sought-after professional in her field.

Megan's qualifications in exercise science and personal training set her apart as a dedicated professional. In addition to her foundational degree, she has pursued advanced certifications in hydrotherapy, sports nutrition, sports massage therapy, and various fitness disciplines, including spinning and TRX. She has also obtained specialized training in exercise and pregnancy sports, children's exercises, body mechanics, and posture correction. Megan's primary focus lies in orthopedic rehabilitation, where she guides individuals through pre and post-surgery recovery for ankles, knees, hips, and shoulders.

Having worked in different countries, Megan has gained invaluable experience and insights into diverse cultures. Beginning her career in her home country of South Africa,

she expanded her professional horizons to Saudi Arabia before settling in Malaga, Spain. Working with individuals from various backgrounds has broadened her understanding of rehabilitation and enriched her expertise, making her a versatile and adaptable practitioner.

Megan's methodology extends beyond traditional physiotherapy, massage therapy, and personal training. She seamlessly integrates spirituality, nutrition, and psychological practices into her holistic approach to healing. While she initially worked with clients of all ages, Megan has recently dedicated her focus to children and adolescents aged 8 to 16. Recognizing the importance of cultivating correct posture and a positive body image from an early age, Megan emphasizes early intervention and education as essential elements of her practice.

Addressing the unique challenges of working with children, Megan acknowledges the difficulty in identifying hindrances to their progress and helping them adopt better postures. She also highlights the significance of encouraging children to develop consistent habits beyond their therapy sessions. Tailoring her approach to each client's specific needs, Megan's therapy sessions typically range from 30 to 45 minutes for children and extend to an hour for older individuals. The duration of therapy is influenced by various factors, such as the nature of the issue, client dedication, and accessibility.



Megan offers a wide range of services to her clients, including personal training and rehabilitation. Her expertise encompasses post-surgery and injury rehabilitation, preventive physical fitness, weight management, and support for athletes. She provides her services both at her physiotherapy clinic and through home visits, ensuring accessibility for individuals with physical disabilities.

What sets Megan apart from other professionals in her field is her holistic approach to rehabilitation. She recognizes that genuine healing encompasses the physical, emotional, and spiritual dimensions of an individual. Incorporating alternative therapies such as Reiki, color therapy, and positive affirmations, Megan supports her clients' overall well-being while respecting their openness to different methods.

Megan understands the vital role nutrition plays in achieving overall health and well-being. While she doesn't consider herself a nutritionist, she offers valuable insights

and practical suggestions to help clients make informed dietary choices. Recognizing the intricate connection between nutrition and holistic care, Megan emphasizes the importance of integrating nutrition into her clients' personalized plans, particularly for those struggling with weight management.

Megan's commitment to continuous learning drives her to stay updated with the latest advances in her industry. By attending workshops, training programs, and engaging in professional development opportunities, she ensures she can provide the highest quality care and support to her clients. Recognizing the diverse cultural backgrounds of her clientele, Megan adapts her approach with empathy and understanding, building trust and understanding unique perspectives on health and well-being.

If you're searching for a compassionate physiotherapist or personal trainer who approaches healing from a holistic perspective, Megan Tait is the professional you can trust. Whether you need rehabilitation after an injury, posture correction, or a comprehensive wellness plan, Megan's personalized care and unwavering dedication will support you on your path to recovery.

To learn more about Megan and her work, please visit her website at

<https://mfit-training.com/>

or

<https://www.lakehealth.es/>

Megan's clinic, co-owned with Richard Lake eagerly look forward to helping you achieve your health and wellness goals.



Lakesportmfit



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**PURE PHYSIO**  
GIBRALTAR

# FROM DEPRESSION TO ENTREPRENEURSHIP

by Catherine Ndong

*Success Stories*



Sophie had always felt like something was missing in her life.

Despite her best efforts, she struggled with depression, anxiety, and low self-esteem.

For years, she felt like she was stuck in a rut, unable to break free from the cycle of negative thoughts and emotions that seemed to consume her.

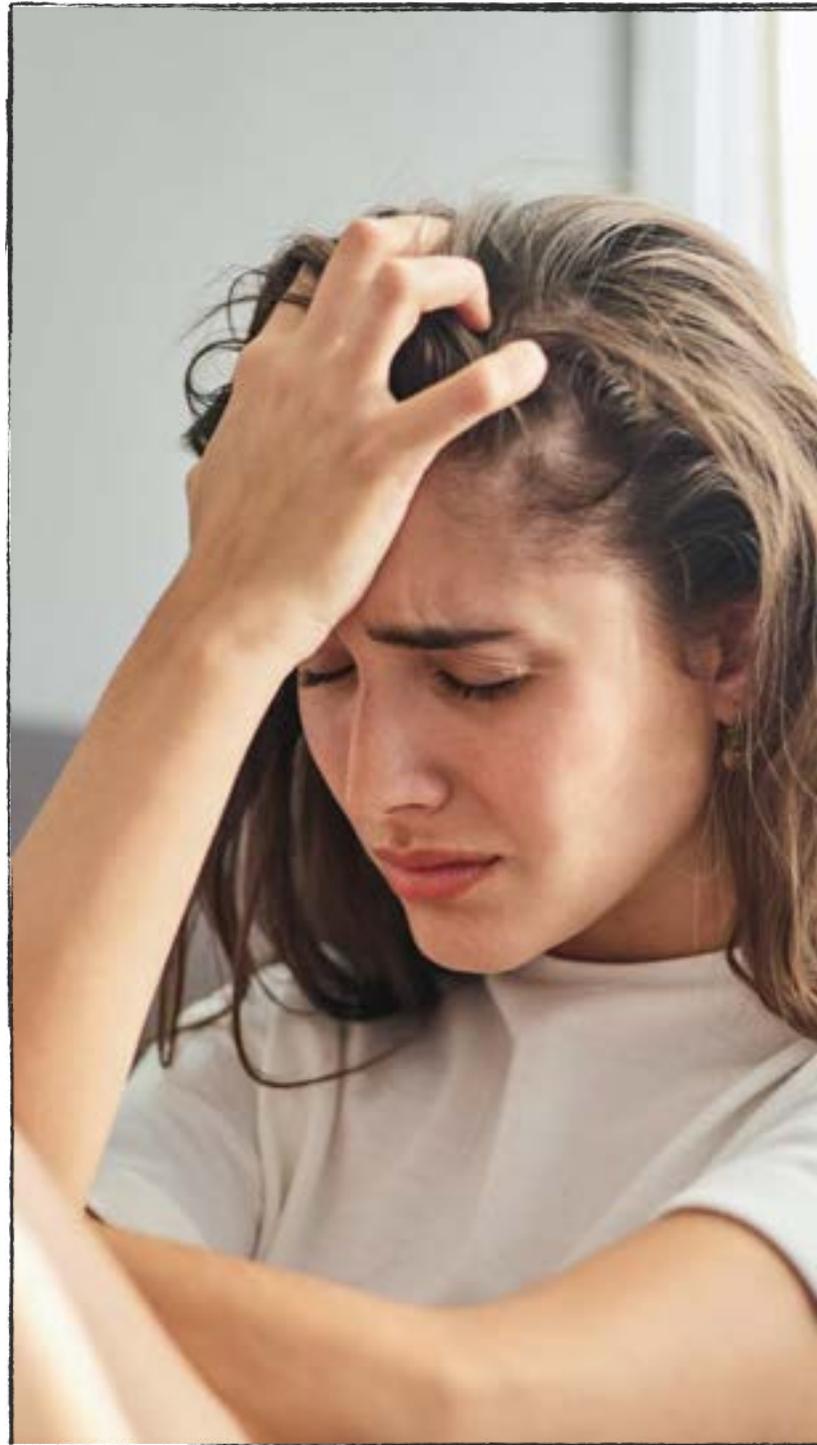
But one day, Sophie decided enough was enough. She sought out a therapist who could help her get to the root of her issues and develop a plan for moving forward.

With the support of her therapist and a commitment to self-care, Sophie began to feel like she was finally making progress.

As her mental health improved, Sophie started to explore her interests and discover new passions.

She had always been interested in entrepreneurship, but had never felt confident enough to pursue it.

With the encouragement of her therapist and supportive friends, she decided to take the leap and start her own business.





Sophie launched a social media marketing agency that helps small businesses grow their online presence.

Starting a business wasn't easy, and Sophie faced many challenges along the way.

But with a strong work ethic and a clear vision for her company, she persevered and built a successful business from the ground up.

Today, Sophie is a thriving entrepreneur who has transformed her life in ways she never thought possible.

She's proud of what she's accomplished and grateful for the support and guidance she received along the way.

Sophie's story is a testament to the power of therapy and self-transformation.

When we take the time to care for ourselves and work on our mental health, we open ourselves up to a world of possibilities.

Whether it's starting a business, pursuing a new hobby, or simply feeling more content in our everyday lives, self-transformation is a journey worth taking.

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*grand opening*

of our

*retreat house*

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# Your letters Our answers

Dear Sir,  
I have received your letter of the 10th inst. and am glad to hear that you are well.  
I am well at present and hope these few lines will find you the same.  
I am, Sir, your obedient servant,  
J. B. Jones



*The "Letters from our Readers" is our most beloved category - a place where we take time for you and your questions about health, wellness, and mental health. Taking care of yourself can be a daunting task, and that's why we're here to help. So, if you have a burning question or just need a little guidance, feel free to write to us at : communication@therapiesmagazine.com.*

Hi Therapies Magazine,

I've been watching YouTube videos on psychology. I fell on Jordan Peterson. I would like to have your opinion on him : is Jordan Peterson reliable for psychological advice? Thanks.

Phil

Dear Phil,

Thank you for your question. Jordan Peterson is a highly educated individual with a PhD in clinical psychology and a history of publishing research in peer-reviewed journals. However, it is worth noting that he has been criticized by some in the field of psychology for his views on gender roles and his claims about the relationship between psychology and politics. Additionally, his conservative vision of life may not be comfortable or agreeable to everyone.

As professionals, we understand that not everyone will agree with everything that is said by any individual, regardless of their level of education or expertise. It is important to consider multiple perspectives and make an informed decision about what advice and guidance to follow. Ultimately, the decision to listen to Jordan Peterson's advice is up to the individual, and it is important to do what feels comfortable and supportive to them.

We hope that this response provides a helpful perspective.

Hi Therapies Magazine,

I met my partner 9 years ago. I told them I was asexual from the beginning and that I had no interest in sex. So they were aware of this since day 1. They claim they don't need sex yet constantly initiate physical contact and make sexual comments on a near-daily basis. Sex is physically and emotionally painful. I have difficulty saying no when constantly pressured and this creates feelings that I am not a real woman if I don't let my partner have sex with me. Ie, I emotionally feel like I am an inadequate woman because I only experience negative things when engaging in sexual contact and have no desire for sex. My partner seems to think I have enjoyed sex with them despite me telling them many times I just pretend and say/do what they want. I have found that just ends the sex act quicker. I have told them so many times over 9 years that I have never enjoyed sex. My partner seems to think this means I enjoy or like sex even though I have been very blunt with my partner that I am asexual, derive no pleasure from sex, and only experience physical and emotional pain from sex. He left our place the other day when I brought this up and said he's never talking about sex again. So he simply won't have the discussion. I think it might be because if he knew this entire time I didn't want sex, then he crossed the line for 9 years by pushing it relentlessly. I feel like I don't respect myself or love myself for what I allowed my body to be used for by my partner. I don't view this as rape or forced. But I never would've consented without pressure. I don't know what to do. I would like your advice on the matter.

Khloe

Hi Khloe,

Thank you for reaching out and sharing your situation. It sounds like you have been very clear with your partner about your asexuality and lack of interest in sex. It is understandable that you may feel conflicted and confused about your own feelings in this situation. It is important to remember that you have the right to say no to any sexual contact that you do not want or enjoy, regardless of what your partner may want or expect. You are not a "less real" woman for not wanting or enjoying sex. It is concerning that your partner seems to be ignoring your clear communication and dismissing your feelings on the matter. It may be helpful to have a serious conversation with your partner about your boundaries and how their actions are impacting your emotional and physical well-being. If they continue to pressure you despite your boundaries, it may be necessary to reevaluate the relationship and prioritize your own needs and safety. Additionally, it may be helpful to seek support from a therapist or counselor who can provide a safe and non-judgmental space to explore your feelings and develop a plan of action that works for you. You deserve to be in a relationship where your boundaries are respected and your needs are prioritized.

Good morning team,

I am getting married in December and my partner and I are looking to have a party. How do I make it clear that my best friend's (34F) mentally ill wife (48F) is not invited to my wedding? I don't know how to bring it up or assert the boundary without feeling like there's a double standard at play. How do I make it clear she is not invited?

I would need your help. Thanks.

Elisa

Hello Elisa,

It's important to remember that your wedding is your special day and you have the right to invite or not invite anyone you choose. When it comes to communicating this boundary to your friend, it's best, to be honest and direct, but also compassionate and understanding. You can start by expressing your excitement about the upcoming wedding and your plans for the celebration. Then, gently let your friend know that due to limited space or other logistical reasons, you are unable to invite their wife to the wedding. You can also express that this decision is not personal and does not reflect how you feel about their wife as a person.

It's important to be prepared for any potential pushback or difficult emotions your friend may express. It may be helpful to offer to talk further with them about their concerns or offer to spend time with them and their wife outside of the wedding celebration. This can help to show that your decision is not a reflection of your friendship with your friend, but rather a practical decision for your wedding. Ultimately, setting and enforcing boundaries can be challenging, but it's important to prioritize your own needs and comfort in your own wedding celebration. Remember to approach the conversation with compassion and understanding, but also firmness in your decision. Good luck!

Hi,

My bf (27M) and I (25F) have been together for over 2 years. When we first got together, our relationship got serious extremely fast. We'd be talking about getting married and working on buying a house together months into dating. We didn't end up doing either of those things due to complications. One of the main reasons is that he has a perfect credit score while mine was poor due to having to let go of some of my credit cards during the pandemic along with other stupid debt that I got myself into for being irresponsible. He wanted me to be completely debt free before we got married. Over 2 years later, I have paid off all of my payday loans, all my credit cards, and both my vehicles, and have also put away decent savings. This was a HUGE accomplishment for me, and I kind of thought that maybe he would be more perceptive to the thought now. I haven't exactly been subtle about wanting to at least be engaged. He recently messaged me to tell me that his ex, whom he was with, for almost a decade and whom I am extremely insecure about due to their history, has recently got engaged. I mentioned that it was funny that she ended up getting engaged before we did, considering we've been together twice as long. He said "Well I am still waiting for you to get your sh\*\* together" jokingly. We have a very sound relationship aside from this issue. I would love some outsider perspective on this.

Hi there,

It sounds like you have accomplished a lot in terms of paying off your debt and building up your savings, which is great to hear. It's understandable that you would want to take the next step in your relationship after putting in so much effort to become financially stable. That being said, it's important to have open communication with your partner about your goals and expectations. It seems like there may be some miscommunication or differing opinions about when the right time is to get engaged or married. While it's understandable that your partner wants you to be debt-free before getting married, it's also important to consider if there are any other underlying concerns or hesitations on his end.

The comment about waiting for you to "get your sh\*\* together" could be seen as a red flag, as it seems dismissive of your accomplishments and implies that he may still be holding onto some doubts about your financial stability. It's important to have a conversation about where you both stand in the relationship and what your goals are for the future, as well as any concerns or hesitations that either of you may have. It's also worth addressing your insecurity about his past relationship and how it may be impacting your feelings about your own relationship. Overall, open communication and addressing any underlying concerns or hesitations can help to strengthen your relationship and build a stronger foundation for the future.

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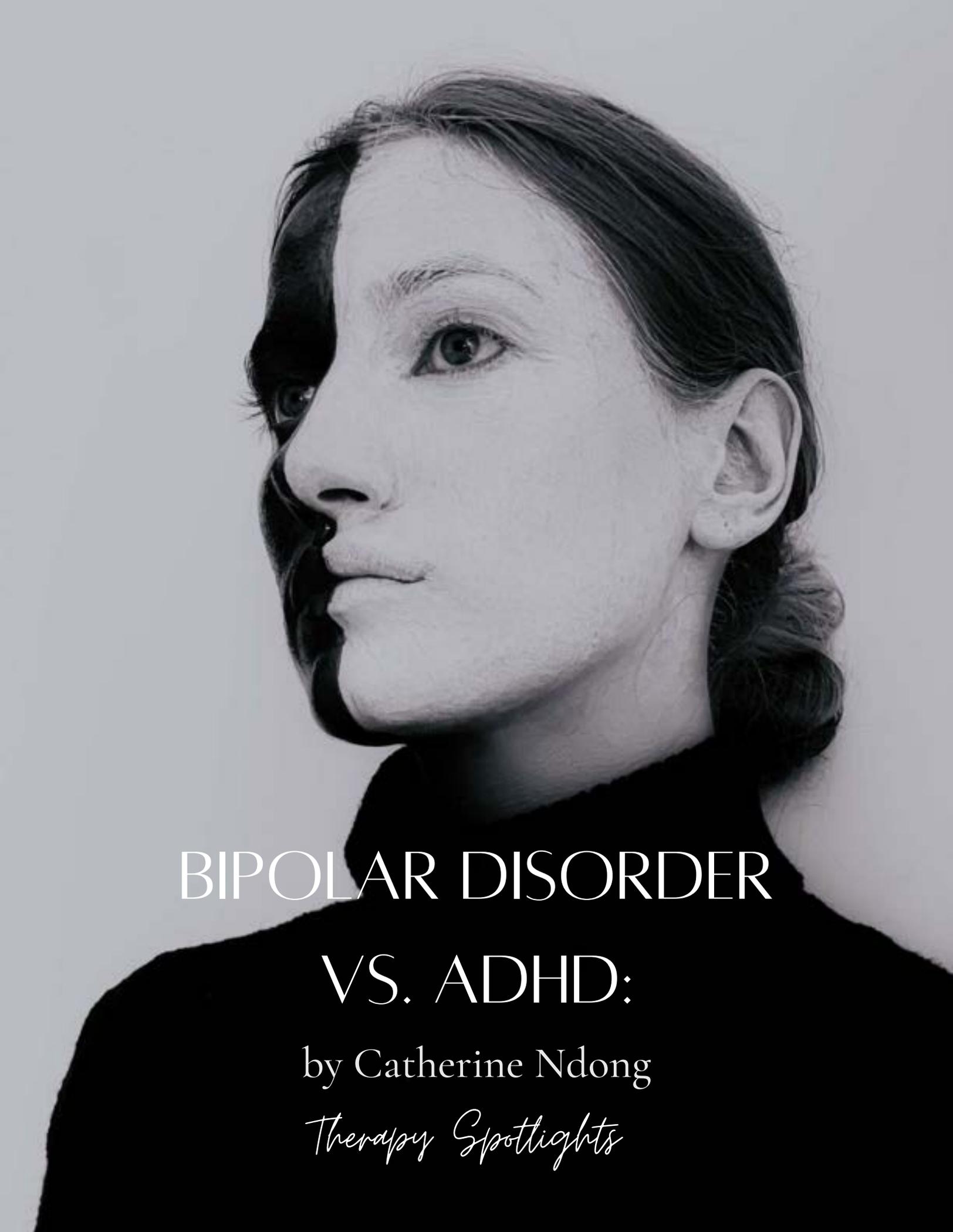
**THERAPIES**

Magazine

*Solutions for Life*



*More than a magazine, a community..*

A black and white portrait of a woman with dark hair pulled back, looking slightly to the left. A dark, shadow-like silhouette of her face is cast onto the wall behind her, creating a double-exposure effect. The lighting is soft, highlighting her features against the plain background.

BIPOLAR DISORDER

VS. ADHD:

by Catherine Ndong

*Therapy Spotlights*

Bipolar disorder and attention deficit hyperactivity disorder (ADHD) are two mental health conditions that can have similar symptoms, but they are distinct conditions with their own unique features. Understanding the differences between the two can help individuals receive the correct diagnosis and appropriate treatment.

Let's explore some everyday examples of the symptoms of bipolar disorder and ADHD. Bipolar disorder is a mood disorder characterized by cycles of depressive and manic episodes. A depressive episode may involve feelings of sadness, hopelessness, and low energy. For instance, someone with bipolar disorder may struggle to get out of bed in the morning due to overwhelming feelings of sadness and a lack of motivation. On the other hand, a manic episode may include feelings of euphoria, high energy, and a decreased need for sleep. For example, during a manic episode, an individual might feel so energized and confident that they take on multiple projects simultaneously, believing they can accomplish anything in a short period.

ADHD, on the other hand, is a neurodevelopmental disorder characterized by symptoms of inattention, hyperactivity, and impulsivity. Symptoms of inattention may include difficulty staying focused, forgetfulness, and disorganization. For example, someone with ADHD may find it challenging to complete tasks because they are easily distracted by external stimuli or their own wandering thoughts. They may frequently misplace items or forget important deadlines. Symptoms of hyperactivity and impulsivity may manifest as restlessness, fidgeting, interrupting others, and acting without considering the consequences. For instance, someone with ADHD may struggle to sit still during a meeting or class, constantly shifting in their seat and

tapping their fingers. They may impulsively blurt out thoughts or interrupt others in conversation.

While there may be some overlap in symptoms, there are several key differences between bipolar disorder and ADHD. One significant distinction is the presence of manic or hypomanic episodes in bipolar disorder, which are not present in ADHD. These episodes are characterized by extreme mood elevation, increased activity levels, and

racing thoughts. Another difference is that individuals with bipolar disorder often experience longer periods of stability between episodes, whereas individuals with ADHD typically have consistent symptoms throughout their lives.

The diagnostic process for bipolar disorder and ADHD also differs. Bipolar disorder is usually diagnosed through a comprehensive evaluation of an individual's mood patterns, behavioral history, and family background. For example, if an individual has a family history of bipolar disorder and





has experienced both depressive and manic episodes, they may be diagnosed with bipolar disorder. On the other hand, diagnosing ADHD involves assessing symptoms across multiple settings, such as school, work, and home. For instance, if an individual consistently struggles with maintaining focus, completing tasks, and staying organized in various aspects of their life, they may receive a diagnosis of ADHD.

Treatment approaches for bipolar disorder and ADHD also vary. Bipolar disorder is typically managed with mood stabilizers, such as lithium or anticonvulsants, and psychotherapy. For example, an individual with bipolar disorder may take medication to help stabilize their mood and engage in therapy to learn coping skills and manage their symptoms. On the other hand, ADHD is often treated with

stimulant medications, such as methylphenidate or amphetamines, and behavioral interventions. For instance, an individual with ADHD may be prescribed medication to improve focus and attention, along with receiving behavioral therapy to develop strategies for organization and time management.

In conclusion, while bipolar disorder and ADHD may share some similar symptoms, they are distinct conditions with their own unique features. Understanding the differences between the two can help individuals receive an accurate diagnosis and appropriate treatment, leading to improved management of their symptoms and overall mental well-being.

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A person is sitting on the floor, hunched over with their hands pressed against their head, suggesting a state of distress or anxiety. The background shows a bright window with a view of a city, a desk with books and a small bowl, and a potted plant. The overall atmosphere is one of a quiet, personal space.

# HEALING FROM TRAUMA: HOW EMDR CAN HELP REDUCE ANXIETY SYMPTOMS

by Tatiana Gil Novak

*Brain & Behavior*

Eye Movement Desensitization and Reprocessing (EMDR) is a type of therapy that has shown great effectiveness in reducing anxiety symptoms related to trauma.

Trauma can cause emotional and mental distress that can manifest in a variety of ways, including anxiety.

EMDR therapy uses a structured, rapid procedure of bilateral stimulation to help individuals process and heal from traumatic memories. In this article, we will explore how EMDR can help reduce anxiety symptoms and promote mental health.

#### *What is EMDR Anxiety Techniques Eye Movement Desensitization and Reprocessing (EMDR) ?*

Eye Movement Desensitization and Reprocessing (EMDR) is a therapy technique that has gained popularity in recent years for its effectiveness in treating anxiety and other mental health conditions.

It involves a structured procedure that combines eye movements, bilateral stimulation, and rapid eye movements to help people heal from emotional trauma.

EMDR therapy targets symptoms such as anxiety, depression, and post-traumatic stress disorder (PTSD), which are often caused by traumatic events in a person's life. The treatment process involves a series of sessions with a trained therapist who guides the patient through the procedure.

During an EMDR session, the patient is asked to recall a traumatic event while following the therapist's finger or a light source with their eyes.

The therapist then guides the patient through a series of eye movements and bilateral stimulation techniques designed to reprocess the memories associated with the event.

This process helps to desensitize the patient to the traumatic event and reduce the associated emotional distress.

EMDR therapy has been shown to be highly effective in treating anxiety and other mental health conditions. Research has shown that EMDR is just as effective as traditional talk therapy and other treatments, such as cognitive-behavioral therapy (CBT), in treating anxiety and PTSD.

In conclusion, EMDR is a powerful therapeutic technique that can help people heal from emotional trauma and reduce symptoms of anxiety, depression, and other mental health conditions.



trauma  
(med) disease  
a wound or  
leading to  
trau-

EMDR therapy involves attention to three time periods: the past, present, and future.

8-phase treatment

Phase 1 : history-taking session(s) and treatment planning

The therapist assesses the client's readiness and develops a treatment plan.

Client and therapist identify possible targets for EMDR processing. These include distressing memories and current situations that cause emotional distress.

Other targets may include related incidents in the past. Emphasis is placed on the development of specific skills and behaviors that will be needed by the client in future situations.

Initial EMDR processing may be directed to childhood events rather than to adult onset stressors or the identified critical incident if the client had a problematic childhood.

Clients generally gain insight on their situations, the emotional distress resolves and they start to change their behaviors.

The length of treatment depends upon the number of traumas and the age of PTSD onset. Generally, those with single event adult onset trauma can be successfully treated in under 5 hours. Multiple trauma victims may require a longer treatment time.

Phase 2: Preparation.

During the second phase of treatment, the therapist ensures that the client has several different ways of handling emotional distress. The therapist may teach the client a variety of imagery and stress reduction techniques the client can use during and between sessions. A goal of EMDR therapy is to produce rapid and effective change while the client maintains equilibrium during and between sessions.

Phases 3-6: In phases three to six, a target is identified and processed using EMDR therapy procedures. These involve the client identifying three things:

1. The vivid visual image related to the memory
2. A negative belief about self
3. Related emotions and body sensations.



In addition, the client identifies a positive belief. The therapist helps the client rate the positive belief as well as the intensity of the negative emotions.

After this, the client is instructed to focus on the image, negative thought, and body sensations while simultaneously engaging in EMDR processing using sets of bilateral stimulation.

These sets may include eye movements, taps, or tones.

The type and length of these sets is different for each client. At this point, the EMDR client is instructed to just notice whatever spontaneously happens.



After each set of stimulation, the clinician instructs the client to let his/her mind go blank and to notice whatever thought, feeling, image, memory, or sensation comes to mind. Depending upon the client's report, the clinician will choose the next focus of attention.

These repeated sets with directed focused attention occur numerous times throughout the session. If the client becomes distressed or has difficulty in progressing, the therapist follows established procedures to help the client get back on track.

When the client reports no distress related to the targeted memory, (s)he is asked to think of the preferred positive belief that was identified at the beginning of the session.

At this time, the client may adjust the positive belief if necessary, and then focus on it during the next set of distressing events.

Another unique aspect of EMDR is its structured procedure.

The therapist will work with the patient to identify specific memories or symptoms that are causing distress, and then guide them through a series of structured stages designed to address these issues. This can include assessing the patient's current level of distress, identifying negative beliefs and emotions related to the issue, and working to replace these with more positive beliefs and emotions.

Research suggests that EMDR can be highly effective for treating anxiety, as well as other mental health issues such as PTSD and depression. One study found that EMDR was just as effective as cognitive-behavioral therapy (CBT) for reducing symptoms of PTSD, with both therapies showing significant improvements after just a few sessions.

#### *How long does EMDR therapy usually take?*

Source: EMDR Institute, Inc.

More than 30 positive controlled outcome studies have been done on EMDR therapy. Some of the studies show that 84%-90% of single-trauma victims no longer have post-traumatic stress disorder after only three 90-minute sessions.

Another study, funded by the HMO Kaiser Permanente, found that 100% of the single-trauma victims and 77% of multiple trauma victims no longer were diagnosed with PTSD after only six 50-minute sessions. In another study, 77% of combat veterans were free of PTSD in 12 sessions.

#### Phase 7: Closure.

In phase seven, closure, the therapist asks the client to keep a log during the week. The log should document any related material that may arise. It serves to remind the client of the self-calming activities that were mastered in phase two.

#### Phase 8: Re-evaluation.

The next session begins with phase eight. Phase eight consists of examining the progress made thus far. The EMDR treatment processes all related historical events, current incidents that elicit distress, and future events that will require different responses

#### *What is the difference between EMDR and other forms of psychotherapy for anxiety?*

Unlike traditional talk therapy, EMDR incorporates specific techniques that aim to stimulate the brain's natural healing processes.

But what sets EMDR apart from other forms of psychotherapy for anxiety?

One key difference is the use of bilateral stimulation. During an EMDR session, the therapist will guide the patient through a series of eye movements or other types of bilateral stimulation, such as tapping or sounds.

This is thought to help the patient process traumatic memories or negative emotions in a more adaptive way.



There has been so much research on EMDR therapy that it is now recognized as an effective form of treatment for trauma and other disturbing experiences by organizations such as the American Psychiatric Association, the World Health Organization, and the Department of Defense.

Given the worldwide recognition as an effective treatment of trauma, you can easily see how EMDR therapy would be effective in treating the “everyday” memories that are the reason people have low self-esteem, feelings of powerlessness, and all the myriad problems that bring them in for therapy.

Over 100,000 clinicians throughout the world use the therapy. Millions of people have been treated successfully over the past 33 years.

#### *What are the potential side effects of EMDR?*

Firstly, it is worth noting that EMDR is generally considered safe and has few side effects. However, some individuals may experience a temporary increase in anxiety, distress, or vividness of memories during or after treatment

This is because EMDR therapy involves revisiting traumatic memories or stressful life experiences, which can be emotionally challenging.

In rare cases, some patients may experience more significant side effects, such as headaches, dizziness, and nausea. These side effects are typically mild and short-lived and can be reduced or eliminated by adjusting the intensity or frequency of the bilateral stimulation.

It is also worth noting that EMDR therapy is not suitable for everyone, and should only be performed by a licensed mental health professional who has received training in EMDR. Patients who have a history of seizures or other neurological disorders, or who have difficulty with eye movements, may not be good candidates for EMDR therapy.

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**THERAPIES**

Magazine

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# LOVE ACROSS MILES : BALANCING DISTANCE AND CONNECTION

by Therapies Team

*Love & relationships*



Long-distance relationships have become increasingly prevalent in today's interconnected world. Whether due to work, education, or other circumstances, many individuals find themselves in relationships that span across miles or even continents. This also happened to Meet Sarah and Mark. They met while studying abroad and their connection was instant.

After graduating, they found themselves in different countries to complete their studies. Sarah moved back to her hometown in Canada and Mark ended up in Italy. Despite the distance, Sarah and Mark decided to give their relationship a chance.

They recognized the strong emotional bond they shared and were determined to make it work.

*Can distance relationships be successful? With what kind of challenges are they dealing?*

Long-distance relationships are romantic partnerships in which the individuals involved are physically separated by a significant distance. This distance can be due to various reasons such as work obligations, educational pursuits, immigration restrictions or they simply meet on vacation and decided to give it a try. Unlike traditional relationships where couples can spend a significant amount of time together, long-distance relationships require partners to navigate the challenges of maintaining emotional connection and intimacy despite the physical separation.

The physical distance can have a profound impact on the dynamics of the relationship. Being physically separated can make it challenging to experience the day-to-day aspects of a typical relationship, such as sharing meals, engaging in leisure activities together, or even providing physical comfort during times of distress. Additionally, the absence of physical intimacy and touch can pose significant challenges to couples in long-distance relationships.

In a long-distance relationship, trust and communication serve as a base for a successful partnership. Trust is crucial as it provides reassurance and emotional security, especially when partners are unable to monitor each other's actions closely.

Effective communication becomes even more critical as it serves as the primary means of maintaining connection and understanding each other's needs, desires, and concerns.

Open and honest communication allows partners to express their emotions, discuss expectations, and work together to find solutions to challenges that arise. Technology plays a crucial role in facilitating communication in long-distance relationships, enabling partners to stay connected through phone calls, video chats, messaging, and social media platforms.



*i love you*



It is important for couples to establish communication routines and find ways to be attentive and responsive to each other's needs despite the distance.

By building a strong foundation of trust and communication, couples can lay the groundwork for a resilient and fulfilling long-distance relationship.

Understanding the dynamics and challenges of long-distance relationships is the first step towards successfully navigating the unique circumstances they present.

With a clear definition of what constitutes a long-distance relationship and an awareness of the impact of physical distance, couples can then focus on implementing strategies to overcome the hurdles and cultivate a strong and connected partnership.

#### *What challenges are they facing ?*

One of the most significant challenges in long-distance relationships is the emotional and psychological strain that partners may experience.

The physical separation can lead to feelings of loneliness, longing, and sadness. Couples in long-distance relationships may struggle with the absence of their partner's physical presence, leading to a sense of emotional emptiness and the need for additional emotional support.

It is essential for partners to be aware of these emotional challenges and provide each other with understanding, empathy, and reassurance.

When partners are in different time zones, coordinating schedules can become a complex task. Time zone differences can make it challenging to find mutually convenient times for communication and quality time together. Scheduling conflicts may arise due to work, personal commitments, or differing sleep schedules. It requires effective planning, flexibility, and compromise to establish a communication routine that accommodates both partners' needs.

Physical intimacy is a fundamental aspect of most romantic relationships. However, in long-distance relationships, partners are deprived of the physical closeness, touch, and intimacy that they would experience in a traditional relationship.

This absence can lead to feelings of frustration and a sense of longing for physical connection. Additionally, the limited amount of quality time spent together can put pressure on making the most out of the time available, potentially leading to heightened expectations or disappointment.

In any relationship, it is crucial for individuals to maintain their sense of identity and independence.

However, in long-distance relationships, the absence of physical proximity can sometimes make partners overly reliant on each other for emotional support and companionship.

This over-dependence can lead to a loss of individuality and a sense of suffocation. It is important for partners to strike a balance between nurturing the relationship and maintaining their own personal interests, friendships, and hobbies.

By acknowledging these common challenges, couples in long-distance relationships can proactively address them and work together to find solutions. Open and honest communication, understanding each other's emotional needs, and being flexible in adapting to scheduling conflicts are key factors in overcoming these challenges. Additionally, finding creative ways to maintain a sense of physical closeness and intimacy, such as through virtual dates or surprise gestures, can help bridge the gap between partners. Ultimately, it is through awareness and proactive efforts that couples can navigate the common challenges and strengthen their bond despite the distance.



*What are the strategies for successful long-distance relationships ?*

#### Effective communication :

1. **Honesty and transparency:** Honesty is the foundation of any healthy relationship, and it becomes even more crucial in long-distance relationships. Partners should be open and transparent about their feelings, concerns, and expectations. This helps to build trust and avoids misunderstandings.
2. **Utilizing technology:** Take advantage of various communication technologies available to stay connected. Regular video calls, phone calls, instant messaging, and emails can bridge the physical gap and provide a sense of closeness. Utilize different platforms and apps that suit your preferences and allow for easy and frequent communication.
3. **Establish communication routines:** contribute to the stability and predictability of the relationship. Plan specific times for video calls or telephone conversations so that both partners can devote themselves fully to each other.

### Trust and security

1. **Building and maintaining trust:** Trust is crucial in any relationship, but it becomes even more significant in a long-distance setting, as you only see the person at certain times, your body language is limited and it's harder to sense your partner's energy. It's important to trust each other's commitment and faithfulness. Communicate openly about any concerns or insecurities and work together to address them. Regularly reaffirm your commitment to each other.

2. **Addressing insecurities and jealousy:** Long-distance relationships can sometimes amplify feelings of insecurity and jealousy. It is important to openly communicate about these emotions and find ways to provide reassurance and support to each other. Avoiding situations that might trigger jealousy and being mindful of each other's boundaries can help build trust and minimize insecurities.

### Shared experiences and virtual dates

1. **Planning virtual dates and activities:** Plan activities that you can do together despite the distance. This can include cooking the same meal, eating dinner during the call, dancing for each other, create sharing playlist, watching movies or TV shows simultaneously or even playing online games together. Sharing experiences, even if virtual, helps create a sense of togetherness and shared memories.

2. **Watching movies or TV shows together:** Utilize streaming platforms that allow you to synchronize playback, enabling you to watch movies or TV shows simultaneously. This creates an opportunity for shared entertainment and the feeling of being connected while enjoying a common experience.

3. **Creating shared goals and projects:** Find shared goals or projects that you can work on together. This can be anything from planning future visits, researching and planning activities for your next reunion, or even pursuing a shared hobby or interest. Collaborating on shared goals fosters a sense of teamwork and strengthens the bond between partners.

### Managing time and priorities

1. **Understanding each other's schedules:** Recognize and respect each other's commitments, time zone differences, and schedules. Understand the demands of work, studies, and personal responsibilities. This allows for better coordination and planning of quality time together.

2. **Making time for quality conversations:** Quality over quantity is essential in long-distance relationships. Make the most of the time you have together by engaging in meaningful conversations, actively listening, and being fully present. This helps foster a deeper emotional connection despite the physical distance.

### Balancing independence and togetherness

1. **Maintaining individual hobbies and interests:** Encourage each other to maintain personal hobbies and interests. Engaging in individual activities not only enriches your own life but also provides topics for conversation and enhances personal growth. It also prevents overdependence on the relationship for fulfillment.

2. **Planning visits and future reunions:** Setting goals and planning future visits or reunions gives both partners something to look forward to. Discussing and making concrete plans for your next meeting can provide a sense of anticipation and excitement. By discussing and making concrete plans for future reunions, you create a shared vision and goal that strengthens the bond between you. This shared anticipation can help alleviate the challenges of the present and provide a sense of reassurance and commitment to the relationship. So, take the time to discuss and plan your future reunions, making them memorable and special moments that further strengthen your connection and provide a source of motivation throughout your long-distance journey.



### Engage in intimate activities

1. **Sharing intimate thoughts and fantasies:** Create a safe and non-judgmental space where you and your partner can openly share your intimate thoughts and desires. This could involve discussing your fantasies, talking about your deepest desires, or expressing what you find attractive and appealing about each other.

Engage in honest and open conversations about your sexual preferences, exploring what brings you pleasure, and understanding each other's needs and boundaries. This helps establish a deeper level of trust and understanding in your relationship.

2. **Engaging in sensual conversations:** Incorporate sensual and romantic language into your conversations. Use descriptive words and vivid imagery to express your feelings and desires. Share what you miss about physical intimacy and describe in detail the sensations and experiences you long for when you're together. Experiment with sensual role-playing over video calls, where you can create scenarios and characters to explore your fantasies together. This can add excitement and spice to your intimate connection.

Be aware: Exploring intimate experiences like sharing nude pictures or engaging in sexual activities on video calls can be a meaningful way to connect with your partner in a long-distance relationship. However, it's essential to prioritize your safety and be cautious about potential risks.

### The importance of independence and self-care

1. **Engage in individual activities:** Fill your time with activities that bring you joy and fulfillment when you're not with your partner. Pursue your hobbies, spend time with friends and family, and focus on personal growth. This will help you maintain a sense of fulfillment and independence.

2. **Practice self-care:** Take care of yourself physically, emotionally, and mentally. Engage in activities that promote your well-being, such as exercise, meditation, or practicing mindfulness.

Prioritize self-care and nurture yourself during the separation.

3. **Surround Yourself with Support:** Seek support from friends, family, or online communities who understand the challenges of long-distance relationships. Share your feelings and experiences with others who can offer empathy and encouragement.

4. **Keep a positive mindset:** Maintain a positive mindset and believe in the strength of your relationship. Focus on the future and the possibilities that lie ahead when you're reunited again. Remind yourself of the strengths and positive aspects of your relationship. Reflect on the love, trust, and connection you share with your partner. Remember that the distance is temporary, and it doesn't diminish the strength of your bond.

### Some hurdles and tips to face them :

*How can I deal with loneliness and with missing my partner?*

- Stay connected through regular communication and video calls.
- Plan visits and reunions in advance to have something to look forward to.
- Engage in activities that bring you joy and fulfillment.
- Seek support from friends, family, and online communities who understand the challenges of long-distance relationships.

*How can I deal with jealousy and insecurity?*

- Communicate openly about your feelings and concerns.
- Establish trust and reassurance through honest conversations.
- Avoid situations that might trigger jealousy and be transparent about your interactions with others.
- Focus on building self-confidence and self-worth, both individually and as a couple.

*How can I manage disagreements and conflicts?*

- Approach conflicts with patience, understanding, and a willingness to compromise.
- Practice active listening and empathy to truly understand each other's perspectives.
- Communicate your needs and expectations clearly and calmly.
- Seek resolution through open and respectful dialogue, finding win-win solutions whenever possible.



*How can I give my partner emotional support?*

- Be attentive and understanding when your partner is going through a challenging time.
- Practice active listening and offer empathy and encouragement.
- Encourage self-care activities and stress management techniques.
- Seek professional help or couples counseling if needed.

*Is it worth it?*

In every relationship, there comes a point when you question whether or not it's worth staying in the relationship. In long-distance relationships, such thoughts occur even more often because of the lack of physical proximity. So, how do I know when it's better to end a relationship?

1. Lack of communication and emotional connection: If communication becomes infrequent or shallow, and you

feel a growing emotional distance between you and your partner, it may be a sign that the relationship is no longer fulfilling

2. Unresolved trust issues: Trust is the foundation of any relationship, and long-distance relationships require an extra level of trust due to the physical separation. If trust has been repeatedly broken or if there are unresolved trust issues that persist despite efforts to address them, it may indicate that the relationship is not healthy or sustainable.

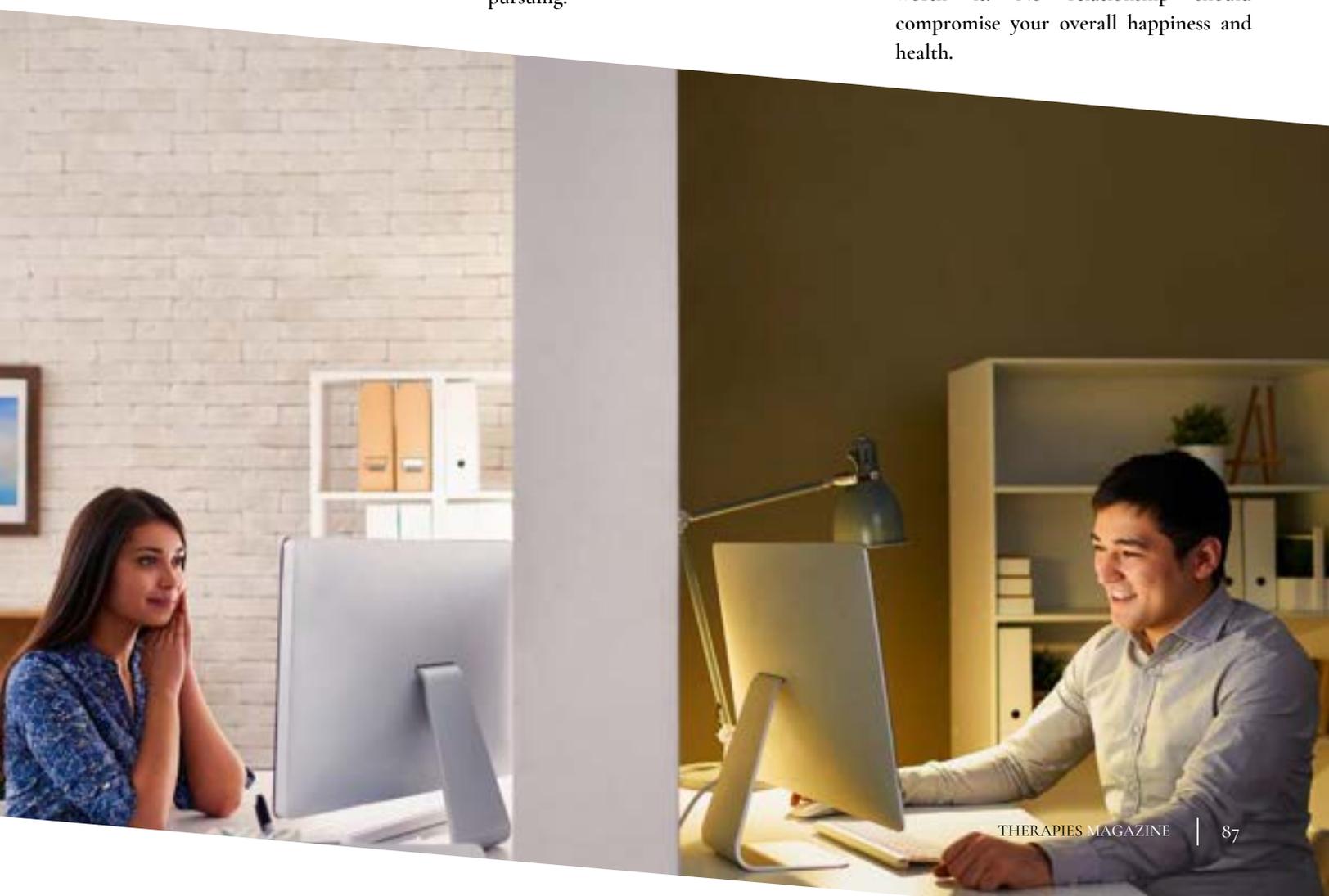
3. Imbalance in effort and commitment: A successful long-distance relationship requires both partners to be equally invested and committed. If you find that you are consistently putting in more effort, making sacrifices, or trying to maintain the relationship while your partner seems disengaged or indifferent, it may be a sign that the relationship is imbalanced and no longer worth pursuing.

4. Limited future plans or progress: Long-distance relationships often involve a period of separation with the hope of eventually closing the distance.

If there is a lack of concrete plans or progress towards that end goal, or if one or both partners are not actively working towards a future together, it may indicate that the relationship lacks a shared vision and commitment to making it work.

5. Continuous unhappiness or discontent: If you consistently feel unhappy, unfulfilled, or dissatisfied in the relationship, despite efforts to address issues and improve the situation, it may be an indication that the relationship is no longer bringing you joy or meeting your needs.

6. Neglect of individual well-being: If the relationship begins to negatively impact your mental, emotional, or physical well-being, it's important to prioritize your own self-care and evaluate whether it's worth it. No relationship should compromise your overall happiness and health.



It's crucial to remember that every relationship is unique, and these signs are not definitive proof that a long-distance relationship is no longer worth trying.

Ultimately, the decision should be based on your own feelings, intuition, and assessment of the relationship's overall health and potential for future growth. Honest self-reflection and open communication with your partner can also help provide clarity and guide your decision-making process.

While long-distance relationships may present their own set of challenges, they are not insurmountable.

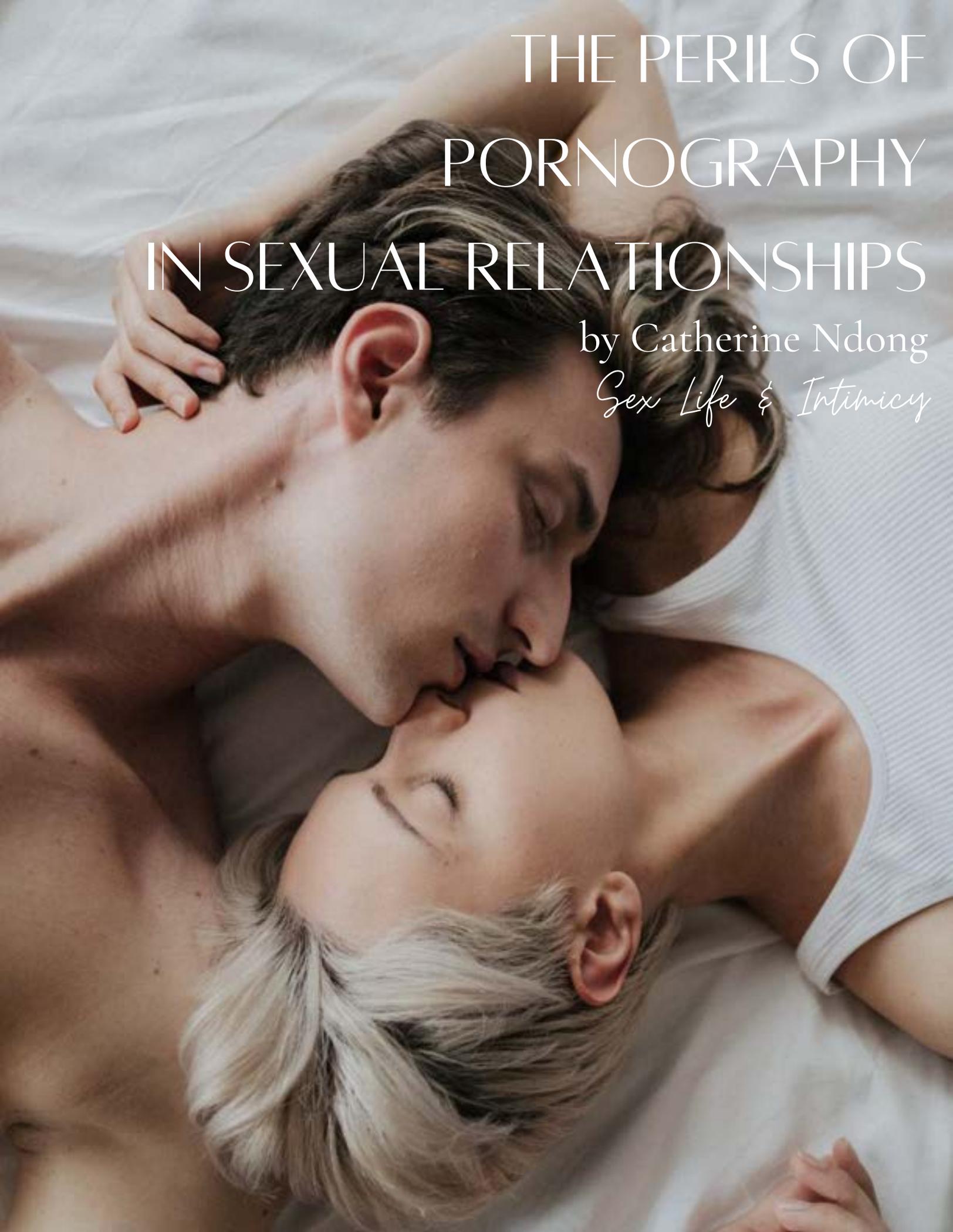
By embracing effective communication, building trust, creating shared experiences, and balancing independence with togetherness, couples can thrive in their long-distance relationships.

It is essential to remember that distance is only a temporary obstacle, and with commitment and patience, it can be conquered.

In the end, a successful long-distance relationship can strengthen the bond between partners, providing a solid foundation for a future filled with love and togetherness.

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A romantic couple is shown in a close embrace, kissing on the lips. They are lying on a bed with white linens. The man is on the left, and the woman is on the right. The lighting is soft and intimate, creating a warm and tender atmosphere. The text is overlaid on the upper right portion of the image.

# THE PERILS OF PORNOGRAPHY IN SEXUAL RELATIONSHIPS

by Catherine Ndong  
*Sex Life & Intimicy*

*In today's digital age, pornography has become increasingly accessible and prevalent, raising concerns about its potential impact on sexual relationships. This article delves into the dangers associated with pornography, exploring its effects through testimonials and real-life examples. By examining the experiences of individuals and couples, we aim to shed light on the challenges posed by pornography and the importance of open communication and understanding within intimate partnerships.*

#### 1. Unrealistic Expectations:

One of the primary dangers of pornography is the development of unrealistic expectations within a sexual relationship. Frequently, explicit material portrays idealized scenarios, flawless bodies, and exaggerated performances that may not align with real-life experiences. This can lead to dissatisfaction, self-esteem issues, and strained intimate connections.

John and Sarah, a couple in their early thirties, found themselves struggling with John's escalating pornography consumption. Sarah confessed feeling insecure about her body and sexual abilities, as she couldn't match the exaggerated performances depicted in the videos. This led to a significant decrease in their intimacy and a sense of disconnection between them.

The effects of unrealistic expectations can permeate all aspects of a sexual relationship. When one partner constantly compares their own appearance or performance to the standards set by pornography, it can create a negative cycle of self-doubt and dissatisfaction. Additionally, the unrealistic portrayal of sexual encounters in pornography can lead to a lack of communication and understanding between partners, as individuals may feel embarrassed or inadequate in discussing their desires and preferences.



#### 2. Decreased Intimacy and Emotional Connection:

Excessive reliance on pornography can erode intimacy and emotional connection within a sexual relationship. When one partner turns to explicit material as a primary source of sexual gratification, it can lead to a diminished desire for real-life interaction and emotional bonding. This can create distance between partners and hinder their ability to connect on a deeper level.

Mark and Lisa had been together for five years when Mark's increasing reliance on pornography began to affect their relationship. Lisa felt that Mark was disinterested in their intimate moments, often preferring to indulge in pornography instead. This led to feelings

of rejection and a lack of emotional connection, straining their overall relationship.

#### 3. Addiction and Escalation:

Pornography addiction is a real concern that can deeply impact individuals and their relationships. Frequent exposure to explicit material can lead to a compulsive need for more explicit content, often resulting in escalated tastes and the consumption of increasingly hardcore material. This addiction can consume significant amounts of time and energy, further distancing individuals from their partners.

Helen's partner, Mike, struggled with an addiction to pornography that had progressively worsened over the years.



Mike's escalating consumption led him down a path of increasingly hardcore material, eventually causing him to lose interest in real-life sexual encounters. This addiction strained their relationship, leading to trust issues and a loss of emotional connection.

In the first part of this article, we explored the impact of pornography on sexual relationships and examined potential solutions through testimonials and examples. In this continuation, we delve deeper into additional strategies that can help couples address the challenges associated with pornography, fostering stronger and healthier relationships.

#### 1. Open and Honest Communication: The Foundation of Trust

Communication is key to addressing the impact of pornography on sexual relationships. Partners must create a safe space to discuss their thoughts, concerns, and boundaries openly. Encouraging non-judgmental dialogue allows for a deeper understanding of each other's perspectives.

Tamara and Ricky found that discussing their feelings about pornography enhanced their connection. By openly sharing their insecurities and desires, they

were able to set clear boundaries that respected their values.

2. Establish Mutual Consent and Boundaries  
Establishing mutual consent and boundaries is essential when it comes to pornography consumption. Couples

“  
**COMMUNICATION IS KEY  
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”

should engage in thoughtful conversations to determine what is acceptable and what crosses personal boundaries. This process helps ensure that both partners feel respected and comfortable.

Emily and Harry discovered that by setting clear boundaries, they developed a deeper sense of trust and intimacy. They agreed on specific guidelines regarding the types of content they were comfortable with, when it could be accessed, and how it should be incorporated, if at all, into their intimate moments.

3. Educate and Foster Empathy  
Understanding the potential effects of pornography on individuals and relationships is crucial. Educating oneself about the industry, its impact, and the difference between fantasy and reality can help develop empathy and compassion. Recognizing that pornography does not reflect real-life intimacy can lead to healthier expectations and less comparison.

James and Lisa found that educating themselves about the influence of pornography empowered them to have more open discussions. They developed empathy by acknowledging that pornography is a fantasy-driven depiction and that real-life relationships are built on genuine emotional and physical connections.

4. Seek Professional Guidance if Needed  
If the impact of pornography on your relationship feels overwhelming or unmanageable, seeking professional guidance can provide valuable support. Couples therapy or individual counseling can help navigate the complexities and address underlying issues.

David and Michelle sought the assistance of a relationship therapist when they realized that pornography was negatively affecting their intimacy. With the guidance of a professional, they were able to work through trust issues and develop strategies to rebuild their connection.

#### 5. Cultivate Emotional Intimacy

Emotional intimacy plays a vital role in maintaining a healthy sexual relationship. Spending quality time together, engaging in meaningful conversations, and actively listening to each other's needs and desires can deepen emotional bonds. By focusing on emotional connection, couples can reduce their reliance on pornography as a substitute for genuine intimacy.

Amy and Michael discovered that prioritizing emotional intimacy enriched their sexual relationship. They dedicated time to connect on an emotional level, engaging in activities such as sharing their dreams and aspirations, expressing gratitude, and engaging in non-sexual touch, all of which strengthened their bond.

#### 6. Explore Shared Fantasies and Desires

Rather than solely relying on pornography for sexual stimulation, couples can explore their own fantasies and desires together. By openly discussing and experimenting with shared fantasies, they can create a safe and exciting space for intimate exploration, allowing for a deeper sense of satisfaction and connection.

Jessica and Alex found that exploring their own shared fantasies and desires added a new dimension to their sexual experiences. They engaged in open conversations, expressed their fantasies, and worked together to incorporate elements into their intimate moments, enhancing their overall satisfaction and pleasure.

#### 7. Invest in Sex Education and Resources

Educating oneself about sexuality, intimacy, and diverse sexual experiences can empower couples to navigate the challenges of pornography more effectively. By seeking reliable sex education resources, attending workshops or seminars, and exploring books or online materials on sexual well-being, couples can expand their knowledge and have informed discussions about their desires and boundaries.

Rebecca and Daniel actively sought out sex education resources to enhance their sexual relationship. They discovered that investing time in understanding sexual well-being and exploring different techniques and approaches helped them create a more fulfilling and satisfying intimate connection.

#### 8. Practice Self-Care and Self-Reflection

Individual well-being is crucial in maintaining a healthy sexual relationship. Each partner should prioritize self-care and engage in self-reflection to understand their own desires, boundaries, and insecurities. Taking care of oneself emotionally, physically, and mentally can contribute to a stronger foundation for intimacy.

Thomas and Sarah realized that self-care was essential in addressing the impact of pornography on their relationship.

By focusing on their individual well-being, including engaging in activities they enjoyed, pursuing personal goals, and seeking therapy when needed, they were able to cultivate a healthier and more fulfilling partnership.



Pornography, if not approached with caution, can pose significant challenges within sexual relationships. Unrealistic expectations, decreased intimacy, and the potential for addiction are just a few of the dangers it presents. However, by actively addressing these issues and implementing the suggested solutions, couples can navigate the perils of pornography and cultivate healthier, more fulfilling relationships.

Open communication, trust, and understanding serve as the foundation for tackling the impact of pornography. By openly discussing concerns, boundaries, and desires, partners can establish a safe space for dialogue and strengthen their connection.

Educating oneself about the potential effects of pornography and differentiating between fantasy and reality is crucial. By gaining knowledge and fostering empathy, couples can develop healthier expectations and reduce the negative impact of pornography on their relationship.



#### DID YOU KNOW ?

While bipolar disorder and ADHD are distinct conditions, they can share certain symptoms, leading to potential misdiagnosis or confusion. For example, both disorders may involve difficulties with attention and impulsivity. However, what distinguishes bipolar disorder is the presence of distinct mood episodes (depressive and manic) that are not observed in ADHD.

Seeking professional guidance, when needed, can provide valuable support. Relationship therapists can assist in addressing underlying issues, rebuilding trust, and developing effective strategies to navigate the challenges presented by pornography.

In addition to the previously mentioned solutions, further strategies can enhance sexual relationships. Cultivating emotional intimacy by dedicating quality time, exploring shared fantasies and desires, and investing in sex education and resources are all impactful ways to foster a stronger connection and address the influence of pornography.

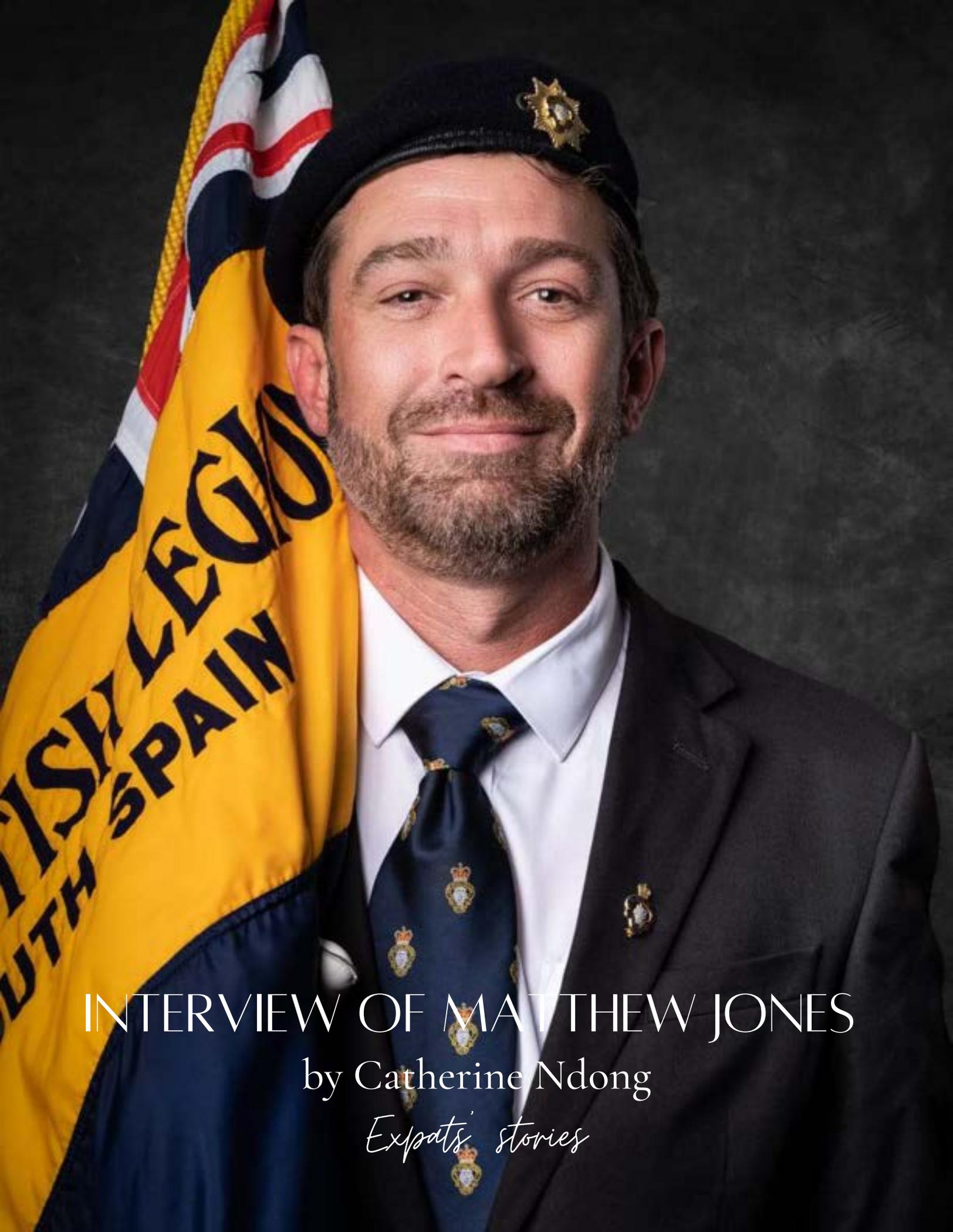
By sharing testimonials and examples, we hope to raise awareness about the potential perils of pornography and emphasize the importance of cultivating healthy and fulfilling sexual relationships based on realistic expectations, emotional connection, and mutual respect. Together, by implementing these solutions and continuously adapting, couples can navigate the challenges posed by pornography and strive for more fulfilling and intimate connections.

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Ayuntamiento  
de Málaga





# INTERVIEW OF MATTHEW JONES

by Catherine Ndong

*Expats' stories*

*Therapies Magazine* : Thank you for the interview. Could you introduce yourself?

*Matthew Jones* : My name is Matthew Jones, and I made the decision to move from England to Spain on July 1st. It has been 15 years since I became an official resident here in 2008. The catalyst for my move was my father, who had already relocated to Spain prior to my visit. At the time, I was working in the newspaper industry, specifically in advertising sales for media outlets such as the Daily Mail Group and Metro. However, I grew tired of the fast-paced nature of the media industry and the prospect of relocating to London. So, I took a leap of faith and used my redundancy money to start anew in a van with a friend.

Together, we embarked on an incredible journey, driving a seven and a half-ton truck loaded with our belongings. We traveled through France, eventually reaching Barcelona, where we caught a ferry to New York to deliver another portion of our load. The experience was remarkable, and upon our return, I had a realization—I no longer wanted to continue living in my home country. This realization led me to consider a career change and explore new opportunities in Spain.

During my stay at my father's apartment, I noticed two newspapers on his table: The Sur in English and The Olive Press - Costa del Sol. Intrigued, I made a mental note of them. After some contemplation, I decided to send my CV to these companies and see what possibilities might arise. While The Sur in English didn't respond, I received an invitation for an interview from The Olive Press Costa del Sol. In June 2008, I flew over for the interview, uncertain of the outcome. To my surprise, the lady who interviewed me, Diane, not only offered me the job but also became one of my closest friends. Our bond grew over the years, and I even became the godfather of her daughter. With the job secured, I packed up my belongings and officially started my new chapter on July 1st, 2008. Moving to Spain by myself was an intriguing experience, one that I now consider the best decision I've ever made.

Initially, I resided with Diane and Isabel, the same women who had interviewed me, in San Pedro. Eventually, I rented a room from them. However, the allure of my buyer and the presence of my friends and potential future wife in the Marbella area led me to discuss my plans with Diane.



She shared my enthusiasm and decided to join me in moving to my desired location. The three of us lived together for another year before Diane made the decision to return to the UK for better educational opportunities for her daughter. By then, I had already met Emma, who later became my wife. We spent some time living in Marbella before ultimately deciding to move inland.

In 2012, coinciding with the Olympic Games in the UK, Emma and I settled in a place not far from my current residence. Although I initially hesitated to leave the coastal area I loved, I discovered that I had a profound affinity for the mountains, breathtaking views, and lush greenery that the inland region offered. Surprisingly, despite being just 500 meters away from the coastline, I found myself preferring the inland lifestyle. Emma, however, did not share the same level of enthusiasm for inland living and eventually moved back to the city. Nevertheless, we remain close friends. I stayed in my charming house with 5000 square meters of land, cherishing the advantages that living inland provided.

When I eventually sold that house, which was overpriced and beyond my budget, I purchased a townhouse in the picturesque village. It has been five years since I made this investment. Living inland has numerous advantages for me. With a short 45-minute drive to Marbella or Malaga, it is ideal for work purposes. Moreover, the sense of safety and security that comes with living in a tight-knit community is truly invaluable. I can leave my front door unlocked without worry. The village atmosphere fosters a genuine sense of community, unlike the urbanized coastal areas. Of course, it's not without its flaws, such as occasional excessive curiosity about others' lives, but overall, I appreciate the welcoming and supportive environment.

The village I reside in has a population of less than 3000 and is located in the stunning mountains area, surrounded by natural parks and breathtaking scenery. I have the best of both worlds—within a short walk from my front door, I can reach the main square, and within 200 meters in the opposite direction, I'm immersed in the peaceful countryside. This proximity to nature is one of the reasons

I love living inland. Additionally, the cost of living is significantly lower compared to the coastal areas. Over the 14 years I've been here, I've witnessed prices skyrocketing, making living on the coast less affordable for many. In contrast, I now have my own spacious townhouse at a fraction of the cost.

*Therapies Magazine* : Living and working in Spain has its advantages, as it allows you to afford a mortgage and establish a local connection. Could you elaborate on this?

*Matthew Jones* : Absolutely. Living in Spain doesn't necessarily require a high income if you manage your finances wisely. You can comfortably get by by earning around €1000 per month. One aspect I appreciate about my current location is the concept of "kilometers 0." It means that many of the goods and products available here are sourced locally. For instance, I have a convenient supermarket, owned by locals who grow their own produce. If they haven't grown it themselves, they don't stock it. It creates a wonderful sense of community and support.





During the lockdown, the strength of the community became even more evident. While coastal areas faced food shortages and challenges, my local village thrived because we produced an abundance of food locally. I personally assisted people like Patricia, a resident in the nearby mountains, by helping with her shopping. Due to our small population of less than 3000, we enjoyed freedom of movement during the lockdown. We could walk around the village, adhering to mask-wearing guidelines, without encountering restrictions or questioning. It was a unique experience that showcased the unity and resilience of our community.

I genuinely love where I live and the beautiful struggle that life in Spain can sometimes be. Even if circumstances change, I have no desire to return to the UK. Spain has become my home, and I'm grateful for that.

*Therapies Magazine* : Thank you for sharing your perspective. On a different note, do you have any siblings?

*Matthew Jones* : Yes, I have a younger brother named Steve, who is currently 46 years old. He works in the education industry in the UK, and due to the demands of his job, it has been quite a while since we last saw each other. However, I'm excited because he's planning to visit me soon. I'm really looking forward to reconnecting with him. Additionally, my mother is currently on holiday here in Spain. Fortunately, she owns an apartment in Mijas Pueblo. I recently picked her up from the airport, and she'll be staying there for a few days. On Saturday morning, I'll pick her up again, and she'll spend a couple of weeks with me. It's always a joy to have family around.

To provide some context, my parents divorced when I was just 11 years old. After the divorce, I used to visit my father here in Spain, and that's how I eventually discovered my job opportunity in this country. In a way, his presence in Spain contributed to my journey here, although he didn't actively facilitate it. When I made the move by myself, my mom used to visit me frequently. She has always had a fondness for a place called Mijas Pueblo. Upon her retirement, she decided to invest her savings and purchased an apartment there. Mijas Pueblo is a captivating destination with its charm and popularity among tourists. While it may not be my first choice to live, it undeniably holds a special appeal.

*Therapies Magazine* : When you were sharing your story earlier, you mentioned that you made the decision to come and live in Spain. What motivated you to make that choice?

*Matthew Jones* : Well, there were a couple of factors.

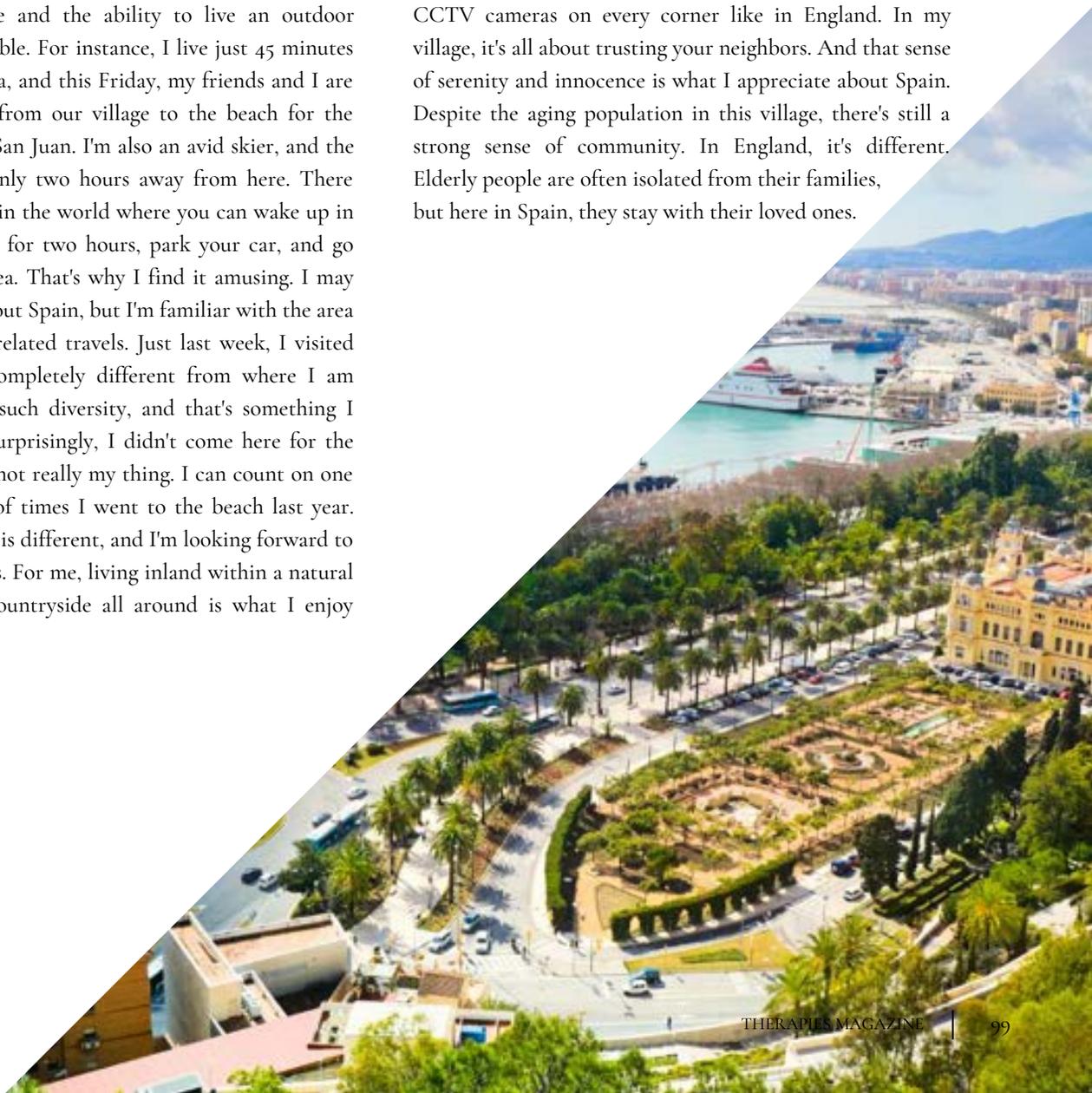
Firstly, I was familiar with the area because I used to visit my father here. I had grown tired of the hectic lifestyle in the UK, where every pound you earn seems to be immediately spent. The quality of life here in Spain is simply amazing. Today, for example, I'm working from home, enjoying the beautiful weather while speaking with you. If I were still in the UK, my friends who are still there would be doing the same job. So, the work I do here is essentially the same as what I did in England, but the financial aspect is not as important to me. What truly matters is the quality of life, and in that regard, I've found a better one here. I have friends back in the UK who earn over £100,000 a year or even more, but they're unhappy. It's hard to explain, but they're stuck in England, a cold and gray country. In Spain, you can wake up most mornings, open the door, and wonder if it'll be a sunny or rainy day.

The quality of life and the ability to live an outdoor lifestyle are incredible. For instance, I live just 45 minutes away from Marbella, and this Friday, my friends and I are planning to drive from our village to the beach for the night to celebrate San Juan. I'm also an avid skier, and the Sierra Nevada is only two hours away from here. There aren't many places in the world where you can wake up in the morning, drive for two hours, park your car, and go swimming in the sea. That's why I find it amusing. I may not know much about Spain, but I'm familiar with the area through my work-related travels. Just last week, I visited Tarifa, which is completely different from where I am now. Spain offers such diversity, and that's something I truly appreciate. Surprisingly, I didn't come here for the beaches, as they're not really my thing. I can count on one hand the number of times I went to the beach last year. However, San Juan is different, and I'm looking forward to the beach fireworks. For me, living inland within a natural park with green countryside all around is what I enjoy about Spain.

*Therapies Magazine* : And let's not forget about the wonderful people. The Spanish are incredibly charming...

*Matthew Jones* : Absolutely. Going back to what I mentioned earlier, my neighbor Maria and Anna next door both have a spare set of keys to my house. There's a sense of trust within the community. In England, that trust has been lost. Spain reminds me of how I remember England when I was a child back in 1980. For example, there are two lovely kids living across the street. When I first moved in, I had a conversation with them and even offered them my old PlayStation. It was summertime, and I asked, "Would you like a lolly?" But before giving it to them, I made sure to meet their mother.

I went over to their house and introduced myself. You see, I was living alone, and sometimes you have to take precautions, although it's unfortunate that you have to think that way. It's not a problem here because there are no CCTV cameras on every corner like in England. In my village, it's all about trusting your neighbors. And that sense of serenity and innocence is what I appreciate about Spain. Despite the aging population in this village, there's still a strong sense of community. In England, it's different. Elderly people are often isolated from their families, but here in Spain, they stay with their loved ones.





*Therapies Magazine* : They have their loved ones around them...

*Matthew Jones* : That's not the case in England. People are often sent away or placed in care homes. That's why I love the community aspect of Spain.

*Therapies Magazine* : The Spanish embrace us and accept us as part of their community once they know we live here. We become one of them.

*Matthew Jones* : Exactly. In my local village, we're called "the generals," which is a local slang term, and I'm proud to be part of this community. It's like a big family, you know? Of course, you need to be cautious of certain individuals, but that's a separate conversation we can have. Overall, I miss it. That's why I decided to move here. I feel blessed. I feel a sense of divine presence shining upon me because of my proximity to the church. Although I don't attend Catholic services regularly, going to church brings me solace. I don't like sitting there without understanding what is being said; that's always a negative experience for me. But sitting in that church brings a sense of peace. It's truly remarkable, and considering the size of this village, it's a beautiful church with great significance. It's just a five-minute walk away. Another interesting aspect is that the church clock is set one hour ahead. This tradition dates back to a time before people had watches. It allowed them

of day while working in the fields, helping them complete their tasks and return home. This village, along with the entire valley, has a unique atmosphere that you can feel deep within.

*Therapies Magazine* : It feels like home to you. You have a strong sense of belonging there.

*Matthew Jones* : Absolutely. This place is fabulous. It's very special, and I don't want to promote it too much because I don't want everyone to move here and change it.

*Therapies Magazine* : You mentioned working for a magazine when you first arrived. How did that opportunity come about?

*Matthew Jones* : Well, I used to work for a magazine called "Concerto," an English-language newspaper where I was employed. I rely a lot on my instincts, and I had a feeling that something was about to go wrong. So, I applied for a job through my network of contacts. One person I met was Christina Oxford, who has now returned to the UK for family reasons. She suggested that I work with Spencer, who primarily handled advertising sales, but she wanted me to cover the island of Majorca. I agreed because I had a good understanding of the area. My girlfriend is Spanish, born in Malaga, and my work has taken me to various unique places within Malaga province and Andalusia.

These experiences have contributed to my knowledge of the area. While I may not have an in-depth understanding of the Spanish language, I manage to get by. The locals are familiar with me, and aware of my profession and presence in the village. They know me, and they recognize my car. Some individuals may not like that, but personally, I love it.

*Matthew Jones* : You know, when I think about it, Maria, my neighbor, and Anna next door both have keys to my house. It's a testament to the trust we have in each other. Trust is something that I feel has been lost in England. But here in Spain, it reminds me of how things used to be when I was a kid back in 1980.

*Therapies Magazine* : I completely relate to that. Living in Spain brings back those nostalgic memories of my childhood and the strong sense of community in the neighborhood. When I was young, we would all go out to play, and everyone in the neighborhood knew each other. They would take care of your kids and even accept packages on your behalf.

*Matthew Jones* : Absolutely. Let me share an example. There are these two adorable kids who live across the street from me. When I first moved in, I had a conversation with them, and I even offered them my old PlayStation. It was during the summer, and I asked, "Would you like a refreshing drink?" But before giving it to them, I made sure to meet their mother. I walked over to their house and introduced myself. You see since I was living alone, it's important to take precautions, although it's unfortunate that we have to think that way. Unlike in England, it's not a problem here because there aren't CCTV cameras on every corner. In my village, it's all about trusting your neighbors. And that sense of serenity and innocence is something I truly appreciate here. Despite its aging population, this village still maintains a strong sense of community. In England, it's a different story. Elderly people often find themselves isolated from their families, but here in Spain, they stay with their loved ones.

*Therapies Magazine* : They have the support of their families around them.

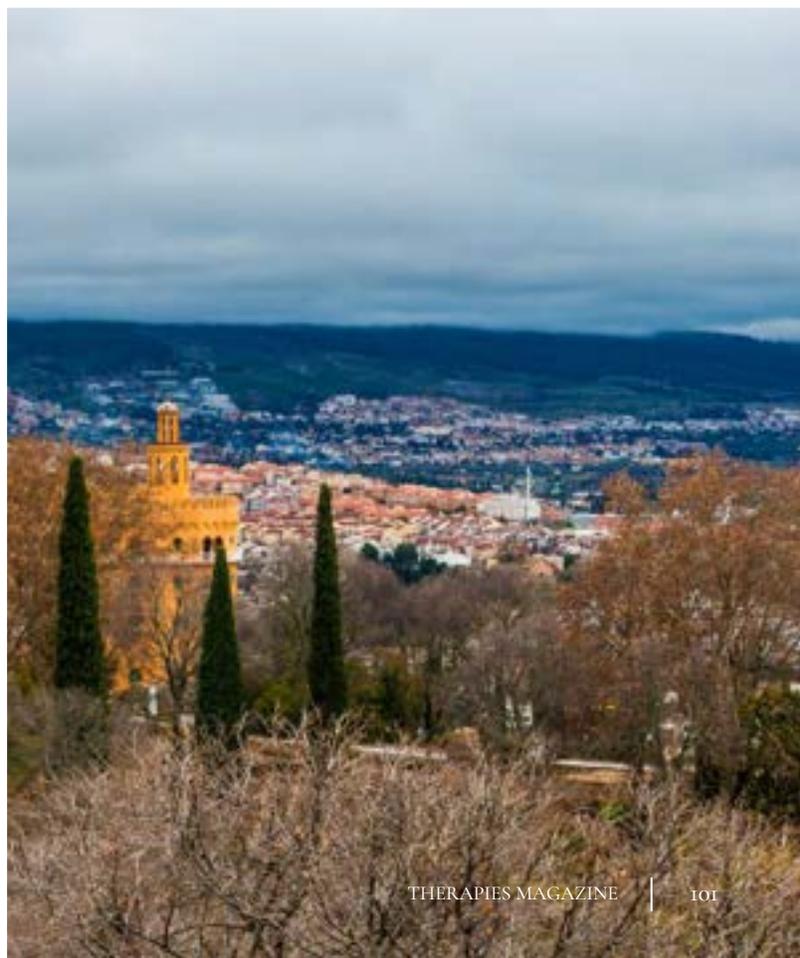
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*Therapies Magazine* : Once they know we live here, they embrace us and accept us as part of their community. We become one of them.

*Matthew Jones* : Exactly. In my local village, we're known as "the generals," which is a term of endearment, and I'm proud to be a part of this community. It's like being part of a big family, you know? Of course, there are individuals you need to be cautious about, but that's a separate conversation. Overall, I genuinely miss it, and that's why I made the decision to move here.

*Therapies Magazine* : It sounds like a wonderful place. You feel a strong sense of belonging and a connection with the community.

*Matthew Jones* : Absolutely. This place is truly fabulous and special. I don't want to overly promote it because I fear it might attract too many people and change its essence of it!





*Therapies Magazine* : I find it charming. That's something I miss about living there.

*Matthew Jones* : In fact, I need some lemons for a recipe, and I noticed my neighbor has a lemon tree in their garden. I intend to knock on their door and ask if I can have some lemons. Some people appreciate this kind of interaction, while others may not. Personally, I find it fosters a sense of community. Speaking of community, going back to the topic of the church, I acknowledge that my Spanish language skills are not as proficient as it should be after 15 years.

*Therapies Magazine* : That's surprising. After 15 years, you should be able to engage in deeper conversations and discuss political matters. I mean, you live in a village.

*Matthew Jones* : It's something I struggle with. Verb tenses, especially past and present, give me trouble. For instance, this morning, I went to the barbershop, and we could only speak Spanish. When I go to the store, I try my best to use Spanish but when I speak Spanish, they respond to me in English.

*Therapies Magazine* : Yes, because they want to practice their English! I understand. Based on what you've shared, how challenging was it for you to adapt to the Spanish culture coming from the UK? What were the difficulties you faced?

*Matthew Jones* : When I reflect on the time I got my first job and they offered me a full-time contract, I wasn't aware of the differences in the value of a Spanish contract. One notable distinction is that I receive two additional days of holiday per year, giving me a total of 24 days instead of 22. I can't recall the specific term used in Spanish for these extra days, but I humorously refer to them as "Spanish ship days." The administrative system here in Spain is generally slower compared to England. One of the worst experiences I had was when the money disappeared from my bank account without any prior notification. It turned out to be a speeding ticket that I hadn't been informed about.

I miss the organization and efficiency of England in such matters. However, returning to my earlier point, Spain does have its drawbacks, including the prevalence of CCTV cameras, lack of trust, and a diminished sense of community spirit. The paperwork involved in various processes is another significant difference, but I've learned to navigate through it. It requires constant double-checking of everything, consulting the bulletin, visiting the government website, and verifying your identification number to ensure there are no outstanding issues against you, regardless of the nature of the matter. For instance, even if I overstayed at a parking meter by 10 minutes and didn't receive a ticket, there could still be a record of the overstay in the system, which might lead to a fine.

*Therapies Magazine* : I find it charming. That's something I miss about livin

*Therapies Magazine*: Indeed, that is the reality. However, there is still room for negotiation and finding solutions. It can be considered both a weakness and a strength. By engaging in negotiations and seeking a middle ground, it is possible to find a resolution, even in matters of payment. They might offer some flexibility, even if the payment is late. You usually have a 15-day window, which provides an opportunity.

Matthew Jones: Another example in the village is with the gas cylinder deliveries. Every Wednesday and Saturday, they come around. Now, if I know I won't be here, I have two options. I can speak to Anna or Maria up the road and say, "Ladies, here's €20. Could you pay for the gas cylinder?" Alternatively, I leave the €20 note beneath the gas cylinder. When I return, the change is there. You don't experience such things on the coast. Someone would steal the gas cylinder from outside and take the €20 as well.

*Therapies Magazine*: I understand. It's like having that safety net and a dynamic of trust.

Matthew Jones: But at the same time, you know that the security and familiarity come with the knowledge of everyone around you. They know you better than you know yourself.

*Therapies Magazine*: They seem to be more aware of what's happening in your life than you are!

Matthew Jones: It can be frustrating because they seem to have inside information that I'm not even aware of. Let me steer the conversation back to Spectrum FM radio. I used to work there until December last year, and I often crossed paths with John Clarke from the Olive Press newspaper. It's common to encounter competitors in the English media industry. I've known John for years, and he's always been a friendly and decent person. However, there was a headline in one of the Olive Press newspapers last year that caught my attention. I reached out to John and commended him for his bravery in putting such a potentially controversial story as a headline. I expressed my concern that it could land him in trouble, but he responded by saying that he didn't care and that the story he published was the absolute truth.

During our conversation, he took the opportunity to offer me a job at the Olive Press. I told him that I would consider it if he offered me a permanent contract with a certain salary, and he agreed to it. He asked me to call him back in 30 minutes, and within that timeframe, I secured the job.

Nowadays, my main job is with the Olive Press, where I have a permanent contract and receive a salary. However, I still occasionally work with Spectrum FM on smaller tasks. For instance, there have been a few instances where Matt, my former director at the radio station, asked me to go to the studio and record something for him. So, I continue to maintain a working relationship with both media outlets. Throughout my career, I have always been involved in newspapers and radio. It's been my passion for the past five years, and I consider myself old school. I prefer sitting down and reading a physical newspaper rather than consuming digital content online. In my role, I focus on generating leads and driving business for the publications I work with.





*Therapies Magazine* : So, are you employed and paid by Spectrum FM? Do you have a permanent contract with them?

*Matthew Jones* : We have a specific arrangement. I invoice them for any work I do for them, but we also have a mutual sharing system. If I approach a client who is not interested in print media but prefers radio, I refer them to Spectrum FM. We collaborate and sell advertising for both media outlets. Recently, I organized everything related to the Robbie Williams concert for both the radio and the newspaper. It was an incredible experience, and I even had the opportunity to attend the concert and see Robbie Williams perform live. He was absolutely fantastic. Last, but not least, I am also involved in politics in the defense of the animal cause which is close to my heart with my girlfriend. The city uses our services when they need our help in this regard. We plan to set up in our village a shelter for dogs that are dear to my heart.

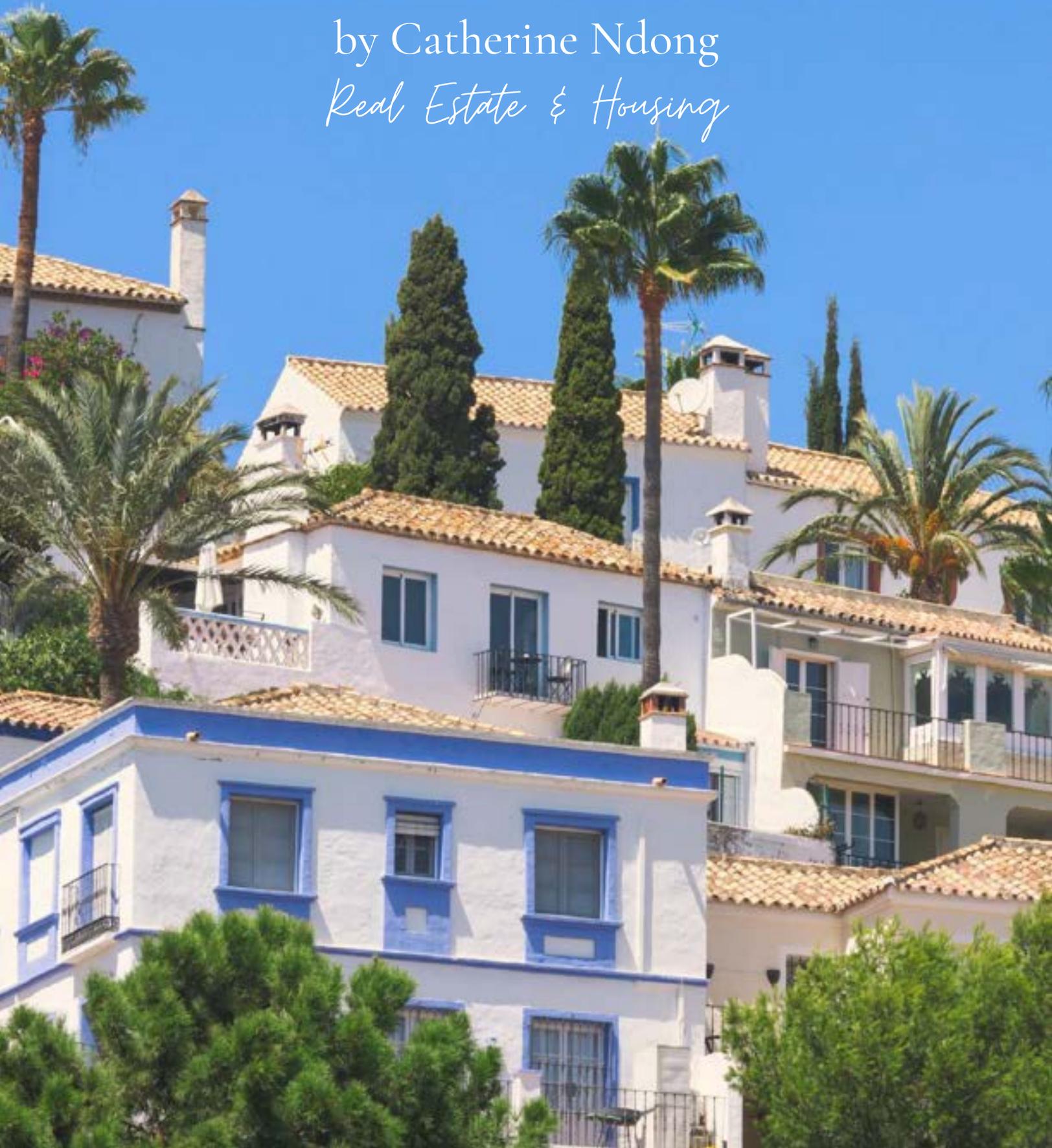
*Therapies Magazine* : That sounds like an amazing experience! Here in Spain, you may earn less money, but you have more time for your family and friends. It's not solely about money; it's about people and the quality of life.

*Matthew Jones* : Exactly, happiness and quality of life take precedence for me. If my sole focus was earning money, I would have left this country a long time ago.

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# THE BEST NEIGHBORHOODS FOR EXPATS ON THE COSTA DEL SOL

by Catherine Ndong  
*Real Estate & Housing*



The Costa del Sol, located in the beautiful region of Andalusia, Spain, has long been a popular destination for expatriates seeking a vibrant and sun-soaked lifestyle. With its stunning beaches, rich cultural heritage, and excellent amenities, the Costa del Sol offers a diverse range of neighborhoods that cater to the needs and preferences of expatriate residents. In this article, we will take a closer look at some of the best neighborhoods for expatriates on the Costa del Sol, highlighting their unique features and attractions.

- Marbella :

Marbella is synonymous with luxury and elegance. This glamorous coastal town boasts upscale residential areas such as Puerto Banús, Nueva Andalucía, and Sierra Blanca. Expatriates seeking a sophisticated lifestyle will find exquisite villas, high-end restaurants, world-class golf courses, and exclusive beach clubs. Marbella offers a cosmopolitan atmosphere and a vibrant social scene, making it a top choice for those who desire a refined Mediterranean lifestyle.

- Benalmádena :

Nestled between the mountains and the sea, Benalmádena offers a mix of traditional Spanish charm and modern amenities. This diverse coastal town is divided into three main areas: Benalmádena Pueblo, Arroyo de la Miel, and Benalmádena Costa. Expatriates can choose from picturesque whitewashed villages, bustling commercial districts, or beachfront apartments. Benalmádena also features a stunning marina, beautiful parks, and a range of entertainment options, including Tivoli World amusement park and the Sea Life Aquarium.

- Estepona :

Estepona is known for its charming old town and pristine beaches. Expatriates looking for a more relaxed and authentic atmosphere will be drawn to this delightful coastal town. Estepona offers a mix of traditional Spanish townhouses, modern apartments, and luxury beachfront properties. The town boasts beautifully landscaped streets, a lively promenade, and a wide range of restaurants serving fresh seafood. Estepona's commitment to preserving its Andalusian heritage adds to its unique appeal.



- Fuengirola:

Fuengirola is a vibrant and bustling coastal town with a lively expatriate community. The town offers a variety of residential options, from beachfront apartments to spacious townhouses. Fuengirola boasts a long sandy beach, a picturesque promenade lined with bars and restaurants, and a thriving nightlife scene. Expatriates can also enjoy amenities such as the Bioparc Fuengirola, a modern zoo that focuses on conservation and education.

- Mijas:

Mijas is a municipality that encompasses both a charming old town (Mijas Pueblo) and a coastal area (Mijas Costa). Expatriates seeking a blend of traditional Spanish ambiance and proximity to the beach will find Mijas appealing. Mijas Pueblo is renowned for its whitewashed houses, narrow streets, and stunning views of the coast. Mijas Costa offers a range of residential options, including apartments, townhouses, and villas, with easy access to beautiful beaches and golf courses.

The Costa del Sol presents a wealth of options for expatriates seeking their ideal neighborhood. Whether you prefer the sophistication of Marbella, the authentic charm of Estepona, the vibrant atmosphere of Fuengirola, or the blend of old-world charm and coastal living in Mijas, the Costa del Sol has something to suit every expatriate's taste and lifestyle. Exploring these best neighborhoods will help you find your perfect home on the stunning Costa del Sol, where you can embrace



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2024 THERAPIES EVENT

# 2024 OUR FIRST BRUNCH

**APRIL 27, 2024**

**10AM - 3PM**

**WHERE :**

Sala Eventos Marbella  
Av. Ricardo Soriano,35  
Marbella, Málaga

**PRESENTED BY:**

Catherine Mengue Ndong



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A first for this event, we look forward to seeing many of you at a brunch for professionals and therapy enthusiasts. This is a perfect opportunity for you to develop your network and bond with a community that shares the same interests as you.

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# MUSEO ETNOGRÁFICO DE RIOGORDO

*Riogordo had its first period of splendour under Roman rule, a period that favoured the establishment of numerous agricultural villages that laid the foundations of the Mediterranean trilogy: oil, wine and bread. This culture has become the hallmark of its Ethnographic Museum.*

## Spanish Advertising Art

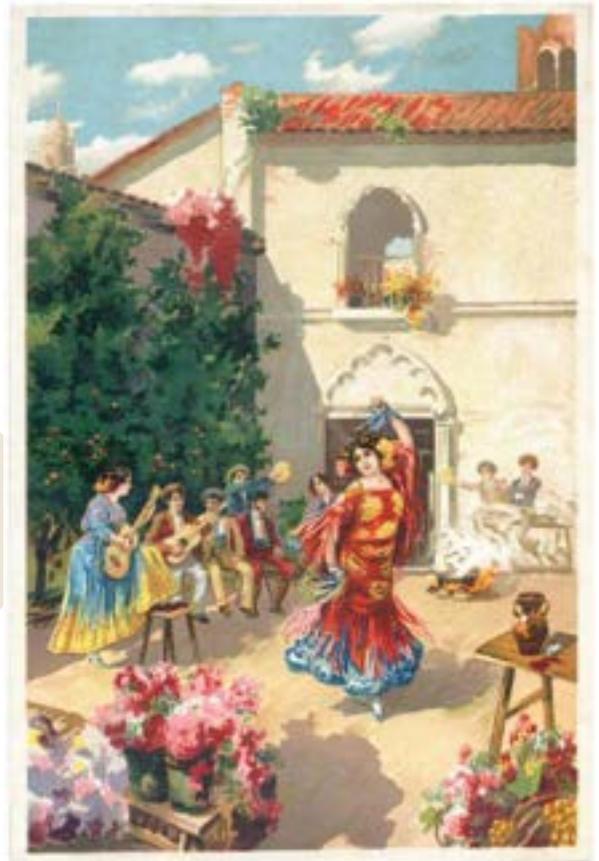
The museum's art collection displays different pictorial styles that fluctuate between nineteenth-century preciousness and the pop art of the 1970s.

## Olive Milling and the Pisa Festival

The Ethnographic Museum was conceived as an interactive centre where didactics is experiential. Every year they hold a conference dedicated to the culture of olive oil.

## Activities

The centre has a temporary exhibition hall where a different exhibition is on display every month, and an assembly hall where courses and educational workshops are held for schoolchildren and organised groups.



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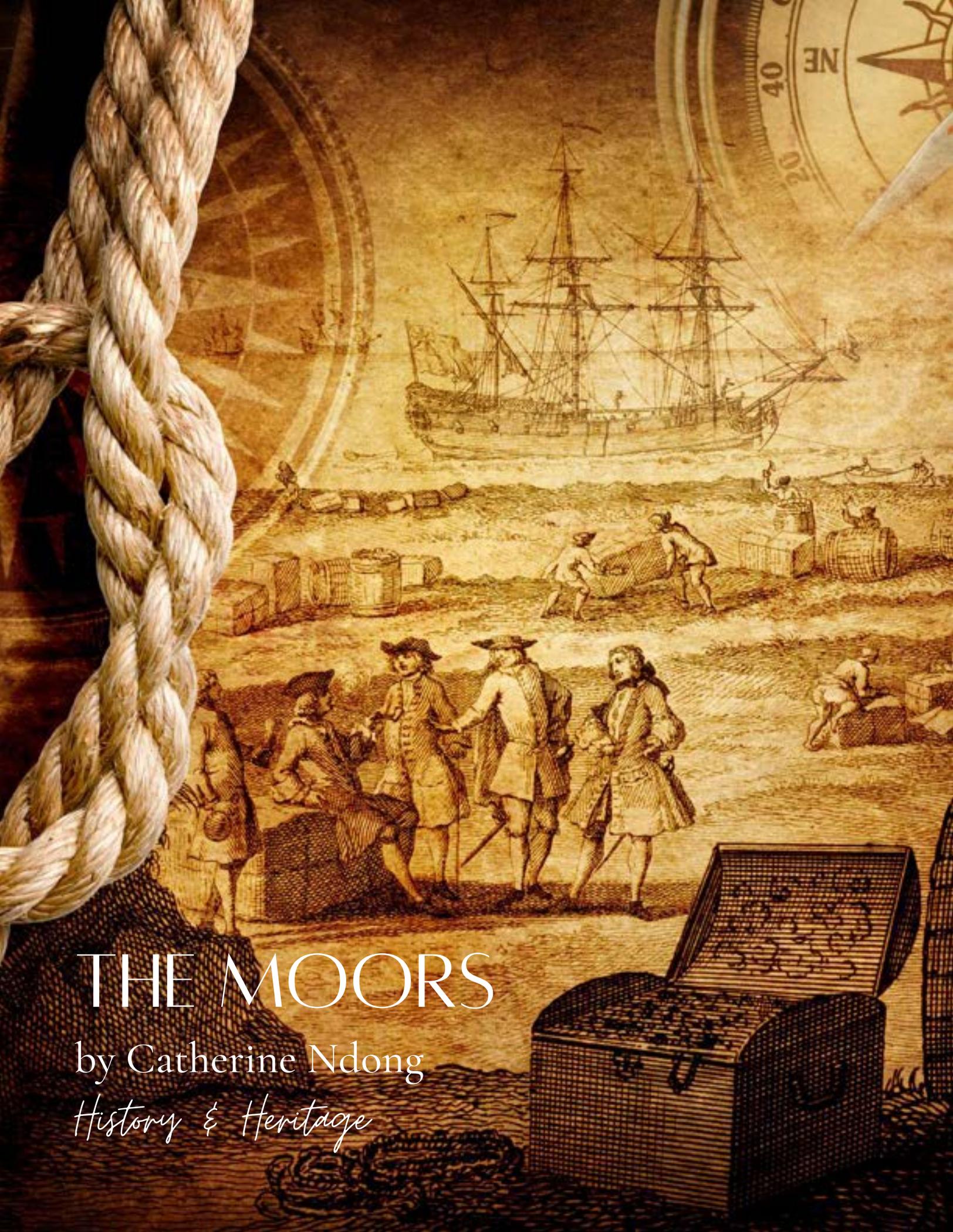
952 732 620



Thurs : 10am-2pm  
Fri, Sat and Sun : 10am-2pm / 4pm-8pm



Entrada Gratuita y visitas Guiadas: Previa concertación



# THE MOORS

by Catherine Ndong

*History & Heritage*

The *Moors*, a Muslim civilization from North Africa, conquered the Iberian Peninsula in the 8th century, including the Costa del Sol, a coastal region in southern Spain.

They introduced their unique culture and architecture to the region, including new building techniques and styles that were different from the traditional Romanesque and Gothic architecture.

The Moors were known for their intricate and ornate designs, with intricate patterns and designs that reflected their Islamic faith.

The Alhambra, a stunning palace complex located in Granada, is one of the most famous examples of Moorish architecture on the Costa del Sol.

The Moors also introduced a unique culinary tradition to the region, bringing with them spices and ingredients from North Africa and the Middle East, which they used to create a variety of dishes that were not previously known in Spain.

Some of the most famous dishes that were introduced by the Moors include couscous, tagine, and paella.

The Moors' influence on the Costa del Sol can still be seen today, with many of the region's buildings featuring intricate designs and patterns reminiscent of Moorish architecture, and the region's cuisine continuing to feature many of the spices and ingredients that were introduced by the Moors.

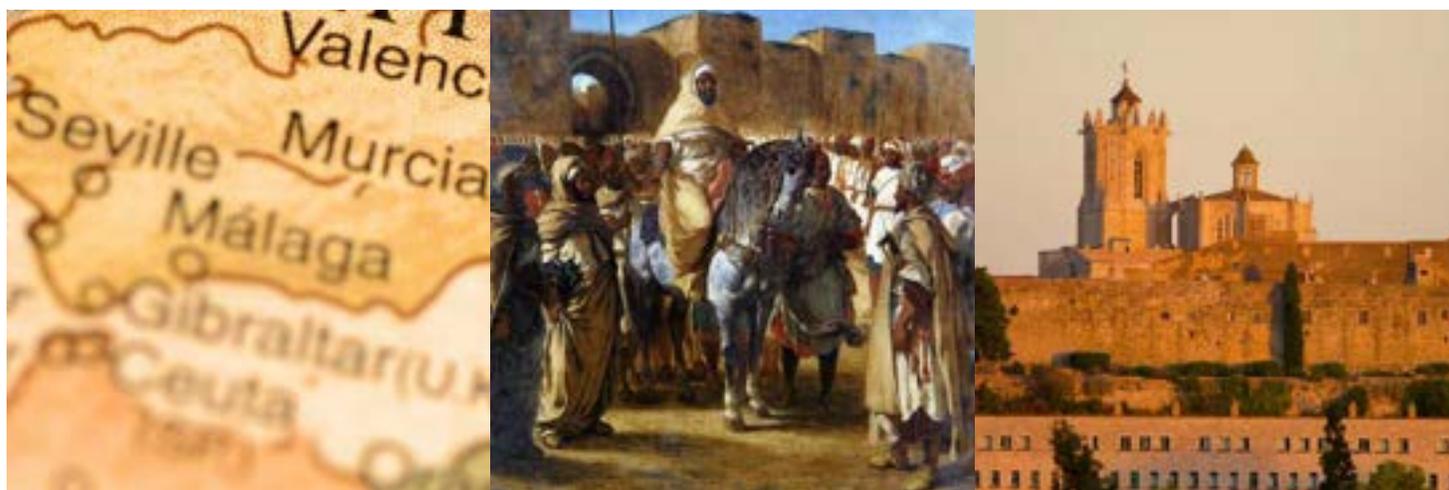
In addition to the Moors, the Catholic Monarchs, Ferdinand and Isabella, conquered the Costa del Sol in 1487, marking the end of Muslim rule in the area and the beginning of a new period of Spanish influence and culture.

The region's natural resources and favorable climate attracted artists and writers from around the world, and in the 20th century, the Costa del Sol experienced a tourism boom, with visitors flocking to its sunny beaches and luxurious resorts.

Overall, the history of the Costa del Sol is a rich tapestry of different cultures and influences, from the Moors and their Islamic architecture to the Catholic Monarchs and the region's importance as a trading center.

Today, the Costa del Sol continues to evolve and grow, attracting visitors from all over the world who come to experience its unique blend of past and present.

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A close-up photograph of two women embracing. The woman on the left has dark hair and a nose ring, looking directly at the camera. The woman on the right has reddish hair, a nose ring, a lip ring, and a large black earring, with her eyes closed. She has a large floral tattoo on her neck. The background is a soft, out-of-focus purple and blue light. The text is overlaid in white, serif font.

THERAPEUTIC APPROACHES  
FOR SUPPORTING LGBTQ+  
INDIVIDUALS

by Catherine Ndong

*Society*



The LGBTQ+ community encompasses individuals who identify as lesbian, gay, bisexual, transgender, queer, or other diverse sexual orientations and gender identities. While society has made significant strides in acceptance and understanding, LGBTQ+ individuals still face unique challenges and may benefit from therapeutic support tailored to their specific needs. In this article, we will explore therapeutic approaches that can provide valuable support and promote the well-being of LGBTQ+ individuals.

Creating a safe and affirming environment is essential in therapeutic approaches for LGBTQ+ individuals. Therapists understand the importance of providing a space where clients can feel comfortable expressing their authentic selves without the fear of judgment or discrimination. This begins with using inclusive language that acknowledges and respects diverse sexual orientations and gender identities. Therapists strive to educate themselves about LGBTQ+ issues, including the unique challenges and experiences faced by this community.

Cultural competence is a crucial aspect of creating a safe and affirming environment. Therapists work to understand the cultural nuances, histories, and social contexts that impact LGBTQ+ individuals. This knowledge allows therapists to better connect with their clients and provide culturally sensitive care. By demonstrating cultural competence, therapists validate the experiences and identities of their LGBTQ+ clients, fostering a sense of trust and understanding.

Building trust is a fundamental component of creating a safe and affirming therapeutic alliance. LGBTQ+ individuals may have experienced past instances of discrimination or marginalization, which can impact their ability to trust others, including therapists. Therapists actively work to establish a strong therapeutic alliance by creating a non-judgmental and accepting space. They listen attentively, show empathy, and validate their clients' feelings and experiences. This validation helps LGBTQ+ clients feel seen, heard, and understood.

In this safe and affirming environment, LGBTQ+ individuals are encouraged to explore their thoughts, emotions, and experiences openly. They can discuss their unique challenges, concerns, and aspirations without the fear of being misunderstood or judged. Therapists provide support and guidance while fostering a sense of empowerment and self-acceptance. By creating this nurturing environment, therapists enable LGBTQ+ clients to develop a deeper understanding of themselves, their identities, and their personal growth.

Ultimately, the creation of a safe and affirming environment in therapeutic settings ensures that LGBTQ+ individuals feel respected, supported, and validated. It allows them to engage in their therapeutic journey with confidence, knowing that their therapist is knowledgeable about their unique needs and experiences. By building trust and understanding, therapists lay the foundation for meaningful and transformative therapeutic work that can empower LGBTQ+ individuals to embrace their true selves and live authentically.

A life example illustrating the importance of creating a safe and affirming environment for LGBTQ+ individuals in therapy is the story of Alex. Alex, a transgender man, sought therapy to navigate the challenges he faced during his transition. He had previously encountered negative experiences with healthcare providers who were unaware of transgender issues and had made hurtful comments.

During his initial session with his therapist, Jasmyn, Alex immediately noticed a difference in the way he was treated. Jasmyn used inclusive language and asked open-ended questions that allowed Alex to share his unique experiences without judgment. She demonstrated a deep understanding of transgender issues and showed cultural competence by affirming Alex's gender identity and using his preferred name and pronouns.

Jasmyn actively created a safe and affirming environment for Alex by listening attentively, validating his emotions, and providing a non-judgmental space for him to explore his feelings and concerns. She acknowledged the challenges he faced and empowered him to embrace his authentic self. This created a sense of trust and allowed Alex to open up and engage in meaningful therapeutic work.

Throughout their sessions, Jasmyn continued to educate herself about transgender experiences and connected Alex with local LGBTQ+ support groups. She helped him navigate various aspects of his transition, including accessing medical care and managing family relationships. Alex felt supported and understood throughout his therapeutic journey, and this safe and affirming environment allowed him to explore his identity, work through challenges, and build resilience.

The therapeutic alliance between Jasmyn and Alex played a pivotal role in his personal growth and well-being. By creating a safe and affirming environment, Jasmyn empowered Alex to embrace his true self, navigate his journey of self-discovery, and develop a strong sense of self-acceptance. The trust and understanding they established allowed for transformative therapy, ultimately leading to Alex living a more authentic and fulfilled life.

#### *Addressing Identity Exploration and Self-Acceptance :*

Therapists play a crucial role in supporting LGBTQ+ individuals in their journey of identity exploration and self-acceptance. This therapeutic process involves creating a safe and non-judgmental space where clients can freely explore their sexual orientation, gender identity, and the complexities of their personal experiences.

Let's consider the story of Maya, a young lesbian woman who sought therapy to better understand and embrace her sexual orientation. Maya had grown up in a conservative environment that lacked LGBTQ+ representation and acceptance. As a result, she experienced confusion, self-doubt, and internalized stigma surrounding her identity.

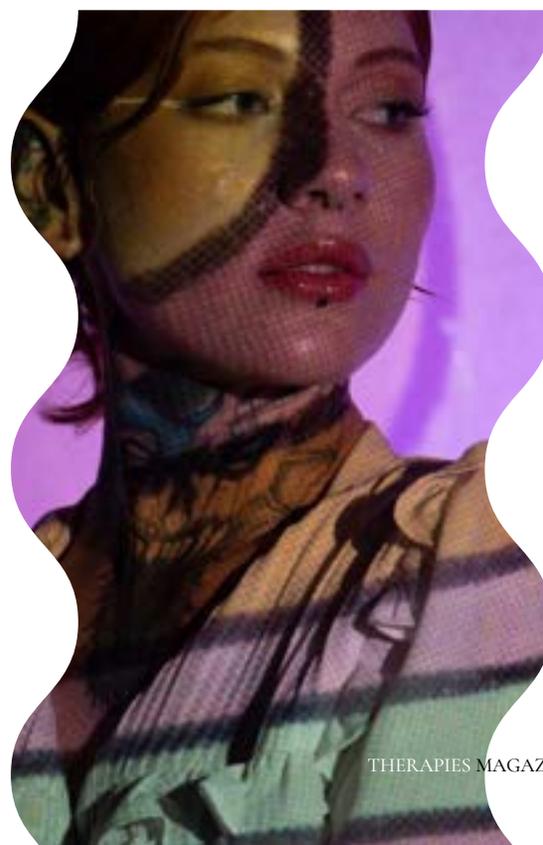
In her therapy sessions with her counselor, Emily, Maya was encouraged to openly discuss her feelings, experiences, and questions regarding her sexual orientation. Emily listened attentively and provided empathetic support, normalizing Maya's exploration and acknowledging the challenges she faced.

Throughout their therapeutic journey, Emily guided Maya in examining her beliefs, values, and societal messages that influenced her understanding of her sexual orientation. They explored the concept of self-acceptance and worked on challenging any internalized negative beliefs Maya held about being a lesbian.

Emily introduced Maya to LGBTQ+ literature, media, and resources that helped her gain a broader perspective and connect with affirming communities. Maya attended local LGBTQ+ support groups and engaged in discussions with peers who shared similar experiences. This exposure to diverse narratives and supportive networks helped Maya develop a stronger sense of belonging and self-acceptance.

Through ongoing therapy sessions, Maya gradually embraced her identity as a lesbian and learned to celebrate her unique experiences and contributions to the LGBTQ+ community. With Emily's guidance, Maya cultivated a positive sense of self and gained the confidence to navigate challenges and advocate for herself in various areas of her life.

The therapeutic work focused not only on addressing Maya's individual journey but also on empowering her to navigate external environments that might challenge her identity. Emily provided her with tools and strategies to respond to potential discrimination, educate others, and foster acceptance in her personal and professional relationships.



As Maya continued her therapy, she experienced a significant transformation. She developed a stronger sense of identity, gained clarity about her values and desires, and learned to embrace her authentic self without shame or fear. The therapeutic process enabled Maya to embark on a path of self-discovery and self-acceptance, leading to a more fulfilling and empowered life as an openly lesbian individual.

In this way, therapists can support LGBTQ+ individuals like Maya in their exploration of identity and foster a sense of self-acceptance. By providing a safe and understanding space, therapists empower clients to challenge societal norms, embrace their authentic selves, and navigate their unique journeys with confidence and resilience.

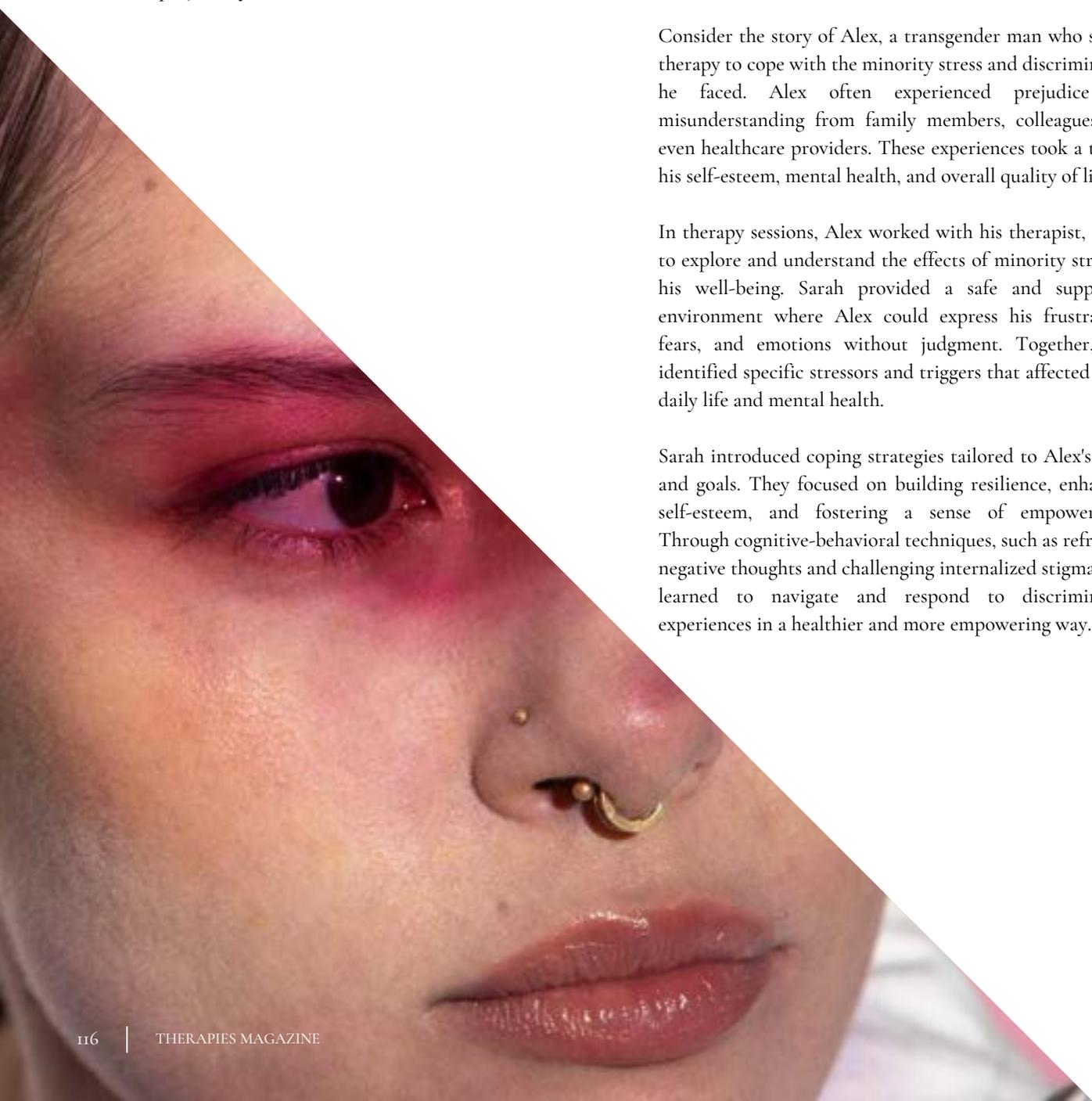
#### *Coping with Minority Stress and Discrimination :*

LGBTQ+ individuals frequently encounter stressors that are specific to their sexual orientation or gender identity, including discrimination, stigma, and marginalization. These unique challenges can significantly impact their mental and emotional well-being. Therapeutic approaches play a vital role in helping LGBTQ+ individuals develop effective coping strategies to navigate these stressors and promote resilience and empowerment.

Consider the story of Alex, a transgender man who sought therapy to cope with the minority stress and discrimination he faced. Alex often experienced prejudice and misunderstanding from family members, colleagues, and even healthcare providers. These experiences took a toll on his self-esteem, mental health, and overall quality of life.

In therapy sessions, Alex worked with his therapist, Sarah, to explore and understand the effects of minority stress on his well-being. Sarah provided a safe and supportive environment where Alex could express his frustrations, fears, and emotions without judgment. Together, they identified specific stressors and triggers that affected Alex's daily life and mental health.

Sarah introduced coping strategies tailored to Alex's needs and goals. They focused on building resilience, enhancing self-esteem, and fostering a sense of empowerment. Through cognitive-behavioral techniques, such as reframing negative thoughts and challenging internalized stigma, Alex learned to navigate and respond to discriminatory experiences in a healthier and more empowering way.





In addition to individual therapy, Sarah encouraged Alex to explore and connect with support networks within the LGBTQ+ community. She recommended local LGBTQ+ organizations, social groups, and online forums where Alex could find understanding, empathy, and solidarity. These connections provided him with a sense of belonging and support, allowing him to share his experiences and learn from others who faced similar challenges.

Sarah also guided Alex in accessing additional resources for support, such as LGBTQ+-affirming healthcare providers, legal assistance, and advocacy organizations. By empowering Alex with knowledge and resources, Sarah equipped him with the tools needed to navigate systems and institutions that may perpetuate discrimination or lack understanding of LGBTQ+ experiences.

Through the therapeutic process, Alex gradually developed resilience, self-compassion, and a stronger sense of self. He learned to recognize and challenge internalized negativity, embracing his identity as a transgender man with pride and confidence. As he became more adept at coping with minority stress, Alex experienced improvements in his mental well-being, self-esteem, and overall life satisfaction.

Therapeutic approaches aimed at coping with minority stress and discrimination are essential for LGBTQ+ individuals like Alex. By addressing the unique challenges they face, therapists can help clients develop effective strategies to manage stress, build resilience, and foster a sense of empowerment.

Through therapy, individuals can navigate the complexities of discrimination, challenge societal norms, and lead more authentic and fulfilling lives.

#### *Family and Relationship Dynamics :*

Therapy can be instrumental in addressing family and relationship dynamics for LGBTQ+ individuals. Many individuals face unique challenges in their relationships with family members who may struggle with acceptance or understanding of their sexual orientation or gender identity. Therapists play a crucial role in facilitating open and constructive communication within families, assisting in building bridges of understanding, and supporting individuals in establishing healthy boundaries.

Consider the case of Jaden, a gay man who sought therapy to navigate his strained relationship with his parents. Jaden's parents had difficulty accepting his sexual orientation, which caused tension and frequent conflicts within the family. Jaden felt hurt and disconnected from his parents, yearning for their support and acceptance.

In therapy sessions, Jaden worked closely with his therapist, Sarah, to address the family dynamics and foster more effective communication. Sarah created a safe space where Jaden could express his feelings, frustrations, and desires for a better relationship with his parents. She helped Jaden understand the potential underlying fears and concerns that may contribute to his parents' resistance.

Together, Jaden and Sarah developed strategies to facilitate open and constructive dialogue with his parents. They explored effective communication techniques, such as active listening and assertiveness skills, to express his emotions and needs clearly. Sarah also provided guidance on addressing misconceptions and stereotypes that may hinder his parents' acceptance.

Through therapy, Jaden gradually learned to set healthy boundaries and manage his own emotional well-being in challenging family situations. Sarah encouraged Jaden to prioritize his own self-care and seek support from friends, LGBTQ+ community resources, and support groups. This allowed Jaden to develop a network of individuals who understood his experiences and provided a sense of validation and support.

Therapy also played a crucial role in guiding Jaden through the process of dating and forming healthy relationships. Sarah provided a safe space for Jaden to explore his desires, expectations, and concerns in romantic relationships. They discussed topics specific to LGBTQ+ partnerships, such as navigating disclosure of sexual orientation and managing potential external pressures.

By working with a therapist, Jaden was able to strengthen his resilience, improve his self-esteem, and develop healthier relationship patterns. With Sarah's support, he gained the tools and confidence to have open and honest conversations with his parents, leading to a gradual improvement in their understanding and acceptance of his sexual orientation.



Therapy's focus on family and relationship dynamics is invaluable for LGBTQ+ individuals like Jaden. By addressing challenges within families and offering guidance on healthy relationship formation, therapists help individuals foster understanding, establish boundaries, and navigate the complexities of interpersonal connections. Through therapy, LGBTQ+ individuals can cultivate more supportive and fulfilling relationships, both within their families and in their broader social networks.

#### *Supporting Coming Out Processes :*

The process of coming out, or disclosing one's sexual orientation or gender identity, is a deeply personal and transformative journey for LGBTQ+ individuals. It involves sharing one's authentic self with others, which can be both liberating and challenging. Therapists play a crucial role in providing guidance, support, and a safe space for individuals navigating this process.

Consider the story of Alex, a transgender individual who sought therapy as they prepared to come out to their family and friends. Alex experienced a mix of emotions, including excitement, fear, and uncertainty. They desired to be true to themselves and live authentically but were concerned about potential reactions and the impact it might have on their relationships.

In therapy sessions, Alex worked closely with their therapist, Jasmyn, to explore their readiness and strategize the coming-out process. Jasmyn created a non-judgmental and supportive environment where Alex felt comfortable expressing their fears, hopes, and aspirations. Together, they examined Alex's personal goals and values, helping them gain clarity and confidence in their decision to come out.



Jasmyn guided Alex in developing a plan tailored to their unique circumstances and needs. They discussed potential challenges and ways to address them, including preparing for various reactions from family and friends. Jasmyn helped Alex anticipate possible scenarios and provided tools to navigate difficult conversations with empathy and assertiveness.

Throughout the therapy process, Jasmyn emphasized the importance of self-compassion and building resilience. She supported Alex in processing and managing the emotions that arose during this significant life event. Together, they explored coping strategies and techniques to navigate potential setbacks or negative reactions, such as developing a support network and accessing LGBTQ+ resources.

Jasmyn also assisted Alex in identifying trusted individuals who could provide support during the coming out process. They discussed the possibility of involving allies, such as close friends or family members, who could offer understanding and advocacy. Jasmyn encouraged Alex to seek out LGBTQ+ support groups or community organizations where they could connect with individuals who had gone through similar experiences.

Through therapy, Alex gradually built their confidence and resilience, empowering them to navigate the coming out process with greater self-assurance. Jasmyn celebrated every step forward and provided validation for Alex's courage and self-discovery. Together, they processed the reactions and outcomes of coming out, ensuring ongoing support during this transformative period.

Therapists' support during the coming out process is invaluable for LGBTQ+ individuals like Alex. By offering a safe and non-judgmental space, therapists facilitate self-exploration, emotional processing, and the development of coping strategies. They provide guidance in strategizing the coming out process, considering individual circumstances, and fostering self-compassion. Therapists also help individuals cultivate a network of support, empowering them to face potential challenges and embrace their authentic selves.

Ultimately, therapy can be a transformative and empowering experience for LGBTQ+ individuals during the coming out process.



It allows them to navigate this complex journey with support, self-acceptance, and resilience. Therapists stand as allies, providing the tools and guidance needed to make the coming out process a transformative step towards living an authentic and fulfilling life.

Therapeutic approaches play a crucial role in supporting the mental health and well-being of LGBTQ+ individuals. By creating safe and affirming environments, addressing identity exploration, coping with minority stress, addressing family dynamics, and supporting the coming out process, therapists can empower LGBTQ+ individuals to embrace their authentic selves and live fulfilling lives. As therapists continue to advocate for equality and inclusivity, they contribute to the overall well-being of the LGBTQ+ community and promote a more accepting society.

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# TORROX, A SLICE OF PARADISE THAT INSPIRES WANDERLUST

by Maeva Da Costa

*Travel & Leisure*





Nestled on the sun-drenched Costa del Sol in Andalusia, Spain, the picturesque town of Torrox beckons travelers with its charming whitewashed buildings, captivating history, and a plethora of activities. This hidden gem is more than just a tourist destination; it possesses an undeniable allure that ignites a longing to explore its rich heritage, partake in vibrant activities, and perhaps even make it a permanent residence.

#### *A Historical Tapestry :*

Torrox boasts a captivating history that dates back to ancient times. It was once a thriving Phoenician and Roman settlement, leaving behind remnants of its past in the form of ancient ruins and archaeological sites. Steeped in culture and heritage, the town's streets reveal a harmonious blend of Moorish and Andalusian influences, reflecting its historical significance as a hub of trade and cultural exchange.

#### *Exploring the old Town:*

The heart of Torrox lies in its enchanting Old Town, where narrow winding streets, adorned with vibrant flowers, lead to hidden squares and quaint plazas. Taking a leisurely stroll through these streets is like stepping back in time, as you marvel at the traditional architecture and soak in the relaxed Mediterranean atmosphere. The town's historic landmarks, including the Church of Nuestra Señora de la Encarnación and the Torre del Morche, offer glimpses into the past and provide an ideal backdrop for capturing memorable photographs.



#### *Beachside Bliss :*

With over 300 days of sunshine each year, Torrox is renowned for its stunning beaches and crystal-clear waters. The coastal stretch of Playa de Torrox is a haven for beach lovers, offering a perfect blend of relaxation and recreational activities. Whether you prefer basking in the sun, swimming in the Mediterranean, or engaging in water sports such as paddleboarding and kayaking, the town's coastline provides endless opportunities for seaside enjoyment.

#### *Gastronomic Delights :*

Food enthusiasts will find themselves in gastronomic heaven in Torrox. The town boasts a vibrant culinary scene, with an abundance of tapas bars, seafood restaurants, and charming cafes. Indulge in authentic Andalusian dishes, such as gazpacho (cold tomato soup), pescaito frito (fried fish), and the famous local sweet wine, Moscatel. The fusion of flavors and fresh ingredients will leave your taste buds craving for more, making Torrox a paradise for food lovers.

#### *Festivals and Cultural Events :*

Torrox comes alive throughout the year with its vibrant festivals and cultural events. The Feria de Torrox, held in October, is a lively celebration filled with traditional music, flamenco dancing, and colorful parades. During Semana Santa (Holy Week), the town is adorned with elaborate processions, creating a captivating spectacle that showcases the profound religious traditions of the region. These events offer a unique opportunity to immerse yourself in the local culture and witness the town's vibrant spirit firsthand.

#### *Gateway to Exploration :*

Torrox also serves as an excellent base for exploring the wider region of Andalusia. Within a short distance, you can visit the renowned city of Malaga, the awe-inspiring Alhambra in Granada, or the picturesque village of Frigiliana. The nearby Sierra de Almijara Nature Reserve provides nature lovers with opportunities for hiking, wildlife spotting, and admiring breathtaking views of the surrounding landscape.

Torrox, with its rich history, breathtaking landscapes, and vibrant cultural scene, has the power to ignite a deep desire to travel or even call it home. Its charm lies not only in its sun-soaked beaches and stunning scenery but also in the warmth and hospitality of its residents.

Whether you visit for a short getaway or decide to make it your permanent abode, Torrox will capture your heart, leaving you with memories and experiences that will last a lifetime.

Torrox is known as having El Mejor Clima de Europa (the best climate in Europe) and foreign people living here and other places along the Costa del Sol for years can corroborate this slogan.

The weather and climate are perfect, with the mildest summers on the Costa del sol and mild winters.

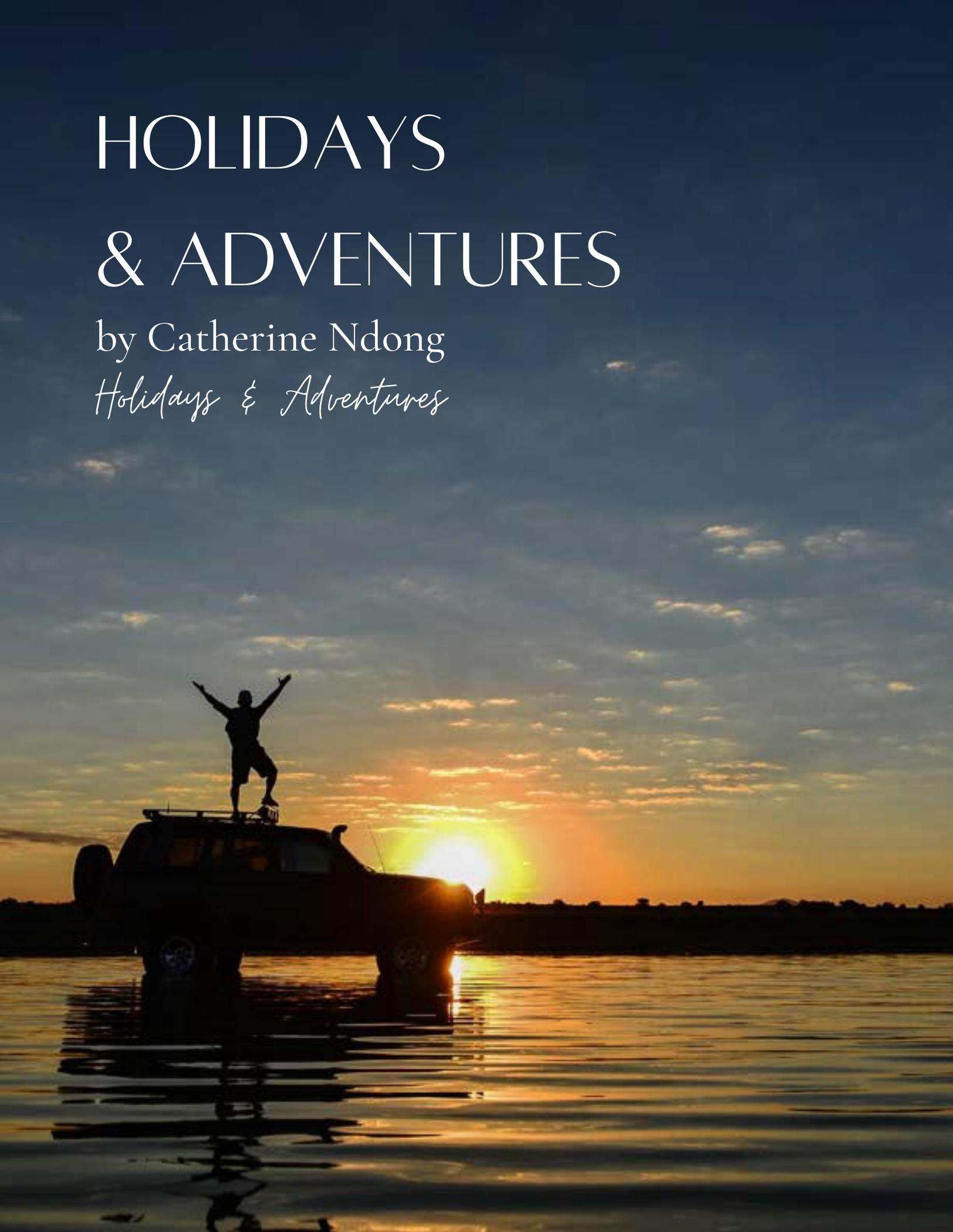
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# HOLIDAYS & ADVENTURES

by Catherine Ndong

*Holidays & Adventures*





In our fast-paced modern lives, it's easy to become disconnected from nature and the exhilarating experiences it offers. However, deep within each of us lies an adventurous spirit waiting to be unleashed. By stepping out of our comfort zones and embracing outdoor activities, we can rediscover the thrill of exploration, push our limits, and tap into the transformative power of adventure.

In this article, we will explore how engaging in outdoor activities can awaken your adventurous spirit and bring a newfound sense of vitality and fulfillment to your life.

#### *Embracing the Unknown :*

Outdoor activities provide a gateway to embrace the unknown. Whether it's embarking on a hiking expedition through uncharted terrain or trying a new watersport, stepping into the realm of uncertainty stirs excitement and ignites the fire of adventure within us. Embracing the unknown not only expands our horizons but also allows us to develop resilience and adaptability.

John had always been a cautious person, preferring the familiarity and comfort of routine in his daily life. However, deep down, he yearned for something more, a sense of excitement and adventure that seemed to be missing. One day, he came across an advertisement for a guided hiking expedition to a remote mountain range he had never heard of before. The idea of venturing into the unknown stirred something within him, and he decided to take the leap.

As the day of the expedition approached, John found himself feeling a mix of excitement and nervousness. He had never embarked on such an adventure before, and the thought of hiking through uncharted terrain brought both anticipation and a touch of trepidation. However, he reminded himself that embracing the unknown was an essential part of personal growth and that this experience had the potential to transform him.

When the day finally arrived, John joined the group of fellow adventurers, each with their own aspirations and motivations. The first steps into the wilderness were a plunge into unfamiliar territory, surrounded by towering trees and a sense of solitude that both exhilarated and humbled him. The trail led them through breathtaking landscapes, testing their physical endurance and mental resilience.

As the days passed, John found himself adapting to the challenges and uncertainties that came with the expedition. He learned to trust his instincts, navigate through rugged terrains, and overcome obstacles along the way. Each bend in the trail brought new discoveries, from hidden waterfalls to panoramic vistas that filled him with awe. He forged deep connections with his fellow hikers, sharing stories and supporting each other through moments of fatigue and doubt.

Through this journey, John realized that embracing the unknown was not merely about conquering physical challenges but also about cultivating resilience and adaptability within himself. He learned to let go of his need for control and instead surrendered to the flow of the adventure, embracing the surprises and uncertainties that came his way.

As the hiking expedition came to an end, John felt a profound sense of accomplishment and growth. He had stepped out of his comfort zone, confronted his fears, and discovered the vast reservoir of strength and courage within him. The experience expanded his horizons, broadened his perspective, and transformed him into a more confident and resilient individual.

Inspired by this newfound sense of adventure, John vowed to continue embracing the unknown in various aspects of his life. He started trying new activities and pursuing passions he had long neglected. Whether it was attempting a new watersport or exploring unfamiliar cultures during his travels, he approached each experience with an open mind and a willingness to embrace the unknown.

### *Pushing Personal Boundaries :*

Engaging in outdoor activities pushes us to confront our limits and overcome challenges. Whether it's conquering a challenging rock climbing route or participating in extreme sports, these activities demand physical and mental fortitude. By pushing beyond what we thought possible, we expand our comfort zones, build self-confidence, and realize the extent of our capabilities.

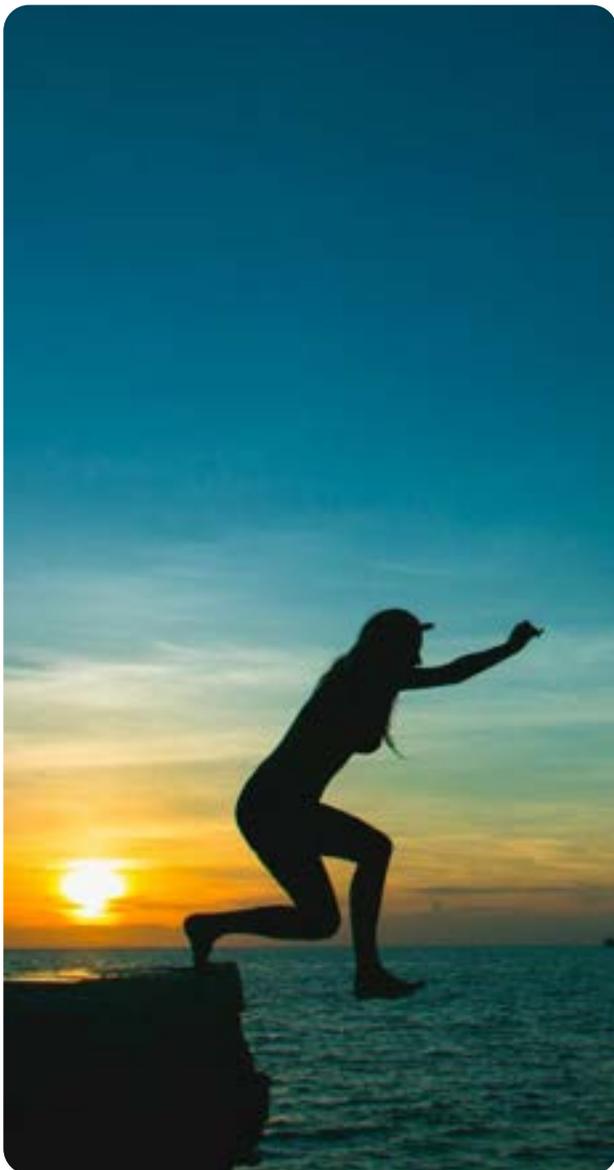
Sarah had always considered herself to be someone who played it safe. She preferred the comforts of a predictable routine and rarely ventured outside her comfort zone. However, deep within her, there was a longing for something more, a desire to break free from the limitations she had imposed on herself. It was during a casual conversation with a friend that Sarah discovered rock climbing and felt a spark of curiosity ignite within her.

With a mix of excitement and nervousness, Sarah decided to give rock climbing a try. She signed up for a beginner's course at a local climbing gym and soon found herself immersed in the world of harnesses, ropes, and challenging rock walls. From the moment she touched the rough surface of the climbing wall, Sarah knew she was about to embark on a journey of pushing her personal boundaries.



At first, Sarah struggled with the physical demands of rock climbing. Her muscles ached, and doubt crept into her mind as she faced the daunting heights. However, she was determined to persevere and embrace the challenge. With each climb, she pushed herself a little further, conquering walls that seemed insurmountable at first. As she progressed, she discovered an inner strength and resilience she never knew she possessed.

Rock climbing not only tested Sarah's physical abilities but also challenged her mental fortitude. She had to learn to trust herself, conquer her fears, and maintain focus even when doubt threatened to undermine her progress. With each climb, Sarah gained a deeper understanding of her own capabilities and built a sense of self-confidence that extended beyond the walls of the climbing gym.



As Sarah delved deeper into the world of rock climbing, she ventured outdoors to experience the thrill of climbing natural rock formations. The rugged beauty of the cliffs and the breathtaking vistas provided an added motivation to push her boundaries even further. She faced vertical walls, navigated narrow ledges, and overcame her fear of heights, all while being surrounded by the awe-inspiring beauty of nature.

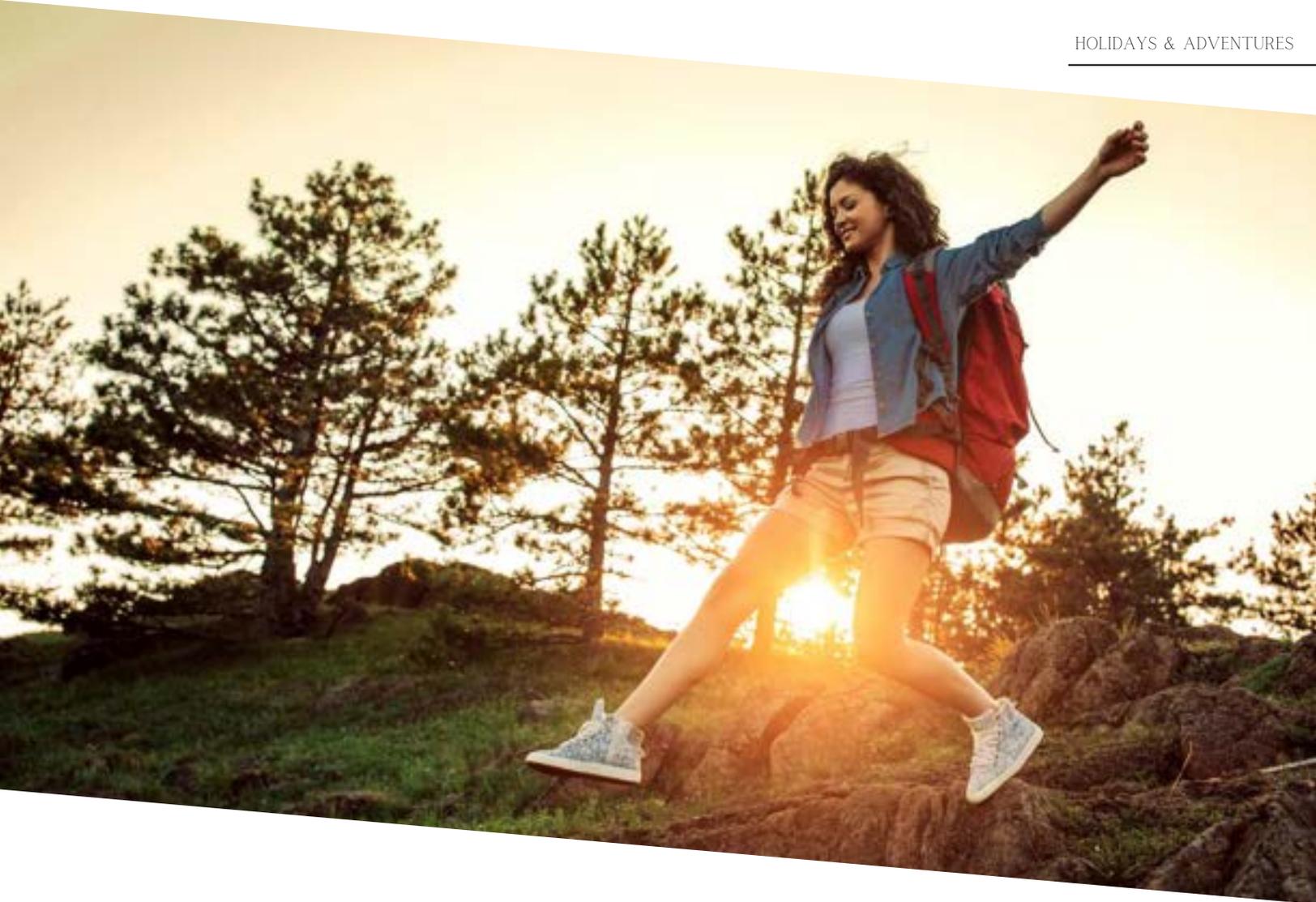
Through rock climbing, Sarah not only discovered her physical and mental capabilities but also experienced personal growth and self-discovery. The sport became a metaphor for her life, reminding her that she was capable of overcoming obstacles, embracing challenges, and reaching new heights. The lessons she learned on the rock wall translated into various aspects of her life, giving her the confidence to take on new opportunities and pursue her passions without fear of failure.

Today, Sarah continues to push her personal boundaries through rock climbing. She seeks out new challenges, explores different climbing routes, and embraces the thrill of conquering vertical heights. What started as a curiosity has transformed into a lifestyle that fuels her sense of adventure, self-growth, and empowerment.

#### *Connecting with Nature :*

The beauty of outdoor activities lies in their intimate connection with nature. Whether you're hiking through lush forests, kayaking in crystal-clear waters, or skiing down pristine slopes, these experiences offer a profound connection with the natural world. Immersed in nature's splendor, we gain a renewed sense of awe, peace, and gratitude, fostering a deep appreciation for our environment.

Emma had always felt a deep longing to connect with nature. Growing up in a bustling city, she yearned for the tranquility and beauty that the natural world had to offer. One day, she came across a kayaking club that offered guided tours through picturesque waterways and knew that it was the perfect opportunity to immerse herself in nature.



With a sense of anticipation, Emma joined a kayaking expedition that took her to a serene river nestled amidst lush forests. As she glided through the calm waters, surrounded by towering trees and the symphony of birdsong, a profound sense of peace enveloped her. She felt a newfound connection with the natural world as if she had discovered a missing piece of herself.

The rhythmic motion of paddling propelled Emma deeper into the heart of nature's splendor. With each stroke, she felt a sense of unity with the water and the land, as if she was a part of something much larger than herself. The stillness of the river mirrored the quietude within her, and her worries and stresses seemed to melt away.

As Emma continued her kayaking journey, she encountered various breathtaking sights. She marveled at the sight of a majestic eagle soaring overhead, its wings spread wide against the backdrop of a clear blue sky. She watched in awe as a family of otters played along the riverbanks, their playful antics bringing a smile to her face.

Each encounter deepened her connection with the natural world, reinforcing her belief that she was an integral part of the intricate tapestry of life.

Through kayaking, Emma not only connected with the external beauty of nature but also tapped into an inner wellspring of gratitude and appreciation. She realized the importance of preserving and protecting the environment, as she witnessed firsthand the delicate balance and harmony that existed in nature. This newfound understanding ignited a passion within her to become an advocate for environmental conservation and to inspire others to connect with nature as well.



Inspired by her experiences, Emma started to explore other outdoor activities that allowed her to further deepen her connection with nature. She went on hiking expeditions through towering mountain ranges, camped under starlit skies, and ventured into dense forests to witness the awakening of springtime. Each adventure brought her closer to the essence of the natural world and instilled within her a sense of awe and reverence.

Today, Emma continues to seek opportunities to connect with nature, whether it's through kayaking, hiking, or simply spending quiet moments in a nearby park. She understands that these experiences not only nourish her soul but also provide a source of inspiration, grounding, and solace in the midst of a fast-paced world.

#### *Mindfulness and Presence :*

Engaging in outdoor activities invites us to be fully present in the moment. As we navigate trails, paddle through rivers, or ride waves, we must be attuned to the subtleties of our surroundings.

This heightened sense of mindfulness not only enhances our enjoyment of the activity but also cultivates a deeper sense of self-awareness and a break from the daily distractions of life.

Lisa had always found it challenging to quiet her racing thoughts and be fully present in the moment. The demands of work, social commitments, and daily responsibilities often consumed her mind, leaving little room for tranquility. Seeking a reprieve from the chaos of everyday life, she turned to surfing, hoping to find solace in the rhythmic dance between water and board.

With a surfboard in hand and a determination to embrace the practice of mindful presence, Lisa ventured to the beach. As she paddled out into the ocean, she felt a sense of anticipation and a simultaneous letting go of everything that lay beyond the water's edge. The crash of waves, the salt-scented breeze, and the expanse of the horizon called her to be fully present, to immerse herself in the beauty of the moment.

As Lisa caught her first wave, she felt an exhilarating rush of adrenaline. The sensation of gliding atop the water, in perfect harmony with the rhythm of the ocean, captivated her senses. In that moment, all worries, distractions, and to-do lists faded away. She was fully immersed in the present, her mind attuned to the subtle movements of the water beneath her feet.

Surfing required a deep sense of mindfulness. Lisa had to be aware of her body's position on the board, the shifting currents, and the ever-changing nature of the waves. She learned to read the ocean's energy, to anticipate its movements, and to respond with grace and agility. Each surf session became a meditation in motion, as she honed her ability to stay fully present, moment by moment.

Through her newfound practice of mindful surfing, Lisa noticed a transformation within herself. The anxieties and stresses that once weighed her down began to dissolve in the embrace of the ocean.

She developed a heightened sense of self-awareness, recognizing the thoughts and emotions that arose within her without judgment or attachment. She discovered the power of surrendering to the ebb and flow of life, both on and off the surfboard.

The lessons Lisa learned through surfing extended far beyond her time in the water. She found that the practice of mindful presence seeped into every aspect of her life. Whether she was engaged in a work meeting, enjoying a conversation with a friend, or simply taking a walk in nature, she applied the same sense of awareness and appreciation for the present moment.

Surfing became more than a physical activity for Lisa; it became a pathway to inner peace and a reminder to savor the richness of each passing moment. The ocean became her sanctuary, offering a respite from the noise of the world and a space to reconnect with her true self. Through the practice of mindful presence in surfing, Lisa rediscovered the beauty of being fully alive.

#### *Growth and Personal Development :*

Outdoor activities provide a fertile ground for personal growth and development. Each adventure is an opportunity to learn new skills, gain insights about ourselves, and foster personal growth. Whether it's building resilience, improving problem-solving abilities, or developing leadership skills, the lessons we learn through outdoor activities often extend far beyond the adventure itself.

Mark had always been drawn to challenges that pushed him beyond his comfort zone. Seeking personal growth and development, he decided to embark on a journey of mountain climbing. The rugged beauty and formidable nature of mountains intrigued him, and he knew that this adventure would test his limits in ways he had never experienced before.

Mark began his mountaineering journey by joining a guided expedition to a towering peak. As he stood at the base of the mountain, he felt a mix of excitement and trepidation. The path ahead was filled with uncertainty and physical challenges, but he was determined to embrace the opportunity for growth that lay before him.

The ascent was grueling, requiring strength, endurance, and mental fortitude. Mark encountered steep slopes, unpredictable weather conditions, and moments of exhaustion that tested his resilience. But with each step forward, he discovered a deeper reservoir of strength within himself. He learned to persevere in the face of adversity, to trust his abilities, and to adapt to the ever-changing mountain environment.

As Mark pushed his physical boundaries, he also uncovered invaluable lessons about himself. The solitude of the mountains provided a space for self-reflection and introspection. He gained insights into his fears, his strengths, and his capacity for perseverance. He discovered a resilience he never knew he possessed and a determination to overcome obstacles, both on and off the mountain.





Mountain climbing also taught Mark valuable problem-solving skills. He faced complex challenges such as navigating treacherous terrains, assessing weather conditions, and making crucial decisions in high-stress situations. Each obstacle required him to think critically, analyze risks, and find creative solutions. These problem-solving abilities translated into his everyday life, empowering him to tackle challenges with newfound confidence.

Upon reaching the summit, Mark stood in awe of the breathtaking views that stretched as far as the eye could see. He felt a profound sense of accomplishment, not only for conquering the mountain but also for the personal growth he had achieved along the way. The lessons learned through mountain climbing would forever shape his perspective on life, resilience, and the limitless possibilities for growth.

Embracing the thrill of outdoor activities allows us to unleash our adventurous spirit and embark on a journey of self-discovery. By venturing beyond our comfort zones, pushing our boundaries, and connecting with the natural world, we tap into a wellspring of vitality and fulfillment. So, step outside, embrace the unknown, and embark on the path of adventure. Unleash your adventurous spirit, and let the outdoors become your playground of personal growth, empowerment, and transformation.

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A high-quality architectural rendering of a modern luxury villa. The scene is dominated by a long, narrow swimming pool that stretches from the foreground into the middle ground. To the left, a multi-story building with large glass windows and a prominent overhanging upper floor is visible. The pool deck is paved with light-colored stone tiles and features several lounge chairs with white cushions and folded towels. In the background, a hillside covered in lush greenery and tall cypress trees rises against a clear blue sky. A small, modern structure with a flat roof and open sides is situated at the end of the pool. The overall atmosphere is one of sophisticated elegance and serene outdoor living.

# ARK ARCHITECTS AND MANUEL MORICHE

by Catherine Ndong  
*Community Spotlights*



## A DYNAMIC DUO SHAPING ARCHITECTURAL MARVELS

Ark Architects, led by the visionary Manuel Moriche, has taken the architectural world by storm with their innovative designs and unwavering commitment to excellence. This dynamic duo has been at the forefront of creating architectural marvels that seamlessly blend art, functionality, and sustainability. With a shared passion for pushing boundaries and redefining architectural norms, Ark Architects and Manuel Moriche have garnered acclaim for their transformative projects.

Manuel Moriche, the driving force behind Ark Architects, is a renowned architect celebrated for his visionary approach and meticulous attention to detail. With an impressive portfolio spanning over years of experience, Moriche has earned a reputation for his ability to create structures that not only captivate the eye but also enhance the surrounding environment. His keen eye for aesthetics, coupled with a deep understanding of functionality and sustainability, sets him apart as a true visionary in the field.

Ark Architects, under the guidance of Manuel Moriche, has become synonymous with innovation. They continuously challenge conventional design norms, embracing cutting-edge technologies and incorporating avant-garde concepts into their projects. Whether it's utilizing sustainable materials, integrating smart home features, or implementing biophilic design principles, Ark Architects and Manuel Moriche consistently push the boundaries of what is possible in architecture, resulting in breathtaking and forward-thinking designs.

Both Ark Architects and Manuel Moriche share a deep commitment to environmental consciousness and sustainability. They recognize the responsibility of architects to contribute to a greener future. By incorporating eco-friendly materials, energy-efficient systems, and sustainable construction practices, they create buildings that not only minimize their ecological footprint but also provide a healthier and more sustainable environment for occupants. This emphasis on sustainability is a core value that permeates every aspect of their work.

One of the distinguishing features of Ark Architects' projects is their ability to seamlessly integrate structures with their natural surroundings. Manuel Moriche's designs pay homage to the environment, leveraging the beauty of nature to enhance the overall aesthetics of his creations. By blending organic elements, such as natural light, vegetation, and water features, Ark Architects and Manuel Moriche create a harmonious relationship between architecture and nature, resulting in spaces that inspire and connect occupants with their surroundings.

Ark Architects and Manuel Moriche place great importance on the meticulous attention to detail and craftsmanship in their projects. Every element, from the choice of materials to the precision of construction, is meticulously curated to ensure the highest quality and longevity of their structures. Their commitment to excellence is evident in every aspect, creating spaces that exude a sense of refinement and sophistication.



The remarkable work of Ark Architects and Manuel Moriche has garnered widespread recognition and acclaim within the architectural community. Their projects have received prestigious awards and accolades, further solidifying their position as industry leaders. The recognition serves as a testament to their unwavering dedication to innovation, sustainability, and artistic prowess.

As Ark Architects and Manuel Moriche continue to push the boundaries of architectural design, they are poised to shape the future of the industry. Their unwavering commitment to innovation, sustainability, and impeccable craftsmanship sets the stage for groundbreaking projects that will inspire generations to come.

With a visionary leader at the helm and a team of talented professionals, Ark Architects and Manuel Moriche are set to leave an indelible mark on the architectural landscape.

Ark Architects, under the visionary leadership of Manuel Moriche, has emerged as a driving force in the architectural realm. Their innovative designs, emphasis on sustainability, and meticulous attention to detail have positioned them as industry trailblazers.

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**THERAPIES**

Magazine

*Solutions for Life*



*More than a magazine, a community...*

A woman with voluminous, curly brown hair is looking down at a stack of white papers. She is wearing a light-colored, possibly beige, top. The background is softly blurred, suggesting an indoor setting with natural light. The text is overlaid on the lower half of the image.

COST OF LIVING COMPARISON :  
COSTA DEL SOL VS. OTHER EXPAT  
DESTINATIONS

by Catherine Ndong  
*Finance*



Living as an expat on the Costa del Sol offers a unique and vibrant lifestyle. The region's beautiful beaches, pleasant climate, and rich cultural heritage make it an attractive destination for individuals and families looking to build a new life abroad.

However, it's essential to have a solid financial plan in place to ensure a smooth transition and secure your financial well-being. Here are some valuable financial planning tips specifically tailored for expats living on the Costa del Sol.

1/ **Understand the Cost of Living:** Before making the move, research and understand the cost of living in the Costa del Sol.

Take into account factors such as housing, utilities, transportation, healthcare, and education. Having a realistic budget will help you determine how much you need to save and the lifestyle you can comfortably afford.

2/ **Establish an Emergency Fund:** Set aside an emergency fund to cover unexpected expenses or financial setbacks. Aim to save at least three to six months' worth of living expenses.

This safety net will provide peace of mind and protect you from financial stress during challenging times.

3/ **Seek Professional Advice:** Consult with a financial advisor who specializes in expat finances. They can provide guidance on tax implications, investment opportunities, retirement planning, and other financial matters specific to your situation.

A professional can help you navigate the complexities of international finance and ensure your financial affairs are in order.

4/ **Understand Tax Obligations:** Familiarize yourself with the tax obligations in both your home country and Spain. Expat tax rules can be complex, and it's important to comply with the tax laws of both jurisdictions. Consider seeking the expertise of a tax professional to ensure you are optimizing your tax situation and avoiding any legal issues.

5/ **Manage Currency Exchange:** If you have income or assets in multiple currencies, consider the best strategies for managing currency exchange.

Fluctuations in exchange rates can impact your finances, so explore options like international bank accounts or foreign exchange services to minimize costs and maximize your currency conversions.

6/ Evaluate Healthcare Options: Research and understand the healthcare system in Spain, including public and private healthcare options, insurance coverage, and any additional healthcare expenses you may incur as an expat.

It's crucial to have comprehensive health insurance to protect yourself and your family from unexpected medical costs.

7/ Plan for Retirement: Take advantage of retirement planning opportunities available to expats. Investigate pension schemes, retirement savings plans, and any tax incentives or benefits that may be available to you. Starting early and regularly contributing to your retirement fund will help ensure financial security in your later years.

8/ Review Insurance Coverage: Assess your insurance needs and ensure you have adequate coverage for your property, personal belongings, liability, and any other relevant insurance.

Consult an insurance professional to help you select the right policies that provide sufficient protection for your specific circumstances.

9/ Estate Planning and Inheritance: Consider your estate planning needs and consult with a legal professional to understand inheritance laws in Spain. Review your will, establish the power of attorney if necessary, and ensure your assets are protected and distributed according to your wishes.

10/ Monitor and Adjust: Regularly review and adjust your financial plan as needed. Life circumstances, economic conditions, and personal goals can change over time, so it's important to stay proactive and make necessary adjustments to keep your financial plan on track.

By implementing these financial planning tips, expats on the Costa del Sol can build a solid foundation for their financial future.

Taking the time to understand the local financial landscape, seeking professional advice, and being proactive in managing your finances will contribute to a successful and fulfilling expat experience on the Costa del Sol.



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A stack of several books is shown in a shallow depth of field, with the pages appearing as soft, horizontal bands of light and dark. In the foreground, two white daisies with dark centers are in sharp focus, their green stems and leaves extending upwards. The overall scene is bathed in a soft, natural light, creating a calm and studious atmosphere.

RICH DAD, POOR DAD :  
A GUIDE TO  
FINANCIAL INDEPENDENCE

by Catherine Ndong

*Book reviews*

*Robert Kiyosaki's "Rich Dad Poor Dad" is a popular and influential book that has helped millions of people around the world achieve financial independence. The book is a personal finance classic that provides readers with a new perspective on money and how to manage*

*The central message of the book is that in order to become financially independent, we must change the way we think about money. Kiyosaki argues that most people are taught to work for money, rather than to make money work for them. He suggests that by developing financial intelligence and learning to invest in assets that generate passive income, we can achieve financial freedom.*

*Kiyosaki's writing is engaging and accessible. He uses personal anecdotes and stories to illustrate his points, making the book both informative and entertaining. His writing is also practical, providing readers with actionable advice that they can use to improve their financial situation.*

*One of the most valuable lessons in "Rich Dad Poor Dad" is the importance of financial education. Kiyosaki argues that the education system does not teach us how to manage money effectively and that we must take it upon ourselves to learn about personal finance.*

*He provides readers with a number of resources and recommendations for further reading, encouraging them to continue their financial education beyond the pages of the book.*

*Another key concept in the book is the difference between assets and liabilities. Kiyosaki suggests that most people are trapped in a cycle of accumulating liabilities, such as cars, homes, and credit card debt, rather than investing in assets that generate passive income, such as real estate, stocks, and businesses.*

*He encourages readers to shift their focus from accumulating liabilities to investing in assets, in order to build long-term wealth.*

*Overall, "Rich Dad Poor Dad" is a valuable guide to financial independence that offers readers a new perspective on money and how to manage it. Its emphasis on financial education, asset acquisition, and passive income provides readers with a roadmap to achieving financial freedom. If you're looking to improve your financial situation and achieve greater financial independence, "Rich Dad Poor Dad" is definitely worth reading.*

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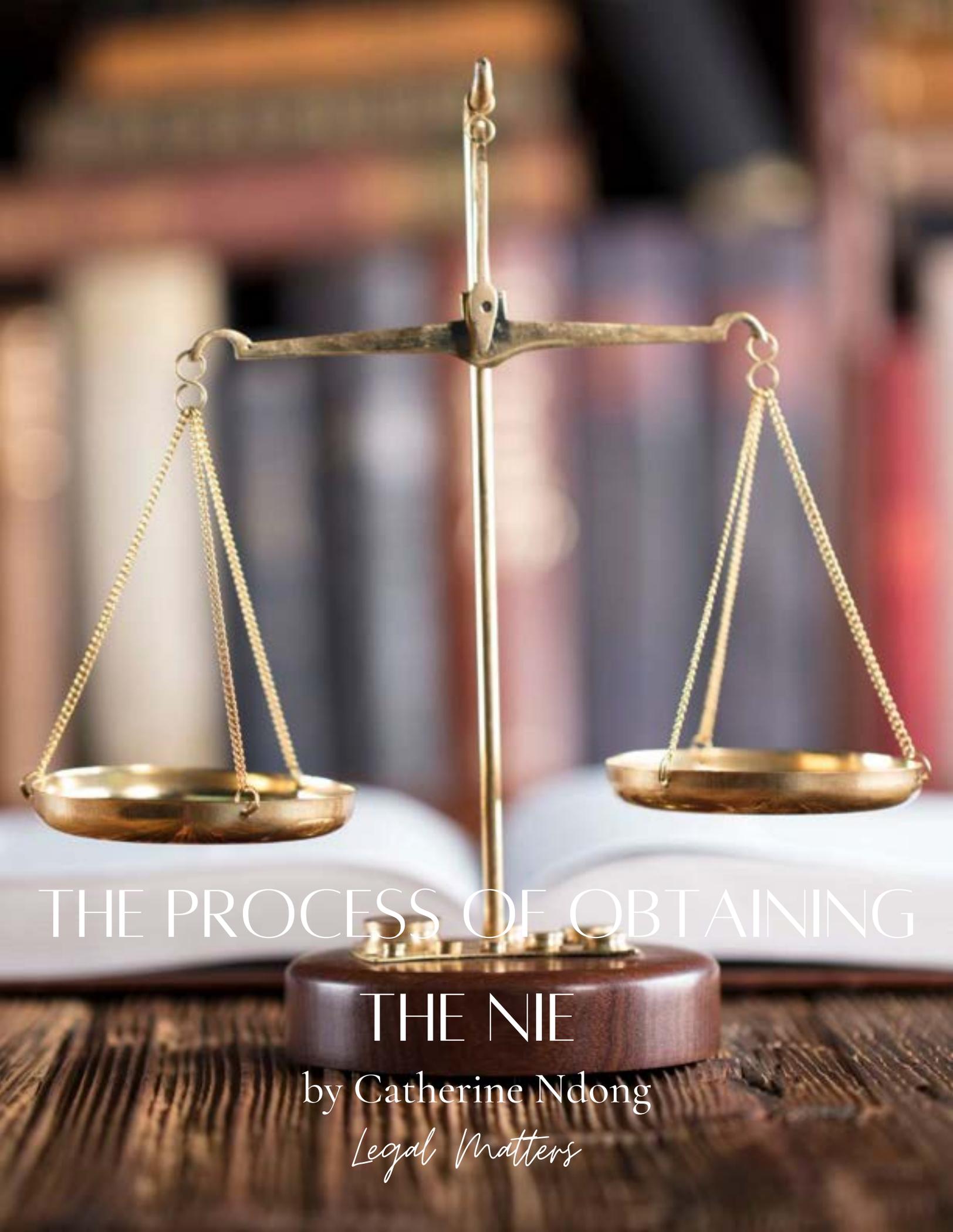
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THE PROCESS OF OBTAINING  
THE NIE

by Catherine Ndong  
*Legal Matters*



The process of obtaining the NIE (Número de Identificación de Extranjero) in Spain is an essential requirement for individuals from both European Union (EU) and non-EU countries who wish to live, work, study, or invest in the country. The NIE serves as a unique identification number that enables individuals to engage in various legal and administrative activities. However, understanding the requirements and steps involved in obtaining the NIE can be crucial to ensure a smooth process and compliance with the regulations. In this article, we will explore the necessary requirements and steps involved in obtaining the NIE in Spain.

The NIE (Número de Identificación de Extranjero) is a vital document for individuals residing in Spain or nonresidents looking to make important transactions, such as purchasing a property. It not only grants legal residency in Spain but also opens up a world of possibilities. From registering with the Social Security system to opening a bank account, starting a business, working, or buying a home or a car, the NIE is an essential requirement for those planning to settle in Spain for the medium or long term. Considered the Spanish equivalent of a passport, the NIE is an indispensable tool for navigating life and pursuing opportunities in the vibrant Spanish community.

Obtaining your NIE (Número de Identificación de Extranjero) in your home country is often a simpler process compared to doing so while you are already in Spain. However, it is crucial to initiate the process well in advance, preferably one or two months before your intended arrival. To obtain your NIE, you will need to contact the nearest Spanish embassy or consulate, which will provide you with the necessary information regarding the required documents.

Alternatively, if you are already in Spain, we can assist you in obtaining your NIE through a notarized and apostilled power of attorney. Our streamlined process ensures that your application is processed efficiently, and you can expect to receive your NIE within a few days.

For EU citizens seeking to obtain their NIE in Spain, it can sometimes be a challenging task, particularly during peak periods such as the summer season, especially in cities like Malaga.

### Citizens from Outside the European Union (EU):

For individuals arriving in Spain from countries outside the European Union, obtaining the NIE (Foreigner Identification Number) involves a slightly more complex process. Although you already have a foreigner number on your Spanish visa, there is an additional document required for residing in Spain: the TIE (Foreigner Identity Card). While the steps to obtain the TIE are similar to those for obtaining the NIE, there is a key difference.

To begin, you will need to schedule an appointment in advance, just like citizens from European Union countries. However, there is a small yet significant variation in the process. When requesting your appointment, follow the same steps as explained for EU citizens but refrain from clicking on EU Certificates.

By following the appointment process and presenting the necessary documentation at the Aliens Office, you will be able to obtain your TIE, which grants you the right to live and work in Spain. It is important to be well-prepared and ensure that you have all the required documents before your appointment to facilitate a smooth application process. Although the procedure for citizens outside the European Union may be slightly more intricate, with proper preparation and adherence to the outlined steps, you can successfully acquire your TIE and embark on your journey of living and experiencing all that Spain has to offer.

### NIE REQUIREMENTS IN SPAIN :

To obtain the NIE in Spain, you must fulfill the following requirements:

- Proof of a scheduled appointment.
- Passport or identity card from your country of origin.
- Completed Form EX-15, Application for Foreigner Identity Number.
- Payment of the NIE fee, which should be filled out and signed.

The following are the documents required to justify the NIE application form in English, depending on your specific case:

- Working in a Spanish company: Employment contract, previous contract, or documentation proving registration with the Spanish Social Security as a worker.
- Self-employed worker in Spain: Registration in the Census of Economic Activities, registration in the Mercantile Registry, or documentation proving registration with the Spanish Social Security as a self-employed worker.
- Student: Proof of enrollment in a Spanish university, European Health Card, and evidence of sufficient economic resources. Erasmus students only need to provide documentation proving their participation in the program.
- Training: Certificate of the training agreement.
- Meeting or accompanying a family member in Spain: Proof of family ties, evidence of the family member's employment in Spain, and proof of sufficient financial resources.





**THE FINAL STEP IN OBTAINING THE NIE** Regardless of whether you are an EU citizen, the final step is to attend the appointment with all your documents and a lot of patience. You will need to take a number and wait for your turn.

On the same day, you will be required to pay a fee of approximately €10 at any bank using Model 790 Code 012. Afterward, return to the office and submit the receipt without having to queue again.

Incredibly, you will then receive your NIE, allowing you to retire in Spain, purchase the property you have always desired, and open your Spanish bank accounts. Moreover, if you are a non-resident and your property is valued at more than €500,000, you may be eligible for the Spanish Golden Visa in 2023.

Obtaining the NIE in Spain is a vital step for individuals from both EU and non-EU countries who plan to reside, work, study, or invest in the country. By fulfilling the necessary requirements and following the designated steps, applicants can acquire this crucial identification number that opens doors to numerous opportunities in Spain. Whether it's starting a new job, enrolling in an educational institution, or purchasing property, the NIE serves as a fundamental document that facilitates legal and administrative processes. By understanding the procedures and providing the required documentation, individuals can navigate the process with confidence and embark on their Spanish endeavors.

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# HOUR BUILDING

by Catherine Ndong

*Business & Employment*

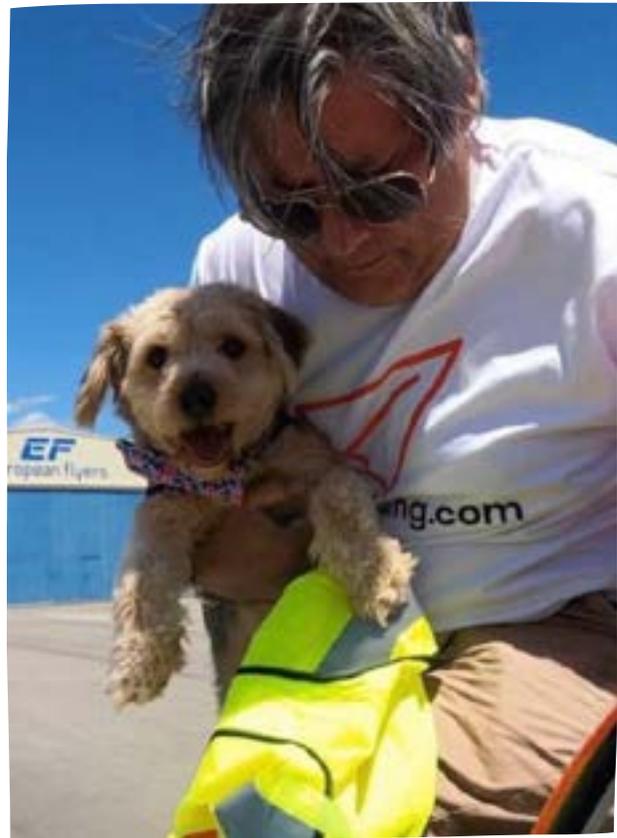


**Hi Clifford, could you introduce yourself and tell us how you established your organization in Malaga?**

*Sure. I used to own an engineering company in the UK, but I retired in 2019. At that time, my dog gained popularity as a YouTuber, and we posted videos of our travels in an aircraft. In 2019, we arrived in Spain, but due to the COVID-19 pandemic, we got stuck there during the lockdown. When Brexit happened, our dog-related projects came to an end, and we decided to settle permanently in Spain. I started renting my aircraft to friends and colleagues in Gibraltar, which led to the establishment of our organization. We now have a base at an airfield in Spain and several aircraft across Europe.*

**What inspired you to start this organization?**

*Clifford Marker: People started contacting me to borrow my plane because pilots need to fulfill a minimum flight hours requirement. This year, we received a request from Cadiz, which expanded to Alicante. Our story was featured on the UK TV Channel 5's "Bargain Loving Brits in the Sun" show, set to be broadcast in 2024.*



**How many people come to your organization to experience flying?**

*We have around 50 to 60 pilots going through our program at any given time. We operate in Spain, Cyprus, Poland, England, and France.*

**What are your future plans for the company?**

*We plan to obtain an Air Operator Certificate (AOC) to offer flights for tourists, especially from Gibraltar to Morocco. We also aim to provide day trips for cruise ship passengers in Spanish cities. Additionally, we want to cater to business travelers who prefer quick and hassle-free flights.*

**How can aspiring pilots or those seeking more flight hours get in touch with your organization?**

*Most people find us through our website, YouTube, TikTok, and Instagram. We use various social media platforms to reach our audience.*

**How is your promotion on TikTok and Instagram going? What kind of videos do you create, and who is your target audience?**

*Our TikTok and YouTube channels have attracted clients from all over the world. Flying in southern Spain offers excellent VFR conditions, allowing us to provide accelerated hour-building programs. Clients come from Spain, Switzerland, Finland, Germany, England, and other countries.*

**Could you explain the process of becoming a pilot, starting from being a beginner to becoming a qualified pilot?**

*Pilots start as private pilots and progress through the modular scheme, including obtaining licenses, passing exams, and accumulating flight hours. We offer accelerated hour-building programs for individuals to gain flight experience quickly.*

**Has running this organization affected your personal life?**

*Running the organization hasn't significantly impacted my personal life. My responsibilities mainly involve administrative tasks and overseeing maintenance.*

**Do you have enough time for your family?**

*We don't have children, but my wife and our pets travel with us in the plane. Managing their travel requirements is relatively straightforward.*

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**What do you do when you arrive at a destination?**

*We stay in our houses with our pets when we arrive in different countries. We fly to various destinations across Europe.*

**Are there any plans to expand internationally?**

*We frequently fly to Morocco and have a base there. We are considering opening another location in Slovenia. While we have an early-stage partnership interest in Miami, our primary focus remains on Europe.*

**Which countries do you enjoy the most among the ones you frequently travel to?**

*Spain and France are our most frequent destinations. I particularly enjoy flying in Spain due to its navigational ease and efficient air traffic controls.*

**After all your travels, did you decide to settle back in England?**

*No, we decided to leave England behind and continue traveling due to the weather.*

**Thank you for your time, Clifford!**





*grand opening*

of our

*retreat house*

**October 2023**



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# ECO-FRIENDLY PRACTICES

by Catherine Ndong

*Environment & sustainability*

# HOW SUSTAINABLE CHOICES ENHANCE WELL-BEING

In today's world, adopting eco-friendly practices has become increasingly important. Sustainable choices not only benefit the environment but also contribute to our overall well-being. By making conscious decisions to reduce our ecological footprint, we can create a healthier and more sustainable future. This article explores the ways in which eco-friendly practices enhance our well-being and provides practical tips for incorporating sustainability into our daily lives.

- Connection with Nature :

Engaging in eco-friendly practices encourages us to connect with nature. Spending time outdoors, whether it's hiking, gardening, or simply taking a walk in the park, has been shown to reduce stress levels, improve mood, and enhance mental well-being. By valuing and protecting the environment, we develop a deeper appreciation for the natural world and cultivate a sense of harmony with it.

For example, spend a weekend hiking in a nearby national park, immersing yourself in the beauty of nature and taking in the fresh air. Set up a small garden in your backyard or participate in a community garden project, where you can cultivate plants and experience the joy of growing your own food.



- Healthier Lifestyle Choices :

Many eco-friendly practices, such as consuming locally sourced and organic foods, reducing waste, and using non-toxic cleaning products, promote a healthier lifestyle. Locally sourced foods are often fresher, more nutritious, and support local farmers. Organic foods are free from harmful pesticides and chemicals, which can have long-term health benefits. Similarly, reducing waste and using environmentally friendly cleaning products minimize our exposure to toxins, contributing to improved indoor air quality and overall well-being. You can visit your local farmer's market and purchase fresh, locally sourced fruits, vegetables, and other products. Opt for organic options to reduce your exposure to pesticides and support sustainable agricultural practices. Switch to non-toxic cleaning products made from natural ingredients to create a healthier living environment.



- Sustainable Transportation :

Opting for sustainable transportation methods, such as cycling, walking, carpooling, or using public transportation, not only reduces carbon emissions but also promotes physical activity. Regular physical exercise has numerous health benefits, including improved cardiovascular health, increased energy levels, and reduced stress.

Choosing sustainable transportation options can also lead to cost savings, less traffic congestion, and a cleaner and more peaceful urban environment.

Start incorporating walking or cycling into your daily commute, especially for short distances.

If feasible, join a carpool with colleagues or friends to reduce the number of vehicles on the road. Utilize public transportation systems whenever possible to decrease your carbon footprint and enjoy the benefits of stress-free commuting.

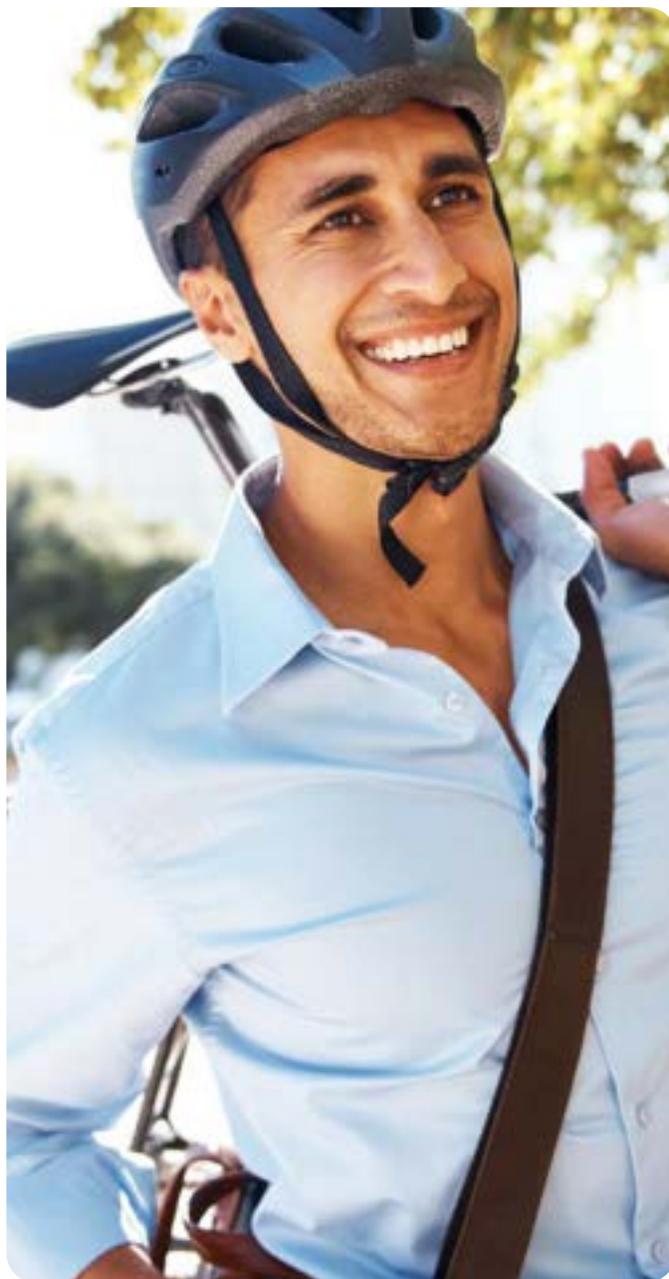
- Energy Conservation :

Conserving energy in our daily lives not only reduces our carbon footprint but also positively impacts our well-being. Using energy-efficient appliances, turning off lights and electronics when not in use, and maximizing natural light can lower energy bills and create a more comfortable living environment. Additionally, reducing energy consumption helps mitigate the effects of climate change, leading to a healthier planet for future generations. Upgrade your home appliances to energy-efficient models, such as LED light bulbs, energy-saving refrigerators, and smart thermostats.

Make it a habit to turn off lights, electronics, and appliances when not in use. Harness natural light by opening curtains and blinds during the day to reduce reliance on artificial lighting.

- Mindful Consumption :

Practicing mindful consumption involves making thoughtful choices about the products we buy and the resources we use. By opting for sustainable and ethically produced goods, we support companies that prioritize environmentally friendly practices and fair labor conditions. Mindful consumption also encourages us to avoid unnecessary purchases, reduce waste, and embrace a more minimalist lifestyle, which can lead to a sense of contentment, reduced financial stress, and a more clutter-free living space. Before purchasing new items, consider if you genuinely need them or if there are sustainable alternatives available. Choose products with eco-labels or certifications that guarantee ethical sourcing and production practices. Reduce waste by utilizing reusable bags, bottles, and containers, and opt for minimal packaging when selecting products.





- Community Engagement :

Getting involved in local environmental initiatives and community projects fosters a sense of belonging and purpose. Participating in clean-up drives, community gardens, or environmental advocacy groups allows us to connect with like-minded individuals and make a positive impact together. Building strong communities focused on sustainability promotes social well-being, resilience, and a sense of collective responsibility towards the environment. Volunteer for local environmental organizations or participate in community clean-up drives to contribute to a cleaner and greener neighborhood. Join or initiate a community garden project to promote sustainable food production and foster a sense of community resilience. Attend town hall meetings to advocate for sustainable practices in your area.

- Teaching Future Generations :

By embracing eco-friendly practices, we become role models for future generations. Educating children and instilling in them a sense of environmental stewardship sets the foundation for a sustainable future. Teaching them about recycling, conservation, and the importance of protecting our planet empowers them to make eco-conscious choices throughout their lives, creating a ripple effect that extends beyond our own actions.

Organize educational activities for children, such as nature walks, recycling workshops, or visits to conservation centers, to instill in them a love for the environment.

Involve them in gardening projects and teach them about composting and reducing waste. Encourage them to participate in eco-friendly initiatives and lead by example with your own sustainable practices.

Incorporating eco-friendly practices into our daily lives is not only beneficial for the environment but also enhances our well-being. By connecting with nature, making healthier lifestyle choices, embracing sustainable transportation and energy conservation, practicing mindful consumption, engaging with our communities, and teaching future generations, we can contribute to a more sustainable and fulfilling future. Let us remember that every small eco-friendly choice we make today has the power to create a healthier and more prosperous world for ourselves and future generations.

A photograph of a forest fire. A large, thick plume of white and grey smoke rises from a burning tree in the center-right of the frame. The smoke fills the upper half of the image. The background shows a dense forest of green pine trees. The overall scene is dramatic and somber.

# PREVENTING FIRES DURING SUMMER

by Catherine Ndong

*Life abroad*



The summer months on the Costa del Sol can be hot and dry, creating ideal conditions for fires to start and spread quickly. Here are some tips to help prevent fires during the summer months.

1/ Dispose of Cigarettes Properly :

Cigarettes are a common cause of fires during the summer months. Make sure to properly dispose of cigarettes in an ashtray or designated smoking area.

2/ Avoid Burning Rubbish or Garden Waste :

Burning rubbish or garden waste can quickly lead to a fire getting out of control. Instead, dispose of waste properly by taking it to a designated collection area.

3/ Use Barbecues Safely :

Barbecues are a popular activity during the summer months, but they can also be a fire hazard. Make sure to only use barbecues in designated areas and never leave them unattended.

4/ Be Careful with Fireworks :

Fireworks are often used to celebrate holidays or special events, but they can also cause fires if not used properly. Make sure to only use fireworks in designated areas and follow all safety guidelines.

5/ Report Any Signs of Smoke or Fire: If you see any signs of smoke or fire, report it immediately to the local authorities or emergency services.

6/ Maintain Your Property: Regularly maintaining your property, including clearing dead leaves and branches, can help prevent fires from starting or spreading.

7/Follow Local Fire Safety Guidelines: Make sure to follow any local fire safety guidelines, including restrictions on burning or using fireworks.

In conclusion, preventing fires during the summer months on the Costa del Sol requires everyone to take responsibility and follow safety guidelines.

By properly disposing of cigarettes, avoiding burning rubbish or garden waste, using barbecues safely, being careful with fireworks, reporting any signs of smoke or fire, maintaining your property, and following local fire safety guidelines, we can all help prevent fires from starting or spreading

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THE ULTIMATE GUIDE  
TO CHOOSING  
THE RIGHT PET FOOD

by Catherine Ndong

*Pet care*

# TIPS FOR A HEALTHY AND BALANCED DIET

Introduction: Choosing the right food for your beloved pet is crucial for their overall health and well-being. With the overwhelming variety of pet food options available on the market, it can be challenging to determine which one is best suited for your furry friend. This comprehensive guide will provide you with valuable tips and insights to help you make an informed decision when it comes to selecting the perfect pet food for a healthy and balanced diet.

1/ Understand Your Pet's Nutritional Needs: Every pet has unique nutritional requirements based on its species, breed, age, size, and activity level. Consult with your veterinarian to determine the specific dietary needs of your pet. Understanding the basics of pet nutrition, such as the essential nutrients they require, will empower you to make informed choices. For example, if you have a large breed puppy, they will require a pet food formula specially formulated for their growth and development, which includes higher levels of protein, calcium, and phosphorus. On the other hand, an adult cat with a sedentary lifestyle may benefit from a lower-calorie, weight-management formula to prevent obesity.

2/ Read the Ingredient List: When examining pet food options, always read the ingredient list carefully. Look for high-quality protein sources as the primary ingredient, such as real meat or fish. Avoid foods that contain excessive fillers, artificial additives, preservatives, and by-products. The ingredient list should be transparent, easy to understand, and devoid of ambiguous terms. Suppose you're selecting cat food and the first ingredient listed is real chicken or salmon. This indicates that the food contains high-quality protein sources, which are essential for your cat's overall health. Avoid foods with fillers like corn, wheat, or soy, as they provide limited nutritional value. Look for natural ingredients and avoid artificial additives, preservatives, and by-products.

3/ Consider Life Stage and Specific Needs: Pets have different dietary requirements based on their life stage. Choose pet food specifically formulated for puppies, adult dogs, senior dogs, kittens, adult cats, or senior cats, depending on the age of your pet. Additionally, if your pet has any specific dietary needs due to health conditions or allergies, select food that caters to those requirements. If you have a senior dog with joint issues, you might consider a pet food formula enriched with glucosamine and chondroitin to support joint health. Similarly, a kitten's rapid growth requires a food formula that provides the right balance of nutrients for their development.



4/ **Determine the Right Type of Food:** Decide whether to feed your pet dry food, wet food, or a combination of both. Dry food is convenient, has a longer shelf life, and promotes dental health. Wet food offers higher moisture content and can be beneficial for pets with hydration issues or dental problems. You can also opt for freeze-dried, raw, or homemade diets, but consult your veterinarian for guidance on these options. Suppose you have a small breed dog with dental problems. Wet food, with its higher moisture content, can be beneficial as it is softer and easier to chew. However, if you have a busy schedule, you might opt for dry food, which is convenient and has a longer shelf life.

5/ **Research the Brand's Reputation:** Investigate the reputation and history of the pet food brand you are considering. Look for brands that prioritize quality ingredients, conduct rigorous testing, and have a solid track record of producing safe and nutritious pet food. Online reviews, recommendations from other pet owners, and endorsements from trusted sources can also provide valuable insights. When researching pet food brands, look for those that have a strong reputation for quality and safety. For example, Brand X has been in the industry for over 20 years, sources ingredients from trusted suppliers, and conducts regular quality checks and testing. Additionally, seek recommendations from trusted sources like veterinarians, breeders, and fellow pet owners.

6/ **Assess Nutritional Adequacy:** Ensure that the pet food you choose meets the nutritional standards established by reputable organizations such as the Association of American Feed Control Officials (AAFCO). Look for a statement on the packaging indicating that the food is formulated to meet AAFCO nutrient profiles or has undergone feeding trials to verify its nutritional adequacy. Ensure that the pet food you choose meets the nutritional standards set by reputable organizations such as AAFCO. Look for statements on the packaging that indicate the food is "complete and balanced" or has been formulated to meet the specific life stage needs of your pet.

7/ **Gradual Transition and Monitoring:** When switching to a new pet food, introduce it gradually over a period of several days to prevent digestive upset. Observe your pet for any adverse reactions or changes in their behavior, coat condition, energy levels, or stool quality. Regularly monitor your pet's weight and overall health, adjusting their diet if necessary. When transitioning to a new pet food, mix a small amount with their current food and gradually increase



the proportion over a week or two. Monitor your pet's response during this transition period, watching for any signs of digestive upset or adverse reactions. Regularly assess your pet's weight, coat condition, energy levels, and overall health to ensure the chosen food is meeting their needs.

Selecting the right pet food is essential for promoting your furry friend's optimal health and ensuring a long and happy life. By understanding your pet's nutritional needs, reading ingredient lists, considering life stages and specific needs, and researching reputable brands, you can make an informed choice. Regular monitoring and consultation with your veterinarian will help you fine-tune your pet's diet to maintain a healthy and balanced lifestyle. Remember, a well-nourished pet is a happy pet!

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***Lux Mundi is a Christian Charity that has been helping people of all nationalities for 50 years.***

We are an Ecumenical Centre, a place where Christians of all denominations (Catholic, Protestant, Orthodox, Christian groups, etc...) meet together to promote prayer, reflect and work together to serve others, with the aim of overcoming the barriers that have divided us for centuries and so being visible witnesses to the unity of our faith.

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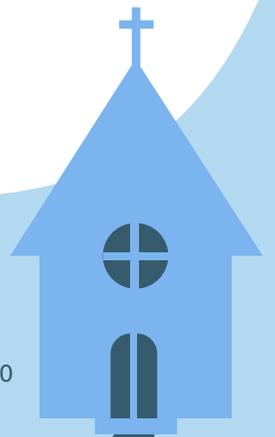
**Centre in Torre del Mar :**

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 +952 54 33 34

 Wednesdays and Fridays from 10am to 1pm

 Lux Mundi Centro Ecumenico



# GBC OPEN DAY GIBRALTAR

by Catherine Ndong

*Charity & Volunteering*





## A CELEBRATION OF COMMUNITY AND CHARITY

GBC Open Day Gibraltar is an eagerly anticipated annual event that brings together the community, raises funds for local charitable causes, and offers a unique opportunity for the public to explore the inner workings of Gibraltar Broadcasting Corporation (GBC). This much-loved event has become a cherished tradition, showcasing the spirit of generosity and unity that defines Gibraltar.

The GBC Open Day is a day filled with excitement and entertainment, attracting residents and visitors of all ages. Held at the GBC studios, it offers a behind-the-scenes glimpse into the world of broadcasting while fostering a sense of connection and support for the local community. The event typically features a wide range of activities, including live performances, interactive exhibits, and engaging demonstrations.

One of the highlights of GBC Open Day is the chance to meet and interact with GBC presenters, reporters, and production teams.

Visitors can witness live broadcasts, experience radio, and TV production firsthand, and gain insight into the dedication and hard work that goes into delivering news, entertainment, and informative programming to the community.

However, GBC Open Day is not just about showcasing the broadcasting industry; it is also a powerful platform for giving back. The event serves as a fundraiser for numerous local charitable organizations, with funds collected through donations, raffles, auctions, and various activities throughout the day.

This altruistic aspect of GBC Open Day reinforces the strong sense of community and solidarity in Gibraltar.

The funds raised during the event are distributed to a diverse range of charitable causes, supporting initiatives that address pressing community needs. These may include social welfare programs, healthcare services, education, cultural preservation, and support for vulnerable individuals and families. Through the collective efforts of GBC and the generosity of the public, GBC Open Day has made a significant impact on numerous lives and organizations over the years.

Moreover, GBC Open Day serves as a reminder of the pivotal role media organizations play in facilitating community engagement and philanthropy. By opening its doors to the public, GBC fosters transparency and accessibility, allowing individuals to connect with the media outlet responsible for informing and entertaining them on a daily basis. This unique interaction helps build trust, strengthens the bond between GBC and the community, and reinforces the station's commitment to serving the public interest.

GBC Open Day Gibraltar is not just an event; it is a celebration of unity, generosity, and the power of collective action. It embodies the spirit of Gibraltar, showcasing the resilience, compassion, and dedication of its people. From the joyous atmosphere to the charitable contributions, this annual event highlights the positive impact that can be achieved when a community comes together for a common cause.

As GBC Open Day Gibraltar continues to evolve and grow, it remains a testament to the enduring spirit of giving and the community spirit that defines Gibraltar. It serves as a shining example of how a media organization can harness its influence to make a positive difference in society. Through this event, GBC reaffirms its commitment to serving the community and creating a brighter future for Gibraltar and its residents.

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# YOU CAN HELP!



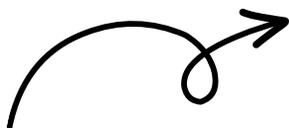
## WHAT IS IT ABOUT ?

Founded almost 20 years ago, the humanitarian center "Action dans le Monde" (ADM) helps disadvantaged people, mentors the new generation as well as committed professionals in the field and offers opportunities for a better future thanks to the dedication of its volunteers.

## HOW TO DO IT ?

ADM has chosen not to benefit from state subsidies, but only from the funds raised by our investments abroad, in order to be completely free in its policy of action and movement.

Your donations are a great help to us in expanding our projects, the next of which is to travel to India to bring menstrual pants to women.



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**SCAN ME TO MAKE A DONATION**

# EXPLORING MIND–BODY CONNECTION

by Catherine Ndong

*Body, mind & soul*



# UNCOVER THE POWERFUL CONNECTION BETWEEN MENTAL AND PHYSICAL WELL-BEING AND DISCUSS HOW ALTERNATIVE THERAPIES CAN ENHANCE THIS CONNECTION

The mind and body are not separate entities but intricately interconnected aspects of our being. This profound connection manifests in various ways, shaping our experiences, health, and overall well-being. The understanding of the mind-body connection acknowledges that our thoughts, emotions, beliefs, and experiences have a direct impact on our physical health and vice versa. This awareness has paved the way for alternative therapies that embrace a holistic approach to healing, aiming to nurture and enhance the mind-body connection.

When we experience stress, anxiety, or negative emotions, our bodies respond accordingly. Research has shown that prolonged stress can lead to physical symptoms such as headaches, muscle tension, digestive issues, and compromised immune function. Conversely, positive emotions and a balanced mental state can promote overall well-being and contribute to better physical health. This intricate relationship highlights the importance of addressing both the mental and physical aspects of health to achieve optimal wellness.

Alternative therapies provide a unique framework for exploring and enhancing the mind-body connection. By engaging in these practices, individuals can unlock a wealth of benefits that go beyond the alleviation of symptoms. Let's delve deeper into how alternative therapies can nurture and strengthen the mind-body connection:

## *1/ Meditation and Mindfulness :*

Practices like meditation and mindfulness encourage deep relaxation, mental clarity, and heightened self-awareness. By calming the mind and centering one's focus on the present moment, individuals can reduce stress, improve emotional well-being, and positively impact physical health. Regular meditation and mindfulness practice have been shown to lower blood pressure, reduce anxiety, improve sleep quality, and enhance overall resilience.

## *2/ Yoga and Tai Chi :*

Yoga and Tai Chi are ancient practices that combine gentle movements, breathwork, and mindfulness to promote harmony between the mind and body. These practices improve flexibility, strength, and balance while also calming the mind and reducing stress. Through the integration of physical postures, conscious breathing, and focused attention, individuals can experience a heightened sense of body awareness, emotional balance, and an overall sense of well-being.

## *3/ Acupuncture:*

Rooted in Traditional Chinese Medicine, acupuncture involves the insertion of thin needles into specific points on the body to balance the flow of energy. This therapy recognizes the interplay between the mind and body and seeks to restore harmony within the energetic pathways. Acupuncture can address physical ailments while also influencing mental and emotional well-being. Many individuals report feeling a profound sense of relaxation, reduced anxiety, and improved mood after acupuncture sessions.

## *4/ Reiki and Energy Healing :*

Reiki and energy healing modalities work with the subtle energy systems of the body to restore balance and promote healing. These practices recognize that energy flows throughout the body and can become blocked or imbalanced, leading to physical and emotional discomfort. By channeling healing energy, practitioners help to clear energetic blockages and restore harmony within the mind and body. Reiki and energy healing sessions can induce deep relaxation, reduce stress, and promote a sense of overall well-being.





### *5/ Art Therapy :*

Art therapy provides a creative and expressive outlet for individuals to explore their thoughts, emotions, and experiences. Engaging in artistic activities such as painting, drawing, or writing can promote self-awareness, reduce stress, and enhance overall well-being. Art therapy encourages the integration of the mind and body by allowing emotions to be expressed through creative processes. It provides a safe space for individuals to explore their inner world, gain insight into their experiences, and foster emotional healing.

By embracing alternative therapies that prioritize the mind-body connection, individuals can experience a profound transformation in their overall health and well-being. These therapies go beyond treating symptoms and offer a holistic approach to healing, acknowledging the interdependence of our mental, emotional, and physical states. Through practices such as meditation, yoga, acupuncture, energy healing, and art therapy, individuals can cultivate self-awareness, reduce stress, promote emotional balance, and enhance their overall vitality.

### Understanding the Mind-Body Connection :

The mind-body connection suggests that our thoughts, emotions, and beliefs have a significant impact on our physical health. Research has shown that stress, anxiety, and negative emotions can manifest as physical symptoms, while positive emotions and a balanced mental state can promote overall well-being. This connection highlights the importance of addressing both the mental and physical aspects of health to achieve optimal wellness.

Consider the story of Sarah, a hardworking professional who constantly faced high levels of stress and anxiety due to her demanding job. Despite her success, Sarah began experiencing physical symptoms such as persistent headaches, fatigue, and digestive issues. Frustrated by these unexplained symptoms, she decided to seek help from a holistic therapist who specialized in the mind-body connection.

During their sessions, the therapist explained to Sarah how stress and negative emotions can impact the body. They discussed the concept of the mind-body connection and how our thoughts and emotions can manifest physically. Sarah realized that her relentless stress and anxiety were taking a toll on her overall well-being.

To address this, the therapist introduced Sarah to various techniques for managing stress and promoting emotional balance. They started with mindfulness meditation, guiding Sarah to focus on the present moment and cultivate a sense of calm. As Sarah practiced meditation regularly, she noticed a decrease in her stress levels and an improvement in her overall mood.

In addition to meditation, Sarah explored other alternative therapies such as yoga and acupuncture. Through yoga, she discovered the power of gentle movement, breathwork, and relaxation in relieving physical tension and calming her mind. Acupuncture sessions helped her rebalance her body's energy flow, further reducing her headaches and digestive issues.

As Sarah continued her journey, she realized the importance of addressing both her mental and physical well-being. By actively cultivating positive emotions, such as gratitude and self-compassion, Sarah experienced a shift in her overall outlook on life. She noticed that when she nurtured a positive mindset, her physical symptoms diminished, and she felt more energized and motivated.

Sarah's story exemplifies the profound impact of the mind-body connection on our health. Through understanding and actively addressing her stress and negative emotions, she was able to improve her physical well-being and achieve a greater sense of overall wellness. This example demonstrates the significance of acknowledging and addressing the mental and emotional aspects of health to achieve optimal balance and vitality.



### Alternative Therapies and the Mind-Body Connection :

Alternative therapies offer a holistic approach to health, recognizing the intricate link between the mind and body. By engaging in practices that focus on nurturing this connection, individuals can experience profound benefits. Let's explore some alternative therapies that can enhance the mind-body connection :

- **Meditation and Mindfulness :**

These practices encourage deep relaxation, mental clarity, and heightened self-awareness. By calming the mind and centering one's focus, individuals can reduce stress, improve emotional well-being, and even positively impact physical health.

Jacklyn, a high-stress executive, decided to incorporate daily meditation and mindfulness practices into her routine. By dedicating just a few minutes each day to quiet reflection and present-moment awareness, she experienced a significant reduction in her stress levels. Jacklyn noticed that her mind became clearer, her thoughts less chaotic, and her emotions more balanced. This newfound inner calm allowed her to approach her work and personal life with greater focus, resilience, and overall well-being.

- **Yoga and Tai Chi :**

These ancient practices combine gentle movements, breathwork, and mindfulness to promote harmony between the mind and body. They improve flexibility, strength, and balance while also calming the mind and reducing stress.

Mark, a middle-aged individual seeking a holistic approach to his health, began attending regular yoga and Tai Chi classes. Through the gentle movements, mindful breathing, and meditative elements of these practices, he discovered a sense of harmony between his mind and body. Over time, Mark noticed increased flexibility, improved physical strength, and enhanced balance. Alongside these physical benefits, he also experienced a deeper sense of calmness, reduced anxiety, and improved overall mental well-being.

- **Acupuncture :**

Based on Traditional Chinese Medicine, acupuncture involves the insertion of thin needles into specific points on the body to balance the flow of energy. This therapy can address physical ailments while also influencing mental and emotional well-being.

Sophia, dealing with chronic pain and emotional distress, sought relief through acupuncture sessions. During these treatments, fine needles were strategically placed on specific points of her body.

Not only did Sophia experience a reduction in physical discomfort, but she also noticed a shift in her emotional state. The sessions provided a sense of deep relaxation, helped alleviate anxiety, and restored a sense of balance and well-being in her life.

- Reiki and Energy Healing :

These modalities work with the subtle energy systems of the body to restore balance and promote healing. By harmonizing the body's energy flow, individuals can experience a profound sense of relaxation, mental clarity, and emotional well-being.

Tom, struggling with emotional trauma and a sense of disconnection, decided to explore Reiki and energy healing sessions. Through these gentle, non-invasive treatments, he experienced profound relaxation and a release of emotional tension. Tom felt the flow of positive energy, leaving him with a greater sense of mental clarity, emotional stability, and overall inner peace. These sessions helped him reconnect with himself on a deeper level, fostering a greater sense of well-being and personal growth.

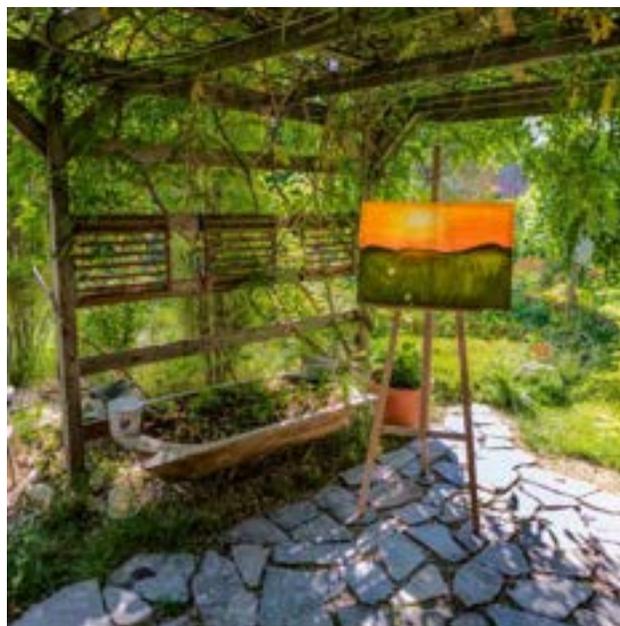
- Art Therapy :

Expressive arts, such as painting, drawing, or writing, can be powerful tools for self-expression and emotional healing. Engaging in creative activities can promote self-awareness, reduce stress, and enhance overall well-being.

Taylor, who had difficulty expressing her emotions verbally, turned to art therapy as a means of self-expression and healing. Through painting, Sarah discovered a powerful outlet for her emotions and a way to process her experiences. Engaging in art therapy allowed her to tap into her inner thoughts and feelings, leading to increased self-awareness, emotional catharsis, and a greater sense of empowerment. The creative process became a source of joy, stress relief, and personal growth in her life.

#### The Benefits of Enhancing the Mind-Body Connection:

When the mind-body connection is nurtured and strengthened through alternative therapies, individuals can experience a range of profound benefits. Let's explore these benefits further through the stories of Amy, John, Sarah, Daniel, Emily, Alex, and Lisa.



- Reduced stress and anxiety levels :

Amy, a busy professional juggling multiple responsibilities, found herself overwhelmed and constantly stressed. Determined to find relief, she incorporated regular meditation and deep breathing exercises into her daily routine. Over time, Amy noticed a significant reduction in her stress and anxiety levels. She felt calmer, more centered, and better equipped to handle the challenges that came her way. With a newfound sense of inner peace, Amy approached her work and personal life with greater clarity and resilience.

- Improved emotional well-being and mood regulation :

John struggled with mood swings and emotional instability, which affected his relationships and overall quality of life. Seeking support, he decided to explore alternative therapies. Through consistent practice of yoga and engaging in talk therapy, John discovered powerful tools for emotional regulation and self-awareness. Yoga provided him with a physical outlet to release tension and find inner balance, while talk therapy helped him uncover underlying emotional patterns and develop healthier coping mechanisms. As a result, John experienced improved emotional well-being, feeling more balanced, grounded, and in control of his moods. He formed stronger connections with others and fostered healthier relationships.

- Enhanced immune system function :

Sarah, plagued by frequent illnesses due to a weakened immune system, sought alternative therapies to boost her overall health. Intrigued by the principles of Traditional Chinese Medicine, she began receiving regular acupuncture treatments. Through consistent sessions, Sarah noticed a remarkable shift in her immune system's resilience. She experienced fewer colds and illnesses, and her body seemed better equipped to ward off infections. The enhanced immune function brought newfound vitality to Sarah's life, enabling her to engage fully in her daily activities and pursue her passions with renewed energy.

- Increased self-awareness and mindfulness :

Daniel, on a journey of personal growth and self-discovery, embarked on a practice of daily journaling and self-reflection. Through this dedicated self-exploration, he developed a deeper understanding of his thoughts, feelings, and behaviors. Daniel's heightened self-awareness allowed him to identify patterns that no longer served him and make conscious choices aligned with his values. This increased mindfulness transformed his experience of the world, enhancing his relationships, improving decision-making, and promoting a greater sense of authenticity and fulfillment.

- Improved sleep patterns :

Emily struggled with chronic insomnia, enduring restless nights and exhausting days. Desperate for a solution, she turned to alternative therapies to regain restful sleep. Emily established a soothing bedtime routine that incorporated relaxation techniques such as guided imagery and aromatherapy. By creating a peaceful environment and engaging in calming practices, Emily experienced a gradual improvement in her sleep patterns. She woke up feeling refreshed and rejuvenated, leading to increased vitality throughout her day. The restoration of restful sleep positively impacted her overall well-being, mental clarity, and productivity.

- Faster recovery from physical ailments :

Alex, an avid athlete, encountered a sports injury that left him sidelined and in pain. Determined to recover quickly and resume his active lifestyle, he pursued an integrated approach to healing. Alex combined traditional physical therapy with Reiki healing sessions.

This comprehensive approach addressed both the physical and energetic aspects of his injury. Physical therapy targeted his body's rehabilitation, while Reiki sessions worked on restoring energetic balance and promoting holistic healing. The synergistic combination of these therapies led to reduced pain and inflammation, accelerating Alex's recovery and enabling him to return to his normal activities sooner than expected.

- Greater resilience and coping skills :

Lisa had a history of struggling with stress and adversity, often feeling overwhelmed and emotionally drained. Recognizing the need for resilience and self-care, she actively engaged in resilience-building workshops and mindfulness training. Through these empowering experiences, Lisa developed effective coping strategies and cultivated a stronger sense of resilience. She learned to navigate life's challenges with greater ease, bouncing back more quickly from setbacks and maintaining a positive outlook. Lisa's newfound resilience not only improved her well-being but also inspired and uplifted those around her, creating a ripple effect of positive change.



The mind-body connection is an awe-inspiring and profound relationship that calls for our unwavering attention and diligent care. It is a testament to the intricate interplay between our mental and physical realms, highlighting the immense influence our thoughts, emotions, beliefs, and experiences hold over our physical well-being, and vice versa. To truly harness the transformative power of this connection, we must embrace the exploration of alternative therapies and practices that enhance and nurture it.

By delving into the realm of alternative therapies, we open ourselves to a vast array of possibilities for holistic healing and well-being. Meditation, with its focus on quieting the mind, cultivating present-moment awareness, and fostering inner stillness, becomes a gateway to reducing stress, improving emotional well-being, and positively impacting our physical health. As we enter a state of deep relaxation, our bodies respond by releasing tension, promoting a sense of calm, and facilitating the body's natural healing processes. Through regular meditation practice, we can cultivate a harmonious relationship between our mind and body, paving the way for optimal wellness.

Yoga, with its integration of physical postures, breathwork, and mindfulness, offers a profound opportunity to deepen our understanding of the mind-body connection. Through the gentle and deliberate movements of yoga, we engage not only our physical bodies but also our mental and emotional states. As we synchronize our breath with movement, we create a sense of unity within ourselves, fostering a state of equilibrium and tranquility. The regular practice of yoga allows us to enhance our flexibility, strength, and balance, while simultaneously cultivating mental clarity, reducing stress, and nurturing emotional well-being.



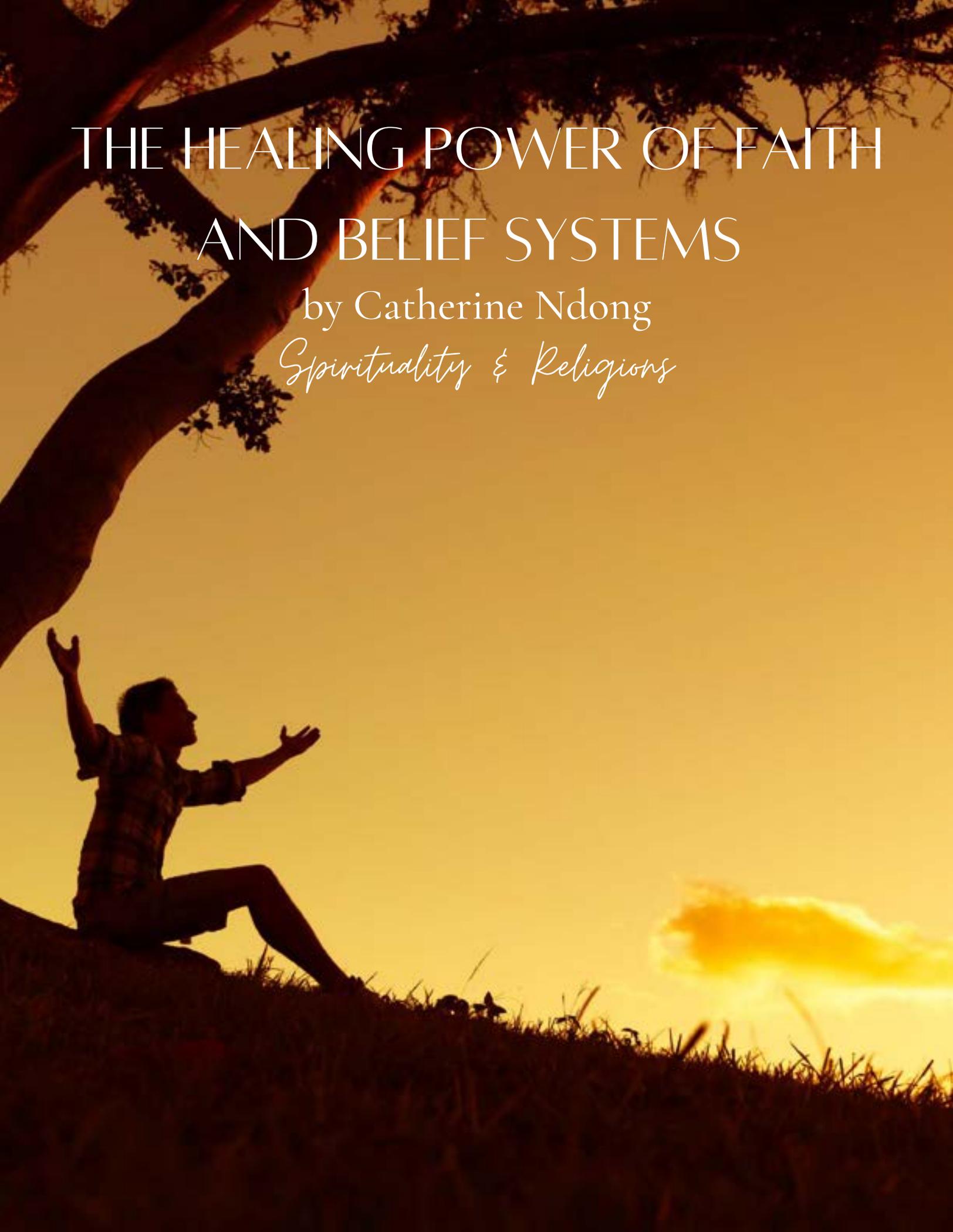
Acupuncture, rooted in the ancient wisdom of Traditional Chinese Medicine, provides a holistic approach to healing by acknowledging the interdependence of the mind and body. Through the strategic insertion of thin needles into specific points on the body, acupuncture seeks to restore the flow of energy and promote balance within the body's energetic pathways. This harmonization not only addresses physical ailments but also influences our mental and emotional well-being. By tapping into the body's innate healing abilities and rebalancing our energy, acupuncture becomes a gateway to holistic wellness and a deeper connection between our mind and body.

Art therapy, as a form of creative expression, offers a unique avenue for exploring and nurturing the mind-body connection. Engaging in artistic activities such as painting, drawing, or writing allows us to delve into the depths of our thoughts, emotions, and experiences. Through this process, we gain a greater sense of self-awareness, release pent-up emotions, reduce stress, and enhance our overall well-being. Art therapy becomes a transformative tool, bridging the gap between our conscious and unconscious mind, facilitating emotional healing, and fostering personal growth. Through the act of creation, we tap into the essence of our being, fostering a deeper understanding of ourselves and strengthening the mind-body connection.

In conclusion, the mind-body connection is a wondrous and intricate relationship that holds immense potential for our health and vitality. Through the exploration of alternative therapies and the embracing of practices that enhance this connection, we unlock the profound interplay between our mental, emotional, and physical states. By nurturing and strengthening the mind-body connection, we tap into the innate healing abilities within our own bodies, promoting holistic well-being and embarking on a transformative journey of healing and self-discovery. Embrace the mind-body connection, and allow its boundless potential to guide you towards a life of vitality, balance, and profound well-being.



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# THE HEALING POWER OF FAITH AND BELIEF SYSTEMS

by Catherine Ndong  
*Spirituality & Religions*

Faith and belief systems have long been recognized for their profound impact on human well-being and healing. Across different cultures and religions, the power of faith has been a source of solace, hope, and strength for individuals facing physical, emotional, and spiritual challenges.

For example, in Christianity, faith in God and belief in His love and providence can bring comfort and reassurance during times of distress. Believers find solace in prayer, seeking guidance and support from a higher power. The belief that God is present, caring, and capable of bringing healing and restoration can instill a sense of hope and resilience in individuals facing health issues or difficult life circumstances.

Similarly, in Buddhism, faith in the teachings of the Buddha and the practice of mindfulness can offer profound healing benefits. Through meditation and the cultivation of compassionate awareness, individuals can find inner peace, reduce suffering, and develop a deeper understanding of themselves and the world around them. This faith in the transformative power of the mind and the potential for personal growth can be a source of strength and purpose in life.

In indigenous cultures, faith and belief systems often revolve around a deep connection to nature and the spiritual forces within it. For example, among Native American tribes, there is a belief in the healing power of the natural elements and a strong connection to the land. Ceremonies and rituals are performed to seek guidance from ancestors and spirits, promoting physical, emotional, and spiritual well-being. This faith in the interconnectedness of all living beings and the natural world provides individuals with a sense of belonging, grounding, and purpose.

**The Role of Belief in Health and Healing:** Belief plays a crucial role in the healing process.

Numerous studies have shown that individuals who possess a strong belief system tend to experience better health outcomes, enhanced coping mechanisms, and improved overall well-being.

Belief systems can provide a sense of control over one's health and healing journey. When individuals firmly believe

in their ability to overcome challenges and achieve wellness, it empowers them to take an active role in their own healing process.

This belief in their capacity to influence their health can lead to increased engagement in self-care practices, such as adopting healthier lifestyle choices, following prescribed treatments, and actively seeking out therapies or interventions that align with their beliefs.





Furthermore, belief systems can have a significant impact on pain management. Studies have indicated that individuals who hold positive beliefs about their ability to cope with pain tend to experience reduced pain perception and improved pain tolerance. Belief in the effectiveness of certain therapies or interventions can enhance the placebo response, leading to the release of endogenous pain-relieving substances within the body. This can result in improved pain management and a better overall quality of life for individuals dealing with chronic or acute pain conditions.

For example, consider a person who practices mindfulness meditation as part of their belief system. By immersing themselves in this practice, they may experience reduced stress levels, enhanced immune function, and improved pain management. The belief in the power of mindfulness meditation can have a profound impact on their health and well-being.

#### Faith and Emotional Well-being :

One of the significant contributions of faith and belief systems to healing lies in their impact on emotional well-being. For many people, faith offers a source of

Moreover, belief systems have a profound impact on stress reduction. When individuals have faith in their ability to heal or trust in a higher power or universal order, they often experience a reduced sense of anxiety and worry. This belief provides a sense of reassurance and peace, allowing them to navigate stressful situations with greater resilience. By reducing stress levels, belief systems can positively influence the body's physiological responses, including the regulation of stress hormones, which in turn supports overall well-being and healing.

Belief systems also have the potential to positively influence the body's immune function. Research has shown that individuals with a strong belief in their ability to heal or those who engage in spiritual practices often exhibit improved immune responses. This may be attributed to the psychoneuroimmunological connection, where positive beliefs and emotions stimulate the release of neurotransmitters and neuropeptides that enhance immune function. As a result, individuals with a strong belief system may experience faster recovery from illnesses, reduced severity of symptoms, and a strengthened immune system.

comfort, peace, and hope during challenging times.

Faith provides a framework for understanding and making sense of suffering, loss, and adversity. When faced with difficult circumstances, individuals with a strong faith often find solace in their beliefs. They may turn to prayer, meditation, or connecting with a higher power as a means of seeking guidance, strength, and emotional support. Engaging in these practices can create a sense of inner peace and serenity, allowing individuals to release their burdens and find comfort in the belief that they are not alone in their struggles.

In times of grief, faith can be a source of profound comfort. Belief systems often offer explanations or beliefs about life after death, the existence of a greater purpose, or the idea of a reunion with loved ones. These beliefs can provide hope and reassurance to individuals mourning the loss of a loved one, helping them navigate the grieving process with a sense of acceptance and peace.

Faith communities play a crucial role in supporting emotional well-being. They often provide support networks that foster a sense of belonging and understanding. Believers can find solace in connecting with others who share similar beliefs and values, creating a sense of community and support. This sense of belonging can alleviate feelings of loneliness, anxiety, and depression that may arise during challenging times.

For example, consider a person who is part of a church community. When facing a difficult life event, such as the loss of a job, this person may find support, encouragement, and practical assistance from their faith community. The community may offer financial assistance, emotional support through prayer circles, or counseling services to help the individual navigate their emotions and find hope for the future. This communal support can significantly contribute to their emotional well-being and aid in their healing process.

Faith and belief systems also provide individuals with a sense of purpose and meaning in life. They offer a moral compass and a set of values that guide behavior and decision-making. This sense of purpose can be a source of motivation and resilience during challenging times, as it provides individuals with a broader perspective beyond their immediate circumstances. Faith can inspire individuals to act with compassion, seek personal growth, and contribute to the well-being of others, fostering a sense of fulfillment and contentment.

#### The Power of Faith in Mind-Body Connection :

The mind-body connection is a fundamental aspect of healing, and faith can play a pivotal role in this relationship. When individuals have faith in their ability to heal or believe in the effectiveness of a particular treatment or therapy, their mind becomes an active participant in the healing process.

Positive thoughts and beliefs have been shown to have a tangible impact on the body's physiological responses. For example, when individuals hold optimistic beliefs about their health and recovery, it can trigger the release of endorphins, which are natural pain-relieving and mood-enhancing chemicals.

This can contribute to a greater sense of well-being and overall improvement in physical health.

Moreover, faith can help reduce stress hormones in the body. When individuals have a deep-rooted belief that they will overcome their challenges or that their treatment will be successful, it can alleviate anxiety and fear.

This reduction in stress can positively impact the body's immune system, allowing it to function optimally and promoting faster healing and recovery.



Faith can also inspire individuals to adopt healthy behaviors and engage in self-care practices. When someone has faith in their ability to heal, they are more likely to take proactive steps to support their well-being. This may involve maintaining a positive mindset, practicing relaxation techniques, eating a nutritious diet, exercising regularly, and adhering to prescribed treatments or therapies. By actively participating in their healing process, individuals can enhance their overall well-being and increase their chances of successful recovery. For example, consider a person who has faith in the power of alternative therapies, such as acupuncture, for pain management. Their belief in the effectiveness of acupuncture can lead them to actively seek out sessions, practice mindfulness during the treatment, and follow any lifestyle recommendations provided by the practitioner. This active engagement and positive belief in the therapy can synergistically enhance the mind-body connection, allowing for improved pain management and a sense of empowerment in their healing journey.

Faith can also encourage individuals to seek appropriate medical care and support. When someone believes in the effectiveness of medical interventions, they are more likely to adhere to treatment plans, follow healthcare professionals' recommendations, and engage in open communication with their healthcare team. This collaboration between faith, belief, and medical care can optimize the mind-body connection and contribute to better health outcomes.



#### Cultivating Resilience Through Faith :

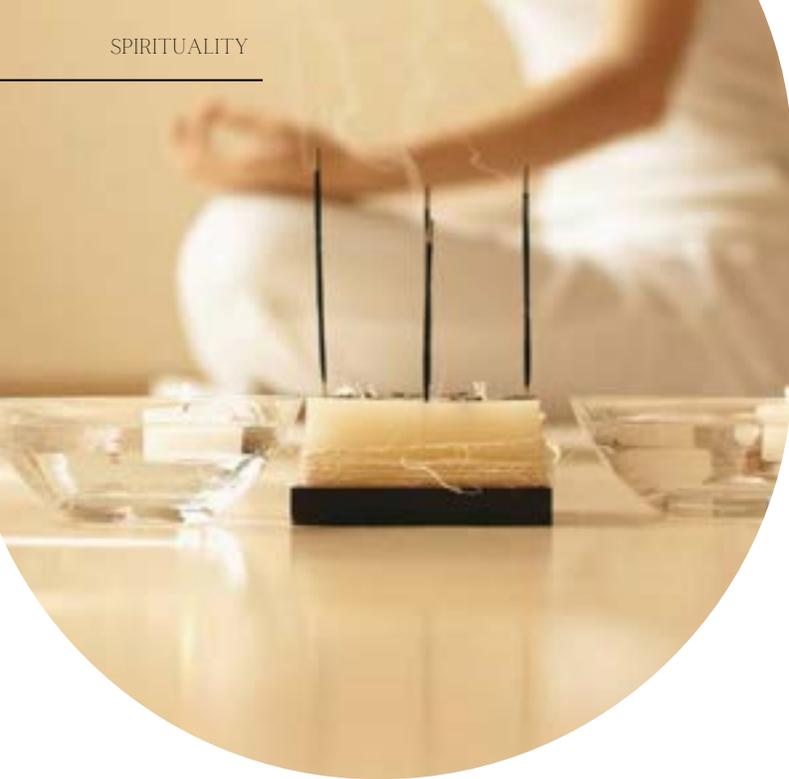
Faith and belief systems can play a vital role in cultivating resilience in individuals facing adversity. The teachings and principles of faith often emphasize the importance of perseverance, hope, and finding meaning in life's challenges. Believers draw upon these values to navigate difficult circumstances, find inner strength, and maintain a positive outlook.

One of the ways faith cultivates resilience is through the encouragement of perseverance. Many faith traditions teach their followers to endure and persist in the face of hardship. Believers are encouraged to have faith in the process of overcoming challenges, trusting that there is a purpose and a greater plan behind their struggles. This mindset of perseverance can inspire individuals to keep moving forward, even when faced with seemingly insurmountable obstacles.

Moreover, faith provides believers with a sense of hope. When confronted with adversity, having hope is crucial for maintaining resilience. Faith offers a source of optimism and trust that things will improve or that there is a higher purpose in their suffering. This hope can ignite the motivation to keep going, to seek solutions, and to believe that better days lie ahead.

Faith also helps individuals find meaning in life's challenges. Belief systems often provide a framework for understanding the purpose and significance of difficult experiences. It offers a perspective that goes beyond the immediate circumstances, allowing individuals to view their challenges as opportunities for personal growth, character development, or spiritual transformation.

This sense of meaning can provide individuals with a profound sense of purpose, helping them navigate adversity with resilience and determination.



For example, consider a person facing a chronic illness who draws strength from their faith. They may find solace and inspiration in their religious texts, which provide stories of individuals who have overcome adversity through their faith. They may engage in prayer or meditation to seek guidance and inner peace, finding comfort in the belief that their suffering has a purpose and that they are not alone in their journey. By cultivating resilience through faith, this individual can maintain hope, persevere through treatment, and find meaning in their health challenges.

#### The Importance of Individual Belief Systems:

While faith and belief systems offer numerous benefits, it is crucial to acknowledge and respect the diversity of individual beliefs. Each person's spiritual journey is unique, and what brings healing and meaning to one individual may differ from another. It is essential to honor and support individuals' chosen belief systems, recognizing their personal experiences and the healing power derived from their faith.

One of the key aspects of respecting individual belief systems is acknowledging the subjective nature of spirituality. What provides solace, comfort, and a sense of connection to the divine can vary greatly among individuals. For some, organized religion and participation in rituals may be integral to their faith and healing process. Others may find their spirituality through personal introspection, nature, or alternative belief systems. It is important not to impose a singular perspective or judgment on what constitutes a valid belief system but rather to foster an environment of acceptance and inclusivity.

The spiritual practices associated with faith, such as prayer, meditation, and reflection, also contribute to cultivating resilience. These practices provide opportunities for self-discovery, self-reflection, and personal growth. By engaging in prayer or meditation, individuals can find solace, clarity, and guidance. These practices help individuals tap into their inner strength, connect with a higher power or a deeper sense of purpose, and gain perspective on their challenges. They serve as tools for resilience-building, enabling individuals to recharge, find balance, and maintain a positive mindset amidst adversity.

By recognizing and respecting individual belief systems, we validate the personal experiences and journeys of others. Each person's faith is deeply intertwined with their unique life experiences, cultural background, and personal history. By embracing diversity in belief systems, we create space for individuals to express and explore their spirituality, which can have a profound impact on their overall well-being and healing.

Furthermore, honoring individual belief systems encourages open dialogue and mutual understanding. It allows for the sharing of diverse perspectives, spiritual practices, and wisdom, fostering a sense of unity and interconnectedness. By engaging in respectful conversations and being open to learning from one another, we can broaden our own understanding of faith and expand our capacity for empathy and compassion.

For example, consider a community where individuals from various religious and spiritual backgrounds come together. In such a diverse community, each person's faith is celebrated and respected. They may gather for interfaith dialogues, where individuals share their unique beliefs and practices, fostering a sense of unity and mutual respect. This exchange of ideas and experiences creates a rich tapestry of spiritual wisdom, contributing to the well-being and personal growth of the community members.

Faith and belief systems play a significant role in the healing process and overall well-being of individuals. They offer comfort, hope, and strength during challenging times, contribute to emotional well-being, and enhance the mind-body connection. By cultivating resilience, individuals can draw upon their faith to navigate adversity and find meaning in their experiences. Recognizing and embracing the healing power of faith and belief systems is crucial in providing holistic care and supporting individuals on their healing journeys.

Faith and belief systems have a profound impact on individuals facing physical, emotional, and spiritual challenges. They serve as sources of comfort, providing solace and a sense of peace during times of distress. When individuals have faith, it offers them reassurance and a belief in something greater than themselves, which can alleviate anxiety, fear, and feelings of isolation. Belief systems provide a framework for understanding suffering, loss, and adversity, offering guidance and a sense of purpose.

Moreover, faith contributes to emotional well-being by promoting a positive mindset and inner resilience. It encourages individuals to cultivate gratitude, forgiveness, and compassion, which are essential elements in maintaining mental and emotional balance. By engaging in spiritual practices such as prayer, meditation, and connecting with a higher power, individuals can find inner peace, clarity, and a sense of connection to something beyond themselves.

Additionally, faith plays a crucial role in the mind-body connection. Positive thoughts and beliefs triggered by faith can influence the body's physiological responses, leading to improved immune function, pain management, and faster recovery from illness.

The power of belief can activate the body's natural healing mechanisms, release endorphins, and reduce stress hormones, thereby promoting overall physical well-being.

By cultivating resilience through faith, individuals are better equipped to face and overcome adversity. Belief systems emphasize the importance of perseverance, hope, and finding meaning in life's challenges.

When individuals draw upon their faith, they tap into inner strength, maintain a positive outlook, and develop coping strategies that contribute to their ability to navigate difficult circumstances.

Faith empowers individuals to face adversity with courage, determination, and a belief in their ability to overcome.



As healthcare providers, therapists, and caregivers, it is essential to recognize and respect the role of faith and belief systems in the healing process. By incorporating a holistic approach to care that acknowledges the diversity of individual beliefs, we create a supportive and inclusive environment for individuals to express their spirituality and find healing in their own unique ways. This requires embracing cultural sensitivity, fostering open dialogue, and providing resources and support that cater to the spiritual needs of individuals.

In conclusion, faith and belief systems have a profound impact on healing and well-being. They provide comfort, hope, and strength during challenging times, foster emotional well-being, and contribute to the mind-body connection. By cultivating resilience, individuals can draw upon their faith to navigate adversity and find meaning in their experiences. As we strive to provide holistic care, acknowledging the healing power of faith and belief systems is crucial in supporting individuals on their healing journeys. By embracing the diverse spiritual needs of individuals and fostering an environment of acceptance and understanding, we can truly provide comprehensive and compassionate care that addresses the whole person.

A silhouette of a woman in profile, facing left, against a warm, orange-hued sunset background. She is wearing a dark tank top. The image is partially obscured by a white diagonal shape on the left side of the page.

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# THE TEA

**F**or thousands of years, tea has been appreciated for its delicate flavour and subtle aromas.

But did you know that this hot beverage also has numerous health benefits? As well as comforting us and offering us a moment of relaxation, tea is packed with beneficial compounds that can improve our overall well-being.

Indeed, tea is rich in antioxidants, substances that help protect our bodies from damage caused by free radicals, unstable molecules that can damage cells and contribute to premature ageing and certain chronic diseases such as heart disease and cancer. Catechins, a specific group of antioxidants found in tea, are particularly abundant in green tea. These antioxidants can help reduce inflammation and strengthen our immune system. They help fight infection, reduce inflammation and support the body's overall health.

What's more, certain types of tea, such as ginger tea, can help relieve digestive problems such as bloating, nausea and upset stomach. These teas have soothing properties for the digestive system and can promote better digestion.

Other types of tea, such as green tea, are known for their potential to boost metabolism and promote weight loss. The catechins present can increase fat burning and improve fat oxidation, which can help with weight management when combined with a balanced diet and regular exercise.

Tea naturally contains caffeine, although generally in smaller quantities than coffee. This caffeine content can improve concentration and alertness, while providing a feeling of calm and relaxation.

As a result, tea is a hydrating, calorie-free drink, making it an excellent alternative to sugary drinks. As well as providing hydration, tea offers a moment of relaxation and can help reduce stress and anxiety.

However, it should be noted that the benefits of tea can vary depending on the type of tea and how it is prepared. To maximise the benefits, it is advisable to consume quality tea and prepare it correctly, respecting the recommended infusion times.

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# THE BAKING SODA

by Catherine Ndong

*Plant-based & herbal remedies*



# EXPLORING THE MANY BENEFITS OF BAKING SODA FOR PERSONAL CARE AND HEALTH REMEDIES

Baking soda, also known as bicarbonate of soda, is a versatile and affordable household ingredient that offers numerous benefits beyond its culinary uses. From personal care to health remedies, baking soda has gained popularity as a natural alternative to many conventional products. In this article, we will explore the diverse ways in which baking soda can enhance personal well-being and be incorporated into everyday routines.

- *Deodorizing and Refreshing :*

Baking soda's natural odor-neutralizing properties make it an excellent ally for personal care. As a deodorant, it helps combat unpleasant body odors by neutralizing acidic compounds produced by bacteria on the skin. Simply dusting a small amount of baking soda under the arms can provide all-day freshness.

Moreover, baking soda can be added to foot soaks or sprinkled into shoes to eliminate foot odors. Its alkaline nature helps neutralize the acids responsible for the foul smell, leaving feet feeling refreshed and revitalized.

- *Soothing Skin Irritations :*

When it comes to soothing minor skin irritations, baking soda can work wonders. Adding it to bathwater can provide relief from itching, sunburns, or insect bites. The alkaline nature of baking soda helps balance the pH levels of the skin, reducing inflammation and discomfort.

For localized skin irritations, creating a paste with baking soda and water can help alleviate itching and promote healing. Applying the paste to areas affected by rashes, mild burns, or minor skin irritations can provide soothing relief.

- *Teeth and Oral Health :*

Baking soda's mild abrasive properties make it a popular ingredient in natural toothpaste and mouthwash. Its ability to remove plaque and surface stains from teeth helps maintain oral hygiene and contributes to a brighter smile. However, it is essential to use baking soda for oral care in moderation and consult with a dentist for proper usage instructions.



- *Heartburn Relief and Digestive Aid :*

Baking soda has long been used as an antacid to alleviate heartburn, indigestion, and acid reflux symptoms. When ingested in appropriate amounts, baking soda can help neutralize excess stomach acid, providing temporary relief. However, it's crucial to consult a healthcare professional before using baking soda as a digestive aid, as excessive consumption can disrupt the body's electrolyte balance.

From personal care routines to health remedies, baking soda has proven to be a versatile and cost-effective ingredient with numerous benefits. Its deodorizing properties, soothing effects on skin irritations, and potential for dental care and digestive aid make it a valuable addition to everyday life.

While baking soda offers various advantages, it's important to use it responsibly and in moderation. As with any natural remedy, it is recommended to consult professionals for specific guidance and to ensure that individual circumstances are taken into account.

Incorporating baking soda into personal care and health routines can provide a natural and affordable alternative to many commercial products, helping individuals embrace a more sustainable and holistic approach to well-being.

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**THERAPIES**

Magazine

*Solutions for Life*

*More than a magazine, a community...*

# HUSTLE N' FLOW

by Samantha Mvoulana

*Cuisine*



Located in the heart of Gibraltar, Hustle n' Flow is a restaurant renowned for its mix of bold flavours, lively atmosphere and attentive service, and has become a real gem, awarded traveler's choice 2022 on Tripadvisor.

Hustle n' Flow is renowned for its innovative cuisine that combines international influences with a creative twist. Their eclectic menu offers a variety of mouth-watering dishes made with fresh, top-quality ingredients. Whether you're a fan of delicate seafood, tasty meats or gourmet vegetarian dishes, you're sure to find something to suit your taste.

Hustle n' Flow's talented chefs focus on the quality and freshness of ingredients, as well as the aesthetic presentation of each plate. Enjoy a brunch of pancakes, wraps, bowls or toast and lot of other great dishes with a gluten-free option.

As well as its refined cuisine, Hustle n' Flow offers a captivating atmosphere that invites diners to relax and enjoy their meal to the full. The restaurant's decor is modern and elegant, with artistic touches that add a touch of originality to the whole. Walls adorned with local works of art create an atmosphere that is both dynamic and warm.

There is also an outdoor terrace with magnificent views over Gibraltar, making it an ideal place to enjoy an al fresco meal in the warmer months. The lively atmosphere is enhanced by an eclectic selection of music, creating a pleasant and convivial atmosphere.

One of the things that sets Hustle n' Flow apart is its attentive and friendly service. The dedicated staff are always on hand to recommend dishes, answer customers' questions and make sure everyone feels welcome and cared for. The restaurant places great emphasis on providing a pleasant and personalised experience for its customers, making it a popular venue for regulars and newcomers alike.

Whether you're a Gibraltar resident or a visitor, don't miss out on the opportunity to discover this unique restaurant and be swept away on an extraordinary culinary journey.



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Hello, I'm  
Louise The Therapist



## About Me

*I'm Louise O'Connor, your nutritionist and registered therapist.*

*As a certified nutritionist, weight loss consultant, and accredited therapist, using an integrated approach. My unique way of working combining powerful psychological therapies, and evidence-based techniques into a style that feels relatable, compassionate and down to earth.*

*I blend elements of neuroscience, cognitive behavioural therapy and commitment therapy and mindfulness, I can equip you with all the tools to make lasting changes for a healthier, happier life.*

### Our Services

- ✓ Weight Loss
- ✓ Emotional Binge Eating
- ✓ Perimenopause
- ✓ Menopause Health & Wellness
- ✓ Stress / Work Life Balance
- ✓ Low Self-esteem
- ✓ Lack of Confidence
- ✓ Anxiety / Perfectionism
- ✓ Relationships
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A close-up photograph of a person wearing a white chef's coat, holding a piece of food, possibly a falafel or a small burger, over a large bowl filled with various ingredients like rice, vegetables, and tomatoes. The background is softly blurred with warm, bokeh lights.

NAVIGATING THE  
COMPLEXITIES OF  
EMOTIONAL  
AND BINGE EATING

by Louise O'Connor

*Nutrition*

Food-related issues come in various forms, such as emotional eating, compulsive eating, mindless eating, binge eating, snacking, grazing, and binge eating disorder, among others. While there may be differences in terminology, the question arises: does the label truly matter?

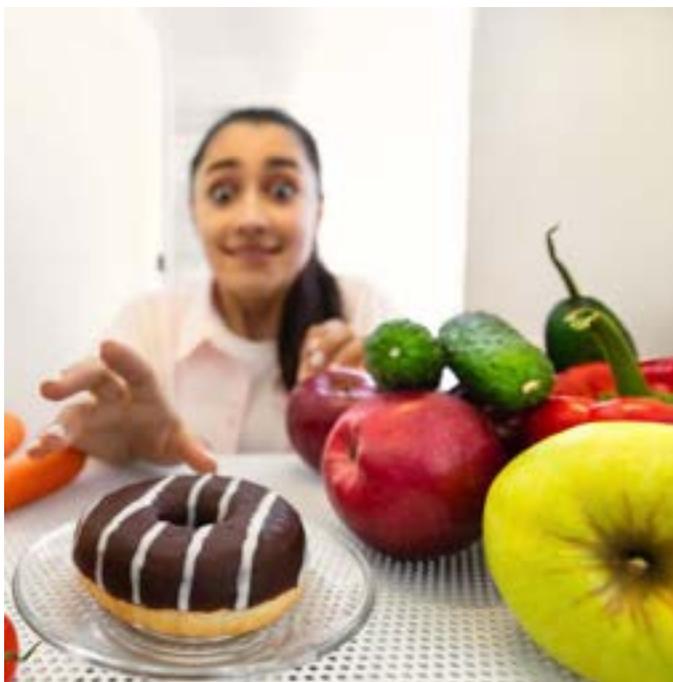
The reality is that the severity of these behaviours can differ significantly from person to person. Some individuals might experience a loss of control multiple times a day, while others may only encounter it once a month. The frequency of these episodes can also be inconsistent, fluctuating over time.

Moreover, the psychological aspects of these struggles can vary as well. There are those who binge frequently but remain largely detached from the issue, barely giving it any thought. Conversely, some individuals may not physically lose control as often but find themselves constantly preoccupied with thoughts about food. They might obsess over their diet, worry about their next meal, struggle with cravings, and experience anxiety around food.

Although there are different degrees of struggle, the specific label used to describe one's relationship with food is less important. What matters most is acknowledging and addressing the issue, seeking appropriate support and resources, and working towards a healthier relationship with food.

#### *What Truly Matters in Overcoming Unhealthy Eating Patterns :*

- Consistency in aligning your eating habits with your values: Are you staying true to your promises to yourself, or are you constantly breaking them?
- Identifying the impact on your life: Is the issue a minor inconvenience or a significant problem? If it's merely a minor inconvenience, accept that you might never take steps to address or change the behaviour. However, if it's a significant problem, be honest with yourself about the consequences.
- Does it negatively affect your physical, mental, and emotional well-being daily?
- Is it affecting your self-confidence and self-belief?
- Does it hinder your ability to perform at your best in your career or business?
- Is it impacting your relationships or dating life?
- Are you struggling to be the parent or role model you aspire to be for your children?



It's crucial to confront these uncomfortable questions and understand the true cost of the problem. Otherwise, you may only seek convenient, short-term solutions that fit into your busy schedule, leading to little or no progress.

The turning point comes when you realize that emotional eating and stressing about food go against your core values and the life you wish to lead. This crucial decision can alter the course of your life for the better.

If you're ready to explore a genuine, effective solution, keep reading...

#### *Understanding the Roots of Binge and Emotional Eating :*

Here's an overview of how and why binge or emotional eating may have developed:

1. You encountered an uncomfortable emotion, ranging from boredom to despair.
2. You sought solace in food as an escape, hoping to alter your emotional state. While not an ideal solution, it was the best or only option at the time
3. As you faced similar situations, you repeatedly turned to food for comfort, strengthening the behavior.
4. Over time, the habit became more automatic and deeply rooted.
5. The habit solidified due to frequent repetition and the intensity of the emotions involved. Intense emotions hasten habit formation since your survival brain perceives stress as a threat.



6. When your brain experiences the sequence of 1. threat, 2. eating, and 3. threat resolution, it recognizes the behavior as an effective survival response.

That's the basic explanation. Dwelling on the "why" can impede progress and even exacerbate the issue. While understanding the "why" can be insightful, it often leads to overanalyzing past difficulties or traumas.

Keep in mind that merely understanding the problem doesn't equip you with the tools, knowledge, or skills to remedy it.

Focus on acquiring new skills to supplant old, detrimental habits. As you cultivate healthier coping strategies, the previous patterns will gradually disappear.

#### *Overcoming Binge and Emotional Eating :*

People who haven't experienced binge or emotional eating can't fully grasp how all-consuming it can be. There are days when it occupies your every thought:

Obsessing over what you've eaten, fretting about your next meal, being preoccupied with food, resisting urges and cravings, trying to distract yourself, worrying about adhering to your diet, questioning if there's something wrong with your mind for being so consumed, scrutinizing your body, or never feeling good enough due to these struggles.

It's a tiresome, daily battle that can be both exhausting and overwhelming. The good news is that achieving freedom from this struggle is possible, even if you've been grappling with it for years and feel like you've tried everything.

To succeed, it's essential to develop two new relationships that will play a crucial role in fully and permanently eliminating these challenges from your life.

Sounds promising, right? Of course, it does. So, let's dive in.

#### *Redefining Your Relationship with Food :*

You've likely heard that food issues are not really about food, but rather a symptom of deeper issues simmering beneath the surface. While that's true, we still need to address food itself.

Many people struggle to achieve their body goals in a way that works with their psychology instead of against it, which is where the real problems arise.



Often, people adopt an all-or-nothing approach. They adhere to a strict diet with rigid (and often miserable) rules or obsessively track calories to achieve perfection. However, the more control you believe you need, the greater the fear of losing control.

Imagine walking across a beam at ground level versus at a great height. The task is the same, but when you're up high, fear paralyzes you. Why? Because you believe the smallest deviation will have disastrous consequences.

The same applies to food. When you think you need extreme precision, you become terrified of losing control, and ironically, you can't stop thinking about food. Urges and cravings intensify.

You begin to lose trust in your body, as the underlying message is not to listen to your body, since it can't be trusted. Instead, you're compelled to force it into submission.

Trust in yourself also erodes, as you start believing you constantly need rules, numbers, or someone else to dictate your choices:

"Don't trust yourself; you're irrational and emotional. Stick to the rules and don't deviate!"

Sounds like a dictatorship, doesn't it? (That's because it is.) As things spiral out of control, the situation becomes increasingly dire.

The all-or-nothing mentality, which may have started off mild, worsens. You're either following the rules or you're not. And if you're not adhering to the rules to the letter, you think, "What's the point?"

The problem with this mindset is that :

**Perfectionism is NOT synonymous with high standards :**

In fact, perfectionism represents the lowest standard of all, for one simple reason:

It's an unattainable standard ! So, what happens?

From your perspective, if you can't achieve perfection, you don't do anything at all!

While none of us are Einstein, it's clear that this strategy isn't the smartest approach.

The main point is this: Strict diets with rigid rules and calorie counting are unnecessary for achieving and maintaining great physical shape year-round.

So, how can you reach your body goals without resorting to all-or-nothing perfectionism?

Here's an overview of the crucial components :

1. Implement a visual portion control system (not visually calculating calories!). These are principles you follow to the best of your ability without being too hard on yourself (not inflexible rules that, if not adhered to, ruin your day!).
2. Learn to distinguish between physical hunger and emotional hunger and listen to and adjust according to your body's signals, such as hunger, energy, and cravings.
3. Monitor the results you're getting with your physical goals (e.g., fat loss) and modify #1 as needed without negatively impacting #2.
4. Navigate the grey areas—work functions, holidays, special occasions, travel, etc.—without resorting to all-or-nothing thinking or falling off track.
5. Allow yourself the flexibility to enjoy your favorite foods regularly without sabotaging your progress.

This approach is NOT a compromise. It's a MORE effective system that allows you to stay in shape year-round while enjoying your life simultaneously.

It's a much more appealing way to live!

Building on our discussion about your relationship with food, let's now explore the relationship with yourself, which is probably the MOST crucial aspect of overcoming binge eating.



When people grapple with self-worth and self-acceptance, they often experience various symptoms that do not contribute to a happy and fulfilling life.

Here are some key examples:

*Perfectionism :*

"If I can make everything perfect and look perfect, nobody will ever be able to judge or criticize me!"

This idea may seem appealing at first, but it leads to a miserable existence where you constantly search for flaws and imperfections. Continually asking, "What else is wrong or not good enough?" ensures you'll always find something to criticize.

*Fear of failure and overanalyzing:*

When you struggle with self-worth, mistakes don't just make you uncomfortable; they feel catastrophic. In your mind, if you were true enough, you wouldn't make mistakes in the first place.

As a result, you'll overanalyze everything and stress about numerous "what if...?" questions. Everything becomes overwhelming.

*People-pleasing :*

This behavior involves sacrificing your values, principles, and boundaries to avoid rejection. People-pleasing is not about genuinely helping others; it's about avoiding negative opinions about yourself.

*The "human doing" :*

This mindset means your worth depends on being valuable, productive, or constantly striving for more. Consequently, doing "nothing" feels lazy, worthless, or like a waste of time, which is unacceptable to you.

These behaviors create immense stress and overwhelm. Many people blame external factors like their job, boss, children, or spouse for their stress.

However, CHRONIC stress and overwhelm are internal issues.

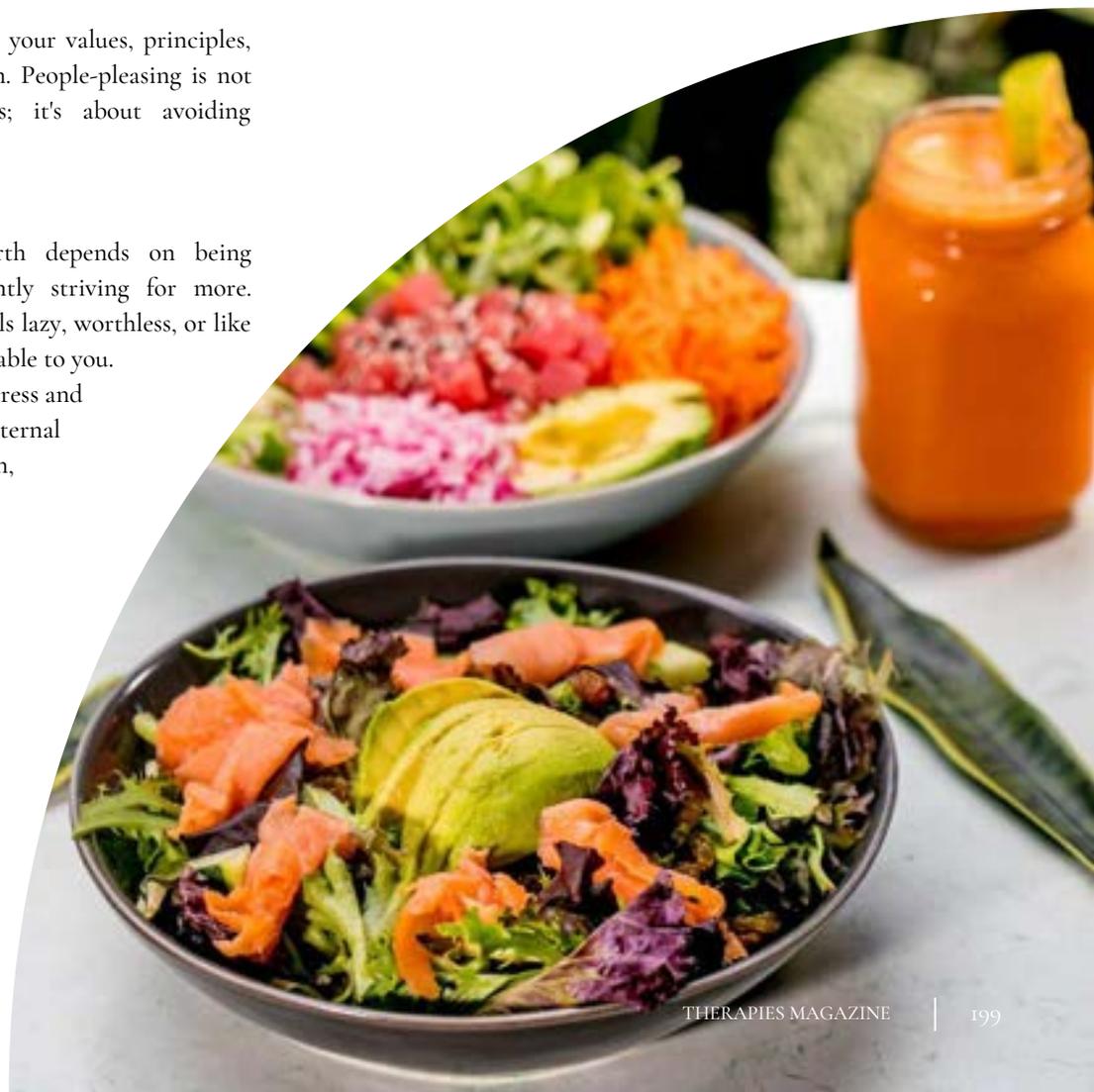
So, what happens next?

Food enters the scene as a seemingly perfect escape. It becomes a way to slow down the busyness in your mind and to "not think for a while." As you repeat this behaviour, it becomes an ingrained habit.

You've trained your brain that food is the quickest, most reliable, and effective way to escape stress and overwhelm.

That's why you can make smart decisions and stay on track when life is going well. But it's also why you sometimes feel like "another part of me takes over!"

Addressing the food habit in isolation is like asking someone to quit using painkillers while keeping them in constant physical pain. This approach only maintains the person in survival mode—a feeling many binge eaters can relate to. They often feel as if they're merely surviving, not genuinely living, let alone thriving.





*The key to eliminating all these symptoms boils down to one thing : Self-worth*

However, most people have no idea how to cultivate genuine self-worth.

They say things like, "I need to value myself more, love myself more, be kinder to myself, stop comparing myself to others, and not care about what others think," but these ideas remain vague and elusive.

The truth is self-worth isn't something you need to find or discover. You don't have to delve into your past, relive your childhood, or experience all your life's traumas.

Nor do you need to withdraw from life, give up your possessions, and meditate in a cave !

That could be a recipe for disaster. True emotional freedom isn't found in hiding from life; it's found amidst the chaos!

*Here's the key insight :*

Self-worth is something you DO. It involves a specific process and strategy. In fact, self-worth is a skill !

The only difference is that it's not a visible skill, which is why most people are unaware of it.

Even those with high self-worth may not understand how or why they feel that way. They were fortunate enough to learn this skill, even if unconsciously and accidentally.

The good news is that anyone can learn this skill.

Once you practice it consistently, you gain the emotional freedom to be fully present in your life. You're no longer preoccupied with thoughts about your appearance, how you sound, or what others might think of you.

And what's even better?

You're no longer consumed by thoughts about food because you don't need it to change your emotions or manage your feelings. You've learned how to do that from the inside-out instead of the outside-in.

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# JOSÉ MARÍA SERT

by Catherine Ndong

*Fixed Arts*

# THE MASTER OF EPIC MURALISM :



José María Sert, born in 1874 in Barcelona, Spain, was a Spanish painter renowned for his monumental and epic mural paintings. With his grand-scale compositions, dramatic narratives, and masterful use of color and form, Sert left an indelible mark on the art world. In this article, we explore the life, artistic style, and enduring legacy of José María Sert.

Sert grew up in a family of artists and was exposed to art from a young age. He studied at the School of Fine Arts in Barcelona and later moved to Paris, where he was influenced by the works of Old Masters and contemporary artists. Sert's exposure to various artistic styles and techniques shaped his unique approach to muralism.

Sert's most significant contributions were in the realm of narrative muralism. His murals, often of immense proportions, depicted historical, mythological, and allegorical subjects. With a penchant for dramatic storytelling, Sert brought these narratives to life on the walls of public buildings, palaces, and cathedrals. His murals were not just decorative elements; they were immersive experiences that transported viewers into captivating worlds.

One of the hallmarks of Sert's muralism was his mastery of composition. He skillfully arranged figures, architectural elements, and landscapes to create visually striking and harmonious compositions. Sert's use of symbolism added another layer of depth to his works, allowing viewers to delve into the layers of meaning embedded within the narratives he depicted.



Sert's brushwork was dynamic and expressive, capturing the energy and movement within his compositions. He employed a wide range of techniques, from bold, sweeping strokes to delicate details, creating a sense of depth and texture. Sert's use of vivid colors heightened the emotional impact of his murals, evoking a range of moods and atmospheres, from somber and contemplative to vibrant and celebratory.

José María Sert's monumental murals left an indelible impact on the art world and continue to captivate viewers today. His ability to merge epic narratives with a mastery of composition, symbolism, and technique set him apart as a visionary artist. Sert's murals can be found in prominent locations such as the Rockefeller Center in New York, the Palace of Nations in Geneva, and the National Library of Spain. His legacy as a master of muralism endures, inspiring future generations of artists to push the boundaries of scale, storytelling, and visual impact.

José María Sert's contribution to the world of art, specifically in the realm of muralism, is profound and awe-inspiring. Through his epic compositions, dramatic narratives, and technical prowess, Sert created immersive experiences that transport viewers into captivating worlds. His legacy as a master of muralism continues to inspire and influence artists, and his murals stand as testaments to the power of art to tell stories, evoke emotions, and leave a lasting impression on all who encounter them.

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# MUSEO PICASSO MÁLAGA : A MUST-VISIT DESTINATION FOR ART LOVERS

by Catherine Ndong

*Culture*



In addition to its impressive collection, the Museo Picasso Málaga offers a range of educational activities for visitors of all ages.

These include workshops, guided tours, and lectures, as well as activities designed specifically for families with children.

The museum also has a library and archive, which are open to researchers and scholars.

Visitors to the Museo Picasso Málaga will also appreciate the beautiful surroundings of the museum.

The Palacio de Buenavista is a magnificent example of Renaissance architecture, with a beautiful courtyard and a rooftop terrace that offers stunning views of the city.

Overall, the Museo Picasso Málaga is a must-visit destination for art lovers and anyone interested in learning more about one of the greatest artists of the 20th century.

With its impressive collection, educational activities, and beautiful surroundings, it offers a unique and enriching cultural experience for visitors of all ages.

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Located in the heart of the historic center of Málaga, the Museo Picasso Málaga is one of the most renowned art museums in Spain.

It was opened in 2003 and houses an impressive collection of over 200 works of art by Pablo Picasso, one of the most influential artists of the 20th century.

The museum is housed in the Palacio de Buenavista, a 16th-century palace that was restored and adapted to house the collection.

The permanent exhibition is organized chronologically, showcasing Picasso's work from his early years to his later, more abstract works.

The collection includes paintings, sculptures, engravings, drawings, and ceramics, providing visitors with a comprehensive view of the artist's career and his evolution as an artist.

Located in the heart of the historic center of Málaga, the Museo Picasso Málaga is one of the most renowned art museums in Spain. It was opened in 2003 and houses an impressive

One of the highlights of the museum is the series of works known as "Las Meninas", a reinterpretation of Velázquez's masterpiece, which Picasso created in the 1950s.

The museum also has a section dedicated to temporary exhibitions, which feature works by contemporary artists as well as other artists from Picasso's time.



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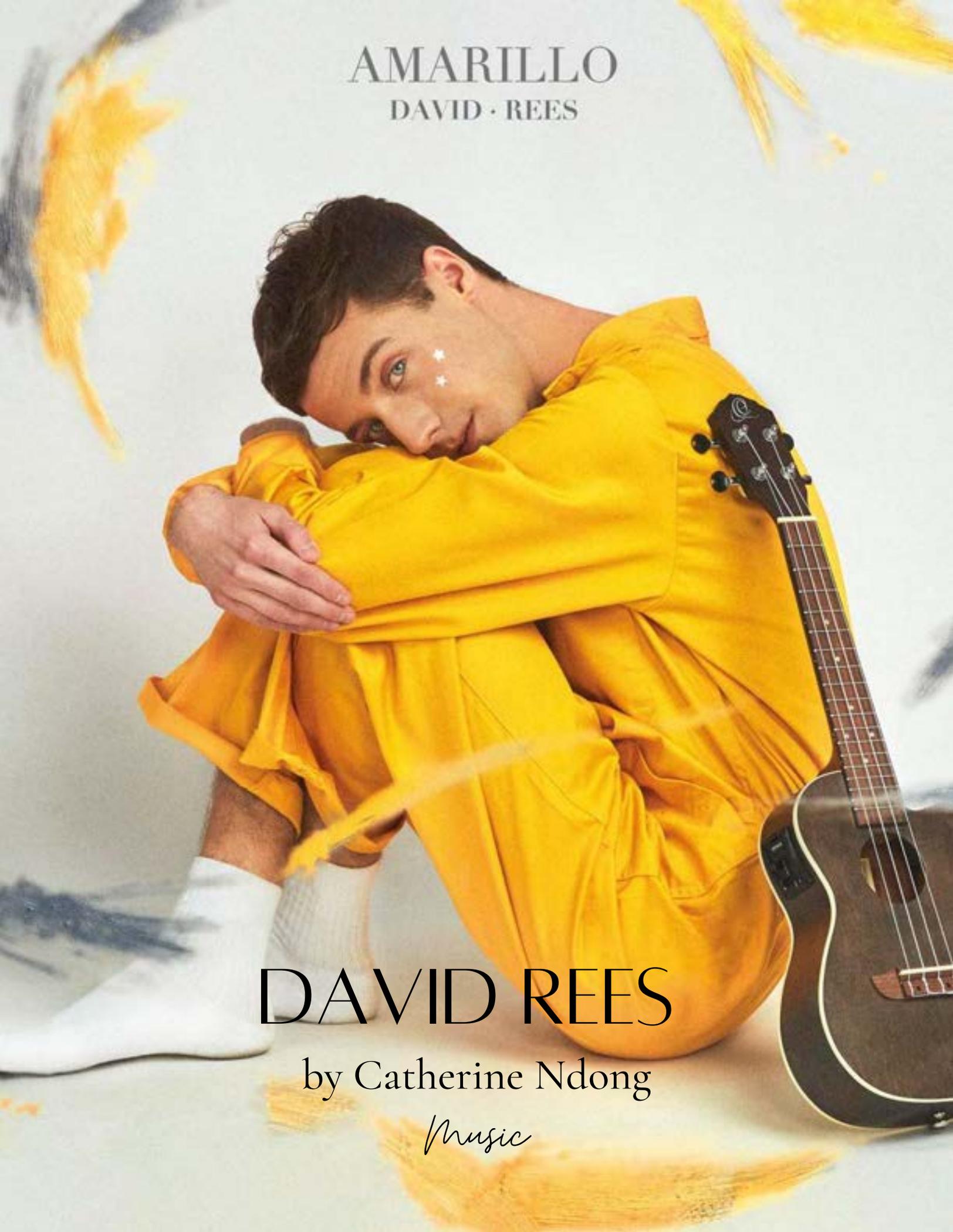
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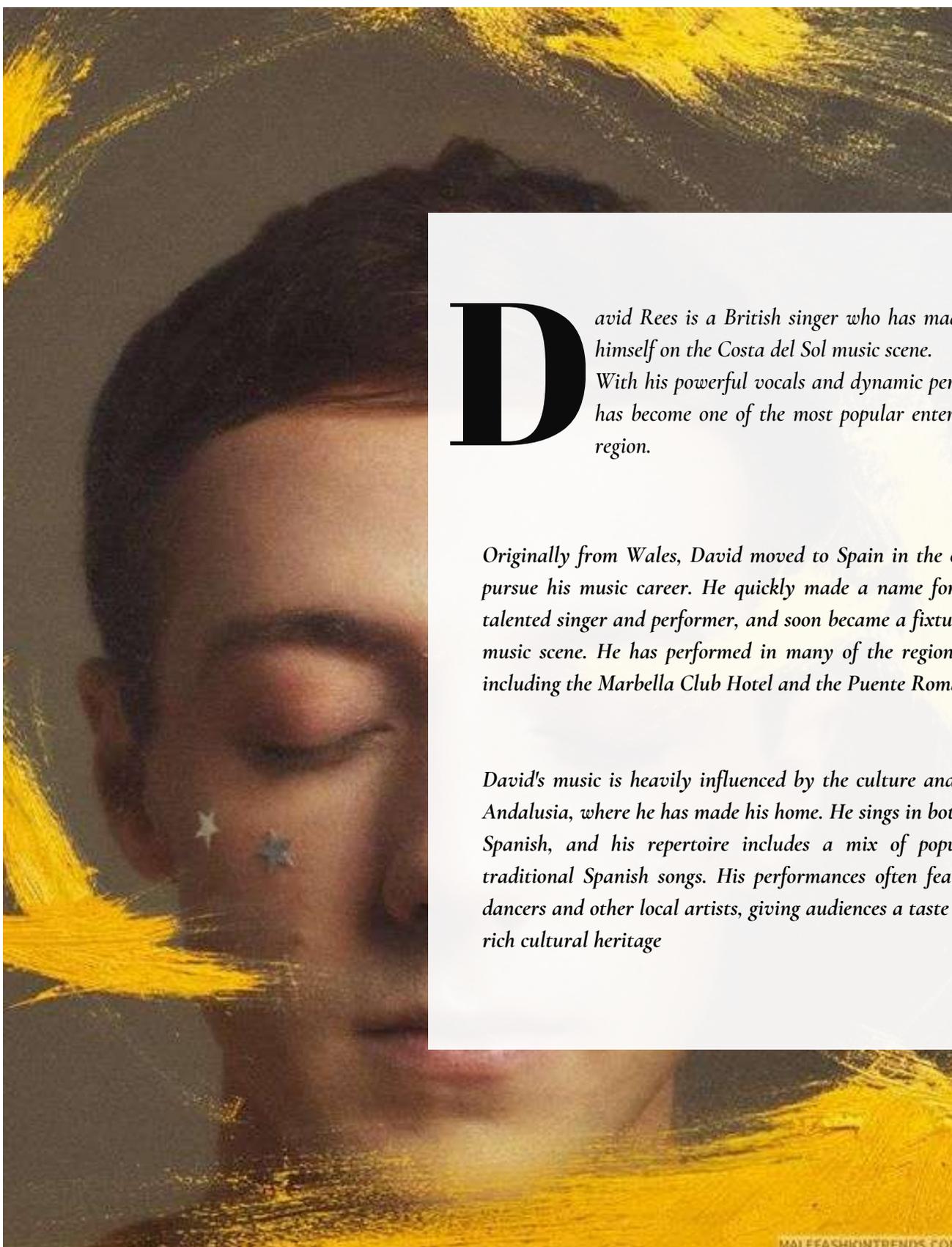
AMARILLO  
DAVID · REES



DAVID REES

by Catherine Ndong

*Music*

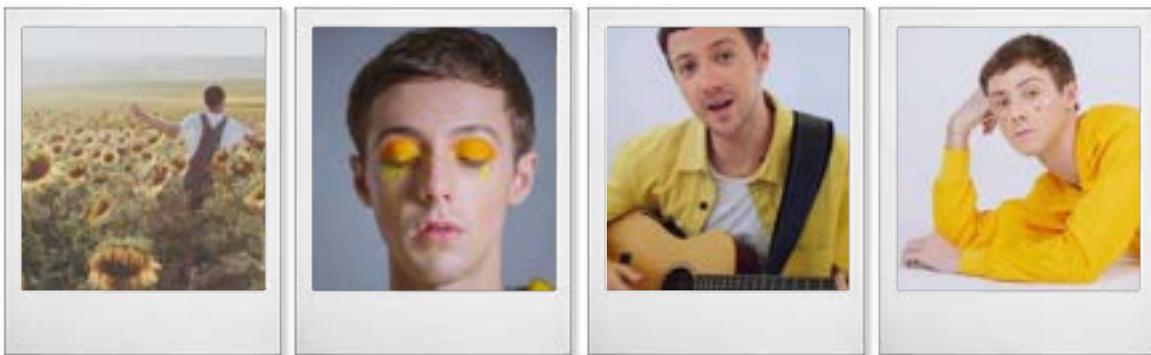


**D**avid Rees is a British singer who has made a name for himself on the Costa del Sol music scene. With his powerful vocals and dynamic performances, he has become one of the most popular entertainers in the region.

*Originally from Wales, David moved to Spain in the early 1990s to pursue his music career. He quickly made a name for himself as a talented singer and performer, and soon became a fixture in the local music scene. He has performed in many of the region's top venues, including the Marbella Club Hotel and the Puente Romano Hotel.*

*David's music is heavily influenced by the culture and traditions of Andalusia, where he has made his home. He sings in both English and Spanish, and his repertoire includes a mix of popular hits and traditional Spanish songs. His performances often feature flamenco dancers and other local artists, giving audiences a taste of the region's rich cultural heritage*

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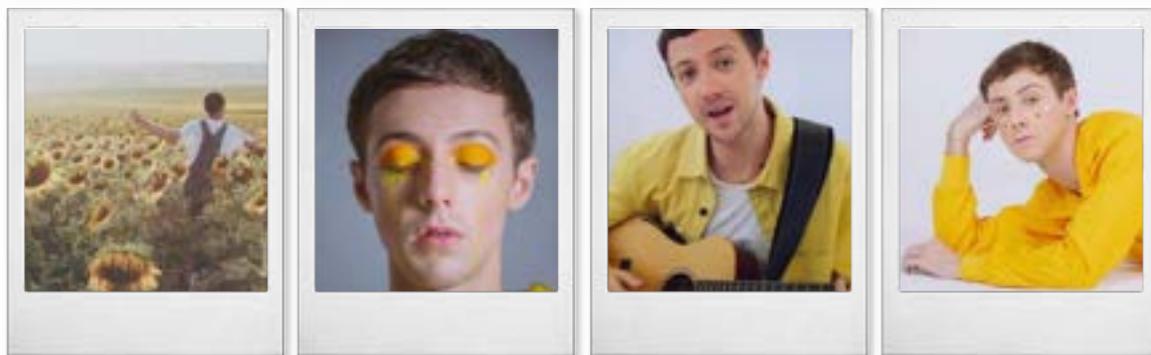


*In addition to his live performances, David has released several albums, including "Voices of Andalusia" and "A Touch of Spain". His music has been well-received by both local and international audiences, and he has won many fans with his unique blend of British and Spanish influences.*

*Despite his success, David remains humble and grateful for the opportunity to perform in such a beautiful and vibrant part of the world. He sees himself as a cultural ambassador for the region and takes great pride in sharing the music and traditions of Andalusia with audiences around the world.*

*In conclusion, David Rees is a talented singer and performer who has become an important figure in the Costa del Sol music scene. His unique blend of British and Spanish influences has won him many fans, and his commitment to sharing the culture and traditions of Andalusia is truly inspiring.*

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"MARBELLA, UN GOLPE  
DE CINCO ESTRELLAS"

by Catherine Ndong

*Film & Media*

"Marbella, Un Golpe de Cinco Estrellas" (Marbella, a Five-Star Heist) is a Spanish comedy movie directed by Fernando Colomo and released in 2013.

The hilarious comedy takes place in the luxurious resort town of Marbella, located on the Costa del Sol in southern Spain, and tells the story of a group of amateur thieves who try to rob a five-star hotel.

The movie stars a talented ensemble cast, including Jordi Mollà, Unax Ugalde, and José Coronado, among others.



The characters are quirky, and the humor is both silly and clever, making for an enjoyable watch.

The plot follows the story of a group of friends who are all down on their luck and struggling to make ends meet.

When they learn that a famous actress is staying at a five-star hotel in Marbella, they hatch a plan to rob her safe. However, things don't go as planned, and chaos ensues.

One of the things that make "Marbella, Un Golpe de Cinco Estrellas" so enjoyable is its setting.





The movie takes full advantage of the beautiful scenery and glamorous lifestyle that Marbella is famous for.

We see the characters lounging by the pool, strolling through the marina, and even driving Ferraris along the coastline.

The movie also pokes fun at some of the stereotypes associated with Marbella, such as the extravagance and the party scene.

For example, there is a hilarious scene where the thieves are trying to blend in with the rich and famous at a pool party, but their lack of social skills makes them stand out like sore thumbs.

Overall, "Marbella, Un Golpe de Cinco Estrellas" is a fun and lighthearted movie that is perfect for anyone looking for a good laugh.

It's unique setting and talented cast make it stand out from other heist comedies, and its witty humor will leave you in stitches.

So, if you're a fan of comedy movies and want to see the lighter side of Marbella, this movie is definitely worth a watch.

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PATRICIA NAHMAD

by Catherine Ndong

*Grace, Elegance & Fashion*



Queen of Queens  
Marbella

# THE CREATIVE FORCE BEHIND QUEEN OF QUEENS MARBELLA

In the realm of luxury fashion and design, certain individuals possess a unique talent for transforming creativity into extraordinary works of art. One such luminary is Patricia Nahmad, the visionary designer and creator behind the renowned brand "Queen of Queens Marbella." With an unrivaled passion for elegance and innovation, Nahmad has carved her path as a creative force, leaving an indelible mark on the fashion industry. Let's delve into the world of Patricia Nahmad and explore her extraordinary journey as a designer.

Born and raised in a culturally diverse environment, Patricia Nahmad's artistic journey began at a young age. Growing up in Marbella, Spain, she was exposed to the beauty of art, architecture, and fashion from an early age. Inspired by the vibrant Mediterranean lifestyle and the amalgamation of diverse cultures, Nahmad developed an innate sense of aesthetics and a profound appreciation for luxury and craftsmanship.

Driven by her passion for design, Nahmad established her eponymous brand, Queen of Queens Marbella, as an embodiment of sophistication, femininity, and opulence. With her label, she aimed to create timeless pieces that would empower women to feel like queens in their own right. Each creation exudes a sense of regality, combining intricate detailing, exquisite fabrics, and modern silhouettes to redefine luxury fashion.





Patricia Nahmad's design philosophy revolves around the concept of merging classic elegance with contemporary sensibilities. Her creations are characterized by intricate handcrafted embellishments, intricate lacework, and ethereal draping. She combines rich textures, vibrant colors, and unconventional patterns to create garments that exude confidence and allure. Nahmad's meticulous attention to detail is evident in each stitch, reflecting her commitment to delivering uncompromising quality and exclusivity.

**Celebrity Endorsements and Global Recognition:** Queen of Queens Marbella has garnered immense popularity among celebrities, socialites, and fashion enthusiasts around the world. Influential figures in the entertainment industry have graced red carpets and prestigious events adorned in Patricia Nahmad's designs, solidifying her brand's reputation as a symbol of luxury and glamour. The global recognition of Queen of Queens Marbella has catapulted Nahmad into the league of internationally renowned designers.

Beyond her creative endeavors, Patricia Nahmad is also recognized for her philanthropic efforts. Believing in the power of fashion to bring positive change, she actively participates in charitable initiatives aimed at empowering women and supporting various social causes. Through her brand, Nahmad has initiated collaborations with organizations that promote education, healthcare, and women's empowerment, thereby utilizing her influence to make a difference in the world.

**Conclusion:** Patricia Nahmad's journey as a designer and creator of Queen of Queens Marbella showcases her unwavering commitment to crafting extraordinary luxury fashion. Her unique vision, impeccable craftsmanship, and dedication to empowering women have propelled her brand to international acclaim. With each creation, Nahmad continues to redefine the boundaries of elegance and sophistication, leaving an indelible mark on the fashion industry. As a designer, philanthropist, and creative force, Patricia Nahmad epitomizes the epitome of a modern-day queen herself.



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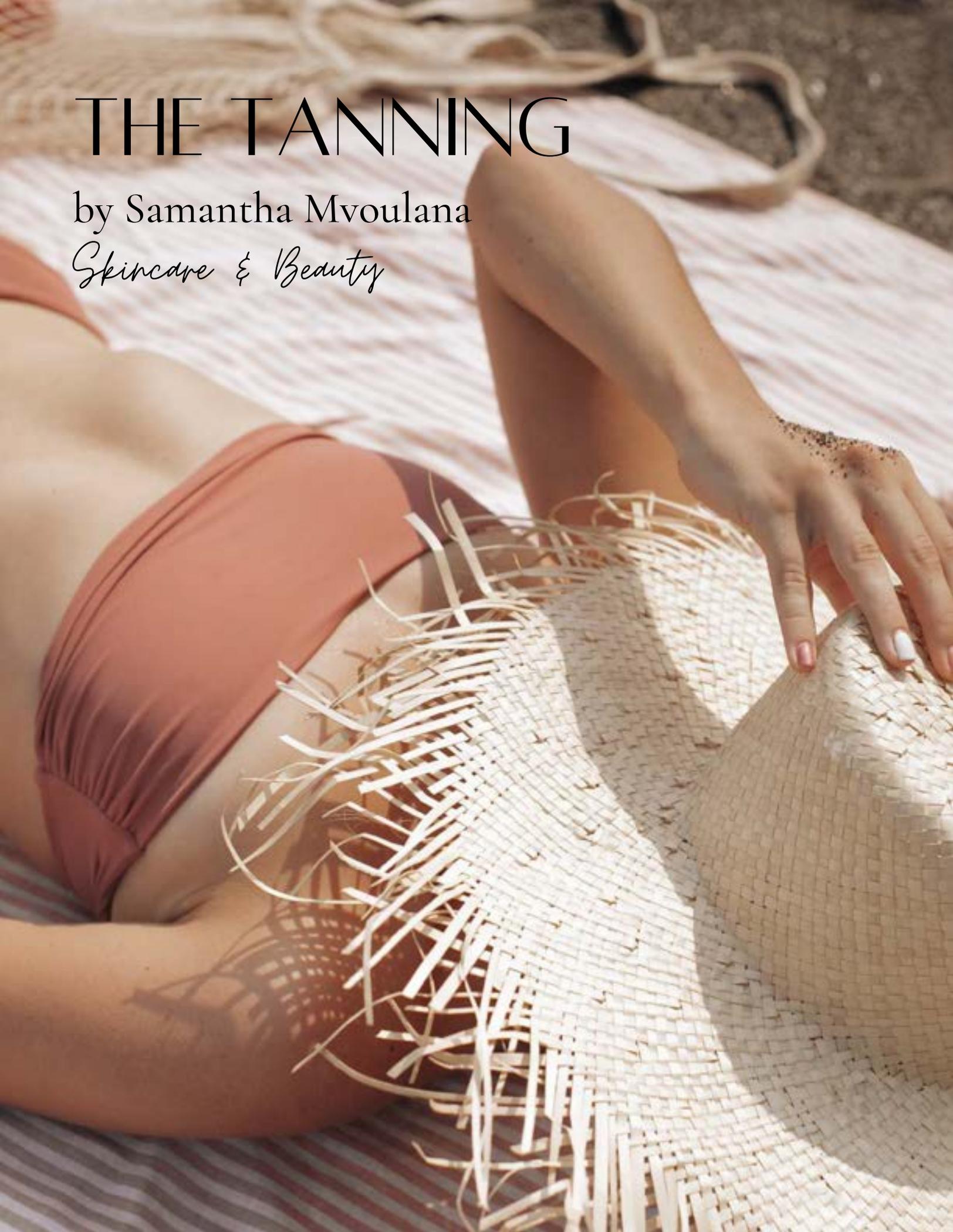
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# THE TANNING

by Samantha Mvoulana

*Skincare & Beauty*





Tanning is often associated with a healthy, summery appearance, but it's important to be aware of the potential dangers to the skin. Excessive exposure to the sun's ultraviolet (UV) rays can have harmful short- and long-term effects. In this article, we will highlight the dangers of tanning and the importance of protecting your skin from the sun.

Tanning is the result of exposing the skin to the sun's ultraviolet (UV) rays. UVB rays stimulate melanocytes, the skin cells responsible for producing melanin, the pigment that gives skin its colour. An increase in melanin production leads to a darkening of the skin, creating a tan.

Repeated exposure to UV rays considerably increases the risk of developing skin cancer. UV rays damage the DNA of skin cells, which can lead to genetic mutations and the growth of cancerous cells. The types of skin cancer commonly associated with sun exposure are basal cell carcinoma, squamous cell carcinoma and melanoma, which is the most dangerous.

It can also cause accelerated ageing of the skin. Excessive exposure to the sun leads to the breakdown of collagen and elastin, the fibres responsible for the skin's elasticity and firmness. This can lead to the appearance of wrinkles, age spots and dull, lifeless skin.

Sunburn is a burn of the skin caused by excessive exposure to UV rays. They can cause pain, redness, itching and blistering. Repeated sunburn increases the risk of skin cancer.

UV rays can also damage the eyes. Prolonged exposure without appropriate sun protection can cause irritation, corneal burns, cataracts and other eye problems.



Here are some tips on how to protect your skin from the sun:

- Use sun protection :

Generously apply a sun cream with a sun protection factor (SPF) of at least 30, making sure to cover all exposed areas of your skin. Reapply every two hours, after sweating or swimming.

- Seek shade :

Limit your direct exposure to the sun, especially during peak hours when UV rays are strongest. Find shady spots, wear protective clothing and a wide-brimmed hat.

- Wear protective clothing :

Choose lightweight, light-coloured clothes that cover your skin. Tight-fitting fabrics with an ultraviolet protection factor (UPF) can offer better protection against UV rays.

- Protect your eyes :

Wear sunglasses that filter UV rays to protect your eyes and prevent eye problems.

- Avoid tanning booths :

Tanning booths emit artificial UV rays that can be just as dangerous as the sun. Avoid using them to protect your skin.

In conclusion, although tanning may seem attractive, it's crucial to understand the dangers it poses to your skin's health. Take the necessary precautions to protect your skin from the sun and consult a health professional if you notice any changes or suspicious skin lesions. Prevention and protection are the keys to enjoying the sun responsibly.

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# THE SPIKEBALL

by Samantha Mvoulana

*Sport*



# A SPORT THAT COMBINES COMPETITION AND CONVIVIALITY



The world of sport is constantly evolving, with new emerging disciplines gaining in popularity. Among these fast-growing sports, spikeball stands out for its unique blend of intense competition and social interaction. In this article, we explore the origins, rules and growing appeal of spikeball.

## *Origins and principles of spikeball :*

Spikeball, also known as 'roundnet', was invented in the late 1980s in the United States by Jeff Knurek and Chris Ruder. This dynamic sport pits two teams of two players against each other around a circular trampoline on the ground, called a "spikeball".

The game begins with a serve, in which one of the teams hits the ball against the trampoline and sends it back to the opposing team.

The aim is to ensure that the opposing team fails to return the ball correctly, giving the team in possession of the ball a point. The game continues with quick exchanges and tactical moves to score points by bouncing the ball out of the opponent's reach.

Spikeball can be played indoors or outdoors, on a variety of surfaces, making it a versatile sport that's accessible to everyone.

Spikeball can be played indoors or outdoors, on a variety of surfaces, making it a versatile sport that's accessible to everyone.

The appeal of spikeball :

Spikeball is growing in popularity around the world, particularly among young players eager for a new challenge. Here are a few reasons why spikeball is so popular.

- *Accessibility*

Spikeball is relatively easy to learn and doesn't require much equipment. All you need is a trampoline, a ball and enough space to play.

- *Intensity and competition*

The fast exchanges and dynamic movements make spikeball an intense sport that tests agility, coordination and reflexes. Spikeball competitions offer a competitive and exciting atmosphere for players and spectators alike.

- *Friendly*

Spikeball encourages social interaction and conviviality. Teams can meet up for friendly matches, local tournaments or community events, creating an atmosphere of camaraderie and fun.

- *Versatility*

Spikeball can be played at different skill levels, allowing beginners to have fun quickly while offering a challenge to more experienced players. What's more, the sport can be adapted to different game formats, such as team or solo play.

- *Fitness and health*

Spikeball is a great way to stay active and work on your fitness. The fast movements and changes of direction involve the muscles of the whole body, making it a complete physical exercise.

In conclusion, spikeball is enjoying a meteoric rise in the world of sport, thanks to its unique blend of physical and mental skills.

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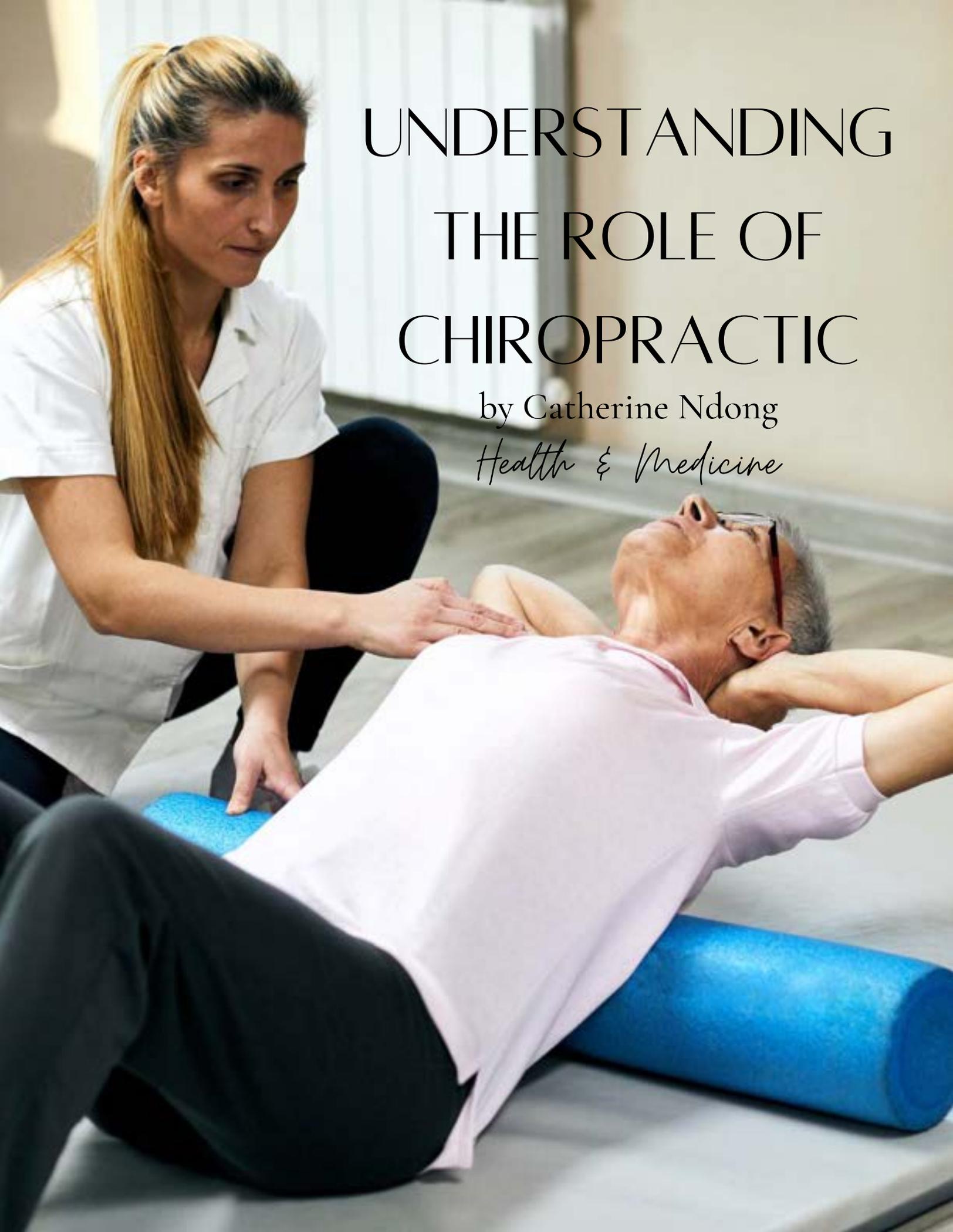


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# UNDERSTANDING THE ROLE OF CHIROPRACTIC

by Catherine Ndong  
*Health & Medicine*

The health of our spine plays a crucial role in our overall well-being. It serves as the central support system for our body, housing and protecting the delicate spinal cord. When the spine is misaligned or not functioning optimally, it can lead to a range of health issues and discomfort. This is where chiropractic care comes into play. Chiropractic is a holistic approach to healthcare that focuses on the spine and its connection to the nervous system.

Meet Sarah, a dedicated office worker who spent long hours sitting at her desk. Over time, she started experiencing frequent headaches, lower back pain, and reduced flexibility. Concerned about her declining well-being, Sarah decided to explore chiropractic care.

After a thorough examination, Sarah's chiropractor identified misalignments in her spine caused by prolonged sitting and poor posture. The chiropractor explained how these misalignments were affecting her nervous system, leading to discomfort and restricted movement.

Sarah began a course of chiropractic treatments that involved gentle adjustments to realign her spine and restore its proper function. The chiropractor also provided her with guidance on posture correction exercises and ergonomic modifications to her workspace.

As Sarah continued with her chiropractic care, she noticed remarkable improvements in her overall well-being. The frequency and intensity of her headaches reduced significantly, and her lower back pain gradually disappeared.



Moreover, she felt more energized and regained her flexibility, enabling her to engage in physical activities she once enjoyed.

Chiropractors are trained professionals who specialize in diagnosing and treating musculoskeletal problems, particularly those related to the spine. They use various manual techniques, such as spinal adjustments, to correct misalignments and restore proper function to the spine. By doing so, they aim to alleviate pain, improve mobility, and promote overall wellness.

John is a passionate athlete who had been experiencing persistent shoulder and neck pain. Despite seeking conventional treatments, such as medications and physical therapy, John's symptoms persisted, affecting his performance and enjoyment of his favorite sports.

Frustrated with the lack of progress, John decided to try chiropractic care as a potential solution. He consulted with a chiropractor who specialized in sports-related injuries and musculoskeletal disorders.

During the initial assessment, the chiropractor identified misalignments in John's spine, particularly in the upper cervical region, that were contributing to his shoulder and neck pain. The chiropractor explained how these misalignments were disrupting the proper functioning of his nervous system, leading to muscle imbalances and discomfort.

Through a series of targeted spinal adjustments and mobilization techniques, the chiropractor worked to restore alignment and proper

movement in John's spine. In addition, the chiropractor provided John with tailored exercises and stretches to strengthen the surrounding muscles and improve his posture.

Over time, John noticed significant improvements in his condition. The pain in his shoulder and neck diminished, allowing him to resume his training and participate in sports without limitations. Not only did he experience pain relief, but he also noticed enhanced performance and improved overall well-being.

Thanks to chiropractic care, John was able to address the underlying cause of his pain and achieve lasting results. The expertise of the chiropractor and the tailored treatment approach played a crucial role in helping John regain his active lifestyle and pursue his athletic endeavors with confidence.

One of the key principles of chiropractic care is the belief that the body has an innate ability to heal itself. Chiropractors focus on removing interference from the nervous system, which can occur when the spine is misaligned. By restoring proper alignment and movement to the spine, chiropractors aim to facilitate the body's natural healing process.

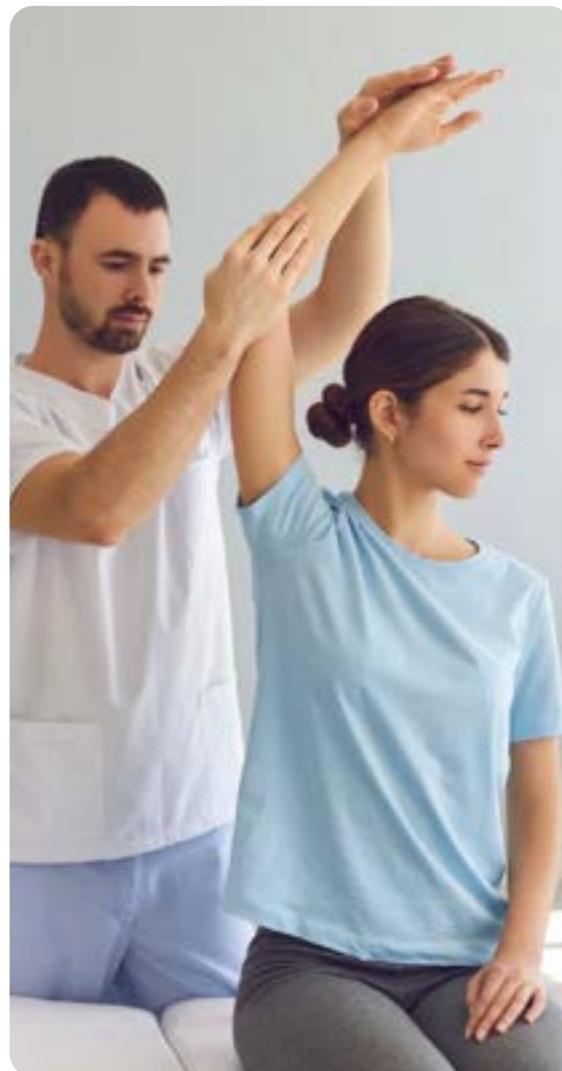
Chiropractic care is not limited to treating back and neck pain. It can also address a wide range of conditions, including headaches, migraines, joint pain, sports injuries, and even digestive issues. This is because the nervous system, which is closely connected to the spine, controls and regulates every function in the body. By improving spinal health, chiropractic care can have a positive impact on overall health and well-being.

Meet Sarah, a working professional who had been suffering from chronic migraines for years. The debilitating headaches affected her productivity, disrupted her daily life, and left her feeling frustrated and exhausted.

Seeking relief, Sarah decided to explore alternative approaches to her migraine management and discovered chiropractic care. She visited a chiropractor who specialized in holistic healthcare and had experience in treating migraines.

During the initial consultation, the chiropractor explained to Sarah how misalignments in her spine, particularly in the upper cervical region, could contribute to the frequency and intensity of her migraines. The misalignments were causing interference in her nervous system, leading to abnormal nerve signals and triggering the migraine episodes.

With Sarah's consent, the chiropractor developed a personalized treatment plan focused on restoring alignment to her spine and reducing nervous system interference. Through gentle spinal adjustments and other specialized techniques, the chiropractor aimed to remove the underlying cause of Sarah's migraines.



Over the course of several weeks, Sarah received regular chiropractic adjustments and followed the recommendations for lifestyle modifications provided by the chiropractor. She also learned relaxation techniques and stress management strategies to complement her treatment.

Gradually, Sarah noticed a significant reduction in the frequency and severity of her migraines. The intensity of her pain decreased, and she experienced longer periods of relief between episodes. Sarah's overall well-being improved as she regained control over her life and found relief from the debilitating migraines that had plagued her for years.

During a chiropractic session, the chiropractor will conduct a thorough evaluation, including a discussion of your medical history and any symptoms you may be experiencing. They will then perform a physical examination, which may include assessing your posture, range of motion, and spinal alignment. Based on their findings, they will develop a personalized treatment plan tailored to your specific needs.

The cornerstone of chiropractic treatment is spinal adjustment. This involves the application of controlled force to specific areas of the spine to correct misalignments and restore proper function. The chiropractor may use their hands or specialized instruments to perform the adjustment. The treatment is generally safe and gentle, with many patients reporting immediate relief and improved mobility following an adjustment.

Mark, a middle-aged individual who had been experiencing persistent lower back pain for several months. The discomfort was affecting his daily activities, limiting his mobility, and impacting his overall quality of life.

Concerned about his condition, Mark decided to seek chiropractic care as an alternative to conventional treatments. He scheduled an appointment with a highly skilled and experienced chiropractor in his area.

During the initial consultation, the chiropractor took the time to listen to Mark's concerns, understand his medical history, and assess his symptoms. The chiropractor performed a comprehensive physical examination, paying particular attention to Mark's posture, range of motion, and spinal alignment.

Based on the examination findings, the chiropractor diagnosed Mark with a misalignment in his lumbar spine, which was contributing to his persistent lower back pain.

The chiropractor explained to Mark that the misalignment was causing nerve irritation and affecting the proper functioning of his spine.

To address the issue, the chiropractor developed a personalized treatment plan for Mark. The cornerstone of the plan was spinal adjustments, which involved applying controlled force to the specific areas of Mark's spine that required realignment. The chiropractor used their hands to perform the adjustments, applying gentle and precise movements.

During the first session, Mark felt immediate relief as the chiropractor performed the spinal adjustment. The treatment was comfortable and non-invasive, and Mark experienced increased mobility and a reduction in his lower back pain.

Over the course of several weeks, Mark attended regular chiropractic sessions as part of his treatment plan. Each session included a combination of spinal adjustments, therapeutic exercises, and lifestyle recommendations to support his overall well-being.

With consistent chiropractic care, Mark noticed significant improvements in his lower back pain. His mobility increased, allowing him to engage in activities he had previously avoided. Mark's quality of life improved, and he regained the ability to participate in physical activities and enjoy a pain-free lifestyle.

In addition to spinal adjustments, chiropractors may incorporate other complementary therapies into their treatment plans. These may include soft tissue therapies, such as massage or stretching exercises, as well as lifestyle and ergonomic advice to promote proper posture and spinal health.





It's important to note that chiropractic care is a non-invasive and drug-free approach to healthcare. It focuses on addressing the root cause of the problem rather than simply masking the symptoms. Chiropractors work collaboratively with other healthcare providers to ensure comprehensive and integrated care for their patients.

Let's talk about Jasmyn, a professional dancer who had been struggling with recurring lower back pain due to the demands of her rigorous training schedule. The pain was not only affecting her performance but also taking a toll on her overall well-being.

Seeking a natural and holistic approach to address her pain and improve her dance abilities, Jasmyn decided to explore chiropractic care as part of her journey toward recovery and peak performance. She sought the expertise of a chiropractor who specialized in working with performing artists and dancers.

During her initial consultation, Jasmyn discussed her medical history, dance goals, and specific areas of discomfort with the chiropractor. The chiropractor conducted a comprehensive assessment, observing Jasmyn's posture, spinal alignment, and range of motion.

Based on the evaluation, the chiropractor identified misalignments in Jasmyn's spine and muscle imbalances contributing to her lower back pain. In addition to spinal adjustments, the chiropractor recommended incorporating soft tissue therapies into Jasmyn's treatment plan.

In each session, Jasmyn received targeted massage techniques and stretching exercises to alleviate muscle tension, promote flexibility, and enhance her overall movement quality. The chiropractor also provided Jasmyn with guidance on proper body mechanics and posture during dance rehearsals and performances.

As Jasmyn progressed through her chiropractic care, she experienced significant relief from her lower back pain. The combination of spinal adjustments, soft tissue therapies, and postural guidance helped her regain stability and mobility in her spine, allowing her to execute dance movements with greater ease and grace.

Beyond the physical benefits, Jasmyn appreciated the holistic approach of chiropractic care. The chiropractor emphasized the importance of self-care, including proper nutrition, hydration, and rest, to support Jasmyn's overall

health and performance as a dancer. Jasmyn incorporated these lifestyle recommendations into her daily routine, noticing improvements not only in her dance abilities but also in her overall well-being.

The collaboration between the chiropractor and Jasmyn's dance instructors was vital. They worked together to develop an integrated approach, aligning Jasmyn's training regimen with her chiropractic treatments. Regular communication and progress updates ensured that Jasmyn received comprehensive care tailored to her specific needs.

Jasmyn's journey exemplifies the power of chiropractic care in addressing performance-related injuries and optimizing the capabilities of dancers. Through the combination of spinal adjustments, soft tissue therapies, and a holistic approach to wellness, Jasmyn was able to overcome her lower back pain, improve her dance technique, and elevate her overall performance on stage.

By focusing on both the structural and functional aspects of Jasmyn's condition, chiropractic interventions played a crucial role in restoring her spinal health and enhancing her dance abilities. Jasmyn's dedication to her chiropractic care, along with the collaborative efforts of her healthcare team, propelled her toward a successful recovery and a flourishing career as a professional dancer.



If you are considering chiropractic care, it's essential to choose a qualified and licensed chiropractor. Look for practitioners who have completed accredited chiropractic programs and have a good reputation in the field. You may also consider seeking recommendations from trusted healthcare professionals or friends who have had positive experiences with chiropractic care.

In conclusion, chiropractic care plays a vital role in maintaining spinal health and overall well-being. By addressing spinal misalignments and promoting proper spinal function, chiropractors can help alleviate pain, improve mobility, and enhance the body's natural healing abilities. If you're experiencing musculoskeletal issues or seeking to optimize your spinal health, chiropractic care may be a valuable treatment option to consider. Always consult with a qualified chiropractor to determine the best course of action for your specific needs.

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TO ICE OR NOT TO ICE,  
THAT IS THE QUESTION!

by Richard Lake

*Embodiment*

Growing up and playing a number of different sports the inevitable injury would occur and through learnt behaviour the best way of handling this injury would be to strap and apply ice around the area which was affected and use the other RICES protocols, were ice is applied to the area it was meant to and does assist in reducing swelling and pain by using its vasoconstrictive effects to help slow the blood flow and offer some relief. However, is this the best course of action?

So, this would help the pain!

However, when you hurt yourself, such as when you hyperextend a muscle or ligament or sprain an ankle, your body produces an inflammatory response were pro-inflammatory macrophages (A type of white blood cell found in the blood) head towards the injured area. Two types of macrophage: pro-inflammatory and anti-inflammatory, are responsible for the phagocytosis (When macrophages surround and remove damaged tissue).

This is made difficult if you are applying ice causing the vasoconstrictive effects thus making it difficult for the macrophages to sufficiently infiltrate damaged muscle cells and suppress the inflammatory reaction and promote repair.

This is your body's way of alerting you that there is a problem. Heat, redness and swelling are signs that blood flow to the wounded area is increasing to start the healing process as blood congregates in the area.

These severe musculoskeletal injuries cause discomfort because blood builds up beneath the inelastic membrane of the muscle, raising pressure there. A study using a mouse model of eccentric contraction has revealed that icing



injured muscles delays muscle regeneration. The discovery was made by a research group including Associate Professor ARAKAWA Takamitsu and then PhD. Student KAWASHIMA Masato from Kobe University's Graduate School of Health Sciences, and Chiba Institute of Technology's Associate Professor KAWANISHI Noriaki et al. In addition, the researchers illuminated that this phenomenon may be related to pro-inflammatory macrophages' ability to infiltrate damaged cells. This research raises questions as to whether or not severe muscle injuries (such as torn muscles) should be iced.

These research results were published online as one of the Journal of Applied

Physiology's Articles in Press on March 25, 2021.

When should you use ice? This is information we have been told and applied for many decades.

After an acute musculoskeletal injury, symptoms become apparent quickly. Simply recall the last time you tripped or strained a muscle and experienced that intense rush of heat and because of this, applying ice to the area within the first 24 to 48 hours of swelling is or was sufficient.

Make careful to alternate between resting and ice; a decent rhythm is 10 minutes on and 10 minutes off. Longer periods of

cold application may result in further tissue injury, offsetting any initial therapeutic benefits. Yet, in recent years, exercise experts have begun to question the claimed advantages of icing. In a 2011 study, for instance, participants who applied ice to a torn calf muscle experienced equal amounts of leg pain later on and were unable to resume work or other activities any sooner.

Parallel to this, a 2012 research analysis found that athletes with injured muscles who cooled them after intense training or, for the masochistically inclined, submerged themselves in ice baths, recovered their muscular strength and power more slowly than their teammates who didn't chill themselves. And a depressing weight training study from 2015 discovered that males who consistently used ice packs after exercises had less strength, size, and endurance than those who recovered without them.

Experiments investigating the effect of icing muscles after an injury have produced conflicting results. Some have reported that it delays muscle regeneration while others have stated that it doesn't inhibit this process.

However, none of the research up until now has investigated the effects of icing using an injury model that mimics common sports injuries caused by muscle contraction.

*Comment from Associate Professor Arakawa*

In sports, the mantra of immediately applying ice to an injury is commonplace, regardless of the injury's severity. However, the mechanism that we illuminated through this research suggests

that not icing a severe muscle injury may lead to faster recovery. The idea of immediately cooling any type of injury is also entrenched in schools' physical education classes. I hope that in the future, the alternative option of speeding up recovery by not cooling severe muscle injuries will become known.

However, even though icing may disrupt the recovery process for severe muscle injuries, there is no denying the possibility that there are degrees of mild muscle injuries that can be iced. The next issue is to work out where to draw the line. We are now in the middle of investigating what effect icing has on slight muscle injuries.

Next, we will continue to investigate how icing should be carried out according to the extent of the muscle injury. We aim to contribute guidelines that will enable people in sports and clinical rehabilitation to make accurate judgments about whether or not to ice an injury.

In conclusion when I started this article and first trained as a Sports Therapist in 2010 the teachings we were given were the RICE protocols ie Rest, Ice, Compression, and Elevate. Since then a lot has changed and updated.

We moved on to POLICE: Protect, Optimal, Load, Ice, Compression and Elevation, And even further now to Peace and Love Protection, Elevation, Avoid Anti-inflammatories, Compression, Education and Load, Optimism, Vascularisation, Exercise. While some inflammation may be necessary for healing, excessive or protracted edema (swelling) is undesirable. Excessive



edema causes unwelcome pressure to be placed on the tissues inhibits motion, can worsen discomfort, and impairs muscular function.

This is frequently observed in cases of severe joint sprains, such as ankle sprains, where the edema is so severe as to limit the range of motion. Another illustration is the quadriceps' arthritogenic muscular inhibition following ACL surgery.

As the objective here is to reduce swelling rather than prevent it entirely, using ice may be an effective option. Contrarily, muscle tears frequently cause less edema, therefore ice is probably not going to be helpful in the beginning (or at all) of an injury.

As Professor Arakawa mentions above more evidence is needed as to where and when and for how long to apply ice! Certainly, there have been times when I felt it was essential, particularly for pain relief but I might hold off for future icings and give my clients a different perspective when it comes to acute injuries!

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# NIKKI BEACH MARBELLA

by Catherine Ndong

*Nightlife & Clubs*



Nestled along the pristine shores of Marbella on the Costa del Sol, Nikki Beach stands as an iconic destination that epitomizes the essence of luxury and entertainment. With its stunning beachfront location, glamorous atmosphere, and world-class offerings, Nikki Beach has become a go-to hotspot for those seeking an unforgettable experience on the coast.

Founded in 2003, Nikki Beach Marbella has evolved into a global brand known for its lavish beach clubs, stylish restaurants, and vibrant entertainment. It has seamlessly blended the elements of a beach club, restaurant, and nightclub, creating a multifaceted venue that caters to the desires of discerning visitors.

The allure of Nikki Beach Marbella lies in its commitment to providing a luxurious and sophisticated experience. The venue exudes a chic and glamorous ambiance, with pristine white decor, plush loungers, and elegant cabanas. It's a place where the jet-set crowd, celebrities, and socialites come together to enjoy the finest amenities and indulge in the pleasures of the Mediterranean lifestyle.

The heart of Nikki Beach Marbella is its beach club, where guests can relax by the pool or on the sandy beach while soaking up the sun and savoring delicious cuisine. The beach club offers a variety of culinary delights, ranging from fresh seafood and sushi to Mediterranean classics and innovative international dishes. The menu is carefully curated to satisfy even the most discerning palates, with an emphasis on quality ingredients and exceptional flavors.

Beyond its culinary offerings, Nikki Beach Marbella is renowned for its vibrant entertainment scene. The venue hosts a series of exciting events, including live music performances, DJ sets by world-class artists, themed parties, and fashion shows. The energetic atmosphere and lively beats create an electrifying ambiance that keeps guests enthralled from day to night.

For those seeking a more exclusive experience, Nikki Beach Marbella offers VIP services and private lounges where guests can enjoy personalized attention, bottle service, and a secluded space to unwind in the midst of the vibrant atmosphere. The attentive staff ensures that every guest feels pampered and catered to, enhancing the overall experience of luxury and indulgence.



Nikki Beach Marbella has become an integral part of the Costa del Sol's nightlife and social scene. It has solidified its reputation as a place to see and be seen, attracting a diverse and international crowd. From glamorous beach parties to chic evenings under the stars, Nikki Beach Marbella consistently delivers unforgettable moments and unforgettable memories.

In addition to its Marbella location, Nikki Beach has expanded its presence to various destinations around the world, including Ibiza, Miami, St. Tropez, and Dubai. Each location embraces the brand's philosophy of providing an unparalleled beach club experience that combines luxury, entertainment, and exceptional service.

In conclusion, Nikki Beach Marbella is a true gem on the Costa del Sol, offering a perfect blend of luxury, entertainment, and beachside relaxation. With its stunning setting, exquisite cuisine, vibrant ambiance, and world-class events, it continues to captivate visitors and remain a sought-after destination for those seeking the ultimate coastal experience. Nikki Beach Marbella is an embodiment of the glamorous Mediterranean lifestyle and a testament to the allure and charm of the Costa del Sol.

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