

Live a more fruitful life

Wellness and fertility expert, and author of *Fertile*, Emma Cannon, shares her five essential pillars for personal nourishment and a productive life, to feed your spirit and enrich your experience

This time of year brings the greatest opportunity for growth, and there is abundant energetic potential to be our most bountiful selves. Everything around us is reawakening after a period of dormancy. Let go, enjoy yourself and try to engage in life as much as possible. In all that I have learned, and with all the women that I've worked with, I've come to see that there are five key anchors to feeling nourished and 'fertile', in body and mind.

1 Flexibility
Of course, eating well and cooking delicious food is a healthy activity to be celebrated – but, with the explosion of detox, raw food and free-from diets over the past few decades, food has, for some, become associated with restriction and denial. There is either a sense of

far too much control over our nutrition or, at the other end of the scale, too little – and we may end up seeing food as the enemy, rather than a joyful source of health and nourishment.

Often, when we feel out of control emotionally; and not in charge of our own lives, we exert added restrictions on the areas that we can control, such as nutrition. Rigidity towards food is typical and, sadly, on the increase; people are either excessively strict, or have a lack of discipline, over their intake. Strive for the middle road. This goes for everything in life, not just food. Try to develop a flexible attitude, and the ability to move around the hurdles that are put in your path

“We tend to get labelled: creative, academic, sporty... many of us will live disconnected from our innovative side”

with relative ease. I often say to clients, 'What is so good about control anyway? All the best things happen when we let go of control – like love.'

2 Creativity

The 'fertile' woman wants to create. I believe it is our true nature to be creative. At school, we tend to get labelled: creative, academic, sporty, and so on and, consequently, many of us will live half our life disconnected from our innovative side. I've witnessed how someone can come alive when they finally discover a long-hidden talent, such as painting or drawing. Of course, there are many ways to be creative and it is an individual thing. I encourage everyone to spend time exploring a creative pastime; this can be life-enhancing and enriching. Chinese

medicine says creativity nourishes our heart, and that which nourishes the heart, also nourishes the womb.

3 Nourishment

So much attention has been placed on nourishment through food and, of course, I fully support this – however, our ability to *receive* nourishment is something that can get overlooked. Two people can sit down to eat the same meal, but an individual's constitution and attitude to the food determines how efficient they are at extracting >>>



PHOTOGRAPHS: JO THORNE

“There is no light without dark, no day without night, no joy without sorrow – this is a universal truth”



“An open heart expects good things, embraces good things and, therefore, attracts good things”

>>> nourishment from it. Equally, our ability to receive love, support and intimacy is impacted by our constitution. Do you ever find yourself saying, ‘I’m fine,’ when you are far from OK? Nourishment starts with the self, with acceptance, gratitude and enjoyment – an open heart that *expects* good things, *embraces* good things and, therefore, *attracts* good things. In order to nourish another person, first we must care for our self. Nourishment is a truly ‘fertile’ act – and self-love must always come before anything else.

From a Chinese medicine point of view, ‘thought’ and ‘thinking’ are controlled by the earth element; the stomach and the spleen, and so are closely aligned with digestion. In the same way that we digest food, we digest thoughts and ideas. And, in the same way that we can overload the digestive system, we can overload the mind. When we overburden the digestive system, food sits in the digestive tract and doesn’t get properly absorbed. It is similar with information and it is important to expose ourselves to things that make our heart sing. Feed your mind with inspiring, uplifting information, and that from which you can learn and grow – be discerning about what you read.

4 Transformation

There is an expression in Chinese medicine: ‘Out of chaos, comes opportunity.’ There is no light without dark, no day without night, no joy without sorrow – this is a universal truth; the *yin* and *yang* of life. While taking small steps towards discipline, the mind can bring about great shifts within us. People often resist change because they think their problems are insurmountable. I tell them, ‘Change just one thing.’ It is better to transform slowly, and for the alterations to be long-lasting.

The ability to learn and grow from difficult life experiences;



to turn wounds into wisdom, is at the heart of enrichment. This requires personal alchemy; the ability to transform and transcend problems. Knowing that life is cyclical, that nothing stays the same and we must adapt and grow, is the law of nature. Being well-supported at times of great change will help us transform, and having practices that encourage us – from yoga and meditation, to meaningful friendships and connection with others – can salve us. Even death is just another passing through; the end of a cycle.

5 Belief

Many people are afraid to believe because they fear they will be let down. Yet, when we believe in something, we allow it to become a powerful focus of our attention. When we give something attention, it can grow and ‘flow’. A willingness to believe helps us become strong and resourceful. It gives us the ability to wend through life like a river, meandering around obstacles in its way. Belief is what keeps people going against all the odds; our will to survive and our innate drive. Fear is the enemy of belief and I often see how it can threaten to consume hope. The enlightened woman is the keeper of hope – she knows only too well its power and necessity. The internal conflict is that we hope that belief is everything but, deep down, we fear that it is nothing at all. I see belief to be at the heart of healing – and hope to be the flame that keeps it alive.

If we are able to integrate these five pillars into our lives and learn to be fruitful, prolific and resourceful; if we allow ourselves to receive love, abundance and nourishment – then we will embody being fertile in its fullest meaning.

Emma Cannon is author of ‘Fertile: Nourish And Balance Your Body Ready For Baby-Making’ (Vermilion, £20), emmacannon.co.uk

PSYCHOLOGIES

MAGAZINE

Kelsey Media, Cudham Tithe Barn,
Berry's Hill, Cudham, Kent TN16 3AG
(01959 541444, email letters@psychologies.co.uk)

OUR TEAM

Editor Suzy Greaves
Managing Editor Danielle Woodward
Acting Art Director Lynne Lanning
Health + Wellness Director Eriné Rushton
Picture Editor Laura Doherty
Dossier and Books Editor Ali Roff
Chief Sub/Production Editor Vee Sey
Deputy Chief Sub Editor Leona Gerrard
Digital Editor Katherine Weir
Editorial Assistant Ellen Tout
Associate Editors Anita Chaudhuri, Elizabeth Heathcote
Thanks to Ali Christie

Contributing Editors

Wellness Suzanne Duckett, Catherine Turner
Health Dr Andrew Weil Fitness Hollie Grant
Spirit Akelina Cvjetic Mind Suzy Reading
Nutrition Eve Kalinik Yoga Kat Farrants Home Xochi Balfour

ADVERTISING & PRODUCTION

TigerBee Media Nikki Peterson (01342 824051)
nikki.peterson@tigerbeemedia.co.uk
Production Manager Melanie Cooper (01733 363485)
melaniecooper@atgraphicsuk.com
Production Supervisor Amy Proud (01733 362317)
amyproud@atgraphicsuk.com
Publishing Operations Manager Charlotte Whittaker

MANAGEMENT

Managing Director Phil Weeden
Chief Executive Steve Wright
Chairman Steve Annetts
Finance Director Joyce Parker-Sarioglu
Publishing Director Vicky Ophield
Acting Publishing Director Andrew Davies
Retail Distribution Manager Eleanor Brown
Audience Development Manager Andy Cotton
Brand Marketing Manager Rebecca Gibson
Events Manager Kat Chappell

SUBSCRIPTIONS

13 issues of *Psychologies* are published per annum

- UK annual subscription price: £50.40
- Europe annual subscription price: £63.99
- USA annual subscription price: £63.99
- Rest of World annual subscription price: £69.99
- UK subscription and back issue orderline: 0333 043 9848
- Overseas subscription orderline: 0044 (0) 1959 543747
- Toll-free USA subscription orderline: 1 888 777 0275
- UK customer service team: 01959 543747; subs@kelsey.co.uk

Find subscription offers on our website: shop.kelsey.co.uk/ps
Manage your subscription online shop.kelsey.co.uk/site/loginForm

DISTRIBUTION & PRINTING

William Gibbons, 28 Planetary Road, Willenhall, Wolverhampton
WV13 3XT; 01902 730011; williamgibbons.co.uk
Seymour Distribution Ltd, 2 East Poultry Avenue, London EC1A 9PT;
020 7429 4000; seymour.co.uk

Psychologies is published under licence from *Psychologies Magazine France*.
Psychologies Magazine is a registered trademark. Copyright ©2002



Psychologies Magazine is a registered trademark and is published monthly by Kelsey Media 2017 © all rights reserved. Kelsey Media is a trading name of Kelsey Publishing Ltd.

Reproduction in whole or in part is forbidden except with permission in writing from the publishers. Note to contributors: articles submitted for consideration by the editor must be the original work of the author and not previously published. Where photographs are included, which are not the property of the contributor, permission to reproduce them must have been obtained from the owner of the copyright. The Editor cannot guarantee a personal response to all letters and emails received. The views expressed in the magazine are not necessarily those of the Editor or the Publisher. Kelsey Publishing Ltd accepts no liability for products and services offered by third parties. **PRIVACY NOTICE** Kelsey Publishing Ltd uses a multi-layered privacy notice, giving you brief details about how we would like to use your personal information. For full details, visit kelsey.co.uk, or call 01959 543524. If you have any questions, please ask, as submitting your details indicates your consent, unless you choose otherwise, that we and our partners may contact you about products and services that will be of relevance to you via direct mail, phone, email or SMS. You can opt out at ANY time via email: data.controller@kelsey.co.uk or 01959 543524.

CONTRIBUTORS

Meet three of the people who have taken part in the creation of this issue of *Psychologies*



Emma Cannon

Women's health expert

Emma is a fertility and women's health expert, mentor and speaker. She is the author of the bestselling *The Baby-Making Bible* and her fifth book, *Fertile* (Vermilion, £20), is out now. 'To be fertile extends outside the realm of baby-making,' she says. 'To be fertile in all areas of life improves our relationships – living a fertile life enhances our sense of fulfilment and bliss; helping us receive greatness for ourselves, and others.' See page 94.

Derrick Thomson

Photographer

From Jakarta in Indonesia, Derrick moved to Bali to escape the bustle of city life. 'Photography has always been a part of me, not just a business,' he says. 'I am enjoying my life here more than ever; it's relaxing, less stressful and I love the island's artistic culture.' This month, for our Dossier, 'Quit the chaos', Derrick photographs designer and businesswoman, Jennifer Hamley, who also made the leap to island life. Read her story on page 68.



Laurie Hastings

Illustrator

Laurie is an artist and printmaker based in Nottingham. Much of her work encompasses the themes of wellbeing, mind, body and spirit; conveyed through muted colour and delicate line. 'My goal is to convey a snapshot of the written piece,' she says. 'I loved researching the vintage medicine bottles for the article, "Emotional first aid" (page 34), and discovering the fonts and intricate patterns used in the label design.'

GLOBAL EDITIONS

Groupe Psychologies, 2 8 rue Gaston-Rébuffat, 75019 Paris, France. Tel: 01 44 65 58 00

President & CEO, Editorial Director: Arnaud de Saint Simon International Editor-in-Chief: Philippe Romon (philippe@psychologies.com)

PSYCHOLOGIES FRANCE
Editor-in-Chief: Laurence Folléa

PSYCHOLOGIES ROMANIA
Ringier Magazines, 6 Dimitri
Pompeiu Street, Bucharest. Tel: +40 212
03 08 00. Managing Director: Mihnea
Vasiliu (mihnea.vasiliu@ringier.ro)
Editor-in-Chief: Iuliana Alexa (Iuliana.
alexa@ringier.ro) Advertising Manager:
Monica Pop (monica.pop@ringier.ro)

PSYCHOLOGIES BELGIUM
Edition Ventures, Chaussée de
Louvain 431D, 1830 Lasne. Tel: +32 2 379
29 90 Editorial Director: Marie-Christine
De Wasseige (mc.dewasseige@ventures.be)
Chief editor (French): Christiane Thiry
(christiane.thiry@ventures.be)
Chief editor (Flemish): Barbara Van den
Abeele (b.vandenabeele@ventures.be)
Advertising Manager: Manuelle Sepulchre
(manuelle.sepulchre@ventures.be)

PSYCHOLOGIES RUSSIA
Hearst Shkulev Media,
Psychologies Russia,
31 b Shabolovkaya Street,
Moscow 115162. Tel: +7 495 981 39 10
President: Viktor Shkulev
(vshkulev@hsmedia.ru)
Editor-in-Chief: Xenia Kiseleva
(xkiseleva@hsmedia.ru) Publisher
and Advertising Manager: Ekatarina
Kerova (ekerova@hsmedia.ru)