

on the market, and then I found Nice 'n clear. It is not that well known but it contains Neem Oil which lice don't like, and it's totally natural. I wish more parents knew about it.'

**Joan's top tips are:**

Use a neem based shampoo regularly as a preventative.

Check your child's scalp at least once weekly for any sign of head louse. Use a fine tooth comb when the hair is still wet. If you're unsure of what lice look like, ask someone who knows; a neighbour or friend. Don't be afraid to ask because head lice thrive

three days until the lice have totally cleared.

Tell parents of your child's friends and classmates as they need to check their children.

Keep washing (with a neem shampoo) and checking every week.

General facts about head lice

Nice 'n clear is 'effective, safe and natural'. It contains the natural ingredient neem (to which there is no known resistance) which helps eradicate both the head lice and their eggs. It can be used on children over 6 months both to repel or treat/remove lice.

They are tiny insects (6 legs) survive on the scalp the neck by feeding blood from the scalp. They vary in size pinhead to 3mm, often translucent colour except after hatching when they turn brownish. Head lice live for about three weeks and the female can lay up to six eggs a day. She attaches them to the hair near the scalp and they hatch 7-10 days later. The unhatched eggs which are called nits are a yellow-white colour and are often mistaken for flakes of dry skin or dandruff. However, nits stick to the hair and are difficult to remove.

**Where they live**

They only live in head hair. They

...diing, €24.95.

...per, €34.95.

...ina top, €22.95.

## DO WHAT YOU LOVE AND LOVE WHAT YOU DO.....

Written by  
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As a Hypnotherapist, Psychotherapist, N.L.P Masterpractitioner, Business and Personal Life Coach, I am blest to do what I love and love what I do. I spent many years as an Interior Designer, and when my marriage ended 7 years ago, I decided to re-educate as I believed that there was more to life, and yes I was faced with all the usual fears, would I be able to remember how to write an essay, was I good enough to study courses like these?, I never had much self belief in my abilities when attending school, but I have something within that everyone has (except we forget sometimes) and that's the determination to change my life and succeed, which has led to my success, as a student and now Therapist.

You see the mind is absolutely powerful and amazing. It can empower us or it can prevent us from living a happy, free and peaceful life, and believe me we have a choice, we control our thoughts they don't control us, no one can do anything to us that we don't allow, unless we permit them to. We can decide whether to choose, think and believe our thoughts and based on how we think in any moment will result in the actions that we will take. For example so many times in the past we sabotaged friendships and relationships because we chose to listen to, and blow out of proportion our beliefs and stories about others, deciding we were right and they were wrong, usually calling on other friends to back up our story of how right we are, and hence lost out on wonderful relationships and friendships.

There is a reason why we continue to repeat the same patterns over and over again and this stems from our life conditioning, our belief systems, values and perspectives, that we learned as children, from our parents, family, friends, teachers, etc.. Now this is where I say "stop blaming everyone else for your stuff", our parents did the best they could based on their conditioning and belief systems, and we are doing the best we can based on ours, but when we stop blaming others and take responsibility for our own thoughts and actions we let go of past beliefs that sabotage us and make new choices as an adult that empower us.

Some people will say that this is easier said than done, but this is where tools such as Life Coaching, N.L.P, Hypnosis, and Psychoanalysis will help to facilitate change.

Hypnosis, Psychoanalysis and N.L.P are astonishing tools to help you quit smoking and lose weight, while also dealing with other issues such as Claustrophobia, Insomnia, Confidence, Nightmares, Abusive Childhood and Relationships, Stress, Depression, Memory, Sports Motivation, etc. They work wonderfully with fears and phobias such as Flying, Spiders, the Dentist, Public Speaking, Exams etc, and any other Emotional, Mental or Psychosomatic Disorder.

Life Coaching on the other hand will assist you to look at your life, especially if you feel stuck in any aspect of it, and it will enable you to seek clarity, empower you to make changes, commit to a course of action and meet agreed upon goals. It will facilitate you to be in the driving seat of your own life because if your not someone else is!

Business Coaching will help you to effectively deal with stress, expand your horizon, stretch your limits and realise your true unlimited potential.

Stress of course is part of our daily lives, but it is the reaction that we have to the pressure that we are under and the demands that are placed upon us that causes us to feel that we are unable to cope.

Business Coaching will help you delegate, prioritise, plan and work smarter not harder, it will look at time/self management. It will also teach employers to coach their employees to success.

We all have the answers within, but in attempt to have the dialogue related to our problems in our heads; we get caught up in the drama and emotion of the story unable to see reality and so if you are looking for life to be different, and desire to learn how to "do what you love and love what you do".

## Ba

Renowned for Barramundi, or dishes in Australia available. Considered to be the finest eating white and mealy flaky texture a taste. The fish is grilled, pan fried, or steamed. Not only is healthy too, rich in essential vitamins. Barramundi is available in €3.99 for 90g, or €2.67 for 150g. Available in fish shops with fish.

**RECIPE:**

Pan fried Barramundi  
tomatoes in balsamic  
Serves 2

**Ingredients**

## Gianni ACCESS

The sun is out and now is the time to get your wardrobe in gear. If you want to sport matching bags, the best around are the Gianni ACCESSORIES, really stylish trendy animal print ticket. No boring boring bag on the street. instant. Make a real statement. bright blue, girly porous gold or a classic Case comes in two sizes 58cm or smaller movers. The stylish completes the range and bag for all your travel. Travel light in the dresses and cool some very classy



GIANNI luggage 26G 58cm expandable 48cm € Tote bag