



Nutritionist explores treatment through food and lifestyle

By Hannah Duncan

Being hospitalised with a series of autoimmune conditions changed Elisa Tricon's life forever. As she began researching ways to improve her condition herself with food, she stumbled upon a ground-breaking realisation.

"Everyone has an opinion about nutrition... and many times, it's not founded on research," she says. This may explain why University of Pennsylvania research shows that 65% of fad-dieters regain the weight they lost, and many have a miserable time.



Food therapy: Elisa Tricon

"Each person is unique," stresses Elisa. So a one-size-fits-all approach to nutrition is a sure-fire way to spot a fake diet.

Throwing away everything she thought she knew, Elisa created research-based nutrition and lifestyle plans for herself from scratch. She began to see real improvements and today she's in full remission.

Individual nutrition planning

This was the trigger she needed to pack up her day job as a business consultant and start

her own coaching programme. Based in East Finchley, Elisa now creates personalised nutrition plans and helps clients online from all over the world.

Elisa supports others who are suffering with chronic illnesses. She also coaches customers looking to lose weight or who are on a fertility journey.

"I love to see the transformation," Elisa says. "For example, I was recently working with someone who'd suffered from migraines for 40 years. It was really impacting her social life. After we worked together a few months, she's no longer suffering from migraines, she's going out, making friends and isn't afraid of travelling."

A connected community

In stark contrast to a few years ago, the future is bright for hardworking Elisa, who continues to support new clients every day.

Central to her philosophy are "nurture, community and joy". Elisa is thriving in East Finchley. "I love the community spirit," she beams. "London is a big city, and not everyone is connected, but here, I knew my neighbours for the first time... Even during lockdown it was amazing to see so many local initiatives."

Elisa is interested to see if there is a local appetite for nutrition workshops in East Finchley. If you'd like to learn more, you can contact her at www.livingwellbee.com

N2 Poets make it issue number nine

By Daphne Chamberlain

Dennis Evans is the founder of N2 Poets, a group of writers who celebrated their ninth anthology in October. The first one appeared 10 years ago, and an aim of the group has always been to publish at least one collection annually. However, as we all know, last year changed many things. Our poets have bounced back though, with a very lively and varied selection. The launch was held at the friendly venue of East Finchley Methodist Church.

Another regular feature that had to be suspended was Dennis's monthly workshop, but this is now resuming. Several group members shared their poems online throughout the lockdowns.

We discovered at The Archer that there are a number of other poets writing locally, who might well be interested in contributing to the next anthology.

Submissions (a maximum of four poems) should be sent

for consideration to n2poetry@outlook.com, including name and contact details.

If you are unable to use email, send poems, typed on white A4 paper, to Shereen Abdallah, Managing Editor, N2 Poetry Magazine, 3 Leslie Road, N2 8BN, with a covering letter and SAE.

Meanwhile, why not enjoy Issue 9, at a cost of £5, from Steph Bramwell, 35 Pember Road, NW10 5LT.



New music: Guitarist and songwriter Charlotte Besley has released her first EP.

Debut release from festival star

Anyone who went along to the Late Summer Social in Cherry Tree Wood in September may remember the star turn from East Finchley singer songwriter Charlotte Besley on the music stage.

Her performance was a preview of her debut EP, called *History*, which has just been released on streaming platforms, iTunes and features three of her self-written songs.

With a sound inspired by artists like K T Tunstall and Laura Marling, Charlotte's lyrics explore relationships, human behaviour and finding

your way in life.

Charlotte said: "By sheer coincidence, shortly after writing these songs in lockdown, I was approached by a talented producer, João Lebre, who mixed and mastered the whole EP and encouraged me to start promoting myself as a solo artist. If it wasn't for him, these songs probably wouldn't have

seen the light of day so I have a lot to thank him for and just hope that I can do his work justice."

Charlotte studied Popular Music Performance at the London College of Music around seven years ago and has been performing in bands ever since alongside her full-time job in PR and events.



Dynamic: Michael Duke's portrait of a dancer at the Notting Hill Carnival.

A whirl of dance for Florence show

A local artist has returned from Italy after exhibiting four of his photograph-based works at the 13th Florence Biennial of Contemporary Art and Design. Each was a study of women dancing and tied in with the exhibition's theme of 'Feminine Eternal'.

Michael Duke said: "That did not mean that it was a 'women-only' exhibition, but how we see femininity. This is always how my creative images work, starting as photographs and then depending on the

subject, I decide how far to go with the treatment. Here the treatment was enjoyable as it was expected to be as artistic as possible."

Michael was invited to take part in the exhibition after win-

ning a number of distinctions in a series of photographic salons and being noticed by the Florence Biennial organising board. He is now also receiving invitations to similar events in Barcelona and Berlin.