

Health Defence News



Round: Jan 25

Welcome to Health Defence News, produced by former professional boxer Max Wallace and his wife Ruth.

Together they own a fantastic wellbeing hub in Hammersmith, west London. At the street front is a health food store, leading into a boxing gym and wellbeing centre behind.



Max and Ruth have created a fantastic wellbeing experience at their West London premises

Through their numerous facilities, the couple are helping visitors boost their physical and mental health. Ruth runs their whole food and organic produce shop, Health Defence Organics. They offer counselling, healthy eating advice and health checks, as well as run workshops. There are training sessions just for women – solo or in small groups – teaching self-defence as well as stamina and confidence improvement.





Max and Ruth are dedicated to making a success of Health Defence

Max had ten light-middleweight bouts. He teaches boxing and non-contact kickboxing. Max, who turns 60 in May, has coached three British kickboxing champions, developing his 'health defence' training system, using martial arts "without the cuts and bruises". "It all makes for a better world," he said. The gym is adorned with pictures of his boxing heroes including Muhammad Ali, Manny Pacquiao and Mike Tyson and framed motivational slogans, alongside the punch bags and gloves.

Max is a local legend. He was awarded a QPR Unsung Hero award for community work in 2023. For 16 years he was facilities manager at a community centre in Shepherds Bush, while also running a stall at Shepherds Bush Market. He also worked as a security guard at the W12 shopping centre.

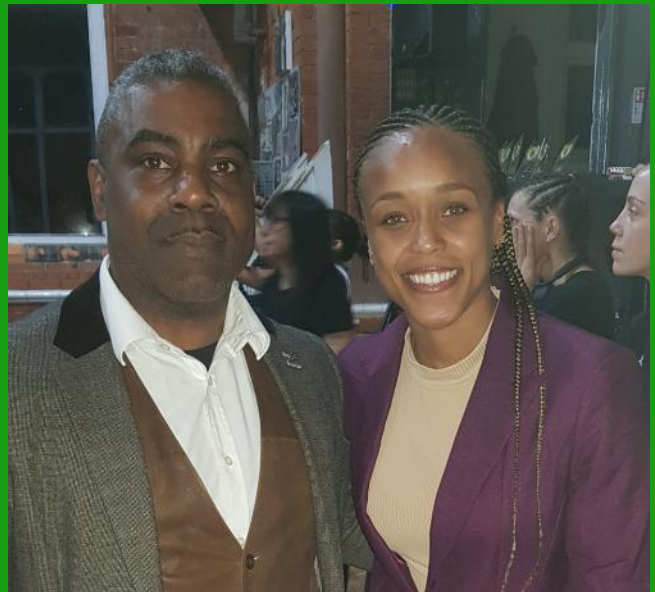


Max attended former world champ Maurice Hope's book signing recently

"But I realised that I could help youths, making a difference to young guys who were at risk of going the wrong way," he said. "A lot of the guys I've helped have gone into the fitness business themselves. One builds five-a-side pitches."



Max found former world champ John Conteh inspiring



Max with world champ Natasha Jonas

The couple are strong believers in a higher power. Ruth, 54, is a former social worker. The shop sells packaged seeds, grains, nuts and legumes, also organic bread and chilled, fresh and frozen produce, much of it vegan, gluten-free and wheat-free.

It also stocks environmentally friendly vegan supplements, vitamins, minerals, as well as herbal and homeopathic remedies. "Health is part of our religion," she said.



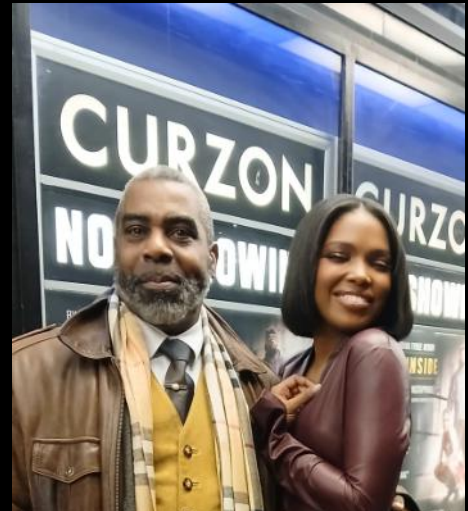
Unbeaten boxer Harlem Eubank has visited Health Defence

The couple's shop is a magnet for health food enthusiasts



Health Defence also shows films - the first was a Muhammad Ali documentary. It provides massages from its dedicated room, runs healing courses and teaches plant-based cookery. Max is also a self-taught pencil artist, passing on drawing tips to others. He designed the business logo.

Max was at a special screening of 'The Fire Inside' last week in London. It's a biopic of Claressa Shields, the brilliant woman boxer. It is on general release in the UK soon. Well worth watching. Consensus is that it is already ranked as one of Hollywood's greatest boxing stories. Max was fortunate to meet the film's star, Ryan Destiny, afterwards.



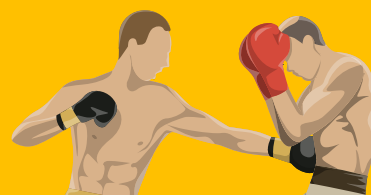
Ryan Destiny is brilliant in the film 'The Fire Inside'



HEALTH DEFENCE
Organics
COMMUNITY WHOLEFOODS STORE

The Health Defence shop is located at 132a King Street London W6 0QU. Mon-Thurs 10am-6pm, Fri 10am-3pm and Sun 11am-5pm. Closed Saturdays. Tel: 0208 748 2061

<https://www.healthdefenceorganics.org/>



Health Defence is offering 5% discount to any Hammersmith & Fulham employees. The gym offers a free set of push up bars to any new client.



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