


Holistica

... the Newsletter of Holistica Natural Therapies
Apr 09 - Jun 09 www.holistica.com.au / Email: elaine@holistica.com.au

You may run, walk,
stumble, drive or fly,
but never lose sight
of the reason for
The Journey
☺

GREETINGS! How is Autumn treating you?
Is it my imagination or did it just suddenly
get cool since we 'changed the clocks'?! 


During Autumn, as the nights begin to draw in and the leaves start to fall we have a natural tendency to slow down, our days become shorter and we spend more time indoors and our thoughts are turned inwards. This is the perfect time to work on personal projects that we shelved and start to plan for the changes we would like to implement next year.

Chinese Medicine sees Autumn as a time to boost the lungs and large intestine - so you may want to consider a gentle detox (which may help these areas) at this time - or simply to take some herbs to boost the immune system ... to protect you from the usual coughs, colds and snuffles that can be such a problem at this time of the year. It will keep the winter blues at bay ensuring you have more than enough energy and enthusiasm to pursue those projects you didn't have time for in the busy summer months.


If you are interested in a Detox programme I have a very effective plan I can guide you on - and also included in this Newsletter is a lovely 'cleansing meditation' - which will also help to strengthen our lungs.

An ideal way to stay healthy and maintain an optimum level of health is to take advantage of a herbal treatment programme ... by taking a pro-active attitude towards your health and wellbeing you can free yourself from any debilitating health problems that may have controlled you and held you back for years.

SO ... TO HELP TO GET YOU HEALTHY FOR THE WINTER MONTHS AHEAD I WOULD LIKE TO OFFER YOU A FULL HERBAL MEDICINE CONSULTATION FOR ONLY \$40! (This offer is valid until June 09). *A Herbal Medicine consultation lasts approximately 1 hour. Through the consultation process questions will be asked relating to your medical history and current state of health, along with iridology analysis. From this, we will be able to assess the causes of any imbalance, from which curative medicines are chosen in order to bring about rebalance and holistic health. Consultations can be undertaken either to remedy a specific health complaint or more generally to discuss ways in which you might improve your health and vitality... so important at this time of year!

Herbal Medicine is also a most cost-effective way of reclaiming your health ... a 100 mL bottle of herbs will last you for 6 weeks and costs only \$35! (Most Herbal Medicine treatments are taken for a minimum of 12 weeks to see optimal results!). 

Following is a lovely **CLEANSING MEDITATION** - which will not only help your mind but also your lung health and energy!

If you can get into the habit of practising this 'mindful breathing' regularly, you will become calmer and calmer and more energised at the same time! Focusing on the breath is one of the most common and fundamental techniques for accessing the meditative state. Breath is a deep rhythm of the body that connects us intimately with the world around us. 

So - making sure you will not be disturbed for a few minutes, get yourself nice and comfortable, close your eyes, breathe deeply and regularly, and observe your breath as it flows in and out of your body.

- Give your full attention to the breath as it comes in, and full attention to the breath as it goes out. Whenever you find your attention wandering away from your breath, gently pull it back to the rising and falling of the breath.
- Inhale through your nose slowly and deeply, feeling the lower chest and abdomen inflate like a balloon. Hold for five seconds. Exhale deeply, deflating the lower chest and abdomen like a balloon. Hold for five seconds.

Do this 3 or 4 times, then allow your breathing to return to a normal rhythm. You will begin to feel a change come over your entire body. Gradually you will become less aware of your breathing, but not captured in your stream of thoughts. You will become more centered inward. You will just 'be there'!

SPECIAL OFFERS FOR REMAINDER OF APRIL, MAY AND JUNE 09!

- **Full Herbal Medicine Consultation***, including Iridology - **only \$40** (allow 60 mins)
- **Bowen Therapy** - including optional Reiki - **only \$50** (allow 30 - 60 mins)
- **Swiss Reflex treatment** - including footbath, footscrub, Reflex analysis and Reflexology-type foot massage - using Aromatherapy foot cream blended specifically for your requirements - **only \$50** (allow ~60 mins)
- **Aromatherapy facial** - **only \$50** for one hour of bliss .. and your face will be happy too! (Includes optional hand/foot massage or Reiki during the masque phase of the facial and sublimely relaxing head massage).
- **Guided Meditation** - **only \$10** (allow 15 - 20 mins) - may be added to your treatment or used on its own! (Sorry cannot be used on its own as a mobile visit!)
- **Reiki / Crystal Healing** - **only \$30** for 60 mins!
- For full descriptions of these treatments, you can find them on my website ... which is, www.holistica.com.au - or contact me to have a brochure sent to you!

LUCKY DRAW !!

For those of you who have visited lately, you will have noticed that I am running a 'lucky draw' every few months. The Lucky Winner will receive a \$50 Holistica Voucher - which can either be used to pay for, or toward, a treatment - or even to purchase a Gift Voucher! Runners up will also receive a 'little something' !!

- All you have to do is pop your name in the box here when you come for your next treatment - easy!

The next \$50 Voucher will be drawn on 30 June 09.

RECIPE TIME - AUTUMN STEW - WITH TEMPEH*

- 6-9 whole baby onions, peeled
 - 2 tbsp olive oil
 - 225 g block of tempeh
 - 1 strip kombu sea vegetable (seaweed)
 - 3 carrots trimmed peeled and cut into chunks
 - 2.5 cm piece fresh root ginger, peeled and sliced
 - 2 sprigs fresh rosemary
 - 1 tbsp wheat-free vegetable bouillon (stock) powder
 - 4 sprigs fresh thyme
 - Quarter small pumpkin, peeled and cut into large pieces
 - 125 gm fresh garden peas
 - 2 tsp mugi miso (red-brown in colour)
 - 2 tbsp chopped fresh parsley
1. Place onions and oil in a medium-sized casserole dish. Add enough water to cover them and boil for 2 -3 mins.
 2. Add the tempeh, kombu, carrot, ginger, rosemary, bouillon powder and thyme. Add more water to cover the vegetables. Cover and bring to the boil, then lower the heat and simmer uncovered for 10 mins.
 3. Add the pumpkin and simmer for a further 10 mins.
 4. Blanch the peas in boiling water for 2 - 3 mins. Drain and refresh in cold water.
 5. Take 2 tbsp of juice from the casserole dish and mix with the mugi miso and return to the pan. Serve with peas and garnish with the parsley.



***Tempeh** is compressed soybeans and can be found in the fridge at Coles. It is an excellent meat substitute, is high in Omega 3 (good) fats and B12 - the energy vitamin. It has a slightly 'nutty' taste and nice texture to add into a stew - although I do find it needs a little marinating before use - this could be done in something as simple as Miso or a little Tamari or Soy.

****Miso** is a fermented paste used extensively in Japanese cooking. There are various types of miso made from fermented soybeans and grain. Using a process similar to making soy sauce, soy beans are mixed with an active culture which helps to breakdown the soybean, which on it's own is hard to digest. Soybeans are an excellent source of protein.

- Genmai and Kome miso is fermented soybean and rice.
- Mugi miso is soybean and barley.
- Hatcho, the most prized of all misos, takes years to produce and is made with soybeans inoculated with a substance called koji and no grain.

Much like yoghurt, miso contains live bacteria of a highly beneficial nature, including vitamin B12, and can be used to repopulate a person's intestine with beneficial bacteria after taking antibiotics. Before miso is added to food it is always mixed with a little water or broth and left to stand for a time to activate the enzymes; akin to proofing yeast. Due to the high nutritional content miso should never be cooked for more than a few minutes and never above a simmer.

FOLK REMEDIES

Sometimes the oldies are the best (and cheapest!) .. so I thought I would start putting a few 'Home Remedies' in this Newsletter ... if you know of any easy and simple home remedies, please let me know and I will pop it in the next Newsletter to share with everyone.



In the meantime, here is a recipe for a decongestant syrup, a remedy to ease heartburn and also a remedy for acne .. all containing Manuka Honey ...

Manuka Honey

You may have heard of Manuka Honey ... this is a premium medical-grade honey, is produced by bees that gather nectar from the flowers that grow on the Manuka bush (also known as *Leptospermum scoparium*) which is indigenous to New Zealand and certain parts of Australia

Studies have found that Manuka Honey contains very powerful antibacterial, antimicrobial, antiviral, antioxidant, antiseptic, anti-inflammatory and anti-fungal properties, making it extremely effective in treating a wide variety of health conditions.

Most standard honeys contain hydrogen peroxide which is a known antiseptic but Manuka Honey is significantly different in that it has additional antibacterial properties that have the ability to destroy the infectious bacteria that cause most health complications. Unlike standard honey, Manuka Honey is also stable so there is no concern of it losing its potency or healing properties.

Among its many, many uses, Manuka Honey can be taken for **GASTRO INTESTINAL DISORDERS** ranging from Acid Reflux to Irritable Bowel Syndrome - one example of this use is for ...

- **Acid Reflux and Heartburn** .. all you need to do is Take 1 teaspoon of Manuka Honey 3-4 times per day on a small square inch size piece of bread or toast, 20 minutes before meals, to coat the oesophagus.

Manuka Honey also has applications for **SEVERE ACNE** ..

- After washing your face with warm water, apply a thin layer of Manuka Honey all over the face and leave it on for 15 minutes. If possible, do this while in the bath while also enjoying the steam from the bath water.
- Wash off the honey with warm water after 15 mins and then with a (pre-prepared) cut lemon slice gently wipe this over the area, then wash off with warm water again and gently pat dry.

DECONGESTANT SYRUP - ONION-HONEY

Ingredients:

¼ onion, chopped finely and 3 tablespoons Manuka honey

Method:

Place the onion in a bowl and pour over the honey. Leave to stand over night.

Dosage:

Take one teaspoon of the honey, three times a day. This may be continued for up to one week.

Benefits:

Clears mucus and congestion. A great for remedy for children as they enjoy the sweetness.



I hope you enjoyed this Newsletter .. if you have any suggestions or would like to stop receiving it at any time, please email me on elaine@holistica.com.au or Mob: 0411 261 758. Thank you .. see you soon ! Elaine ©