

# Holistica

August 2007 the Newsletter of Holistica Natural Therapies

Laugh to forget, but don't forget to laugh ... It'll do your heart good!



Hello ! Sorry I haven't been 'in touch' for a while - but here is my late 'winter edition' of the Holistica Newsletter !!!

CHILLY ISN'T IT? ! I hope you haven't succumbed to any of the winter bugs ! IF YOU HAVE, AND YOU WOULD LIKE TO SHORTEN THE DURATION AND SEVERITY OF THE ILLNESS NATURALLY ... please do not hesitate to contact me and I can blend a herbal remedy for you, to your precise requirements. I also have other herbs and supplements available to help to boost your immune system ... if you find you are constantly getting battered by all the bugs around !

Just as an example a particularly good herb is Andrographis which is a powerful natural remedy traditionally used to relieve symptoms and aid recovery from mild upper respiratory tract infections such as colds. It also helps alleviate fever, coughs and sore throats. Andrographis is an Ayurvedic herb which has been used for hundreds of years in Chinese and Indian medicine as a powerful traditional remedy for conditions such as cold and fever. A great 'over the counter' product is Blackmores Cold Combat, which contains Andrographis.

If your doctor has prescribed any antibiotics for any infection this winter, don't forget that as antibiotics work to treat a disease, they also kill off healthy microorganisms in the gastrointestinal tract, paving the way for harmful bacteria to take over. Probiotics are **health-promoting** bacteria, which usually live in the colon along with so-called "bad" colon bacteria. (Roughly 100 trillion microorganisms populate a healthy bowel). Probiotics keep harmful microorganisms in balance, aid digestion and nutrient absorption, and contribute to immune function. Should the number of probiotics decline ... such as with antibiotic usage - other health problems like diarrhoea and irritable bowel syndrome could ensue

So ... after you have taken the antibiotics, always follow them with some form of probiotic supplement to get the microflora in your gut back to where it should be. Your recovery and your health will be much greater. The best form of probiotics that you can get 'over the counter' are those you find in the fridge in the chemist or health food shop ... alternatively, contact me and I can supply them for you. Metagenics have a new range of probiotics, for different purposes - including the 'Ultra Flora Immune' which provides beneficial bacteria and can also assist in maintaining healthy immune system. Ultra Flora Immune may also assist in the management of allergies such as eczema and atopic dermatitis - especially in infants and children. Ultra Flora Immune can also be taken by lactating women to reduce the incidence of allergies in children.

The price of the Ultra Flora Immune is \$40 for 60 capsules (2 mths supply).

## WARM-UP YOUR WINTER THROUGH AROMATHERAPY

As the temperature drops, our natural energy often drops, leaving us feeling as if nature has stolen the warmth from within us. Winter is often the harshest season on our bodies, sending us physical challenges such as aches and colds; and can even provide many psychological challenges. As the environment changes, we find an internal conflict occurs - we live in a world that evolves seasonally, but must live and function within a modern society that does not; our lives demanding the same energy and vitality that we more easily possess in warmer weather.

Luckily, Mother Nature is on hand to help us to deal with this challenging season. Aromatherapy is one of the Earth's most timeless treasures, and can help fight these physical hinderances and elevate the mind and soul above those dreary winter blues. Why not book in for a top-to-toe aromatherapy massage that will warm your body and your soul with specially-chosen oils to help you overcome the challenges of this harsh winter season.

**SPECIAL OFFERS- only for recipients of this Newsletter ... For the months of AUGUST & SEPT ONLY I am offering ...**

- > a **90-MIN IMMUNE-BOOST AROMA-MASSAGE**, using specially chosen Essential Oils, for **only \$85 - save \$10 !** THIS TREATMENT ALSO INCLUDES A WARMING, IMMUNE-BOOSTING AROMATHERAPY / HERBAL FOOTBATH AND FOOTSCRUB !
- > **TOP & TOE 'SPA' TREATMENT ! ONLY \$60 for ...** Aromatherapy Footbath, Footscrub, Foot Masque (using dead sea mineral mud to replenish dry, cracked feet) and foot massage using replenishing and repairing foot cream ... **PLUS** an Aromatherapy mini facial ... allow approximately an hour (or so!) for this treatment!

Please note that the above two offers are not available in conjunction with any other promotion, eg, Vouchers; mobile visits will incur an extra \$10.

Also ... **talking of healing our winter blues ... I now have two new creams available - especially with this season in mind ...**

**AROMATHERAPY FOOT CREAM - FOR DRY FEET AND CRACKED HEELS ... GIVE YOUR FEET A HELPING HAND !!** Massage into tired, sore feet. Contains pure essential oils of Benzoin, Lavender & Frankincense to soothe, moisturise and encourage inflamed, cracked skin to heal. Also contains Tea Tree, which is anti-fungal and Peppermint, which is refreshing and deodorising. **Only \$10 for a 60mL jar !**

## AROMATHERAPY WINTER WOES CHEST RUB !

... a light and easily absorbed cream to be rubbed into the chest area when run down with a cold, cough or congestion. It may help to relieve nasal and upper respiratory congestion. Contains pure essential oils of Eucalyptus, Thyme, Lemon, Niaouli and Lavender. **Only \$10 for 60mL!**

**METAGENICS\*** now have a new range of supplements available, which have been specifically formulated for **CHILDREN** - this range provides highest quality nutrients in appropriate proportions and dosage for children in a specially designed flavour base that enables the administration of therapeutic levels of nutrients for children. Following are just a few of the supplements available, particularly applicable to this time of year ... (contact me if you are interested in any of these products ... or check out the website for even more info. ... [www.metagenics.com.au](http://www.metagenics.com.au))



**COUGH CARE For Kids** - A great tasting, orange flavoured formula specifically formulated for children. The combination of herbs in this formula produces a powerful effect to assist in the temporary relief of cough, catarrh and mucous congestion due to bronchial irritation. These herbs have traditionally been used in Western herbal medicine to relieve the symptoms of a sore throat and other upper respiratory tract infections.

**FLORA CARE For Kids** - A great tasting probiotic formula especially designed to assist in the maintenance of a healthy gastrointestinal system in children. It contains therapeutic strains of *Lactobacillus acidophilus* and *Bifidobacterium lactis* to help maintain a healthy immune system.

**IMMUNE CARE For Kids** - A great tasting, orange flavoured formula specifically designed for children. This special blend of herbs, vitamins and minerals assists in promoting general wellbeing through improvement in immune response. Immune Care for Kids may assist in the relief of symptoms associated with colds and 'flu. This is an effective therapeutic formula for reducing symptoms of runny nose, ear ache and sore throat, and for shortening the duration and severity of colds and 'flus in children of all ages.

**OMEGA CARE For Kids** - Designed to provide a natural source of fish oil that children will find pleasant to take, Omega Care for Kids contains Omega-3 fatty acids that may assist with the normal, healthy neurological development of children

\*Metagenics is the 'practitioner only' products division of Health World Limited - the Australian and New Zealand leader in research and development of specialised nutritional supplements for healthcare professionals

### **RECIPE TIME !!! Easy Oven Bake Risotto**

This is a favourite of mine and is an excellent weeknight meal. It only takes half an hour to cook, and what's even better is that once you place it in the oven there is no need to stir, unlike risotto prepared in a saucepan.



- 2 cups arborio rice
- 5 cups boiling water
- 2 x 10g veggie stock cubes, crumbled
- 3 tablespoons margarine
- 3 cups sliced mushrooms
- 2 cups baby spinach leaves or chopped spinach leaves
- ½ cup finely grated Parmesan cheese
- 2 tablespoons chopped chives (or another herb of choice)
- Combine rice, water, stock cube, margarine and mushrooms into a large ovenproof dish. Cover dish tightly with lid.
- Bake in a hot oven, 200°C, for 30 mins/until rice is tender.
- Stir through spinach leaves, Parmesan and chives.. Yum !

**COLOUR IN YOUR DIET** ... Green apples, red tomatoes, black berries, orange oranges, yellow corn ... did Nature give fruits and veggies a rainbow of lovely colours just for fun or might there be method in her madness??

In traditional medicine, the Doctrine of Signatures is followed. This means that different herbs and foods are classified for their healing properties according to their colour and shape. For example, yellow plants, such as dandelion, are known for their liver healing properties. This principle can also be used in our daily diet. A good rule of thumb in achieving a 'balanced diet' is to always have a meal containing a variety of colours. If we eat a diet which is lacking in some colour, such as green vegetables, then our diet will be out of balance and health problems relating to that colour will occur.

It is well known that different colours have different effects on us, eg, red and yellow are warming and stimulating; turquoise, blue and violet are cooling and sedating; green maintains balance and harmony. Our food can have a similar effect.

It is best to include foods of all colours in our diet, but when our system is out of balance, we can concentrate more on certain colour foods. This will help to harmonize the body and bring it back to equilibrium. Each colour has its own energy vibration and will vibrate with different parts of the body - as in the Chakras (or energy centres of the body) ... *but more on this and more food colours next time* - but in the meantime here is a run down on the red coloured foods ...

Red foods help us to have plenty of energy and meet life's challenges. With red foods the assimilation of food and removal of toxins is enhanced. Red helps us to get in touch with our basic life-force energy and keeps us motivate and able to achieve our life's goals. It gives us courage, strength and a feeling of confidence. Depression can be lessened with extra red plant foods. As red is the colour of our base chakra, it can help us to be more grounded. Red stimulates the adrenal glands, giving us the ability to survive. Red is excellent for those suffering from anaemia, blood disorders or who are always cold. If you are run-down or extremely tired, red foods can be stimulating and energizing. Red fruits and vegetables can regenerate depleted energy, build up the immune system and help to clean out the retained toxins and bad vibrations.



On a 'scientific level', red indicates lycopene, which is a carotenoid. It is found in tomatoes, watermelon, pink grapefruit etc. The deeper the red or pink colour, the higher the lycopene content. Lycopene is a powerful antioxidant with powerful anti-cancer properties. Lycopene also reduces the risk of artery disease by discouraging the formation of the harmful LDL cholesterol. Because lycopene is fat soluble, it is better absorbed if there is a little fat present, so an oil-based dressing (eg, Olive or Flaxseed oil) enhances its absorption. Stay tuned for **yellow and orange** next time !

... but that's all for now ... I look forward to seeing you soon ! Elaine ☺

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