

Holistica

Dec 2007 - Jan 2008: the Newsletter of Holistica Natural Therapies

Wishing you
and your
family a very
Happy and
Healthy Xmas
and New Year!

Hello ! How can it be nearly Christmas ... how did that happen? !! Ah well, its nearly here, so I've included here a few tips on being a bit 'sensible' about the 'silly season' .. with just a little bit of planning and making just a few wise choices you can sail through the Season (and come out the other end!) feeling great !



Tip 1: STAY STRESS-FREE !

For most, Christmas has become one big frenzy of parties, present buying, food preparation, pleasing all the family and financial pressures - all of which can lead to frazzled nerves and tension and stops us enjoying what is meant to be a time of closeness with those we love. What can you do ? Well ...

- **Exercise** is a great way to cut down on stress and burn off calories but it's also very handy at this time of year as a way of cutting down on those hunger cravings! When you exercise, endorphins are released which make you feel happier and also reduce the pangs for food.
- **Alcohol** severely depletes B-vitamins, thus contributing to mood swings and depression. Ensure you either have a diet including lots of the B group vitamins - especially following a 'big night', eg, green leafy veg, wheatgerm, wholegrains, beansprouts, bananas, avocados, peanuts, mushrooms, currants, Vegemite - or take a good quality supplement! (NB: Did you ever wonder why Beroccas are in all the mini bars of Hotels!)
- **Caffeine** might make you feel more alert when needed, but high consumption jangles your nerves and raises adrenaline levels during stressful situations (amongst other things!). This negatively affects the body's recovery systems. Choose one of the excellent herbal coffees around, such as Dandelion coffee or Teeccino ... weblink follows ... <http://www.teeccino.com/>; this is an excellent coffee substitute ... its yummy! Tasters of the Teeccino are available from Elaine at a \$2.50 each for a 6-cup packet! Also, weak tea gives less of a jolt than coffee and, of course, **herbal teas** are great - especially to calm you down ... try Chamomile or Lemon verbena teas - and also check out the Teeccino website for some great herbal tea blends !
- **Get enough sleep** - long hours and less shut-eye can play havoc with your health, causing everything from irritability to illness as our immune system struggles to cope with the overload. Do your body a favour - get plenty of sleep.
- Last but not least, **take time out for yourself** ... have a **Massage** or some **Reiki** or do some Meditation or Yogo - or have a relaxing bath, with some soothing oils. As my teacher, Dorothy Hall, used to say, there is no such thing as stress ... it's just a matter of staying on top of 'Life's burdens' ... and not letting them get 'on top of you' !

Tip 2: REHYDRATE !

Dehydration can cause all manner of ailments from lack of concentration to increased appetite and exhaustion. It's particularly worth watching out for if you're drinking more alcohol than usual, so try to make sure you're taking in enough fluid - 8 glasses of water per day is a good rough guide. Water is also needed to keep the digestive system working properly - so help your body out by keeping hydrated !

Sparkling water and other carbonated drinks make some people feel bloated and, if this is the case, stick to still water / fresh juices / herbal teas.

Tip 3: EAT WELL !

Chocolates, cakes, nibbles...calorie intake goes through the roof over the holiday period as we graze our way from meal to meal. Here are some hints to help you through this 'difficult time' !

- **Beat overeating** by choosing smaller portions and wait 20 mins before deciding whether you really want seconds! More often than not you'll no longer want to top up your plate, as the sensation of fullness will have had time to work its way up to your brain!
- Some **seasonal foods** such as turkey, salmon, sprouts, dried fruit and nuts in shells (they take longer to crack so you eat less), have definite **health benefits**, so enjoy these and limit less healthy options like crisps, mince pies etc. ... and at party time, try to choose healthier options like olives, pickles, pretzels, fruits etc - you will thank yourself come January !
- **Sugary foods** make blood sugar levels soar and crash again, which will make you want to binge more often. Concentrate on snacks and meals that feature protein, vegetables and fruits.
- A Surgeon I used to work for used to describe a phenomenon of patients turning up to his clinic in January with what he called '**post pudding syndrome**'! Eating unfamiliar seasonal foods can lead to bloating and discomfort ... as your digestive system is 'challenged'. Try to avoid foods you wouldn't ordinarily eat or try to plan ahead - for instance, if you have wheat sensitivity, stuff the turkey with brown rice, pine nut and herb mixture or try gluten free alternative foods.
- Try some **natural aids** for indigestion, such as peppermint or chamomile tea. Slippery elm (capsules) will help to calm a stressed digestive tract, and Artichoke supplements reduce bloating and nausea which result from over-indulgence. **If you do experience any digestive difficulties, let me know and I can formulate a herbal blend for your specific requirements - rather than buying an 'over the counter' product which may not be entirely suitable for you.**



Tip 4: HANGOVER CURES !

I know you are all too good and health-conscious to be drinking enough to get a hangover ... but here are some tips you can share with your friends ! The best way to avoid a hangover is obviously to drink less but if you are likely to over-indulge, try alternating alcoholic drinks with a soft drink / water and try not to have more than one alcoholic drink per hour. The following tips may help too ...

- Drink a litre of water before you go out, to ward off dehydration. Dehydration is responsible for many hangover symptoms, including headaches and a furred tongue.
- Mix spirits with tomato juice and eat protein-rich peanuts to slow down the absorption of alcohol.
- Avoid fizzy mixers as the carbon dioxide can speed up alcohol absorption.
- Avoid pre-dinner drinks and only drink alcohol with your meal - it's not good on an empty stomach.
- Avoid mixing drinks and stick to either white or red wine.
- If you have symptoms such as a blocked nose, headaches or red cheeks when you drink, you may have an intolerance - switch your favourite tippie to something else that doesn't affect you.
- Try taking **Milk thistle** herbal capsules daily, starting one month before the party season, to support your liver and reduce alcohol damage - or **contact me for a 'liver support' herbal blend !**

Plantar Warts / Verrucas

I am seeing a lot of these little fellows in my clinic these days and many people are not aware of what they are all about, so I thought I would put pen to paper and explain a little more about them...

- Plantar Warts are caused by a viral infection in the skin.
- Plantar warts are seen most commonly where the ball of the foot is exposed to pressure. They are often sore to touch and to stand or walk on.
- Plantar warts appear as areas of flat, thicker skin with a harder edge around a softer centre.
- On closer examination, small black spots can be seen in the plantar warts. These are not - as some people believe - roots in the warts. The black spots are caused by bleeding in the wart as a result of standing and walking on it.
- **The wart virus IS contagious. The skin cells on the warts release thousands of viruses and touching the wart or skin cells on it releases the virus, which can then infect others.**
- The risk of infection can be reduced by painting the wart with nail polish or covering with a bandaid.
- Warts may also infect indirectly, especially from hard floors, for example in bathrooms and swimming pools. A foot with plantar warts releases virus infected cells onto the floor. The wet and more receptive skin of others may then become infected. (People with scratches or cuts on the soles of their feet are especially vulnerable).
- Not all people are susceptible to the virus - and the reason for this probably lies in the individual's immunity, but generally, the reason for this difference is not known.
- It can take several months for warts and verrucas to develop after infection.
- There are over-the-counter preparations available to treat plantar warts and Podiatrists can also treat them but following is a simple and effective treatment ...
- The herb Thuja is specific for Plantar Warts and a simple program of topical application extract of Thuja (plus essential oils of Lemon and Tea-Tree) is normally enough to kill a wart in only a few weeks. The treatment is to apply 2-3 drops of Thuja extract on the wart and then cover it with a band aid. This treatment is repeated twice daily. **Please let me know if you would like this treatment for a Plantar wart as I can supply the above blend of herbs and oils for you - for only \$10 !**

RECIPE TIME !!! Veggie Spaghetti Bolognese

Many people tell me that they would like to try an alternative to meat but don't know where to start! The following recipe is so easy and uses Sanitarium's Vegie Delights Mince, which is high in Vegetable protein, 99% fat free, cholesterol free, source of iron and zinc and high in Vit B12. My hubby can hardly tell the difference from a Mince 'Spag Bol' when I make this one !

Ingredients

1 medium onion, finely diced	1 cup water
1 medium red capsicum, diced	1 tbsp olive oil
1 medium carrot, finely diced	1 pkt Vegie Delights Mince
6 heaped tsp tomato paste	1 tsp malt vinegar
2 x 400g tins chopped tomatoes	1 clove crushed garlic
1/3 cup fresh parsley and 1/4 cup fresh thyme & sage chopped (extra)	
1 tbsp fresh sage & thyme, chopped	



Easy Steps

- Over a medium heat, add oil, onion, carrots and capsicum to a saucepan and cook until onion is soft. Add garlic, bay leaf, sage and thyme.
- Add the stock cube, water, tomato paste, Vegie Delights Mince and chopped tomatoes. Stir and simmer for 10 mins.
- Remove from heat, stir in malt vinegar, parsley, extra sage and thyme. Serve over pasta and top with grated parmesan cheese.

Sanitarium have a great range of meat free products - which are so easy to use / substitute for meat - and they have a great website too ... <http://www.vegiedelights.com.au>

COLOUR IN YOUR DIET ... continued from the previous

Newsletter - discussing the colours of fruits and veggies - last time we had red and this time, orange ! As mentioned last time, a rainbow diet will provide you with all the nutrients and vitamins you require. The nutrients provided in a food will relate to the requirements of the chakra the colour corresponds to. 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.



Orange supplies us with plenty of energy and an alert mind. It enhances our immune system, also improving blood circulation and digestion. Orange is a warming colour and radiates joy. It helps to remove blocked emotions and enables us to express ourselves more, allowing us to enjoy stronger relationships. Orange encourages us to be more sociable, outgoing, and optimistic. It is a creative colour as it opens up our minds to new things. Orange is a great tonic for both the physical and mental aspects of our lives, giving boosts to spleen and digestive and sexual organs. On a 'scientific level', orange indicates 'betacarotene' - which is found in red, orange and yellow foods. Betacarotene is a powerful anti-oxidant; which helps in destroying toxic cells and in the repair of some cellular damage. (NB: Beta carotene should not be taken in supplement form unless part of a whole carotenoid complex). Vitamin A is made in the body from betacarotene and some other carotenes. Vit A forms the 'visual purple' of the retina of the eye where light is received and is required for dim light. Hence the expression 'eat your carrots, so you can see in the dark' ! Vit A is another powerful antioxidant and is needed for growth and reproduction and to keep the lining of the mouth, respiratory tract, reproductive tract and urinary tract moist and healthy, which amongst other things, provides important defence against infections. Stay tuned for **yellow** next time !

Last but not least ... Special Offers for Dec and Jan !

FOR YOUR CHRISTMAS GIFT THIS YEAR, I WOULD LIKE TO OFFER ALL RECIPIENTS OF THIS NEWSLETTER MORE TIME ! During **Dec and Jan only**, you can choose to add an **extra 30 mins to your treatment**, from the list below... **this only applies when booking a treatment of ≥60mins and only one session per person.** If you are receiving this Newsletter by email, you can print out the attached voucher or, if by mail, then just bring your voucher along to your appt!

So ... choose from the following and enjoy your extra time !

- 30 min Aromatherapy mini facial
- 30 min Aromatherapy footbath, footscrub, foot masque and Reflexology-foot massage
- 30 min Reiki / Crystal Healing
- 15 min Guided Meditation and 15 min Reiki
- 30 min Dorn Spinal Therapy
- 30 mins extra massage time
- 30 min Bowen therapy (NB: Bowen is not 'as effective' when combined with other treatments, but it will give you a taster of this amazing therapy)



... the choice is yours ! Whatever you decide on, this means that for the price of 60 mins treatment, you get 90 mins !

This offer also applies to gift vouchers purchased during December and January! What a great Xmas gift !!

Please note: The **Refer-a-Friend** promo which I ran during 2007, will now come to an end, but I will be happy to honour any outstanding cards that are presented to me in 2008! A modified **Rewards Programme** will run in 2008 - this year you will receive a **\$50 Voucher** after every 8 treatments, which can be used for yourself or to buy a gift voucher !

Well, that's all for now ... I am 'open for business' during the holiday period; I will just be having the odd day off here and there! I look forward to seeing you soon !

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