

Holistica

Feb 09 - Apr 09

... the Newsletter of Holistica Natural Therapies
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If you see a
face without
a smile... give
them yours



Hello! As this is my first time of writing this Newsletter for 2009, I would like to wish you a Happy New Year! How are your resolutions going? Have you made it this far?!! The 'Wikipedia' definition of A New Year's resolution is ... *"a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until fulfilled or abandoned"*. (☺☺)

It goes on to say that the following are the most popular goals (some are a bit odd but I can relate to most!) ...

- Lose Weight
- Get Out of Debt
- Save Money
- Get a Better Job
- Get Fit
- Eat Right
- Get a Better Education
- Drink Less Alcohol
- Take a Trip
- Quit Smoking
- Reduce Stress
- Volunteer to Help Others
- Be Less Grumpy
- Be More Independent
- Watch Less violence
- Learn Something New
- Get a Better Mark on the Report Card

Well if any of those ring true to you - but you are struggling with your resolve, hold fast!

Maybe you need some Bach Flower Remedies !!



WHAT ARE BACH FLOWER REMEDIES?

I'm glad you asked! Well, Bach Flower Remedies are named after Dr Edward Bach, who was a Harley Street doctor in the 1930s. His Philosophy, *"A healthy mind ensures a healthy body"*, was ahead of it's time when you consider that today more and more medical experts are acknowledging the links between our mental and physical health.

Dr Bach had a very successful practice and moved into the area of immunology, where he made major breakthroughs with the development of vaccines. However, despite the success of his work with orthodox medicine, he felt dissatisfied with the way doctors were expected to concentrate on diseases and ignore the people who were suffering them.

He began to work with homoeopathy - by which he was greatly inspired - but wanted to find remedies that would be purer and less reliant on the products of disease. So in 1930 he gave up his lucrative practice in London, to devote the rest of his life to the new system of medicine that he was sure could be found in nature.

Dr. Bach devised a system of seven major emotional groups under which people could be classified, which were:

Fear, Uncertainty, Loneliness, Insufficient interest in present circumstances, Oversensitivity to influences and ideas, Despondency or despair and Overcare for the welfare of others.

Dr Bach categorised 38 negative states of mind under these groups. Then using his knowledge of homoeopathy, Dr Bach formulated a plant or flower based remedy to treat each of these emotional states - *these are the unique Bach Flower Remedies.*

The Bach Flower Remedies can be used singly or in combination. The most commonly known of the Bach Flower Remedies is 'Rescue Remedy' - which you will see on the counter of most Pharmacies these days. Rescue Remedy is actually a combination of 5 Remedies ... these being

- Rock Rose - for terror
- Impatiens - for impatience
- Clematis - for dreaminess; lack of interest in the present
- Star of Bethlehem - for the after-effects of shock
- Cherry Plum - for fear of the mind giving way



Rescue Remedy can help with so many situations and emotions; it is extremely useful whenever you feel completely overwhelmed and for every kind of emergency - for unconsciousness or fainting, acute fears, panic attacks and whenever your body, mind or soul has received a shock or is in great distress. *Some examples are ... taking an exam or driving test ... the after-effects of a bitter argument ... wedding-day nerves ... going to the dentist ... working to a tight deadline ... coping with bereavement ... going for a job interview ... speaking at an important meeting ... facing redundancy ... fear of flying ... receiving bad news ... stuck in a traffic jam ... coping with the kids ... labour and delivery .. and, indeed, two drops can be placed on the wrists of newborns as this is a stressful time for them too!*

Rescue Remedy is taken at a dose of 4 drops under the tongue, on the lips or in some water - to be sipped at intervals until you feel some improvement. Rescue Remedy (and other Bach Flower Remedies) can also be used externally, eg for use with strains, slight burns, tensions and skin problems, insect bites ... dilute 12 drops in half a litre (one pint in my language!) of water and use this water as a compress. **A small bottle of Rescue Remedy can be made up for you at any time (with any other appropriate remedies as required) .. at a cost of only \$7 for 15mL.**

I could rave about the Bach Flower Remedies for ever and a day but I will close this topic by adding that they can be used by anyone and everyone, including animals - and plants - and they will not interfere with any other medications. If you feel that you would like to try some Bach Flower Remedies, just let me know and I can make up a Remedy for you to help with whatever emotion or circumstance you .. or your animals or children are going through! Following are a few examples:

To help SLEEP (or lack of !) we could use ...

- Rescue Remedy (see page one) ... plus
 - White Chestnut - to calm an overactive mind
 - Vervain - may be added as this is helpful for people who are over-enthusiastic - to the point of overworking themselves and who are unable to relax
- contd ...

To help PMT, we could use

(depending on what emotions are experienced) ...

- Rescue Remedy - for anxiety and tension in general
- Holly - if you feel angry / aggressive
- Cherry Plum - if you feel like you are losing control
- Willow - for anger and resentment
- Scleranthus - for mood swings
- Mustard - for depression
- Impatiens - for impatience and irritability

To help a child with anxiety,

(depending on the cause of the anxiety) we could use ..

- Rescue Remedy - for anxiety and tension in general
- Walnut - for life changes (maybe going to a new school)
- Larch - for confidence
- Mimulus - for known fears
- Aspen - for unknown fears

To help a DOG (or child!) with separation anxiety,

we could use ...

- Rescue Remedy - for anxiety and tension in general
- Honeysuckle - for letting go of past issues
- Larch - for confidence
- Mimulus - for known fears
- Aspen - for unknown fears
- Chicory - for possessiveness / demanding attention
- Heather - for self-centred-ness (helps stop excessive barking .. not in kids though !!!)

So .. you see there are lots of possible combinations to use for a variety of problems - usually only 5 of the Bach Flower remedies are used at one time. Not all of the 38 are listed above, so there are plenty of others to choose from! Let me know if I can help you with these!



Here is a yummy salad recipe to brighten up your summer bbq ... RAISIN & WALNUT RICE SALAD

100g snow peas, topped, tailed & sliced diagonally
1 small red onion and 1 small capsicum, finely chopped
3 cups cooked brown rice
1 red apple, finely chopped
1 cup chopped raisins
1/3 cup chopped walnuts



Dressing:
3 tbsp light olive oil
2 tbsp white vinegar
2 tsp curry powder
1 tsp brown sugar

Blanch snow peas by pouring boiling over them and standing for a few minutes. Drain them and chill with cold water. Drain again. Combine cold rice with snow peas, onion, capsicum, apple, raisins and walnuts. Combine dressing ingredients and toss through rice mixture. This salad can be refrigerated for up to 2 days

REWARDS PROGRAMME CHANGES

I am making some changes to the Holistica Rewards Programme for 2009 - and these are as follows:

- After every 5 treatments you will receive a Voucher for 15% off your next treatment ... so don't forget to keep your Appointment Record safe! All current Rewards cards will be honoured until their completion.
- All Clients will receive a \$20 Birthday Discount Card (or e-card!) - to be used in the month of their Birthday! (If I have missed your Birthday already this year, you may use your voucher within the next 3 months!)
- Also .. all my Mums-to-be attending pre-natally will receive a Voucher for a free 30 minute post-natal treatment of choice (you may also add time onto this and just pay the difference).

PRICE CHANGES FOR 2009 ...

I am also making a change to the structure of my pricing .. and this is now as follows:

AROMA-THERAPEUTIC & PREGNANCY MASSAGE, BOWEN AND DORN SPINAL THERAPY:

30 mins:	\$40	60 mins:	\$75
40 mins:	\$55	75 mins:	\$85
45 mins:	\$60	90 mins:	\$95

... extra time is charged at a rate of \$15 for 15 mins

AROMATHERAPY FACIALS:

30 mins:	\$40
45 mins:	\$50
60 mins*:	\$60

* Allow 60 mins for a 'foodie' facial'

SEATED MASSAGE:

10 mins:	\$15
15 mins:	\$20
20 mins:	\$25
30 mins:	\$35

REIKI / CRYSTAL HEALING:

15 mins:	\$15	40 mins:	\$40
20 mins:	\$20	50 mins:	\$50
30 mins:	\$30	60 mins:	\$60

EAR CANDLING:

~45 mins \$40 - incl Ear Candles, Reiki & Head Massage

HERBAL MEDICINE, including IRIDOLOGY:

Consultation:	\$65 (allow 45 - 60 mins)
Herbs:	25 mL - \$10
	50 mL - \$15
	100 mL - \$30
Bach Flower Remedies:	15 mL - \$7

GUIDED MEDITATION:

15 mins:	\$10	20 mins:	\$15
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- I am no longer offering mobile visits routinely but if you do find that you require a home visit (Northern Beaches only) then please add on an additional \$10 to the above prices.
- If you are on a pension, you may reduce the above amounts by 15 %, with no home visit fee for visits over 45 minutes. Please let me know at the time of booking.
- Packages are also available .. see website for details or contact me for a hard copy.
- Don't forget .. I always have 'Specials' available .. so always look out for them in these Newsletters! .. and you can still always combine treatments for a 'special price'!

Talking of which ...

SPECIALS FOR FEB AND MARCH 2009:

- Pay only \$85 for 90 mins treatment of your choice .. you may combine treatments for this 'special' eg, 30 mins mini facial, 60 mins massage - the choice is yours!
- Pay only \$45 for a footbath, footscrub, and 45 minute facial! (If you would like a 'foodie facial' this will be \$55!)
- Pay only \$25 for ear candling!
- Pay NOTHING for either a 15 minute guided meditation or 15 minutes of sublimely relaxing Reiki - when added on to your next treatment!!

Looking forward to seeing you soon! In the meantime, if you have any queries / comments on the Newsletter or just need to contact me, my email is elaine@holistica.com.au or Mob: 0411 261 758.