

Holistica

Feb - March 2008

... the Newsletter of Holistica Natural Therapies

Half an hour's meditation each day is essential; except when you are busy, then a full hour is needed!

HELLO! ... and wishing you all a VERY-belated-but-HAPPY, HEALTHY AND PROSPEROUS NEW YEAR! I hope your Christmas and New Year went swimmingly! So ... now the holidays are well and truly over and it's back to reality ... are you still feeling 'stodgy' after all that holiday food and drink and lack of exercise? Well ... read on as I have included some 'cleansing' advice for you in this Newsletter! ... but there is much more included in these two little pages - so I will leave you to get a cuppa and read on ...

PACKAGES: I have recently put together a number of NEW PACKAGES ... which can be found on my website ... (www.holistica.com.au/packages.htm) - these are great for yourself... or for gifts ... and don't forget - there is free delivery/postage for gift vouchers - and you can always pay with your credit card over the phone; so it's always easy to give a 'Gift of Wellness'!

* if you don't have access to the www and would like a hard copy of my new 'packages', please let me know!

Specials for MARCH 2008 ...

Bowen Therapy ~ 60 mins for only \$50 !! Bowen is a dynamic, remedial bodywork technique which is very gentle, relaxing and amazingly effective in treating a multitude of injuries / disorders, both acute and chronic. The treatment itself involves the application of a series of cross-fibre / rolling movements on the soft tissue of body, followed by short 'waiting periods*'. The Bowen 'moves' are light, gentle and very precise and there is no forceful manipulation. The precise location of the Bowen moves correlate with the latest research into the meridian energy system, acupoints and myofascial trigger point theory.

* During the waiting periods, I can incorporate some Reiki into your treatment if desired; this is optional but assists the treatment on a lot of levels ... ☺

Naturopathic Herbal Medicine Consultation ~60 mins for only \$50 !! A Herbal Medicine consultation incorporates a full evaluation of the client, following which small doses of Herbal Extracts and Bach Flower Remedies / Supplements / Dietary / Lifestyle advice are prescribed or recommended - to facilitate the healing process and nourish the body. If you have been putting your 'health on hold' for any reason, NOW is the time to address any issues that are bothering you !! ☺

RECIPE TIME !!!

ROASTED SWEET POTATO & MACADAMIA NUT SALAD

... this salad makes the perfect addition to a casual, healthy barbeque with friends - or for a quick weeknight meal, try adding some steamed asparagus, snowpeas and extra sweet potato to this salad.

200g orange sweet potato, peeled
150g mixed lettuce leaves
1/2 punnet cherry tomatoes
1/4 cup macadamia nuts, chopped

Dressing

2 tablespoons macadamia nut oil (or olive oil)
1 tablespoon balsamic vinegar
½ teaspoon salt* (optional)

1 tablespoon olive oil
50g baby English spinach
1 cucumber, thinly sliced



Cut sweet potato into half-centimetre slices, brush with oil. Roast in a hot oven, 200°C for 20 mins or until tender and golden. Place lettuce leaves, spinach leaves, tomatoes and cucumber in a serving bowl. Combine dressing ingredients and drizzle over salad. Toss gently and top with roasted sweet potato and macadamia nuts. Serves 6.

CLEANSING TIME ...! If you are feeling a bit grotty, 'stodgy', tired and lethargic after the Christmas holidays, then maybe it is time to think about a 'cleansing mini-detox'. This mini-detox will get your digestive system and liver back in order for the rest of the year ... leaving you feeling fresh and lively! Basically this mini detox is a four stage approach, namely ...
WEED - removing bad bugs from your digestive system
SEED - replacing the bad bugs with health ones
FEED - improving your digestive function
SPEED - increasing the rate at which your body removes toxins ...
And making long term changes to prevent becoming 'toxic' again and achieving optimal 'wellness' !!

This mini-detox is discussed more fully in the 'Wellness Review' which can be found at ... <http://www.holistica.com.au/NEWSLETTERS.htm> but a full detox programme can also be found at ... <http://www.metagenics.com.au/downloads.html> - or contact me for a hard copy of this little booklet! If you have any queries at all about this programme, please do not hesitate to contact me! Other ways to help cleanse / detox the body are by ...

(Just think ... you've just got enough time to do a little cleanse before the Easter bunny comes along ... then you can start again after Easter !!! PS: Happy Easter if I don't see you before then !!!)



Detox Skin Brushing

The skin is the largest elimination organ, it is known to be responsible for 10 to 15% of total body elimination, and is sometimes referred to as the third kidney. Dry skin brushing is a swift and powerful way to enhance the detoxification process. It's easy, pleasant and yields tremendous benefits!

Not only does it improve the appearance of your skin by eliminating dead cells and helping new skin to regenerate, it also stimulates blood circulation, the lymphatic system, and greatly enhances toxin elimination.

In addition, the massaging effect of the bristles is known to be highly beneficial for eliminating cellulite. Brushing the skin gently stimulates the lymphatic system and is considered to be one of the best natural lymphatic cleansers available. The lymphatic system is composed of lymph vessels, lymph nodes, and organs. Part of the body's defence system, the lymph nodes remove microorganisms and other foreign substances. They act as a filtration system that keeps particulate matter, such as bacteria, from entering the bloodstream. Stimulating the lymphatic system through skin brushing will activate all of the above functions as well as encourage blood circulation and cell regeneration. Both actions promote detoxification, weight loss and cellulite reduction, as well as improve body tone and skin radiance.

All you need is a NATURAL bristle brush with a long handle or a loofah ... and 5 minutes.

Start by brushing the feet - including the soles - moving upwards to the thighs, in small circular motions. For the upper body parts, put one arm up and brush down towards the armpit and then move to the other arm. When brushing the torso brush towards the heart. Brushing over the top of the breast, then work a little more on the armpit, where there's a concentration of lymphatic nodes. Finish off with small circular brushing around the neck and shoulders, avoiding the face where the skin is sensitive. Then brush the abdomen from the left side to the right, and go around in circles to gently massage the colon. Spend a little more time on the hips and thighs as skin brushing is an excellent treatment for cellulite.

Contd over ...

Dry skin brushing contd ...

As a general guide, it is more beneficial to brush from the extremities towards the core of the body. Always brush gently, and especially over the sensitive areas. In time, and with practice, your skin will become more resilient and endure more vigorous brushing. It is important to avoid brushing over bruises, cuts or irritated areas. **Dry Skin Brushing benefits are numerous and include:**

- Accelerating toxin elimination
- Stimulating blood flow and circulation
- Reducing cellulite
- Enhancing lymphatic flow
- Exfoliation and removal of dead skin cells
- Anti-aging through cell regeneration
- Stimulating both the sweat and sebaceous glands, thus contributing to the restoration of moist, supple skin.

Brushing your whole body will take around 5 min. Always brush the skin when it's dry, and follow with a hot shower to wash off the dead cells. To complete a PERFECT detox regime, finish up with a soothing ...

Detox Bath ... for centuries, humans have recognized the relaxing, rejuvenating effects of a bath. From the Roman Baths popular in 300AD to modern day spas, baths have been more than just a way to get clean. They have also been both a social and medical fixture. While a regular bath can get you clean on the outside, did you know there are ingredients you can add to your water that will cleanse your insides as well? While there are places you can buy pre-packaged bath additives to make a detox bath, you can easily prepare these additives yourself. After a trip to your local grocery or health food shop, you'll be ready to start cleaning toxins out of your body just by relaxing in the tub! In fact, you may already have some of the ingredient in your home. The most common detox bath recipes call for one cup of sea salts, two cups of baking soda and one cup of Epsom salts. After mixing these ingredients well, you can store them in a glass jar with a screw-on lid. You only need about $\frac{1}{4}$ cup of the mix per bath so this recipe makes enough mix for about 16 baths.

Tip If you have dry skin, you may want to add glycerin as well as essential oils of your choice to the water to help keep your skin from being too dry, but make sure any essential oils you use are 100% pure! Another tip for dry skin is to use Aloe gel after the detox bath. As I mentioned above make sure you use 100% pure aloe, not a lotion that has aloe and host of other chemicals and artificial colour and scents!

You may wonder how these simple ingredients can draw toxins out of your body ... it is actually the combination of the hot water and ingredients working together that give you the detoxifying action. First, the hot water in the bath pulls toxins out of the body to the surface of the skin. The y salts aid this detoxifying process by making you sweat, which is body's natural way of releasing toxins. Poisons are also drawn out of the body as the water in the bath naturally cools. The other two ingredients - sea salts and baking soda - also help to cleanse and purify the body of toxins. Sea salt is well known for its powers of purification. Since baking soda is highly alkaline, it also helps encourage poisons to leach from your system.

As a few final words of instruction, you should pour the detox bath mix into the water as the bath is filling. Draw your water as warm as you can comfortably stand; ~ 30 mins is usually an adequate amount of time to soak in the bath. It is usually a good idea to drink plenty of (filtered) water during or after your bath to replace the water you have sweated out. As a word of caution, however, it is best not to do this detox bath if you have a heart condition, high blood pressure, diabetes or are pregnant.

Next time you decide to relax in a hot bath, consider mixing up these simple ingredients and making it a detox bath. Your body will relish the internal and external cleansing it will get! **I will be making up some detox body salts in the near future, so look out for them next time you come along for a treatment!**

The Healing Crisis: Symptoms to expect when you start to detox

An important thing to note is that if you do embark on any form of 'detox' be aware that some symptoms are common at the beginning and are usually a sign that your body is shifting toxins. These can include headache, nausea, fatigue, uneasiness, sleepiness, flu-like symptoms, constipation, diarrhoea and even skin rashes. You can often feel worse before you feel better but don't interrupt your detox because of these symptoms, they are a sign that your body is responding! They soon fade as your body reaches a new level of health, so just 'go with it' and get as much rest as possible. ☺

COLOUR IN YOUR DIET ... continued from the previous

Newsletter - discussing the colours of fruits and veggies - last time we had orange - this time **yellow!** *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.*

Yellow is a happy colour; it surrounds us with warmth, laughter and joy. It brings to us a more positive outlook on life. Knowledge and wisdom come with gold and yellow, helping us to broaden our horizons. Yellow is related to the **solar plexus**, so it is important for the support of the **nervous system**. It is directly involved with our digestive process, especially the liver and intestines. It helps to promote the elimination of toxins and purifying the body. It is also important in the endocrine system. Yellow is supportive of the brain function as well, stimulating the mind, so it is important to include this colour while studying. This colour can help alleviate skin conditions, especially through its liver support and purifying ability.

On a 'scientific level' yellow indicates 'lutein' and zeaxanthin' ... two important carotenoids. These substances are found in many vegetables and fruits, particularly dark green, leafy vegetables like spinach. They are also found in cabbage, broccoli, peas, yellow capsicum, yellow corn, bananas and honeydew melons. These are powerful antioxidants which protect against cancer and macular degeneration, the partial blindness which affects many older people.

In the eye, 'lutein' and zeaxanthin' are concentrated in the macular, the part of the retina at the back of the eye where light is most concentrated and vision is centred. It has been found that people with high carotenoid intake have half the risk of macular degeneration. In one study, after only 4 weeks of the subjects consuming 60 gm of spinach and 160 gm of corn daily, the density of the macular began to increase, and remained elevated for months after these vegetables were discontinued. In short, these two carotenoids are essential for sharp, healthy eyesight! Next time we will look at **Green**



New Newsletter for Mums-to-be ... Introducing my new newsletter! ... I am getting a bit ambitious in my old age and am hoping to be able to produce not one but two Newsletters every couple of months ... the new one is for Mums-to-be and who 'have-been' (ie, pre and post natal!) ... it will include lots of news and advice on pregnancy and baby issues ... so if you would like to send this Newsletter on to anyone of your friends / family who may be interested then please do so ... you will find it on my website in March ... at www.holistica.com.au/Newsletters/htm ... or let me know and I will forward a copy to yourself or your friend!



I have been going to a **Fantastic Pilates class** lately ... and I would like to share the details with you of my teacher, **Annebe Pettersen**, who runs classes in **Narrabeen, Mona Vale & Avalon**. Annebe's website can be found at www.northernbeachespilates.com or call / email Annebe on 9999 0130 / 0429998778 / northernbeachespilates@hotmail.com - for more info! Annebe runs Graded, day and evening classes - also Fitball classes (lot of fun!) and lots of Personal Attention!

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