

Holistica

Natural forces within us are the true healers of disease.

Hippocrates

March - May 2010

... the Newsletter of Holistica Natural Therapies
www.holistica.com.au | Email: elaine@holistica.com.au

Hello, Hello !! Yes – this Newsletter is late again – time really is flying, isn't it? !!



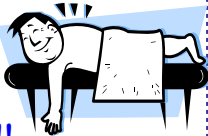
Actually ... on that point, some people do believe that we are at a point in our history where time really is going faster – so it's not just in our imaginations! **YAY!** There is one chappie I came across on the internet, called Greg Braden, who is a Computer Geologist / Author who, along with other people, tell us that the ... *Schumann Resonance or pulse (heartbeat) of Earth has been 7.83 cycles per second for thousands of years. However, it seems that since 1980 this resonance has been slowly rising. It is reported that it is now over 12 cycles per second, which means there is the equivalent of less than 16 hours per day instead of the old 24 hours!* Wow !! So --- is that why we feel that things are moving faster ?? !!! Of course, there are lots of sceptics that dispute this strongly – but I thought it was an interesting theory anyway !! ☺

This theory has also been linked to the term 'The Quickening' .. which is also linked to 21 December 2012 - which, you may have heard, is the end of the Mayan Calendar. (To put it more precisely, "the Solstice on December 21, 2012 marks the completion of the 5,125 year Great Cycle of the Ancient Maya Long Count Calendar" !

Exciting times eh? There is much to read about the prophecies of 2012 – and the new World Era we may (or may not?) enter – if you feel like getting more info, all you need to do is 'Google' it – and you could be there for hours !...



So – (now a bit of blatant marketing !) ... if you are feeling the effects of the 'Quickening' – why not book in for a relaxing treatment – **AND SLOW YOUR LIFE DOWN FOR A WHILE !!!!**



... ONE WAY YOU COULD DO THIS IS WITH A 'FOODIE FACIAL' – THIS IS STILL ONLY \$65 ... for ~ 60mins of complete relaxation ... this includes an Aroma-therapy facial treatment, along with the use of natural ingredients* during the masque phase (depending on requirements / skin type), optional foot / hand massage or Reiki and sublimely relaxing scalp massage to complete the treatment ! (* see separate flier or website for choices !)

Facials are not only for the girls either ... the boys need healthy complexions and relaxation too ... !

A Guided Meditation may be added to a facial treatment for an extra \$15 for 15 – 20 mins, or you might like to start with a footbath and footscrub for only \$15 for 15 – 20 mins!

SPECIAL OFFERS FOR MARCH–MAY 2010

TREAT YOURSELF TO 90 mins of BLISS .. FOR ONLY \$95 ... PLUS A FREE (optional) FOOTBATH AND FOOTSCRUB, WITH ALL 90 MIN TREATMENTS !!

THE TREATMENT MAY BE ...

90 MINS AROMATHERAPY MASSAGE (OR PREGNANCY MASSAGE)

OR

60 MINS AROMATHERAPY MASSAGE AND 30 MINS AROMA-FACIAL (MINUS MASQUE)

OR

60 MINS AROMATHERAPY MASSAGE AND 30 MINS FOOT MASSAGE AND REIKI

OR

30 MINS AROMATHERAPY MASSAGE, 30 MINS BOWEN THERAPY, 30 MINS REIKI

OR

YOUR CHOICE - UP TO 90 MINS !

(SORRY.. CANNOT BE COMBINED WITH ANY OTHER SPECIAL OFFER OR DISCOUNT VOUCHER !)

WHAT IS YOUR BODY TELLING YOU?

Sometimes, when I am doing a Herbal Medicine Consultation, I can look at other body signs / symptoms (reported or seen) to show me what may be occurring in the body or possible nutritional deficiencies and I thought I would share just a few of them here ...

White spots on fingernails – may indicate a Zinc deficiency. (This can be confirmed by doing a simple Zinc Tally test. If you would like to try this next time you come along, don't forget to ask me!)

Restless legs – may indicate a Magnesium deficiency.

Mouth ulcers – may indicate a Vitamin B deficiency. Cracks at the corners of the mouth can be a sign of Vit B2 deficiency. **

Easy bruising and bleeding gums – may indicate a Vitamin C deficiency.

Ridged fingernails (vertically) – may indicate a Calcium deficiency.

Leg Cramps – may indicate a Calcium deficiency and / or Magnesium (as Magnesium is needed to mobilize calcium into the bones). Also ..if you exercise often and sweat, it may help to take a Magnesium supplement after your work out.

Light coloured stools – indicates a difficulty in digesting fatty foods and probably a deficiency in essential fatty acids, the good fats.

Burning feet – can indicate a deficiency of Vit B5.

Contd



Excessive yawning and sighing - you may just be bored – or it may be that you have **low blood sugar.** ***

Eyes – pale inside lower eyelid: If you (gently) pull the lower eyelid down, look inside the lower rim and the colour should be pinky red .. if it is very pale you may be anaemic / low in iron.

Red spots on the front of the thigh – may indicate a possible Vitamin A deficiency.

Small pimply bumps on the arm – may indicate a possible Beta-carotene, B Complex and EFA deficiency. Also – with this sign and many others - it may be that digestion is not optimal – so Digestive enzymes may help poor nutritional absorption.

Cracked feet – indicates a possible rise of yeast in the body.

TONGUE SIGNS ...

Sore tongue – may indicate nutrient deficiency – often Iron or Vitamin Bs.



Burning tongue – may be a sign that the stomach is lacking gastric digestive juices. You may also be experiencing digestive difficulties.

Swollen tongue – may be a sign of too much mucus in the body, also a lack of good bacteria and possibly an elevation of yeasts.

Horizontal cracks, small cracks / grooves – usually a sign of malabsorption, especially of B Vitamins and may also accompany lack of energy.

Red tip of tongue – may indicate emotional upset.

Teethmarks round the sides of tongue – this may be a sign of nutritional deficiency and also spleen deficiency.

... and now for some interesting stuff .. STOOLS!!

If stools are greasy and wont flush – this may indicate a liver imbalance.

Bad- smelling stools – may indicate poor digestion and food putrefying in the intestines.

Stools that leave skid marks – have too much mucus, so they slide and stick to the edge of the toilet – may indicate a lack of good quality fibre in the diet.

Stools like pellets – may indicate a congested liver.

Thin, shreddy stools – may indicate that your colon is congested and / or needs cleansing.

Light coloured stools – may indicate a difficulty in digesting fatty foods and possible deficiency in essential fatty acids, the good fats.

Food in stools (apart from corn, which is largely undigestible) – may indicate that digestive system is weak or you are just not chewing your food properly!

- ** If deficient in B Vitamins always take a full Vit B complex
- The information contained in this Newsletter is not intended nor implied to be a substitute for professional medical advice relative to your specific medical condition. Always seek the advice of your physician or other qualified health provider prior to starting any new treatment or with any questions you may have regarding your medical condition.

SPIRULINA ... You may have heard of Spirulina .. it has been described as one of a group of 'Superfoods' ...

Spirulina are single celled blue green algae or cyanobacteria. Spirulina is about 60-70% protein and contains all of the essential amino acids, as well as nucleic acids. Spirulina is also a good source of iron, potassium, beta-carotene and essential fatty acids including gamma linoleic acid (GLA)19. Spirulina has a stimulating effect on the immune system. It also makes a great alternative to synthetically manufactured multivitamin supplements.

*****Spirulina can help to regulate blood sugar levels and tame sugar cravings.** Spirulina also contains chromium, manganese, magnesium ... deficiencies of any of which can cause sugar cravings as blood sugar levels are out of balance.

Other 'superfoods' are those such as Alfalfa grass, Green Barley Grass, Wheatgrass, Chlorella ... they have the best concentration of easily digestible nutrients, fat burning compounds, vitamins and minerals and contain a range of other substances, such as essential fatty acids and healthy bacteria which help the digestive system function more effectively and protect you from disease and illness.

These superfoods are also alkalizing for the body tissues .. so often I see acidic tissues when I am looking at iris signs – so this is an easy remedy to take ! You can buy combination products too, with added veggies and flaxseed! *Spirulina can be taken on its own or mixed into a smoothie for an enhanced energy drink!*

RECIPE ! .. here is a simple baked recipe, ideal as a vegetarian main, or veggie accompaniment

Roasted Red Capsicum with Lentil Risotto

Ingredients

2 teaspoons olive oil
4 small round red capsicums
1 medium onion, chopped
¼ cup dried brown lentils
1 x 10g veggie stock cube
1 cup water
½ cup Arborio rice
2 cups boiling water
2 tablespoons grated parmesan cheese
Plus 1 more tablespoon grated parmesan cheese
2 Weet-Bix, crushed

Cut tops off capsicums and reserve as lids. Discard core and seeds. Place capsicums on a baking tray (put lids off capsicum, stalk side up on tray also). Heat oil in a large heavy based saucepan. Saute onion until soft. Add lentils, stock cube and water. Bring to the boil, then simmer for 15 minutes. Stir through rice.

Add boiling water, ½ cup at a time, adding the next ½ cup after the liquid is absorbed. Fold through parmesan cheese. Spoon risotto into capsicums. Combine Weet-Bix, extra cheese and oil. Sprinkle over risotto. Bake in a hot oven (200°C) for 25 mins or until capsicums are soft and topping has browned. To serve replace lids on capsicum. Enjoy !! ☺



I hope you enjoyed this Newsletter .. if you have any suggestions, questions 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 ☺