

Dec 2010
to
Feb 2011



Holistica

... the Newsletter of Holistica Natural Therapies

Merry
Christmas



There shall be
eternal summer in a
grateful heart.

~ Celia Thaxter ~

Summer days ... ☺

Well, I just returned from a Chilly ol' Blighty! We just missed the 'big chill' – it got to a mere zero degrees when we were there – since it has hit -7 degrees and plenty of snow! Apparently the canals have frozen over too! ☺

What a difference 24 hours in a long metal tube makes !!



Now I have to re-acclimatise and get over the jet-lag. Hopefully, it won't be too bad this time – I have prepared myself a blend of herbs to keep me going during the day time – (and boost my immune system) and another to relax me during the evening – so that my day turns back into night and night into day!



International travel is so hard on your body – not only do you have to get used to different time zones quickly but you find yourself eating (and drinking!) at odd times also – different foods too! The body is really remarkable in the way it does all the adjusting for us – sometimes not so well, admittedly – but generally it gets the job done! ★

If you are planning any travel over the coming holidays and you feel that Herbal medicine / Bach Flower Remedies / Aromatherapy could help you, let me know and I will 'concoct a potion' for you! ☺

Here are just a few examples for you, but – as ever – if you have any specific requirements, just let me know ...



(The spritzes mentioned here are just \$8 for 50 mL and are in an organic floral water base).

Aromatherapy spritzes ...

(the essential oils mentioned here can be blended into a carrier oil, cream or lotion base)



Relaxation spritz ★

...for relaxation and stress relief. The essential oils in this spritz may help to induce deep relaxation and re-establish a good energy balance. Contains pure essential oils of Lavender, Geranium, Tangerine, Marjoram, Chamomile. ★

Gold and Flu fighter

(great for spritzing around you as a protective agent – especially on planes!) Contains pure essential oils of Ravensara, Tea Tree, Eucalyptus, Lemon and Pine. These oils help fight viral infections, support the immune system and may also help to prevent blocked nasal passages / sinuses for take-off and landing!

A revitalizing blend

... to aid concentration and focus. Using such oils as Rosemary for remembrance and mental clarity, refreshing Lemon-grass to get you going in the morning, Orange to balance the mind and spirit, Ginger to warm and strengthen the body, Grapefruit to add a lightness to the morning when everything seems just too much, Mandarin to uplift, calm and balance, Cinnamon to arouse creativity. ★

Energizing Mint

... these essential oils are used for times when you need to accelerate! This blend is fresh and full of "minty" energy. This contains pure essential oils of Spearmint, Peppermint, Rosemary, and a citrus twist of Orange, Grapefruit and Lemongrass. Yum! ☺ ★

Pesky Pest Repel Spray –

the natural alternative to Aerogard! Contains pure essential oils of Lavender, Lemon, Peppermint, Eucalyptus, May Chang, Ylang Ylang, Lime and Tea Tree.

Bach Flower Remedies *

may also help issues arising from travel ... (just \$10 for 15mL)

For help with sleeping ... ★

a blend of Rock Rose, Impatiens, Clematis, Star of Bethlehem, Cherry Plum and White Chestnut.

For more energy ... ★

a blend of Rock Rose, Impatiens, Clematis, Star of Bethlehem, Cherry Plum and Olive.

... and, of course, you should never be without a bottle of **Rescue® Remedy**

... For Shock, Trauma and Panic



Rescue Remedy is made up of five Bach Flower remedies, namely Rock Rose, Impatiens, Clematis, Star of Bethlehem and Cherry Plum



When Rescue Remedy (or '5-flower remedy', as it is sometimes called!) is taken, the result will be less stress, panic, distress, shock, trauma and distress. ★

When thoughts & feelings get crowded, we end up going around in a circle of too much to process and not enough time and space to do that processing.

Rescue® Remedy may help you find the space between thoughts, to give yourself the processing 'room' to [more] effectively deal with whatever is going on, from physical insult (car accidents etc.) to mental trauma (death of a loved one, break ups etc.). Rescue Remedy is great for use with animals and children too.

** Bach flower remedies are dilutions of flower material developed by Edward Bach, an English physician and homoeopath, in the 1930s. The remedies are intended primarily for emotional and spiritual conditions, including but not limited to depression, anxiety, insomnia and stress. ★*

The remedies contain a very small amount of flower material in a 50:50 solution of water and brandy. Because the remedies are extremely dilute they do not have a characteristic scent or taste of the plant. The remedies can be said to contain the "energetic" nature of the flower itself.

Along with holidays, (usually) comes the sun ...

In the last few days, I have gone from wearing 6 layers, two jackets a hat and a scarf in zero degrees to a balmy (and rainy) 20 degrees !! But the hot sun is indeed on the way and we need to take precautions against the effects of it, while also using it's health-giving effects ! Respect and moderation is called for – but I know too well how it is easy to get caught out ☺

One of the awful effects of too much sun is, of course, **skin cancer** and unfortunately, skin cancer is bigger here in Australia than almost anywhere else on earth ! For patients with diagnosed skin cancers, it is possible to help this condition with herbs and oils.

Initially an antioxidant herb, namely Pine Bark can be taken – which supports the 'base' immune system (one school of thought is that failure in the immunity is the root cause of any cancer getting a hold on you).

A cream can also be prescribed for use as a body lotion after a shower – this also contains Pine Bark as well as other herbal healing agents and aromatherapy oils. This cream is applied just once per day and works to help the health of the skin and may help recovery from cancer growths and scars.

Of course, prevention is better than cure so don't forget to slip, slop, slap ! If you follow this link, you can read about sunscreens – unfortunately there really isn't a natural alternative to these but there are good and bad options available – so have a read if you get a minute ...
<http://www.greenfootsteps.com/best-sunscreens.html>

If you do manage to get burnt this summer, I would be happy blend a cooling gel for you - containing Aloe Vera gel, plus Lavender, Peppermint and Frankincense essential oils. This is just \$10 for a 60 mL pot of gel.

I also read of the following natural sunburn remedies recently .. I've never tried them but they sound reasonable !

- Grate a potato after peeling, and then apply it on the sunburnt places. Potato soothes the burning sensation and helps to rejuvenate new cells.
- Grate some cucumber and apply the mixture on the sunburnt patch. Cucumber is a natural skin toner having instant cooling properties.

A yummy recipe ...

This is from my fave Sanitarium website ... it is great to serve with salad on summer days !

Lentil and Tahini Cutlets Ingredients

- 415g can Sanitarium savoury brown lentils
- ½ cup finely chopped celery
- 2 cups rolled oats
- 2/3 cup soymilk
- 1/3 cup tahini paste
- 4 egg whites
- 1 teaspoon soy sauce
- ½ cup chopped fresh parsley
- 1 teaspoon dried mixed herbs
- 1 tablespoon olive oil
- 2 ½ cups oven-roasted garlic and tomato pasta sauce (or sauce of your choice)

Method

- Preheat the oven to moderate, 180°C. Combine the lentils, celery, oats, soymilk, tahini, egg whites, soy sauce, parsley and mixed herbs.
- Leave for 10 minutes and allow the rolled oats to swell.
- Heat a little olive oil in a non-stick frying pan. Add tablespoons of the mixture to the pan and cook in batches for 2 minutes each side, or until golden brown. Drain well on crumpled paper towel.
- Arrange the cutlets in a single later in a baking dish and pour the pasta sauce over the top. Bake for 30 minutes, or until heated through.

The recipe takes 20 mins preparation time, 40 mins cooking time and serves 6.

If you havn't used Tahini before, get into it ! Tahini paste is made from crushed sesame seeds and has quite a nutty taste. There are two main types of tahini, hulled and unhulled. Hulled tahini does not grind the whole sesame seed and because of this it does not contain as much calcium, protein and vitamins as unhulled. Unhulled tahini is made from the whole sesame seed and it the most nutritionally packed type of tahini. Hulled tahini is not as bitter tasting as the unhulled type.

Tahini is a source of calcium, protein and B vitamins. Tahini is a good source of essential fatty acids (EFA), these EFA's are used in helping to maintain healthy skin.

Because one of the ingredients in tahini is sesame oil it has quite a high calorie content. Because of this tahini should be used in moderation. The good news is the majority of fats in tahini are unsaturated rather than saturated. Tahini is a source of vitamin E which helps to reduce the rate of ageing in body cells.

Sesame seeds are also a good source of the amino acid Methionine. Methionine is an important contributor to liver detoxification and helps with the absorption of other amino acids. ☺

Special Offers Dec 2010 - Feb 2011

90 mins for \$90 !

Choose your treatment(s) up to 90 mins and pay only \$90 ! May include any treatments including facials.

Bowen Therapy, inc Reiki
45 mins for only \$50 ! (save \$10)

Herbal Medicine Consultation, inc Iridology

1 hour for only \$60 (save \$15) and have your first bottle of herbs - 100 mL for only \$30 (save \$5)

If you would like a reminder of the treatments I offer they are ...

- Naturopathic Herbal Medicine
- Iridology
- Bach Flowers
- Aromatherapy
- Aromatherapeutic Massage and Facials
- Reflexology
- Reiki and Reiki Healing Attunements
- Bowen Therapy
- Dorn Therapy
- Chakra Balancing

You can find a description of all these treatments on my website at www.holistica.com.au – or pick up a brochure next time you come along ...

These special offers are also valid for Gift Vouchers - which brings me to remind you of what a wonderful gift of Wellness a Gift Voucher is - especially at Christmas time !

Vouchers may be purchased over the phone - with free postage or delivery ! Easy !

Well - that all said - only leaves me to wish you and yours and exceptionally Happy Christmas and a Brilliant and Healthful New Year !

I look forward to seeing you again soon!

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 ! Elaine McBride x

