



Yvonne's Total Body Care

September Newsletter 2017



Hi there everyone! Welcome to my **September** newsletter, the first month of spring.

Well what a wonderful UK holiday we had reconnecting with relatives & old friends. Phil & I came back recharged and got straight into getting our garden weeded, composted and planted new herbs & veggies ready for spring before we went back to work. Sure feels good eating fresh produce from our own garden. I am also very excited about meeting my granddaughter due on the 12th, who is to be called Aliana and all the lovely things that come with sharing their journeys as a grandparent.

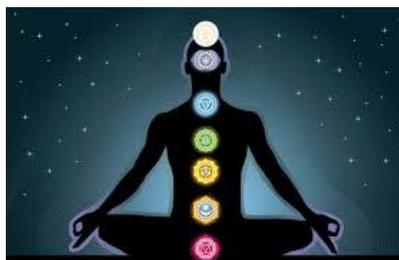
Here are my work venues for 2017:

<u>Kincumber</u>	Mondays (9 – 3 pm)
<u>Narara C. Centre</u>	Wednesdays (9 – 3pm) (only counselling)
<u>Woongarra</u>	Thursday & Fridays (9 – 7 pm), Saturday (9 -1 pm)



Modalities available at my Clinics

* Therapeutic or Relaxation Massage	* Reflexology Massage (Feet)	* Remedial Massage (for Injuries)
* Aromatherapy Massage	* Trigger Point Therapy	* Myofascial Release
* Lymphatic Massage	* Hot Stone Therapy	* Pregnancy Massage
* EFT – Tapping	* Ear Candling	* Gestalt Counselling
* Reiki	* Energy Balancing	



**RAISE YOUR HAND IF
YOU NEED A MASSAGE!**



Gift Vouchers available at Yvonne's Total Body Care Clinic

Have you got someone who is hard to buy for or who has everything? I have gift certificates available at different prices. Maybe a reflexology session, aromatherapy or hot stone massage for your mother, mother-in-law, your boss or a friend. Lots of options available from my massage menu. Ring 0414-880-393.

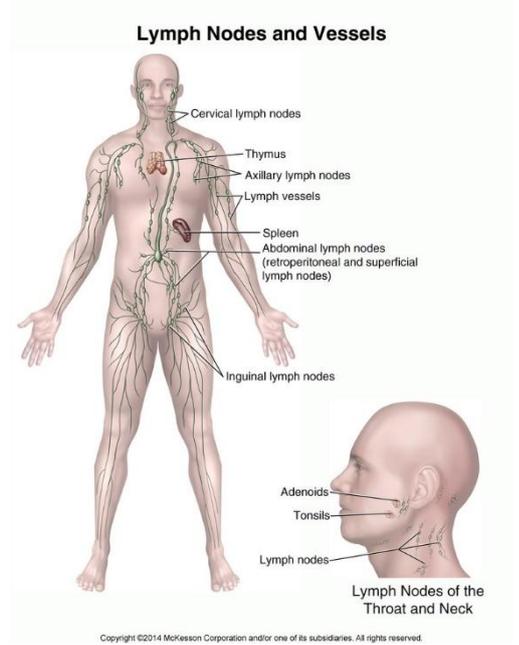
Benefits of Lymphatic Massage

When the lymph system becomes blocked or sluggish, an oxygen-starved, toxic environment is created which will influence all the cells of the body. A stagnant toxic lymph flow can produce a thickened, turbid dirty lymph. It encourages degeneration of both cells and organs and contributes to tumour and cancer formation. Symptoms of congestion can include any one or any combination of the following. All of these conditions below have shown consistent improvement following lymph drainage massage or other lymph clearing processes:

A healthy lymph system produces lymphocytes which target and destroy unrecognized cells which are assumed to be, and usually are, destructive diseases presenting germs.

- back pain;
- breast congestion;
- chronic bowel problems: constipation;
- yeast infections;
- chronic fatigue syndrome;
- fibromyalgia;
- skin disorders;
- cellulite fat accumulations;
- rheumatoid arthritis;
- hormonal and emotional imbalances;
- haemorrhoids;
- slow healing of burns, cuts;

- recurrent headaches;
- chronic depression;
- muscle and tissue tension;
- chronic sinusitis, allergies;
- gum disease and bad breath;
- hearing, balance or sight problems;
- recurrent tonsillitis, colds, ...
- prostatitis;
- overweight;
- lupus.



A Spring Recipe & 3 Articles for September

This month's yummy recipe is **Mini Veggie Frittatas** and my three articles this month are

The Importance of Play for Children, 51 Fantastic Uses of Baking Soda

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I'm sure you will find the information interesting.

MINI VEGIE FRITTATAS



Ingredients:

$\frac{1}{2}$ a sweet potato peeled & cubed 1 potato peeled & cubed
50g of baby spinach leaves chopped 1 small red onion finely chopped 4 eggs
125g can of creamed corn $\frac{1}{2}$ cup of milk $\frac{1}{4}$
cup of grated tasty cheese

Method:

1. Preheat oven to moderate 180⁰C. Spray a 12 hole muffin pan with oil.
2. Sauté red onion in a lightly oiled pan for 2-3 mins until tender. Steam cubed sweet potato and potato for 5-7 mins. When cool add sweet potato, potato, red onion and spinach in a bowl and gently turn until mixed.
3. Spoon even amounts into the 12 recesses.
4. In a large jug, whisk eggs, corn, milk and cheese together.
5. Pour egg mixture evenly over mixture.
6. Bake 20-25 mins until firm and golden.

Yvonne's Raising Healthy Families Article

Supporting children's social and emotional development through play

Babies are born communicators and are capable of experiencing and expressing a wide range of emotions. Through their many positive interactions with caregivers, they learn to feel good about themselves and to enjoy relating with others. They also learn how to manage a range of feelings and to communicate effectively to get their needs met.

As babies grow into toddlers and later pre-schoolers, they can manage more things by themselves but still need guidance and support from their caregivers. Toddlers want to please adults and also to be themselves. They do this by imitating others and build their self confidence by 'helping' during everyday experiences such as cooking, cleaning, and shopping. They also adapt their behaviour according to their caregivers' responses and are learning ways to cope with conflict and to solve problems through their relationships with significant adults in their lives.

Pre-schoolers develop their social and emotional skills through a wide network of social relationships including other adults and children. Supported by their increased language, thinking and planning capabilities, pre-schoolers are more able to wait for things they want, to negotiate solutions to everyday problems and make decisions for themselves and with others.

Children's social and emotional skills are developing all the time. Skills may develop differently for different children. Children benefit from having many learning and practise opportunities.



Daniel's story

Four-year-old Daniel was playing by himself in the sandpit. He had lots of dinosaurs. Lucy came along and asked if she could play.

Daniel hugged all the dinosaurs to himself and said: "No, they are all mine!" Daniel's grandfather who was sitting nearby said to Daniel: "You know Daniel, if you give Lucy some dinosaurs you will still have plenty to play with and you will have a friend to play with as well."

Daniel gave some dinosaurs to Lucy. They played with the dinosaurs in the sandpit for a short time, then both went off to play together with some cars.

What is play?

Play is children's language, children's work and children's relaxation. Children need to play for healthy development. Children's play belongs to children. It is for all children, all ages from babyhood on, and all abilities.

Children decide what to play and how to play. Play is their time to be free and to enjoy. Play can be pretending, learning a new skill, dressing up, being active or being quiet. Play can be with other children or alone. Adults can join in if they are invited, in fact young children often love best to play with parents, but children should make the rules (except rules for safety).

All children have a right to play. In our busy world, where parents and children are rushing from one thing to another, it is essential to make time for children to play.

Developing children’s social and emotional skills through play

- Play is a way children can express their feelings even before they have the words to say how they feel.
- In play children are in charge of what they do. Being in control in play helps them to learn to manage their feelings.
- When children make or build things in their play, they are building skills and confidence in themselves.
- In play children learn about the give and take of relationships with their friends. They learn to lead and follow and to care for others.
- Play helps children to think about what they want to do, to plan and to be patient.
- Through play children learn how to mend mistakes and to feel better after things go wrong.
- Indoor and outdoor play helps to reduce children’s stress.
- Play is a way children make sense of their world and practise for their future of being mummies, daddies and workers.
- Play is for imagination and creativity. In play you can enjoy magical worlds of joy.
- Play is something children can own in a world where most things are organised by adults.
- Play is a time when adults and children can have fun together.
- Play is for pleasure. You play what you enjoy and you stop when you want to.

Adults can support children’s play

- By arranging safe places for children to play, indoors and outdoors, in parks and playgrounds.
- By arranging time for play and not scheduling too much in a child’s day.
- By providing children with some playthings (e.g. dolls, building blocks, play dough, paints.) and also allowing children to find their own playthings both inside and outside (e.g. fabrics, boxes, leaves, gumnuts and puddles).
- By reading and storytelling with children.
- By playing with children when invited and stopping when children want to play their own games. Babies communicate through their expressions and body movements whether they want you to play or when they are tired and have had enough.
- By following the child’s lead and resisting the temptation to criticise, direct or turn play into a lesson.

Children learn and develop their social and emotional skills though playing on their own, with other children and with adults, and importantly, play helps children feel good about themselves.

51 Fantastic Uses for Baking Soda by Melissa Breyer



I don't mean to sound seditious here, but I have a rebellious plan to combat the ills that many corporations are perpetrating in the name of fighting grime and germs. My main gripe is about the environmental pollutants from cleaning and personal care products that we wash down our drains and into our water systems, resulting in situations like the chemical triclosan (a pesticide added to many products as an antibacterial agent) being found in dolphins.

So the simple plan is to encourage everyone to use baking soda in any of these 51 applications. Besides showing kindness to aquatic life, we can also protect ourselves from the array of toxins in household cleaning products. Conventional cleansers can expose us to multiple chemicals linked to asthma, cancer and other documented health problems.

Baking soda also makes a perfect stand-in for many personal care products, which are adding their own twist to the toxic tangle of pollutants and personal health (mainly in the form of synthetic fragrance (and it's almost all synthetic), sodium laurel sulfate, and parabens).

So exactly how does baking soda fit into my scheme to make the world a better place? Baking soda, aka sodium bicarbonate, helps regulate pH—keeping a substance neither too acidic nor too alkaline. When baking soda comes in contact with either an acidic or an alkaline substance, its natural effect is to neutralize that pH. Beyond that, baking soda has the ability to retard further changes in the pH balance, known as buffering. This dual capability of neutralizing and buffering allows baking soda to do things such as neutralize acidic odours (like in the refrigerator) as well as maintain neutral pH (like in your laundry water, which helps boost your detergent's power). It's a simple reaction, but one that has far-reaching effects for a number of cleaning and deodorizing tasks. And so without further ado, I'll remove my scientist cap, put on my rebellious housekeeper's cap, and get this folk-wisdom revolution rolling...

Personal Care

1. Make Toothpaste

A paste made from baking soda and a 3 percent hydrogen peroxide solution can be used as an alternative to commercial non-fluoride toothpastes. You can also just dip your toothbrush with toothpaste into baking soda for an extra boost.



2. Freshen Your Mouth

Put one teaspoon in half a glass of water, swish, spit and rinse. Odours are neutralized, not just covered up.

3. Soak Oral Appliance

Soak oral appliances, like retainers, mouthpieces and dentures, in a solution of 2 teaspoons baking soda dissolved in a glass or small bowl of warm water. The baking soda loosens food particles and neutralizes odours to keep appliances fresh. You can also brush appliances clean using baking soda.

4. Use as a Facial Scrub and Body Exfoliant

Give yourself an invigorating facial and body scrub. Make a paste of 3 parts baking soda to 1 part water. Rub in a gentle circular motion to exfoliate the skin. Rinse clean. This is gentle enough for daily use.

5. Skip Harsh Deodorant

Pat baking soda onto your underarms to neutralize body odour.

6. Use as an Antacid

Baking soda is a safe and effective antacid to relieve heartburn, sour stomach and/or acid indigestion. Refer to baking soda package for instructions.

7. Treat Insect Bites & Itchy Skin

For insect bites, make a paste out of baking soda and water, and apply as a salve onto affected skin. To ease the itch, shake some baking soda into your hand and rub it into damp skin after bath or shower.

8. Make a Hand Cleanser and Softener

Skip harsh soaps and gently scrub away ground-in dirt and neutralize odours on hands with a paste of 3 parts baking soda to 1 part water, or 3 parts baking soda to gentle liquid hand soap. Then rinse clean.

9. Help Your Hair

Vinegar is amazing for your hair, but baking soda has its place in the shower too. Sprinkle a small amount of baking soda into your palm along with your favourite shampoo. Shampoo as usual and rinse thoroughly—baking soda helps remove the residue that styling products leave behind so your hair is cleaner and more manageable.

10. Clean Brushes and Combs

For lustrous hair with more shine, keep brushes and combs clean. Remove natural oil build-up and hair product residue by soaking combs and brushes in a solution of 1 teaspoon of baking soda in a small basin of warm water. Rinse and allow to dry.

11. Make a Bath Soak

Add 1/2 cup of baking soda to your bath to neutralize acids on the skin and help wash away oil and perspiration, it also makes your skin feel very soft. Epsom salts are pretty miraculous for the bath too;

12. Soothe Your Feet

Dissolve 3 tablespoons of baking soda in a tub of warm water and soak feet. Gently scrub.



Cleaning

13. Make a Surface Soft Scrub

For safe, effective cleaning of bathroom tubs, tile and sinks—even fiberglass and glossy tiles—sprinkle baking soda lightly on a clean damp sponge and scrub as usual. Rinse thoroughly and wipe dry. For extra cleaning power, make a paste with baking soda, coarse salt and liquid dish soap—let it sit then

scour off.

14. Hand wash Dishes and Pots & Pans

Add 2 heaping tablespoons baking soda (along with your regular dish detergent) to the dish water to help cut grease and foods left on dishes, pots and pans. For cooked-on foods, let them soak in the baking soda and detergent with water first, then use dry baking soda on a clean damp sponge or cloth as a scratch less scouring powder. Using a dishwasher?

15. Freshen Sponges

Soak stale-smelling sponges in a strong baking soda solution to get rid of the mess (4 tablespoons of baking soda dissolved in 1 quart of warm water).

16. Clean the Microwave

Baking soda on a clean damp sponge cleans gently inside and outside the microwave and never leaves a harsh chemical smell. Rinse well with water.

17. Polish Silver Flatware

Use a baking soda paste made with 3 parts baking soda to 1 part water. Rub onto the silver with a clean cloth or sponge. Rinse thoroughly and dry for shining sterling and silver-plate serving pieces.

18. Clean Coffee and Tea Pots

Remove coffee and tea stains and eliminate bitter off-tastes by washing mugs and coffee makers in a solution of 1/4 cup baking soda in 1 quart of warm water. For stubborn stains, try soaking overnight in the baking soda solution and detergent or scrubbing with baking soda on a clean damp sponge.

19. Clean the Oven

Sprinkle baking soda onto the bottom of the oven. Spray with water to dampen the baking soda. Let sit overnight. In the morning, scrub, scoop the baking soda and grime out with a sponge, or vacuum, and rinse.

20. Clean Floors

Remove dirt and grime (without unwanted scratch marks) from no wax and tile floors using 1/2 cup baking soda in a bucket of warm water—mop and rinse clean for a sparkling floor. For scuff marks, use baking soda on a clean damp sponge, then rinse.

21. Clean Furniture

You can clean and remove marks (even crayon) from walls and painted furniture by applying baking soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth.

22. Clean Shower Curtains

Clean and deodorize your [vinyl shower curtain](#) by sprinkling baking soda directly on a clean damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.

23. Boost Your Liquid Laundry Detergent

Give your laundry a boost by adding 1/2 cup of baking soda to your laundry to make liquid detergent work harder. A better balance of pH in the wash gets clothes cleaner, fresher and brighter.

24. Gently Clean Baby Clothes

Baby skin requires the most gentle of cleansers, which are increasingly available, but odour and stain fighters are often harsh. For tough stains add 1/2 cup of baking soda to your liquid laundry



detergent, or a 1/2 cup in the rinse cycle for deodorization.

25. Clean Cloth Nappies Dissolve 1/2 cup of baking soda in 2 quarts of water and soak nappies thoroughly.

26. Clean and Freshen Sports Gear

Use a baking soda solution (4 tablespoons baking soda in 1 quart warm water) to clean and deodorize smelly sports equipment. Sprinkle baking soda into golf bags and gym bags to deodorize, clean golf irons (without scratching them!) with a baking soda paste (3 parts baking soda to 1 part water) and a brush. Rinse thoroughly.

27. Remove Oil and Grease Stains

Use baking soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle baking soda on the spot and scrub with a wet brush.

28. Clean Batteries

Baking soda can be used to neutralize battery acid corrosion on cars, mowers, etc. because its a mild alkali. Be sure to disconnect the battery terminals before cleaning. Make a paste of 3 parts baking soda to 1 part water, apply with a damp cloth to scrub corrosion from the battery terminal. After cleaning and re-connecting the terminals, wipe them with petroleum jelly to prevent future corrosion. Please be careful when working around a battery—they contain a strong acid.

29. Clean Cars

Use baking soda to clean your car lights, chrome, windows, tires, vinyl seats and floor mats without worrying about unwanted scratch marks. Use a baking soda solution of 1/4 cup baking soda in 1 quart of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs and tar. For stubborn stains, use baking soda sprinkled on a damp sponge or soft brush.

Deodorizing

30. Deodorize Your Refrigerator

Place an open box in the back of the fridge to neutralize odours.

31. Deodorize the Cutting Board

Sprinkle the cutting board with baking soda, scrub, rinse.

32. Deodorize Trashcans

Sprinkle baking soda on the bottom of your trashcan to keep stinky trash smells at bay.

33. Deodorize Recyclables

Sprinkle baking soda on top as you add to the container. Also, clean your recyclable container periodically by sprinkling baking soda on a damp sponge. Wipe clean and rinse.

34. Deodorize Drains

To deodorize your sink and tub drains, and keep lingering odours from resurfacing, pour 1/2 cup of baking soda down the drain while running warm tap water—it will neutralize both acid and basic odours for a fresh



drain. (This is a good way to dispose of baking soda that is being retired from your refrigerator.)

35. Deodorize and Clean Dishwashers

Use baking soda to deodorize before you run the dishwasher and then as a gentle cleanser in the wash cycle.

36. Deodorize Garbage Disposals

To deodorize your disposal, and keep lingering odours from resurfacing, pour baking soda down the drain while running warm tap water. Baking soda will neutralize both acid and basic odours for a fresh drain.

37. Deodorize Lunch Boxes

Between uses, place a spill-proof box of baking soda in everyone's lunch box to absorb lingering odours.



38. Remove Odour from Carpets

Liberally sprinkle baking soda on the carpet. Let set overnight or as long as possible (the longer it sets the better it works). Sweep up the larger amounts of baking soda, and vacuum up the rest. (Note that your vacuum cleaner bag will get full and heavy.)

39. Remove Odour from Vacuum Cleaners

By using the method above for carpets, you will also deodorize your vacuum cleaner.

40. Freshen Closets

Place a box on the shelf to keep the closet smelling fresh.

41. Deodorizing Cars

Odours settle into car upholstery and carpet, so each time you step in and sit down, they are released into the air all over again. Eliminate these odours by sprinkling baking soda directly on fabric car seats and carpets. Wait 15 minutes (or longer for strong odours) and vacuum up the baking soda.

42. Deodorize the Cat Box

Cover the bottom of the pan with baking soda, then fill as usual with litter. To freshen between changes, sprinkle baking soda on top of the litter after a thorough cleaning. You can also [use green tea for this purpose!](#)

43. Deodorize Pet Bedding

Eliminate odours from your pets bedding by sprinkling liberally with baking soda, wait 15 minutes (or longer for stronger odours), then vacuum up.

44. Deodorize Sneakers

Keep odours from spreading in smelly sneakers by shaking baking soda into them when not in use. Shake out before wearing.

45. Freshen Linens

Add 1/2 cup of baking soda to the rinse cycle for fresher sheets and towels.

46. Deodorize Your Wash

Gym clothes or other odoriferous clothing can be neutralized with a 1/2 cup of baking soda in the rinse cycle.

47. Freshen Stuffed Animals

Keep favourite cuddly toys fresh with a dry shower of baking soda. Sprinkle baking soda on and let it sit for 15 minutes before brushing off.

Miscellaneous

48. Camping Cure-all

Baking soda is a must-have for your next camping trip. It's a dish washer, pot scrubber, hand cleanser, deodorant, toothpaste, fire extinguisher and many other uses.

49. Extinguish Fires

Baking soda can help in the initial handling of minor grease or electrical kitchen fires, because when baking soda is heated, it gives off carbon dioxide, which helps to smother the flames. For small cooking fires (frying pans, broilers, ovens, grills), turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of baking soda at the base of the flame to help put out the fire—and call the Fire Department just to be safe.

50. Septic Care

Regular use of baking soda in your drains can help keep your septic system flowing freely. One cup of baking soda per week will help maintain a favourable pH in your septic tank.

51. Fruit and Vegetable Scrub

Baking soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a clean damp sponge, scrub and rinse.



Cleanse Your Body of Toxins with Two Simple Ingredients in Only Three Weeks



Body detoxification is a few fold process that helps to cleanse the blood. Blood transports oxygen, nutrients, hormones, as well as maintaining many processes that are vital for homeostasis. The first part of the process is rest; you must let your organs rest. Letting your body rest is done by giving your organs a break from all the work they have to do to process all of the foods, nutrients, and chemicals that are put into your body. This can be done by fasting or just cutting out foods that take a lot of work. The second part of the process is eliminating toxins from the blood. This is done by consuming something that will help remove waste from the liver, which results in cleansing the blood and is primarily excreted through the gastrointestinal tract. Once the toxins and excrement is eliminated you must refuel your body with nourishing sustenance and clean foods.

One great way to do a cleanse is through a Kefir and Linseed combination. This combo specifically cleanses the colon of the GI tract– it targets the “eliminate toxins” step in a total body detox. A problem with many cleanses is that they eliminate all of the healthy build-up in your body as well including nutrients and the healthy flora in your gut. Kefir and flax will help to eliminate the unwanted excrement without flushing the baby out with the bath water, so to speak.

Linseed, also commonly known as flaxseed are filled with phytonutrients, Omega-3 fatty acids (specifically ALA or alpha-linoleic acid), antioxidants like polyphenols, as well as mucilage which assists the digestion and nutrient absorption process. I find that when I eat flax whole I lose more in my teeth and am not sure how well the stomach is capable of breaking them down before they pass on. I toss however much I need, which we will go over after, and I grind them down with a mortar and pestle even though I’m sure a coffee grinder is much faster. I’ve read that they lose their potency relatively quickly so not to grind them too far in advance or grind more than you can use in that sitting.

Kefir is a fermented probiotic drink that whether you are cleansing or not you should think about adding to your regular diet as it helps balance the candida in your stomach. It’s actually really easy to make at home too – here is a simple recipe. Kefir is one of the highest probiotic foods rich in lactobacillus and bifid bacterium as well as many others which helps the entire GI tract and it is also packed with vitamins and minerals like the B vitamins, A, C, and D as well as (but not limited to!) calcium, magnesium, copper, and niacin. Kefir, which comes from a Turkish word that means “feel good”, has been toted for centuries as an aid for many ailments.

Now, if you mix the power of Kefir with the power of Flax, you will end up with a very happy GI tract which will be obvious by your skin, hair, nails, and energy levels.

The three week cleanse goes like this:

Instead of breakfast, take the kefir and flax combo.

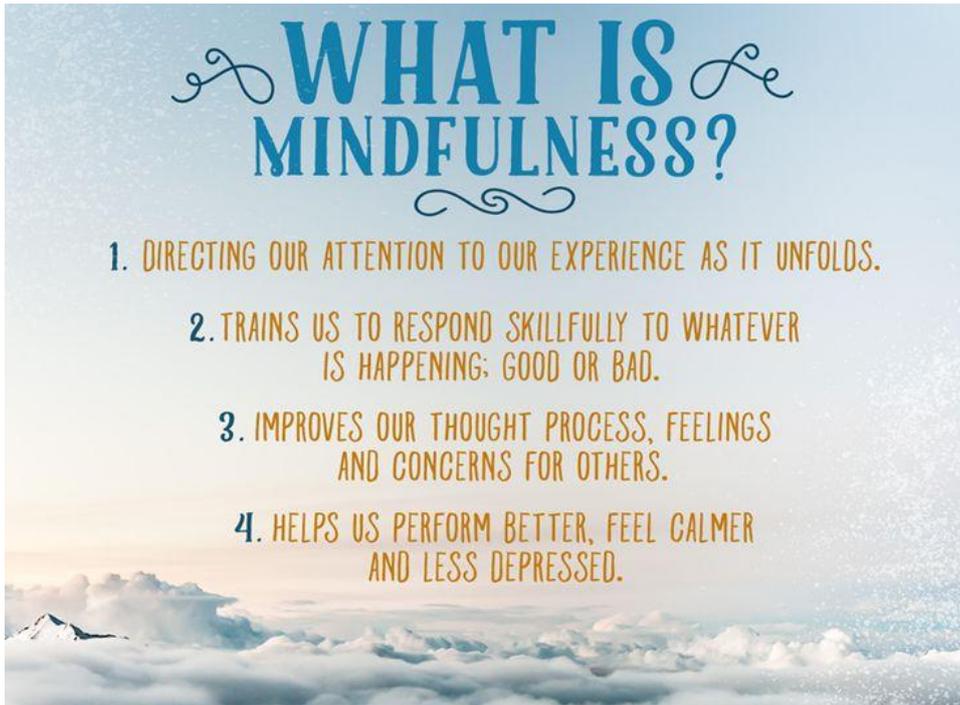
Week 1: 1 tablespoon of flaxseed flour and 100 ml of kefir

Week 2: 2 tablespoons of flaxseed flour and 100 ml of kefir

Week 3: 3 tablespoons of flaxseed flour and 150 ml of kefir

If your gut is used to fermented foods, probiotics, and the metabolism heightening properties of flax then you don’t need to coax into the cleanse so slowly. However, you do need to make sure that you are drinking a lot of water throughout the day. Adding lemons, mint or cucumber will also help in this process!

Now that you’re cleansed... stay that way! Eat “clean” — this really isn’t as hard as it sounds. You can incorporate foods into your diet that naturally detoxify on a daily basis so that full body cleanses can be saved for special occasions. For one, start drinking kefir and eating flax seeds. There are many recipes out there that make it easy to add flax without even knowing that it is there because it can be ground into flour. Fruits and vegetables, especially those leafy green ones that everyone is talking about are great clean foods, as well as those that are high in fibre along with healthy proteins.



CONTACT DETAILS

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 <p>If you are on Facebook, don't forget to type in Yvonne's Total Body Care</p> <p>Go through to my site and press liked to see lots of other interesting articles. If you want info on anything let me know by typing a message on the site & I will endeavour to find up-to-date info on it.</p>	



Don't forget to support your local **organic markets** at **Wyong Racecourse** on Sat 2nd & 16th of **September**, 8 – 1pm. Also every Sunday from 8 – 1pm at the **Gosford Racecourse**.

Thanks for reading and look forward to seeing you soon.

Kind regards Yvonne

