



# Yvonne's Total Body Care

August Newsletter 2018

Hi there everyone!

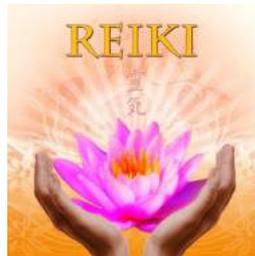
Welcome to my August newsletter, the last month of winter. Only 4 weeks to Spring yeah!!!

This last four weeks we have had the most amazing sunny days and flowers in our garden are coming out earlier than expected. Phil has just put all the new seedlings of vegetables & herbs ready for September after digging our rich compost into the soil. Its lovely to know we are eating fresh produce with no pesticides, just putting natural pesticide plants in our garden like marigolds, tansy, citronella, oregano, parsley, peppermint, petunias, rosemary, chilli peppers, garlic, lavender, thyme, chives, bay leaves.



Here are my work venues for 2018:

<a href="#"><u>Narara C. Centre</u></a>	Mondays (9 – 4pm) (only counselling)
<a href="#"><u>Woongarra</u></a>	Wed, Thurs & Frid (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 or Chakra Balancing	* Resource Therapy

## Gift Vouchers available from Yvonne's Total Body Care

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, numerology reading 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.



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## Energy Balancing - Open, Balanced, Healthy and Happy

### Seven Chakras:

1. **Root (base of the spine)**
2. **Naval (lower abdomen)**
3. **Solar plexus (between the navel and base of sternum)**
4. **Heart (centre of chest)**
5. **Throat (neck)**
6. **Pineal gland (between eyes)**
7. **Crown (top of the head)**



The **lower chakras** relate to our physical health, sex, self-worth, and survival instincts.

The **higher chakras** relates to our mental aptitude and consciousness.

A chakra is a centre of energy found in the etheric body that holds a generally agreed upon location within the physical body. These chakras can be considered as psychic muscles, and areas of hidden potential knowledge and understanding. Their location in the physical body ties them specifically to certain organs and glands. When a chakra becomes imbalanced or damaged it can affect the physical body as well as the emotional and spiritual bodies. The natural state of a chakra is a circular and flowing movement, and anything that alters, reduces or hinders this flow will cause the chakra to malfunction.

Book in for your energy balancing session prior to Spring at Yvonne's Total Body Care on 0414-880-393 if you are feeling drained of energy or have had a lot of stress recently in your life.



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## A Winter Recipe & Three Articles for July

This month's recipe is [Fire Cider Recipe](#) and my three articles this month are [12 Signs of Magnesium Deficiency](#) and [Acid Reflux / Heartburn, Social & Emotional Skills at Home](#) plus [The Benefits of Avocado Seeds](#)

I'm sure you will find the information interesting.

Ginger & turmeric are maturing at this time of the year, just in time to make Fire Cider to help us fight off the colds and flus that are going around.

### Fire Cider Recipe

#### INGREDIENTS

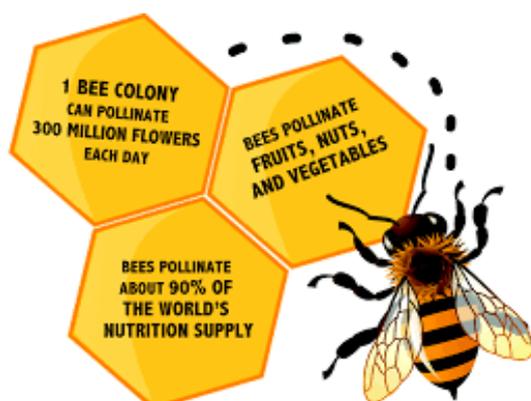
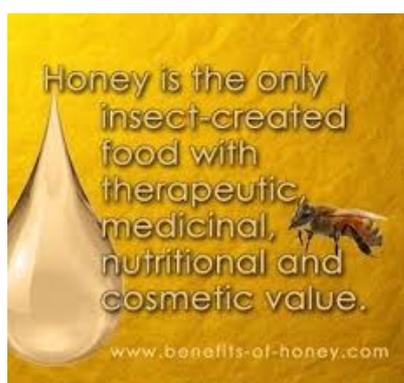
- 1 medium ginger root
- 1 medium turmeric
- 1 medium onion
- 5 garlic cloves
- 2 jalapeno peppers
- Zest and juice from 2 lemons
- Raw apple cider vinegar
- Raw honey to taste



#### INSTRUCTIONS

Peel and finely chop the ginger, turmeric, onion, garlic and jalapeno. Add to a large jar preferably with a plastic lid. Add lemon juice and zest. Pack everything down before filling with apple cider vinegar. Fill to at least a centimetre over the mix to prevent spoilage of the roots.

Leave on a shelf out of direct heat and sunlight for at least 2 weeks ( a month is better!) Shake well and strain the roots/veggies using a cheesecloth or fine mesh sieve. Add honey to taste and take 1 tsp 3x a day at the first sign of illness. Stores for up to a year in the fridge.



# 12 Signs Your Health Problems are Actually Magnesium Deficiency Symptoms

by Cynthia Roberts

Could your health problems actually be magnesium deficiency symptoms? The symptoms can be anything from headaches to PMS. Chances are you're deficient in this mineral as more than 80% of the population is not getting enough magnesium.

Low magnesium is often overlooked, especially by doctors who rarely consider the role of nutrition and vitamins. Yet, there are hundreds of magnesium deficiency symptoms that this can cause, in addition to many diseases that can be exacerbated.



Almost a year ago, I went to my family doctor because I was having painful menstrual cramps every month. I asked him what could be causing this and what I should do about it. His response was that it was genetic; there's nothing that can be done. His only suggestion was to take an over the counter medication to deal with the pain. But, after researching this online, I found that menstrual cramps are one of the common magnesium deficiency symptoms. Eager to try this, I corrected my ratio of calcium and magnesium and within a month voila! No more cramps! Sadly, doctors today know little to none about the importance of magnesium in the body and the resulting magnesium deficiency symptoms. Your best hope is to be your own doctor and research magnesium deficiency symptoms to find out if this could be the cause.

## Why are we not Getting Enough Magnesium?

It is very hard to get enough magnesium through your diet, no matter how healthy you eat. This is because modern farming processes have depleted our soil of adequate natural magnesium. Also, there are many other factors that significantly decrease the amount of magnesium absorbed in our bodies. These include:

**-Stress:** Many of us experience high levels of stress on a daily basis. When we experience stress or anxiety, this causes our bodies to deplete our magnesium.

**-Diet:** Certain foods can also result in a decrease in magnesium such as caffeine, alcohol, and sugar. It has been estimated that it takes 287 molecules of magnesium to metabolize one glucose molecule.

**-Medications:** There are many over-the-counters and prescription medications that deplete magnesium. These include: birth control pills, diuretics, insulin, and antibiotics.

### Why You Need Magnesium

Magnesium is a mineral that is responsible for numerous bodily processes. It is the fourth most abundant mineral in our bodies and is essential for carrying out over 300 reactions within the body.

Magnesium is commonly known for helping relieve constipation, but that is just one of its many crucial roles in the body. Magnesium is important for the functioning of your heart, muscles, kidneys, and balancing many other nutrients such as calcium and potassium. Having adequate magnesium levels has been found to ward off diabetes, prevent osteoporosis, and improve blood pressure.

### 12 Common Magnesium Deficiency Symptoms:

1. Anxiety
2. Weak Bones
3. Low Energy
4. Weakness
5. Inability to Sleep
6. PMS and Hormonal Imbalances
7. Irritability
8. Nervousness
9. Headaches
10. Abnormal Heart Rhythm
11. Muscle Tension, Spasms, Cramps
12. Fatigue

These are just a few of the most common magnesium deficiency symptoms. Additional magnesium deficiency symptoms include: constipation, vertigo, stiff and achy muscles, insomnia, and muscle

weakness. There are many more health problems that having low magnesium can cause. If you think you may be experiencing a magnesium deficiency symptom, but it's not listed above, make sure to do a thorough search online.

### **Additional Conditions/Diseases Associated with Magnesium Deficiency:**

Much research has found that individuals with magnesium deficiency are at an increased risk for developing diabetes, high blood pressure, Parkinson's, kidney stones, and restless legs syndrome, just to name a few.

### **How to find out if you're Truly Deficient in Magnesium**

When comes to determining if you have a magnesium deficiency, unfortunately, there is not a great way to find out, such as from a test. There are blood tests that can be used to check the level of magnesium in your body to evaluate if you have magnesium deficiency; however, they have been found to be inaccurate. This is because the blood serum tests only give a reading of the level of magnesium in your blood and only one percent of the magnesium in your body is distributed in your blood. Thus, you have to rely on making a diagnosis for magnesium deficiency based on magnesium deficiency symptoms, not a blood test.

It is best to look at the symptoms your experiencing and try supplementing with magnesium and evaluate whether it helped or not.

For me, after looking at the list of magnesium deficiency symptoms, I knew there were at least 3 that I had and it was likely that I had a magnesium deficiency. I also have some anxiety and I'm sure that was contributing to my decreased magnesium.

### **How to Increase Your Magnesium:**

There are several ways you can increase your magnesium.

1. Use Epsom salts – Add Epsom salts to your bath or make a foot bath. Magnesium is highly absorbed through the skin (trans dermally).
2. Apply magnesium oil – Similar to Epsom salts, magnesium oil is made from adding the magnesium flakes to water. You can add them to your bath, make a small mixture and spray it on your skin or rub it on with a washcloth. You can also, buy it pre-made.
3. Eat foods high in magnesium – such as leafy green vegetables and nuts. (however, with magnesium deficiency, it would be tough to raise your levels enough solely through diet)
4. Take a magnesium supplement.

### **My Experience with Treating Magnesium Deficiency:**

After I started researching magnesium deficiency, the more I explored it, the more I thought I found the cause of my health issues. However, my doctor ignored me when I brought up the fact that magnesium deficiency may be behind my anxiety, menstrual cramps, or difficulty sleeping, so I had to find out for myself if my self-diagnosis was right. I started to increase my magnesium slowly, first by adding more green vegetables into my diet and taking baths with Epsom salts. This did make a great improvement and decreased the occurrence of my magnesium deficiency symptoms; however, I still felt that I wasn't getting an adequate amount. So, I started making and applying magnesium oil, once every morning and this helped very much. After a full month, nearly all of my symptoms had been resolved.

When trying to increase your magnesium levels, you may need to use a combination of ways to ensure you're getting enough. You can base this off your symptoms. Also, one sign to watch for, while you increase your magnesium, is diarrhea, if you're getting too much this will occur.

***Do you think you're not getting enough magnesium? Have you experienced any of the magnesium deficiency symptoms?***

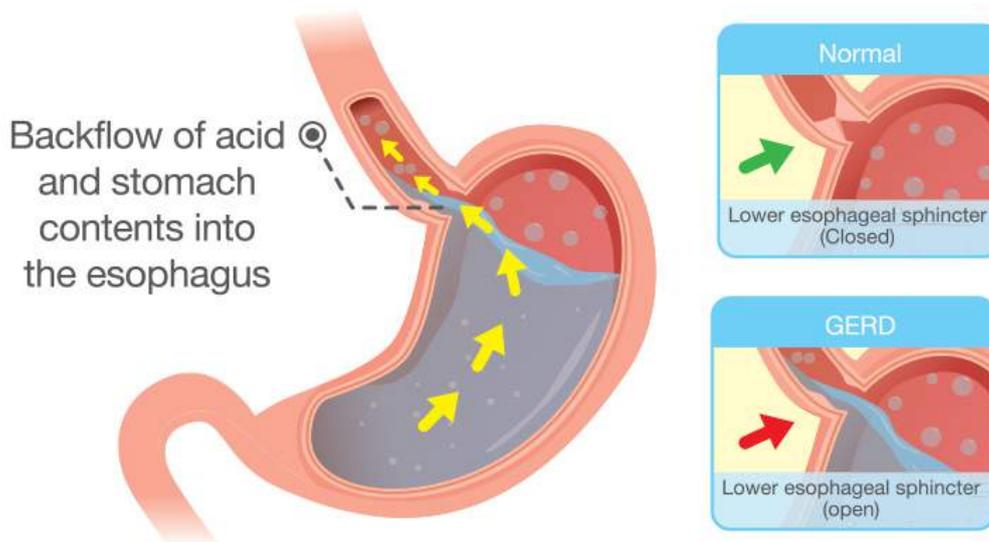
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# Acid reflux / heartburn

## What is acid reflux?

Heartburn (also known as acid reflux or gastric reflux) when the contents in your stomach burp and bubble up into the oesophagus. Heartburn occurs because the valve between the oesophagus and the stomach does not close properly. This valve is pH sensitive, and needs to be kept acidic to keep it closed.

Strong stomach acidity means good, powerful digestion. Young people have strong stomach acid, and digest their food quickly and effectively. In contrast, with weak stomach acid the food is likely to sit in the stomach for a long time, and tends to burp up into the oesophagus.



## Symptoms of acid reflux

- A burning feeling that usually starts in your upper abdomen, and rises up your throat.
- An acid/vomit taste in your mouth.
- Burning of the oesophagus / throat. This can lead to a dry cough (especially at night).
- Weak stomach acidity means it takes a long time to digest your food, especially protein foods such as meat, dairy, legumes etc.
- Bloating and indigestion.
- Insomnia.

## Causes of acid reflux

Insufficient stomach acidity

**Burp test.** Here is a quick home test you can do to check if your stomach is producing enough acid. Baking soda (sodium bicarbonate) reacts with stomach acid to produce gas, which makes you burp. Mix a quarter teaspoon of sodium bicarb with a little over half a cup (125-175 ml) of room-temperature (cool) water. Drink this solution on an empty stomach first thing in the morning, before eating or drinking anything else.

If you start burping within 2-3 minutes, your stomach acid is probably normal. However, if there is no or little burping within five minutes, your stomach is lacking acid.

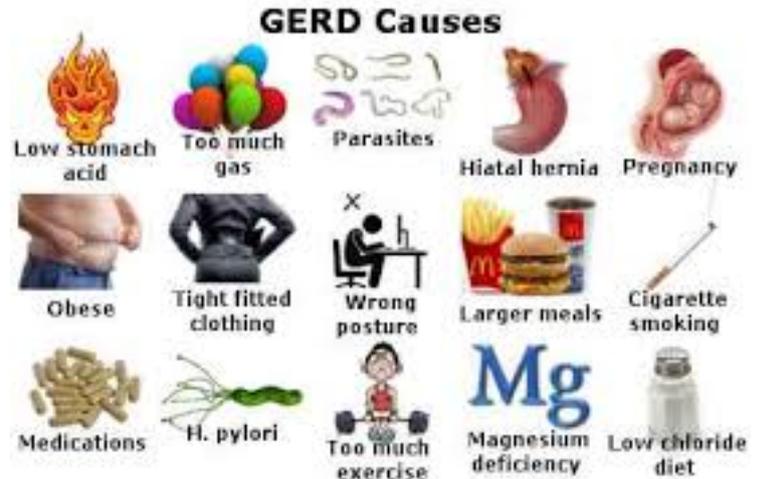
A more accurate test is the Heidelberg stomach acid test, but this needs to be done by a laboratory.

Long-term use of high pH (alkaline) food and drink, especially antacid tablets

or alkaline water.

- **Pharmaceutical drugs.** The standard medical treatment is to try to reduce stomach acidity, usually with a class of drugs known as proton pump inhibitors. They include: aciphex (raberprazole), kapidex (dexlansoprazole), nexium (esomeprazole), prevacid (lansoprazole), prilosec (omeprazole) and protonix (pantoprazole). Whilst they may provide temporary relief, they do the exact opposite of what you need to heal the condition.
- **Wheat.** Wheat grains, flour, and all products made from them. You may find that avoiding only wheat will fix your digestion. The Grow Youthful diet recommends avoiding all grains, all legumes, and everything made from them. This will transform your health.

- Over-eating especially fried & spicy food.
- Poor food combining.
- Stress and fatigue.
- Pregnancy.
- Alcohol.
- Smoking.



### Remedies for acid reflux

- Increase stomach acidity with apple cider vinegar, lemon juice, liquid natural whey, Swedish bitters, slippery elm and other similar traditional home remedies.
- Moderate eating of wholesome, natural foods.



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## Yvonne's Raising Healthy Families Article

### Social and emotional skills at home

For children to develop social and emotional skills they need guidance that is matched to their level of development, as well as practice. In addition to teaching social and emotional learning at school, parents and carers can encourage children to use these skills in everyday interactions at home. Prompting and encouraging children to apply their learning in this way helps them develop their skills. Here we provide two examples that show how everyday situations can be used as opportunities for supporting children's social and emotional skills development.

In the first example, Voula is very excited about a family outing, but her behaviour is very annoying to the rest of her family, especially to her baby brother. The following table considers the problem, the skills Voula needs to learn, and how a parent or carer might support her learning.

Skill	The problem	Needs to learn	How to support
Self-awareness	Doesn't recognise she is wound up.	To recognise she is feeling excited and how it affects her.	Name it: "You seem pretty excited. You might tire yourself out using up all that energy before we even get there!"
Social awareness	Doesn't take account of others' needs.	To understand how others have different feelings and needs from hers.	Ask/explain: "See how the baby is getting upset? He wants you to stop poking him."
Self-management	Doesn't know how to contain her excitement.	To be able to be excited without annoying others.	Redirect: "Let's see if you can use that energy to help us get ready."

In the next example, Wendy, who is 10 years old, is angry because her young pre-schooler sister, Meg, has scribbled all over the homework she had left on the kitchen table. Wendy is angry with Meg and angry with her mother for allowing this to happen.

By looking at the ways that Wendy could use social and emotional skills, we can see how she could be supported to solve this problem and further her skills for effectively managing other similar problems in the future.

Skill	Needs to learn	How to support
Self-awareness	To recognise that she is angry and remember that she can work this out calmly.	Show you understand: "I can understand why you would feel angry." Prompt: "Let's think this through."
Social awareness	To understand her sister's point of view: as a pre-schooler she	Encourage perspective-taking: "Meg didn't realise it was important. I don't think she did it on purpose – do you?"

Skill	Needs to learn	How to support
	thinks the homework is just paper to draw on.	
Self-management	To use strategies that help her to calm down.	Show and encourage: "We can sort this out better when we do it calmly."
Responsible decision-making	To not leave homework lying around.	Ask: "What do you need to do to fix it this time? What can you do next time so it won't happen again?"
Relationship skills	To be able to discuss the issue with a parent or carer and to explain her feelings to Meg in a calm way.	Show and praise: "How about telling Meg that you're unhappy and that you don't want her to draw on your things again?"; "Thanks for working it out calmly. I'm impressed with the way you've handled it."

It's important to recognise that social and emotional skills develop over time, and that they may develop differently for different children.

## Keys to supporting social and emotional skills development

It's important to recognise that social and emotional skills develop over time, and that they may develop differently for different children. Parents and carers and schools working together to help children develop social and emotional skills can really make a positive difference for children's mental health.

### Key points

- Get involved – find out about the social and emotional learning program your child's school is using. Learn the language and basics and look for opportunities to apply them at home.
- Talk about feelings – help children explore theirs.
- Be a model – use the skills yourself and show children how they work. Parents and carers don't have to be perfect; showing them you can make a mistake and learn from it can be really helpful too.
- Be a guide – turn difficulties into learning opportunities.
- Acknowledge and appreciate – provide explicit feedback and praise.

**Don't become preoccupied with your child's academic ability, but instead teach them to sit with those sitting alone. Teach them to be kind. Teach them to offer help. Teach them to be a friend to the lonely. Teach them to encourage others. Teach them to think about other people. Teach them to share. Teach them to look for the good.**

**This is how they will change the world.**

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I came across this recipe that I am sharing with you and couldn't believe the benefits that avocado seeds have. Phil & I regularly have avocados, but we always threw the seeds out. We are now putting 2 teaspoons of our ground up seeds in our daily smoothie.

## PREPARING AVOCADO SEEDS

### **METHOD:**

1. Put avocado seeds in the oven for 2 hours on 120° C until outer skin of the seed cracks.
2. Discard outer skin.
3. Use knife to cut the softened remainder into smaller pieces.
4. Put into Nutra Bullet or use the grater until like powder.
5. Sprinkle in juices, smoothies, oatmeal, soup, salads or put ½ teaspoon in a cup of hot water to infuse. Steep for 10 mins and drink as a tea.



### **BENEFITS:**

1. Contains Vit B17 (lactrile) which is an anti-cancer agent.
2. Reduces bone disease, aches, pains & joint discomfort.
3. It is an antioxidant that combats free-radicals that cause aging.
4. It can synthesise collagen -anti-aging.
5. Lowers blood sugar levels – maintains a healthy weight.
6. Lowers high cholesterol and blood pressure.
7. Improve cardiovascular health - helps prevent heart disease & stroke.
8. Helps reduce inflammation & swelling in gastrointestinal tract.
9. Helps alleviate constipation & diarrhea.



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# 12 steps to self care

1. If it feels wrong, don't do it.
2. Say exactly what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say no.
8. Don't be afraid to say yes.
9. Be kind to yourself.
10. Let go of what you can't control.
11. Stay away from drama and negativity.
12. Love.



You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared or anxious. Having feelings doesn't make you a negative person, it makes you human.

-Lori Deschene



## CONTACT DETAILS

Business email address for booking appointments or any queries is:	<a href="mailto:masmagtec56@hotmail.com">masmagtec56@hotmail.com</a>
Contact Mobile Phone No:	0414-880-393
 If you are on <b>Facebook</b> , don't forget to type in <input type="text"/> → Go through to my site and press <b>liked</b> 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.	<a href="#">Yvonne's Total Body Care</a>



Don't forget to support your local **organic markets** at **Wyong Racecourse** on Sat 4th & 18th of **August** 8 – 1pm. Also every Sunday from 8 – 1pm at the **Gosford Racecourse**. **Shelley Beach Markets** on Sat the 30<sup>th</sup>.

Thanks for reading and look forward to seeing you soon. Kind regards Yvonne

