



# Yvonne's Total Body Care

Hi there everyone, welcome to my [September 2018 Newsletter](#), the first month of spring. I am excited to announce my new website ( address at bottom of newsletter). My website designer has done an amazing job. She made the whole experience smooth and I felt heard as she listened to how I wanted it to look. I invite you to take a browse & tell me what you think. Well my diary is starting to fill up already as this part of the year gets busy as we come out of hibernation from winter and the warmer weather means more family outings & picnics.



Here are my work venues for 2018:

<a href="#">Narara C. Centre</a>	Mondays (9 – 4pm) (only counselling)
<a href="#">Woongarra</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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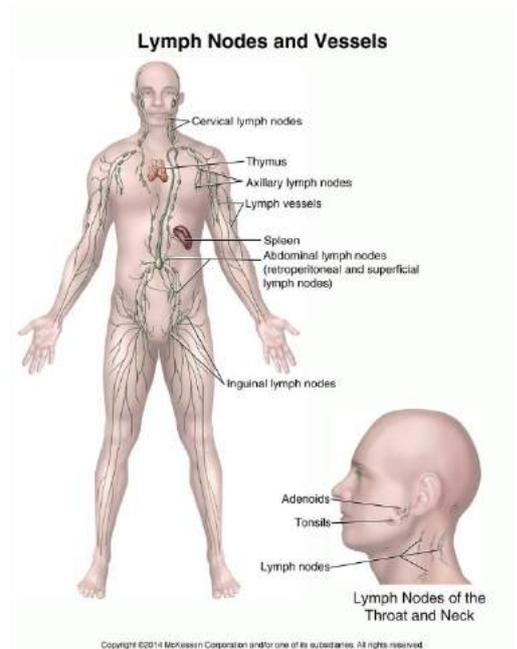
## Benefits of Lymphatic Massage

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.



## MANUAL LYMPHATIC DRAINAGE

Manual Lymphatic Drainage (MLD) is a gentle technique — which is used to stimulate the lymphatic system to promote the flow of lymph fluid around the body. The massage encourages the natural drainage of the lymph out of the affected area, helping to eliminate your body's waste, reducing swelling as well as boosting the body's immune system.

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## A Spring Recipe & Three Articles for September

This month's recipe is [Asian Salad & Dressing](#) and my three articles this month are [5 Things That Happen When You Give Up Sugar](#) and [Cleaning Products](#) plus [The Benefits of Magnesium Flakes](#).

I'm sure you will find the information interesting.



## Satay Veggies & Almond Dressing

### INGREDIENTS

- 1 carrot shredded
- 5 long beans or snow peas (cut into bite size pieces)
- 1 cup mung bean sprouts
- ½ a cucumber cut into thin strips
- ½ a capsicum cut into thin strips
- 3 spring onions, sliced into rings
- 1 corn cob, kernels removed
- 1 cup of coriander, roughly chopped
- Salt & pepper



### ALMOND DRESSING

1/3 cup of almond butter or spread.

½ cup of water

½ cup of soaked cashews

1 tbsp of tamari

1 tbsp of sesame oil

2-3 slivers of fresh ginger

Pinch of cayenne

2 tbsp of maple syrup

Salt & pepper

### METHOD

Add all your salad ingredients into a bowl. Season well & set aside.

Add all your dressing ingredients into a Vitamix or blender with seasoning & blend.

Flood the salad mix with the dressing and toss to combine. Serve & enjoy !

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# 5 Things That Happen When You Quit Eating Sugar

First, let's set the record straight by saying that sugar in and of itself isn't evil, per se. It occurs naturally in plenty of foods, including fruits and milk. With that being said, adding excess sugar to your dietary intake simply isn't necessary. In fact, you'll notice numerous positive things happen when you decide to quit sugar for life.



Although people living in the Western world have been trained to desire sugary treats, as well as foods that include copious amounts of sugar for flavouring, we certainly don't need it. If you stop eating anything but naturally occurring sugars, you'll notice that 5 very distinctive things will happen.

## 1. Your Energy Will Improve

Ironically, many of us have a tendency to reach for sugar-filled items, including so-called energy drinks and caffeinated beverages, when we're tired. Yet without all the sugar, we're guaranteed to have a higher energy level naturally. In other words, all that sugar is blocking our body's ability to keep our energy stores at maximal levels. Plus, there will be no up-and-down with your blood sugar, so afternoon crashes will become an experience of the past.

## 2. Your Weight Will Stabilize

Sugar makes you crave more sugar, and we're not just talking about sugar in its raw form.

Let's face it: most sugar comes in high-fat and/or high-carb foods that have been processed or at least contain tons of unwanted ingredients. There is, of course, the exception of fruit, which are nearly all sugar.

By going on a sugar detox, your body will not be subjected to the need to deal with all those additional calories.

You won't feel hungry, and you'll end up losing weight – or at least not seeing the scale fluctuate as dramatically.

### 3. Your Intestines and Colon Will Perform More Efficiently

If your insides could tell you what they wanted on a daily basis, they would say lots of fibre and a minimum amount of tough-to-digest, impure foods. When you remove sugar, you're enabling your tummy and bowels to reset their abilities to process what you've eaten. You may even find that you go to the bathroom more often ... this is a good thing. It means everything is getting back to a normal routine.

### 4. You'll Stop Wanting Sugar

It's a fact: sugar begets sugar. After you rid it from your food regimen, you'll slowly begin to **lose the desire** to eat anything with sugar in it. **Fruits** will taste plenty sweet, and if you do take a bite of a cake or pie, you'll be shocked at how overpowering and overly sweet it seems.

### 5. Your Skin Will Look Healthier

Have you noticed that you can't seem to crack the case on why your acne appears and disappears despite all the creams, potions, and ointments you're using? It may be that sugar is hurting your skin from the inside out. Many people report that their **skin** feels and looks healthier after they stop giving in to sugar's pull.

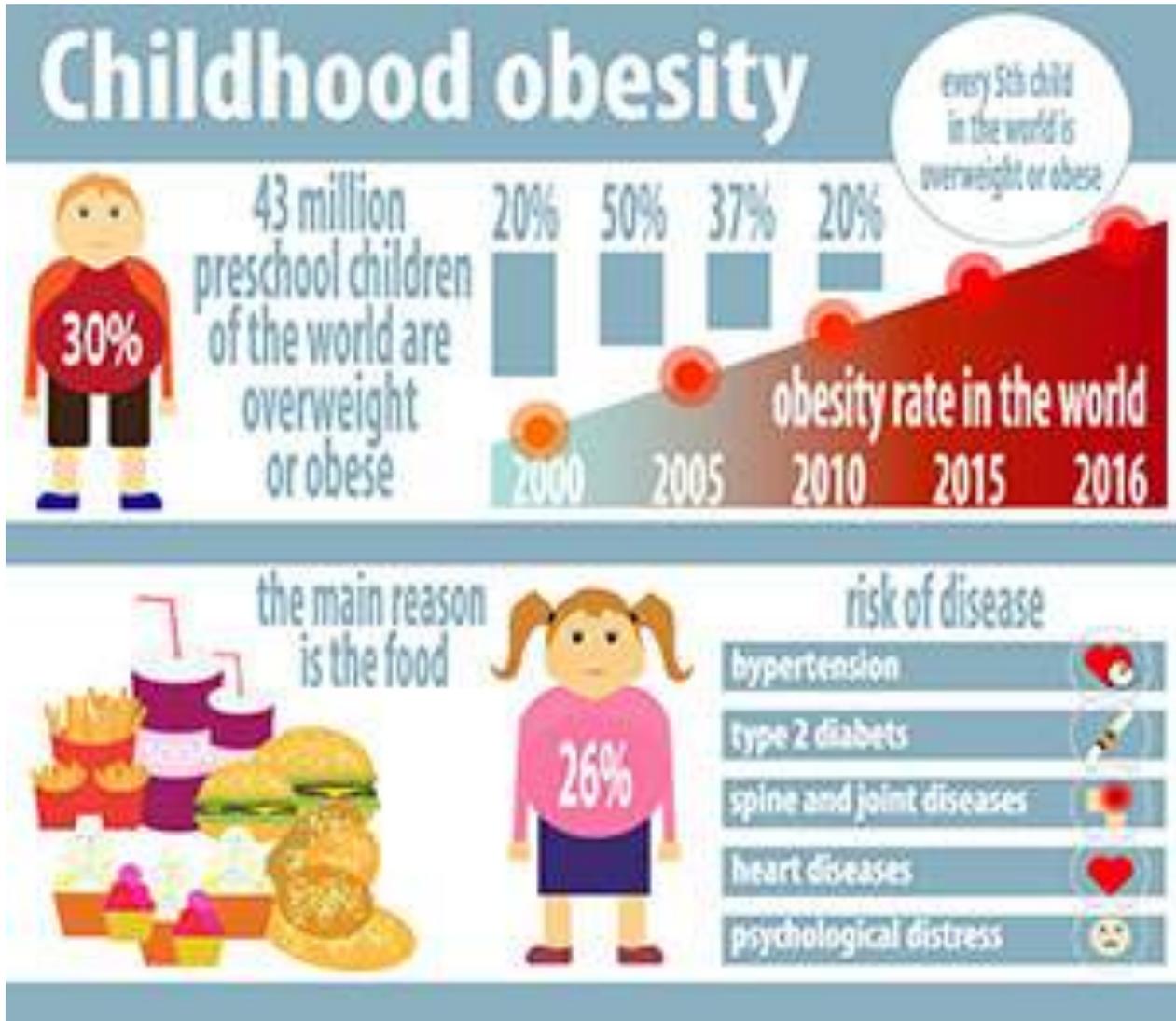
### Ready to Start Your Sugar Detox and Quit Sugar for Life?

While a cold turkey approach to your sugar detox isn't always recommended, especially if you've been a sugar-holic for most of your lifetime, it's definitely a good idea to start cutting back now. The faster you begin, the faster you'll start to reap the advantages of going sugar-free.

In fact, in light of the countless **dangers of consuming too much sugar**, the **World Health Organization** has changed its sugar recommendation—advising **no more than 5% of your daily** calories should come from the sweet stuff, down from the previously recommended 10 percent. Considering that more than **50 percent of all Australians consume one-half pound of sugar PER DAY**—translating to a whopping 180 pounds of sugar per year, we have some work to do.

Start small by evaluating everything you're eating and drinking. If you are addicted to sugar-laced coffee drinks sold at popular coffeehouses, scale back on how many times you drink them. Then, scale back some more. Soon, omit certain sugar-laden products. Over time, you will physiologically adjust to your new habits.

Remember that it **takes about three weeks** before a new way of doing something becomes a comfortable routine. If you have slight missteps, such as eating a candy bar after a stressful workday, just keep forging ahead. The results of your diligence will definitely be worth it.



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## Creating a Healthier Home for our Kids

### Cleaning Products – by Nicole Bijlsma

#### DID YOU KNOW

Most cleaning products contain ingredients that are known skin and lung irritants. Women who use a lot of cleaning products, air fresheners and insect repellents have a higher risk of breast cancer.

Chemical cleaning products were introduced after WW11 with the advent of the industrial revolution in the 20th century. As a result of an effective marketing strategy and a bit of paranoia, one of the world's largest and most profitable industries – the chemical giants was born. Somehow we've been convinced as a society that all germs are bad and that we need to use harsh chemicals to create a healthy home for our kids. Most of the ingredients used in conventional cleaning products will not only expose your family to potentially toxic and in some cases, known carcinogens, they also have the capacity to mutate bacteria so they become resistant and potentially more dangerous (just ask anyone who has contracted a Golden Staph infection during a hospital stay). In addition, it is impossible for the consumer to assess a product as the manufacturer is not required to list the ingredients on the label (most only list the active ingredient). Add to this the time it takes for the toxic vapours to 'out gas' in your home and you can't help but question as to whether there is a better, more healthier option. Well there is!



Our obsession to kill germs and create a 'sterile' home may predispose our children to asthma and allergies that is contributing to the allergy epidemic

#### SIX INGREDIENTS TO AVOID

##### Fragrances, air fresheners and deodorisers

Most commercial air fresheners and deodorisers are made from synthetic fragrances which do little more than mask [buyviagraed.com](#) your ability to smell and cover up odours. Furthermore paradichlorobenzene is the active ingredient used in many air fresheners which [buyviagraed.com](#) is an eye, skin and throat irritant and causes kidney and liver tumours in mice (US Environmental Protection Agency, 2000).

##### 1. Bleach (sodium hypochlorite)

Sodium hypochlorite is the primary chemical used in 'household bleach'. Whilst it is [buyviagraed.com](#) effective in killing bacteria, its wide spread use in products alleged to kill mould is quite perplexing when it does little more than 'bleach' the mould so it can no longer be seen. Furthermore it may actually some types of moulds with a food source which further [buyviagraed.com](#) accentuates the problem (Mycologia, 2009). Bleach gives off toxic fumes which irritates the eyes, lungs, nose, throat and skin and may even cause burns and death.

## 2. Ammonia and its compounds

Ammonia and its compounds (Quaternary Ammonium Compounds) are commonly used in window, oven and floor cleaners. It is a lung, skin and eye irritant that can trigger asthma (Tox Town, 2009). In extreme situations it may cause burns and even [buyviagraed.com](http://buyviagraed.com) death due to suffocation and fluid in the lungs.

## 3. Hazardous surfactants

There are many solvents used in cleaning products that may be hazardous to your health. The two most common detergents are *sodium lauryl (laureth) sulphate* and *cocomidopropyl betaine* (cocamide DEA, coco-betaine...) both of which are lung, eye and skin irritants. Despite the fact that **coco-betaine was voted allergen of the year by the American Contact Dermatitis Society** in 2004, most 'natural' products contain it! Once you have obtained a list of the ingredients in the cleaning product (by contacting the manufacturer or downloading the product MSDS from their site), compare it to the 'Full list of chemicals of concern' on the following website: [www.sasiclean.com.au](http://www.sasiclean.com.au). Healthier cleaning ranges like Abode use non-toxic alternatives.

## 4. d-Limonene

This is found in citrus-based products marketed as 'natural' (they often have an orange or [buyviagraed.com](http://buyviagraed.com) lemon on the label) are common causes of skin rashes and may contribute to allergies in children.

## 5. Dry cleaning solvents

Conventional dry cleaning involves the use of perchloroethylene or 'perc'. Short-term exposure may cause eye irritation, light-headedness, confusion, lung problems, and temporary liver damage. Chronic [buyviagraed.com](http://buyviagraed.com) exposure may damage the kidneys, liver, and the central nervous system (US Environmental Protection Agency, 2007). Perc is classified as a probable human carcinogen [buyviagraed.com](http://buyviagraed.com) by the International Agency for Research on Cancer.

- Healthier cleaning products such as the **Abode cleaning product range** contain alkyl polyglucosides as their detergent. (from [nourishedlife.com.au](http://nourishedlife.com.au))
- **ecoWorkx** Australia
- **Herbon Natural Products** – (Organic Warehouse Erina)

## Healthy Home Cleaning Kit

- **Microfibre cloths** and mop (to dust, wipe surfaces and floors and to clean windows)
- Cream cleanser paste: 6 tsp bicarb soda to 3 tsp of detergent
- Mould spray: 80% white naturally fermented vinegar to 20% water solution in a spray bottle
- Lavender, eucalyptus & lemon essential oil.
- Borax
- Scrubbing brush and elbow grease!



# Natural Cleaning Recipies

## All-Purpose Cleaner

2 cups white vinegar  
2 cups water  
Essential oils (optional)

## Soft Scrub

1/4 cup baking soda  
1 Tbsp. liquid soap  
Essential oils (optional)

## Carpet Fresh

1 cup baking soda  
Essential oils (optional)

## Silver Cleaner

3/4 cup baking soda  
1/4 cup water

## Towel Fresh

1 cup baking soda  
1 cup vinegar

## Goo-B-Gone

1/2 cup borax  
1/4 cup water

## 8 Simple DIY BATHROOM CLEANERS

### LAVENDER & LEMON DISINFECTING CLEANER

1/2 cup white distilled vinegar  
1/2 cup vodka (excellent germ-killing properties)  
10 drops lavender essential oil  
10 drops lemon essential oil  
1 1/2 cups water (distilled or boiled and cooled)

Mix all ingredients in a spray bottle and shake to combine. Spray surfaces to be cleaned and allow to sit 10 minutes to disinfect before wiping.

### PEPPERMINT GLASS + MIRROR CLEANER

2 cups water  
2 tablespoons white vinegar  
2 tablespoons rubbing alcohol  
5 drops peppermint essential oil

Combine and mix ingredients in spray bottle. Spray and wipe with a soft cloth.

### PEPPERMINT DAILY SHOWER CLEANER SPRAY

1/2 cup vodka  
1 cup water  
10 drops peppermint essential oil

Mix and store in a spray bottle. Spray shower or tub daily after showering has occurred. No rinse needed.

### RUST REMOVER

white vinegar

Saturate paper towels or rags with white vinegar and drape over fixtures. Let it sit for 15 minutes and rub with the cloth to eliminate the rust. Rinse, and repeat if necessary

### PEPPERMINT & TEA TREE MILDEW REMOVER

1 cup water  
1/2 cup hydrogen peroxide  
10 drops tea tree essential oil  
10 drops peppermint essential oil

Mix and store in a dark container. Spray liberally on mold/mildew, let sit for 1-2 hours, rinse. Repeat if necessary.

### DISINFECTING TOILET & BOWL CLEANER

1/2 cup baking soda  
1/4 cup vinegar  
10 drops tea tree oil

Combine ingredients directly in toilet. There will be a little fizzing. Let the ingredients sit for 5-15 minutes, scrub with toilet brush and flush.

### SOAP SCUM REMOVER

1/4 to 1/2 cup Borax  
2 cups of hot water

Mix Borax and hot water in a spray bottle. Shake and spray surfaces thoroughly. Let it sit for up to 15 minutes and use a Magic Eraser sponge to clean. Rinse and wipe dry.

### LEMON GROUT CLEANER

2 teaspoons cream of tartar  
lemon juice

Combine cream of tartar and lemon juice to make a thin paste. Apply to grout and scrub with a small cleaning brush. Rinse and wipe dry.

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## They Said to Add Epsom Salts to Your Bath, Here's What They Didn't Say About Magnesium Flakes

by Jenn Ryan, a freelance writer and editor who's passionate about natural health, fitness, gluten-free, and animals. You can read more of her work at [thegreenwritingdesk.com](http://thegreenwritingdesk.com).

### Why You Should Use Magnesium Flakes Instead of Epsom Salts

You've certainly heard of using Epsom salts for a variety of things, some of the most popular being to soak in the tub after a long day or if you have sore muscles. But have you heard of magnesium flakes?

Magnesium flakes differ from Epsom salts for several reasons. However, before we get into why magnesium flakes take the cake over Epsom salts, let's take a closer look at why people use Epsom salts so we can better understand why magnesium flakes triumph!



### Why People Use Epsom Salts

People use Epsom salts for a variety of reasons. Epsom salts get their name from a place called Epsom, which is in England where the salt is naturally found. It's been used for hundreds of years to help ease aches in the body, including arthritis, sore muscles (such as from a workout), sports injuries, bruises, even sunburn and insomnia! When the salt is introduced to the water, it separates itself into the two compounds from which it was made: magnesium and sulfate. These are absorbed through your skin and help you to heal.

A note of warning: pure Epsom salt is best. While the fancy scented kinds look pretty and relaxing, the dangers of inhaling that fake fragrance are far costlier. Add your own essential oils to your bath of salts to help relax you! Lavender is an extremely popular and affordable essential oil that will last for a while and you just need a few drops in every bath to make your experience even more relaxing!

### Magnesium Salts Are Better Absorbed Than Epsom Salts

Magnesium salts, unlike Epsom salts, are made out of magnesium chloride, and people argue that the body better absorbs these salts as opposed to Epsom salts. Magnesium plays many key roles throughout the body: it's important for muscles, nerve communication, your heart and bones, proper sleep, and even your skin.

Magnesium chloride comes from the sea, and people benefit from this type of magnesium because it's easily absorbed through the skin. This also means that the magnesium won't have to go through your digestive tract, therefore it avoids being subjected to our wonderfully acidic stomach acids. Magnesium chloride is better absorbed through the skin than it is when you take it internally, therefore leading to more health benefits, faster. Fascinating!

## The Benefits of Using Magnesium Flakes

Magnesium chloride flakes have many benefits! They include:

**Sleeping better.** Magnesium can help you relax and sleep better.

**Managing stress.** Don't stress—relax with a magnesium bath. You'll be calmer afterwards.

**Smell better.** Some people have experienced “clean” sweating after using magnesium flakes, therefore eliminating the need for deodorant.

**Clear up your skin.** With problems like eczema, dry skin, and acne!

**Better circulation.** Goodbye, cold feet!

**Achy muscles and joints.** Magnesium is famous for helping soothe muscle cramps as well as aching muscles post-workout. It can even help with arthritis!

**Get more nutrients.** Helps heal the gut so that you can better absorb nutrients.

**Ease headaches.** Magnesium flakes can help take away your headache.

**Heal easier.** Magnesium chloride can encourage your body to heal.

These are just a few benefits of getting a boost of magnesium from a simple twenty or thirty-minute soak in the tub! You can also use magnesium flakes in the numerous other forms that they come in.

## Forms That Magnesium Flakes Come In

Magnesium chloride comes in different forms for your convenience. Some of these forms include:

**Flakes.** For your bath!

**Magnesium oil.** Not technically an oil, but can be made into a spray to spray directly onto your skin with this recipe! <http://www.foodrenegade.com/how-make-magnesium-oil/>

**Gel.** Some brands make a magnesium gel combined with aloe vera. This could be the perfect post workout massage buddy!

**Lotion.** Get a magnesium lotion? Yes, way! Beneficial for sore muscles, clearing up acne, and promoting relaxation.

Choose the form that's best for you or get a few different kinds so that you can experience the benefits of magnesium chloride anywhere, anytime!

Many people are deficient in magnesium, and by getting your magnesium from magnesium flakes, you can help your body to quickly absorb this powerful trace mineral that's often overlooked in our diets. Sleep better, soothe tired muscles, manage stress, and do many more amazing things with these bath flakes. They're more easily absorbed than the magnesium in Epsom salts, and you'll be amazed at how great you feel after spritzing some of this on or taking a bath at the end of the day. Enjoy!

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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.

<b>CONTACT DETAILS</b>	
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  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>
My new website address is:	<a href="http://www.yvonnestotalbodycare.com.au">www.yvonnestotalbodycare.com.au</a>



Don't forget to support your local **organic markets** at **Wyong Racecourse** on Sat 8th & 22nd (8 – 1pm). **Gosford Racecourse** every Sunday from (8 – 1pm.) **Umina Beach Markets** on Sun the 16<sup>th</sup> **Shelley Beach Markets** on Sat the 29<sup>th</sup>.  
 Thanks for reading and look forward to seeing you soon.  
 Kind regards Yvonne

