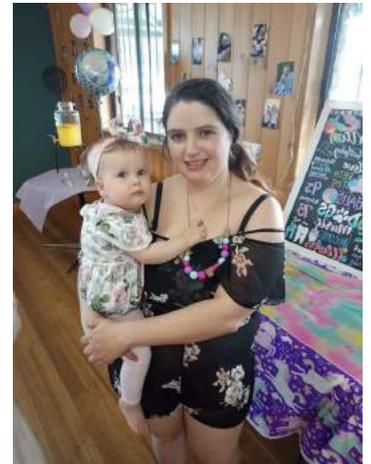




Yvonne's Total Body Care

Hi there everyone, welcome to my [October 2018 Newsletter](#), the second month of spring. Thank you for all the positive feedback I have had on my new website, much appreciated. My dad was a social activist and the peace dove on my newsletter is a symbol my dad used and silk screened (his profession) when he worked in the Central Coast Peace Forum. This organisation was instrumental in persuading both Wyong & Gosford Councils to ban any nuclear products from travelling through the Central Coast, as did many other towns, back in the 70's and 80's. Dad taught us that together in small ways we can all make a difference to the planet, whether it be composting, planting flowers for the bees in your garden, buying non-toxic products for your skin, or food for eating or products for cleaning in your home. Signing petitions, donating to worthwhile organisations, helping on Clean Up Day, Landcare or fund raising for worthwhile projects all help us get a sense of community and prevent loneliness & depression. Peace & kindness is what this planet needs right now more than any other time. I've been thoroughly enjoying these lovely sunny days picnicing with family and spring cleaning around my house, such a good feeling. Can't believe Aliana has just turned 1, where has that time gone and now the shops are reminding us that it is 12 weeks to xmas...slow down !!!



Here are my work venues for 2018:

Narara C. Centre	Mondays (9 – 4pm) (only counselling)
Woongarrah	Wed, Thurs & Frid (9 – 7 pm), Saturday (9 -1 pm) Massage & counselling.



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.



Benefits of Reiki

Is a gentle touch activated technique accessing pure Universal Life Force Energy through the hands, to restore natural health and balance on a physical, mental, emotional and spiritual level. It clears the causes and effects of stress, illness, imbalances and injury. It treats and prevents the physical symptoms of dis-ease and boosts the immune system. It energises and rejuvenates your entire system safely and quickly. Ring me for an appointment on 0414-880-393.



It is an effective technique for:
Total relaxation & stress relief
Anxiety
Hyperactivity
Asthma
ADD conditions
Chronic Fatigue Sufferers

Enhances mental clarity
Enhances self esteem
Enhances inner peace & conscious awareness
Accelerates the body's ability to regenerate
Assist in the treatment of cuts, burns & broken bones



*Just for today,
I will let go of anger
Just for today,
I will let go of worry
Just for today,
I will give thanks for my many blessings
Just for today,
I will do my work honestly
Just for today,
I will be kind to my neighbor and every living thing
- Usui Mikao*

A Spring Recipe & Four Articles for October

This month's recipe is [Vegetable & Black Eye Bean Enchiladas](#) and my four articles this month are [Treats for Sore Eyes](#), [How to Avoid Constipation](#), [15 Natural Home Remedies for Wounds](#) plus [The Benefits of Spending Time in Nature](#).



I'm sure you will find the information interesting.

Vegetable & Black Eye Bean Enchiladas

Ingredients (serves 6)

- 1tbsp of extra virgin olive oil
- 1 brown onion chopped
- 1 small red capsicum chopped
- 1 small green capsicum chopped
- 420g can of corn kernels drained
- 400g can of black eye beans drained & rinsed
- 2 tsps of ground cumin
- Pinch of chilli powder
- 400g can of chopped tomatoes
- ¼ cup chopped fresh coriander & some sprigs.
- 12 flour tortillas
- 450g jar of mild salsa
- 2 cups of grated tasty cheese
- 1 avocado diced
- 1 small red chilli, seeded, finely chopped (optional)
- Sour cream (optional)



Method

1. Heat oil in a large saucepan over medium heat. Add onion and both capsicums. Cook for 8-10 mins or until softened. Add corn, beans, cumin & chilli powder. Stir to combine. Add tomatoes. Bring to a simmer for 5 mins until the mixture thickens. Remove from heat. & set aside for 5 mins to cool. Stir in coriander & season with salt & pepper.
2. Preheat oven to 200°C/ 180°C fan-forced. Grease a 6cm deep, 23cm x 45cm ovenproof dish.
3. Place one tortilla on a board. Spoon 1/3 cup of mixture along the centre of the tortilla. Roll up to enclose filling. Place in prepared dish, seam-side down. Repeat with remaining tortillas and filling. Spoon any leftover filling around tortillas in the dish.
4. Pour salsa over tortillas & sprinkle evenly with cheese. Bake for 20-25 mins or until heated through & cheese is melted & browned. Stand for 2 mins.
5. Toss avocado & chopped chilli together in a bowl. Serve enchiladas with sour cream, avocado mixture & some coriander sprigs.

Treats for Sore Eyes

By Josephine Fairley and Sarah Stacey

Dark circles, puffy eyes



If you're short of sleep, get more and better slumber. [Dark circles and eye bags](#) are often linked to [food allergies or intolerance](#), so if more sleep makes no difference, cut out wheat entirely for a week and see if that helps. (Sarah's eyes can be practically invisible under the bags in the morning if she's had pasta or sandwiches the day before.) If it doesn't, try avoiding all cow's milk products. There could well be other foodie culprits, so for details of an elimination diet, read *Solve Your Food Intolerance* by Dr John Hunter. Also, stick to fresh food, preferably organic;

processed and/or conventionally grown foods may contain additives that you are sensitive to. Cut down on alcohol, sugar, and salt (often hidden in processed foods), and drink lots of still pure water to flush out toxins. For an immediate rescue strategy, stroke ice cubes over your eyes. If you have time to lie down briefly – or somewhere to lean your head right back – brew a pot of chamomile tea with two tea bags, and lay the slightly cooled, slightly squeezed bags on your eyes. Slices of cucumber are also soothing, and raw potato contains an enzyme that helps de-puff skin – lay slices straight on your eyes.

Camouflage dark circles with a little concealer, patted on thinly with your ring fingers: don't rub, pull or drag skin. If you use eye cream, be sure not to get it too near: products should be applied on the bone of the eye socket – from there they travel to the skin nearer the eye on their own.

[Eye products and cosmetics](#) may be another cause: if you suspect a culprit, bin it immediately. Remember that even natural ingredients can cause problems – Sarah's eyes flare up if the herb eyebright gets near them. Puffy eyes respond brilliantly to an instant 'bag-draining' detox in the shape of a run or a vigorous treadmill session, followed by a sauna – or the low-tech solution: steam your face over a bowl of very hot water, with some essential oils such as rosemary to perk you up.



Red, bloodshot eyes



If you've excluded conjunctivitis (visit your doctor to make sure) and the veins in your eyes are always on show, the likeliest villain is lack of sleep. However, we have also noticed an amazing difference with a bit of light detoxing and green food supplements, such as algae, chlorella, and spirulina.

Tired, itchy, dry eyes

Firstly, the mucous membrane round eyes needs to be lubricated like every other part of your body, so drink more water – eight large glasses of pure still water between meals. Also make sure you eat plenty of essential fatty acids. Secondly, dry environments will dry your eyes, so if you work in an office, put a bowl of water and/or an ioniser on your desk; if you have a centrally heated house, put a bowl of water near all the radiators. For instant help, try the chamomile tea bag trick described earlier. NB: If you have contact lenses, check in with your optometrist: there are now lenses that may help. Scientist Dr Linda Fellow recommends spraying Rescue Remedy flower essence on your lids and round tired eyes – a tip which Sarah loves.

Treat Itchy Eyes
with
Home Remedies



Computer vision syndrome

Long hours at the screen can lead to all sorts of problems: sore, tired, burning, itchy, watery or dry eyes, blurred or double vision, headaches and a sore neck. You may also have trouble when you try to shift focus between the monitor and papers on your desk. Some people notice increased light sensitivity or see fringes of colour, or after images, when they look away from the screen. The first thing to do, according to integrative health expert Dr Andrew Weil, is to ensure that your computer is in the best position.

* Make sure you are sitting straight in front of it, about an arm's length away.

* Try taking bilberry extract.

* Have an eye check every two years, annually if you have glaucoma in the family.

* The top of the screen should be at eye level or below so that you're looking down slightly (you can get a sore neck if the screen is too high or too low).

* Your keyboard should be directly in front of the monitor.

* Your reference papers and books should be placed at the same level, angle and distance from your eyes.

* To minimise glare from bright lights, put your light source at a right angle to the monitor.

* To reduce eye strain, take periodic breaks and focus on distant objects. Schedule a five-minute break every hour. Stand up and move around or just lean back and close your eyes for a few minutes.

* Blink frequently. If your eyes are dry, you're probably blinking less than normal when you look at the screen. If that doesn't help, get some artificial tears, which are available at any chemist.



Don't dye your lashes

We have one thing to say about dyeing your lashes: please don't. Jo acquired an eye infection from having it done at a reputable salon. Hair dye is commonly used, despite the fact that the manufacturers warn in the strongest terms against getting the product near your eyes because of the risk of injury, allergic reaction or blindness. There are now specific lash dyes on the market, but they contain basically the same ingredients as hair dye. Some may contain coal tar, too.



Fab idea

Your eyes thrive on nutrients called lutein (in green veg) and zeaxanthin (in orange and yellow ones), which help reduce your risk of age-related macular degeneration, the commonest cause of loss of vision. So eat lots of green leafy vegetables, particularly spinach and kale – the richest sources of lutein – plus orange capsicums, which are full of zeaxanthin; corn has a nice lot, too. Jo swears by a (delicious) mix of dried red fruits with her muesli – cherries, cranberries and, particularly, bilberries: bilberry extract has been shown to improve normal and night vision.



Smile with your eyes

According to psychiatrist Dr David Servan-Schreiber, watching the way people smile – with their eyes or not – is a simple test of whether they are really happy to see us. A forced smile – the sort we ‘put on’ at social situations where we really aren’t feeling at ease – mobilises only the muscles around the mouth, showing our teeth (not for nothing do we describe it as ‘the smile on the face of the tiger’). A ‘real’ smile, however, also uses the muscles around our eyes. The order for smiling with your eyes comes from the deepest and most ancient region of your brain, known as the limbic system, which we can’t control with our cognitive brains. As Dr Servan-Schreiber says, “That explains why the eyes never lie – their folds tell us whether the smile is genuine. A warm smile, a real one, lets us know intuitively that the person we are talking to is, at that exact moment, in a state of harmony with what he or she thinks and feels.” In other words, they are happy to be there with us.



Of course, people who watch us smile are getting the same intuitive messages. If you aren’t quite smiling with your eyes, can we recommend you read Dr Servan-Schreiber’s book *Healing Without Freud or Prozac*? It’s on our very short list of books that can change your life. As well as giving an account of his personal search for natural ways to relieve stress, anxiety, and depression, it gives simple ways that we can all help ourselves – and others – to be happier. The key one? Be loving and kind. If you are, no matter what else is going on, people who look into your eyes will see “the sweet soul shining through them”, as one poet put it – and that’s real beauty in our book.

Treats for tired eyes

We’ve lost count of the women who’ve asked us if there really are products that put the sparkle back, while depuffing eye bags and/or fading dark circles. The good news? Yes, there are!

[Dr Hauschka Eye Solace](http://www.drhauschka.com.au), www.drhauschka.com.au This product features eyebright, alongside fennel extract, woundwort, chamomile and rose essential oil in a cooling lotion that our testers unanimously found super-refreshing. Comments: “Rested my eyes and took away the strained feeling at the end of the day”; “cooling and refreshing: red tired eyes much clearer”; “excellent before and after a big night out”; “great for a pampering lazy day”; “eyes felt ‘alive’ again”.

[Aveda Green Science Firming Eye Crème](http://www.aveda.com.au), www.aveda.com.au

Contains certified organic argan oil to restore skin’s moisture barrier, glucosamine to moisturise, boswellia and plai, two anti-inflammatory herbs, and organic cactus extract to stimulate collagen synthesis.

Comments: “Subtle brightening effect, effective on my computer- and contact lens-strained eyes”; “minimised morning puffiness”; “improves the appearance of dark circles”.

[A’kin Ginkgo & Chamomile Eye Cream](http://www.purist.com), www.purist.com

Eye creams can cost an arm and a leg, so we’re delighted this unfragranced cream is accessibly-priced. Our testers got fantastic results from its fusion of cornflower, alpha-lipoic acid, omega-3, -6, and -9 essential fatty acids, and ginkgo.

Comments: “I liked everything about this – using it was lovely”; “did not irritate my sensitive eyes”; “shadows round eyes less prominent, helped reduce dark circles”; “reduction in puffiness and fine lines smoothed”



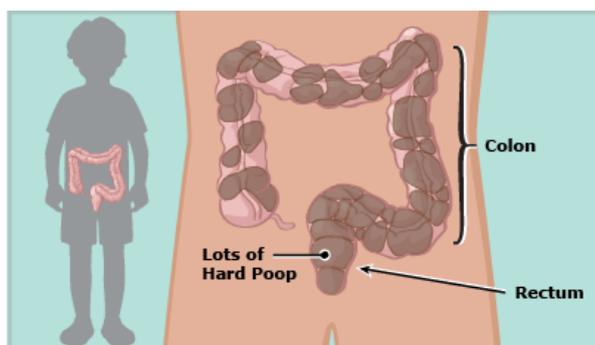
Knowing About Our Body and How It Works

HOW TO AVOID CONSTIPATION

ARTICLE FROM INVITATION FOR HEALTH, PICS FROM YTBC

WHAT IS CONSTIPATION?

Constipation happens when faecal material (stool) moves through your bowel too slowly. This can happen for several reasons and the end result is (that it is) difficult to pass, hard or dry stools. Good bowel movements are considered to be well formed stools once sometimes twice per day whereas constipation could be defined as fewer than 3 spontaneous, complete, bowel movements per week.



WHAT CAUSES CONSTIPATION?

There are several key reasons for constipation including poor nutrition, food intolerances, stress/ anxiety, inadequate sleep, limited exercise and gut bacterial imbalance. Certain diseases and medications can also cause constipation. It is important to rule out intestinal or other major diseases causing constipation especially when it is of sudden onset, or a change happens for no apparent reason.

The governing controls of good bowel movements involve 1) stool bulk, 2) stool fluidity/ lubrication, 3) nerve reflexes that control (of) peristalsis (muscular movement of the gut). The function of bowel movements can be understood through these categories.

AUTONOMIC NERVOUS SYSTEM: SYMPATHETIC VS PARASYMPATHETIC

These two nervous systems drive many (neurological) functions of our organs. The Sympathetic nervous system is your “Fight or Flight” system. Acute sympathetic arousal helps us to “run away from tigers” for example. The parasympathetic nervous helps you “rest and digest”. Stress and our busy lifestyles often overload our sympathetic nervous system, contributing to digestive issues.

WHAT ARE THE CONSEQUENCES OF BEING CONSTIPATED?

Firstly the more serious causes of constipation should be excluded. Symptoms of chronic constipation include discomfort with bowel movements, haemorrhoids and anal fissures from straining, abdominal bloating, cramps, malodorous wind, faecal incontinence or leakage and low back pain.

Constipation may be present without symptoms but will still cause problems because the faecal toxic material is not being excreted efficiently.

WHY IS FIBRE (IS) SO IMPORTANT?

Fibre is the part of plant food that is not digested. There are two kinds: soluble and insoluble. Soluble fibre gives bulk to the stool . Foods that are good sources of soluble

fibre include apples, bananas, oats and green beans. Insoluble fibre helps speed up the transit of food in the digestive tract and also feeds the bacterial flora in your large bowel. It is crucial in maintaining their ecosystem and the good health of the mucous membrane lining of your colon. Good sources of insoluble fibre include whole grains, most vegetables, bran, and legumes. Foods that have fibre contain both soluble and insoluble fibres. A good daily intake would be 20-30 grams of dietary fibre per day.

GENERAL GUIDELINES FOR AVOIDING CONSTIPATION

Nutrition

- Eat regular meals each day.
- Increase the amount of high-fibre foods in your diet : select raw fruits, vegetables, nuts and seeds. Aim to eat upwards of 5 portions of vegetables a day.
- Drink six to eight glasses of water each day.
- Limit refined and processed foods including all white flour goods.
- Eat sufficient amounts of good fats (e.g. oily fish, coconut , ghee) and oils (e.g. cold pressed olive oil and flax oil eaten raw) which aid lubrication. Soaking seeds (chia or flax seeds) overnight in water and adding them to your meals can help.
- Limit foods which (with) have little or (of) no fibre, such as cheese, ice cream, meat and processed food.

Exercise and Sleep

- Exercise regularly. Do weight-bearing exercise, such as walking, running, and climbing stairs, three or more times each week.
- Go to sleep at a regular time each night. Make sure you get enough sleep.

Rest and digest

- Develop strategies for reducing (handling) your stress (e.g. mindfulness, yoga, meditation). Green tea, Vitamin C and activities such as dancing, singing, listening to music and sexual activity all activate your parasympathetic nervous system.
- Practice deep breathing whenever you feel anxious or your stress increasing.
- Make sure you eat sitting down, chew your food well and try not to eat in front of the computer or TV

Toilet habits

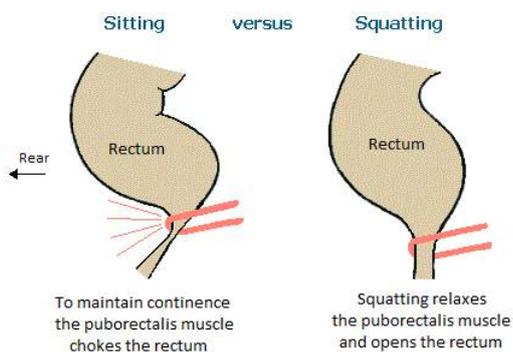
- Try using a squatting stool around your toilet so you are not exacerbating the problem by straining which can cause haemorrhoids. Squatting helps relax the puborectalis muscle and opens the rectum.

The squatty potty :)



This **convenient, sturdy structure** is engineered to mirror the angle and efficiency of **natural squatting**, while allowing for the **luxury and comfort** of your own toilet.

squatty potty :)



How to squat in your bathroom!



15 Natural Home Remedies for Wounds



We have all experienced a wound at some point in our life, but who knew that the answer to a hasty recovery could be found right in our fridge or cupboard? There are many home remedies for cuts, scrapes, bruises, burns, and other wounds that can help stave away infection and even help the wound to heal faster.

Here are my top 15 natural home remedies for cuts, scrapes and bruises! Leave a comment below as to how these plant-based products helped you with your wounds!

1. Honey

Honey is a great way to speed up wound healing. According to some findings, honey is actually **more effective than antibiotics!** In lab tests, honey has been found to kill off the majority of bacterial cells and can prevent infections from occurring in the first place. Make sure you use **raw honey** to dress your wound (honey that is cooked will not have the proper enzymes to do the trick).



When honey gets diluted with the blood and tissues of the wound, hydrogen peroxide is produced via a glucose oxidase enzyme reaction. This is released slowly, and provides antibacterial activity, while keeping tissue healthy and un-damaged! Spread some honey on a dressing and apply this to the wound. If the wound is deeper, the wound bed should be filled with honey, then wrapped with a dressing pad.

2. Garlic



Allicin in garlic has been shown to be as effective as a 1% penicillin solution! It is a great anti-bacterial, and anti-fungal and can help heal almost any wound. Garlic can cause damage to the skin, however, so making sure you don't leave it on the skin for longer than 20-25 minutes. You can make a mix of 3 crushed garlic cloves and 1 cup of wine, blended, let stand for 2-3 hours and strain. Apply to the wound with a clean cloth 1-2 times a day.

3. Calendula

This beautiful little flower is considered a vulnerary agent (a substance that promotes healing). This plant is an anti-inflammatory too, and is slightly anti-microbial. It can be used topically to help heal abrasions, skin infections and internal infected mucous membranes. You can buy calendula salves at health food stores, and you can use this to apply to your wounds. For internal infections, make a calendula tea with 1 cup warm water and 1 tsp. calendula flowers.



4. Chamomile



Another flower with great wound healing properties – chamomile! Also known for its awesome relaxation properties, chamomile is one of the most ancient medicinal herbs known to mankind! The dried flowers contain many terpenoids and flavonoids, making it a powerful herbal medicine. Chamomile has even been found in some studies to be much faster at healing wounds than some corticosteroids. Make a chamomile press for your wound by soaking some chamomile tea bags in water, lightly draining some of the liquid, and then wrapping these tea bags around your wound with some gauze. Alternatively, you can likely find chamomile tinctures or natural ointments in your local health food store.

5. Marshmallow Root

Marshmallow root is not the same as the sugary white cylinders you can find in the candy section at your grocery store – this plant is actually incredibly healing to wounds inflicted on the body. Marshmallow is great for drawing out toxins and other bacteria found in wounds when used as a poultice, and it can shorten the healing time by drawing out impurities. It can also be used to heal burns and bruises! Creating a poultice with marshmallow and applying it to your wound can speed wound healing!



6. Cayenne Pepper



Cayenne pepper is great for helping blood to clot faster at the site of your wound, and also **disinfects** the wound due to its **anti-fungal** and **anti-bacterial** properties. Cayenne pepper will stop wound bleeding in 10-12 seconds, and if the wound is more severe, having the afflicted individual consume an 8-oz. glass of water with 1tsp. cayenne can significantly help out too!

7. Potato

Potatoes can heal wounds? That was the first thing I thought too! Potatoes have this type of gravitational pull which draws out infections from any type of wound or abscess. Make a raw potato poultice with shredded potatoes and maintain this throughout the day, changing it every 4 hours or so (and rinsing with salt water in between). This will ensure that inflammation is reduced and that there will be no chance of infection! To make a poultice, shred raw potato with a grater, and spread this onto a clean cloth. Apply to the affected area, and cover with gauze and then some saran wrap or other material of choice. Leave overnight and remove in the morning. Clean affected area with salty water, cover with clean dressing and continue until healed.



8. Lavender



The amazing benefits of lavender were accidentally discovered by a French scientist, René, Gattefossé, who was severely burned in a laboratory accident and immersed his hand in a vat of Lavender. He found that this oil promoted hasty tissue regeneration without any scarring! Use lavender essential oil to help promote natural wound healing. Use topically 2-5 times per day by applying 2-4 drops on the wound area. Dilute as required!

9. Aloe Vera

We all know aloe vera can help heal burns, but the sap from an aloe vera plant can also be used to treat cuts, scrapes and other sores. Simply cutting off a stalk of the aloe vera plant and applying it to the wound every couple hours can significantly reduce healing time.



10. Goldenseal



This plant is known for its antiseptic and astringent properties.

It can be used for cuts, wounds, infections, bites and stings and is also used internally to help treat sinus infections and inflammation of the stomach and intestinal tract. The main components of goldenseal are alkaloids called berberine and hydrastine which help destroy many types of bacterial and viral infections. Use goldenseal ointment on your wounds (found in local health stores), and watch your healing time drastically reduce!

11. Tea Tree Oil

Tea tree essential oil is one of the best ways to treat a wound to help prevent infection. It is a great antiseptic, antibacterial, antiviral, and antifungal. Tea tree oil is so effective that it can actively attack and eliminate staph infections such as MRSA. The aborigines of Australia used tea tree leaves to heal skin infections and wounds and burns by crushing tea tree leaves and holding them in place with a mud pack. Thankfully, we can just use tea tree oil applied 3-5 times a day to effectively heal our wounds quickly and efficiently.



12. Coconut Oil

Coconut oil, amongst a million other things it can do, can effectively heal wounds! It has amazing antibacterial and antifungal properties and can even prevent scarring of wounds too! Use coconut oil on your wound to help speed recovery – apply coconut oil under a band aid and re-refresh 2-3 times a day. Watch your cut heal in no time!

13. Witch Hazel

Witch hazel is a wonderful astringent that contains procyanidins, resin and flavonoids, all of which make it a very soothing, anti-inflammatory plant. Soaking a cloth in some with hazel and applying it to cuts, bruises and other wounds can significantly reduce swelling and speed up recovery time. Witch hazel can also control bleeding – to help reduce bleeding, apply witch hazel to a fresh wound and wrap it up in gauze.



14. Juniper Leaves & Berries



Juniper berries, which were also used as a flavouring for gin back in the 17th century, are also very useful in the treatment of inflamed joints and wounds. These berries are very rich in B vitamins and vitamin C, which make them great for speeding up recovery time of cuts, scrapes and other wounds. Juniper berries contain antibacterial and antiseptic properties as well, so they are great for treating numerous wounds or sores like psoriasis, eczema and other skin problems!

15. Comfrey Root

The genus name for comfrey is *Symphytum*, which literally means to “unite or knit together.” Comfrey contains a substance called allantoin, which helps cells grow faster, and so it literally improves healing time of broken bones, mends wounds quickly and helps burns heal quickly with little scarring. In fact, comfrey is often called knit bone! Allantoin is also found in the placenta of pregnant women to help the baby grow and develop in a decent amount of time. Use comfrey as a poultice next time you break a bone or get a bruise, cut, scrape or other wound.



RAISING HAPPY & HEALTHY KIDS

THE BENEFITS OF SPENDING TIME IN NATURE by coolaustralia.org

There is an emerging body of local and international research linking childhood contact with nature to a wide range of benefits in human health and wellbeing. Planet Ark’s 2012 report *Planting trees: just what the doctor ordered* includes two elements:

1. A review of local and international research of the intellectual, psychological, physical and mental health benefits of contact with nature for children.

2. The results of a new Australian study called the *Nature and Children’s Health Survey*, which was commissioned by Planet Ark and conducted by research company Pollinate. This survey focuses on how Australians, particularly those who regularly care for children, perceive the link between nature and children’s health, wellbeing and development. Below is a summary of the findings:



Contact with nature is good for mental health - Researchers have found that contact with nature helps reduce stress in children and that a deeper, more active contact with nature can provide children with calming and stabilising memories that they can draw on during stressful periods later in life.

Contact with nature is good for the mind - Research has shown that contact with nature can provide a wealth of learning opportunities and improve academic achievement.

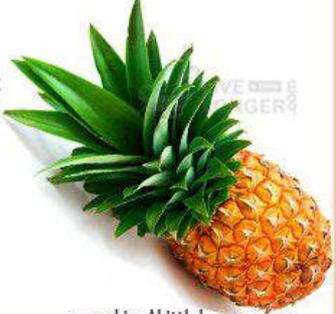
Contact with nature is good for the body - Research has shown a link between body mass index (BMI) scores in children and their access to “green” areas and levels of outdoor play. BMI is often used by health authorities and researchers to indicate healthy weight ranges. In addition, natural environments improve balance and coordination in children and can have a positive impact on eyesight.

Contact with nature is linked to happiness - Research has shown that spending time in nature increases feelings of joy and happiness.

LIKE & SHARE LIVE A LITTLE LONGER

Health Benefits of Pineapple

- ▲ Lower Risk of Macular Degeneration
- ▲ Keeps Your Skin Beautiful
- ▲ Promotes Healthy Gums
- ▲ Prevents Cough & Cold
- ▲ Immune System Booster
- ▲ Natural Exfoliating Agent
- ▲ Prevents Hypertension
- ▲ High in Antioxidants
- ▲ High Water Content
- ▲ Helps with Gout



LIVE A LITTLE LONGER
www.LiveALittleLonger.com

Daily 1 Fruit that help to reduce Cold and Cough

High amounts of vitamin C present in Strawberries are excellent cure to get rid of cough. 

The anti-oxidant nutrients in pears are critical in building up your immune system and fight against cold. 

One apple has an antioxidant effect equivalent to 1,500 mg of vitamin C that fight against cold and cough. 

Pineapple contains Bromelain, an enzyme that suppresses coughs and thins mucus. 

Orange juice mixed with a cup of warm water, reduce the severity of Cold and cough quickly. 

Grapes mixed with a teaspoon of honey is advised for cold and cough relief. 

© dailyonefruit.com

CONTACT DETAILS	
Business email address for booking appointments or any queries is:	masmagtec56@hotmail.com
Contact Mobile Phone No:	0414-880-393
 If you are on Facebook , don't forget to type in 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.	Yvonne's Total Body Care
My new website address is:	www.yvonnestotalbodycare.com.au



Don't forget to support your local **organic markets** at **Wyong Racecourse** on Sat 6th & 20th (8 – 1pm). **Gosford Racecourse** every Sunday from (8 – 1pm.) **Umina Beach Markets** on Sunday the 21st. **Shelley Beach Markets** on Saturday the 27th.
 Thanks for reading and look forward to seeing you soon.
 Kind regards Yvonne.....

