



Yvonne's Total Body Care



Hi there everyone, welcome to my [November 2018 Newsletter](#), the last month of spring.

Just loving the sunnier weather as all our plants are flowering and the garden is looking great. Phil has done an amazing job on our veggie & herb garden again and it is such a great feeling to be eating our own ingredients when we are having salads or tabouleh.

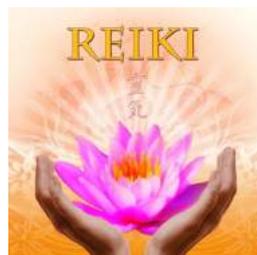


Unfortunately with the warmer weather comes mozzies, heat stroke or sunburn. So keep up your fluids throughout the day with water, flavoured with natural lemon or lime juice or iced herbal teas. See my info in this newsletter on natural ways of keeping mosquitos away without using toxic sprays and use a natural sunscreen with no nasties in it for the beach or picnics.



Here are my work venues for 2018:

Narara Community Centre	Mondays (9 – 4pm) (only counselling)
Woongarrah Clinic	Wed, Thurs & Frid (9 – 7 pm), and Saturday (9 -1 pm). (Massage , Energy work & 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.





What is Gestalt Therapy?

Gestalt Therapy is a holistic and awareness-centred form of counselling that has a central focus on relationship and learning through direct and immediate experience. Gestalt Therapy aims to develop self-awareness, understanding and support, creating a more meaningful and fulfilling life.

Gestalt concepts are ultimately empowering, allowing us to live life more fully, improve interpersonal, communication and conflict resolution skills, and strengthen our creativity.

The Essence of Gestalt Therapy ...

- Existentialism** - ‘here & now’ awareness / taking responsibility for one’s own choices
- Field & Holism** - a belief that we are all connected / appreciation of the whole person: mind, body, spirit & emotions, as well as the individual’s unique field of experience
- Dialogue** - the therapy is relationally focused with the therapist as an active participant in the process / relating with respect, curiosity and authenticity
- Phenomenology** - awareness of self as experienced now: cognitive / emotional / body responses / awareness of self in relationship to others
- Experimentation** - exploring new ways of being and relating that are potentially more satisfying / working through unfinished business and blocks to awareness & integration

My job is to journey alongside my client providing a safe and supportive environment, as we explore the client’s issues.

[Ring Yvonne’s Total Body Care on 0414-880-393 if you are interested in knowing more.](tel:0414-880-393)

A Spring Recipe & Three Articles for November

This month's recipe is [Mini Veggie Frittatas](#) and my three articles this month are [12 Old Home Remedies That Work](#), [Could You Have Adrenal Fatigue?](#) and [Power Rituals](#).

I'm sure you will find the information interesting.



MINI VEGGIE FRITTATAS



Ingredients:

½ a sweet potato peeled & cubed
50g of baby spinach leaves chopped
4 eggs
½ cup of milk

1 potato peeled & cubed
1 small red onion finely chopped
125g can of creamed corn
¼ cup of grated tasty cheese

Method:

1. Preheat oven to moderate 180°C. 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.

Great served cold with a salad or warm with an array of steamed vegetables or great as a snack. Enjoy!

Creating a Healthier Home for our Kids

12 Old-School Home Remedies That Work

By Janice Quirt

People scour the shelves of drug and health stores looking for help for a variety of ailments. However, the pathway to relief from minor conditions could be sitting in the pantry or the bathroom cupboard. Old school natural remedies have been around for a long time and some of them just plain work. Deceptively simple and certainly easy on the wallet, here are the twelve best home remedies for minor aches, pains and irritating conditions.

These tips are not meant to replace medical advice. If you feel very unwell, especially for longer than 1- to 2-days, please contact your healthcare professional.

1. Witch Hazel for Pain and Itching Relief



Witch hazel is like a gentler version of rubbing alcohol or hydrogen peroxide. It can be used as a skin toner, but it also has amazing anti-itch properties and provides pain relief. This makes it great for cuts, stings, insect bites, scrapes and abrasions. It also helps with healing from bruises and takes the swelling down.

Witch hazel is great for kids for relief from those conditions because it does not sting as much as rubbing alcohol, which decreases the negative experience associated with first aid for some children. Witch hazel has long been used as an effective remedy for relief from the pain, itching and swelling from haemorrhoids. Dabbing witch hazel on a tissue for application is a cost-effective homemade version of anti-hemorrhoidal wipes.

2. Peppermint Tea for Gas and Bloating

If your stomach is in knots, or if that bloated, gassy feeling just won't leave you alone, try brewing some peppermint tea. Peppermint herb is known to slow the spasms of the intestines and colon, which can provide relief from diarrhea and cramping. It is purportedly soothing to the stomach and can help alleviate gas.

Peppermint tea also freshens the breath and provides a good source of fluid, minus the dehydrating effects of caffeine or alcohol. It has zero calories as long as you skip the sugar—so get sipping. Bonus: Mint is very easy to grow in a garden so relief could be found with a snip of some herb shears.



3. Epsom Salts for Muscle Aches



There's a reason why your massage therapist suggests soaking in a tub filled with warm water and Epsom salts. They are extremely effective for relieving muscle aches and pains beyond what a tub of plain bath water and bubbles can achieve.

Epsom salts also help reduce swelling by decreasing inflammation. This makes them another great bath-time pick to help speed up the healing of bruises, cuts or scrapes. They are inexpensive, found in just about every drug store, and you get a large quantity per bag or carton. Start filling the tub!

4. Chocolate for a Cough

It is pretty much universally accepted that chocolate is good and coughs are bad. But what if the goodness (and deliciousness) of chocolate could help alleviate that cough? It turns out this is may be true. WebMD reports that the compound, theobromine, found in chocolate is effective in suppressing tickly coughs, perhaps even more so than regular cough drops or cough syrups.

If nothing else, it will be better than consuming codeine, which is often used in cough syrups to suppress coughs. As far as lozenges go, many have sugar, and often those suffering from persistent dry coughs would rather get their sugar from delicious, indulgent chocolate rather than an overly sweet cough drop.



5. Apples for Tummy Troubles



Ever chat with a friend who's no-fail stomach (or hangover!) cure includes eating an apple? If that sounds like an unlikely antidote consider that apples, like bananas, are a good source of pectin. Pectin helps to break down and flush away various food particles that could be irritating the stomach.

While apples are good, sipping apple juice instead could make stomach ailments, especially diarrhea, even worse. That's because of the sugar content of juice, which can lead to more diarrhea. And if apples tend to be the cause of an upset stomach – try them cooked, not raw. An apple a day may really keep the doctor away.

6. Salt Water for Sore Throats

If you feel the pain and throbbing of a sore throat coming on, skip the throat lozenge and head for the kitchen instead. Dissolving plain table salt into hot water produces a very effective throat rinse that should be gargled for at least 30-seconds. For a guide to quantities, try a $\frac{1}{4}$ - to $\frac{1}{2}$ -teaspoon salt in 8-ounces of warm, not boiling water.

The rinse can potentially kill bacteria in the throat that are making it sore. Gargling with the rinse may also remove some mucus or other secretions to provide greater comfort. Remember not to swallow it (salt water, ugh) and try to perform this practice as soon as you feel the sore throat coming on for optimal effectiveness.



7. Lavender Oil for Sleep



Sachets of dried lavender tucked in between the sheets in linen closets certainly make them smell sweet, and can be effective in repelling moths and other insects. But that's not the only reason why this habit has been practiced for centuries. Studies from the Mayo Clinic show that lavender is effective at relieving headaches and anxiety, as well as promoting deep and relaxing sleep.

Lavender oil is a concentrated form and so it might be easiest to derive the benefits in this form rather than dried. The oil can be indirectly inhaled, or added to unscented lotions and rubbed on the skin. The oil can also be added to a vaporizer or placed on some cotton balls and left on a bedside table

8. Baking Soda for Insect Bites and Removing Splinters

Baking soda is another substance with a variety of amazing uses. You may know that it's great for whitening teeth and deodorizing your fridge, but also that it is simply wonderful in helping remove splinters? Simply make a paste of baking soda and water and apply it to the area around the splinter. Wait for about 15- to 20-minutes and then use tweezers to remove the splinter. The baking soda softens the skin around the splinter, causing the splinter to poke up, making it much easier to quickly remove.

A paste of baking soda and water is also effective in relieving the pain and itching from insect bites and stings. After icing the area, pat dry and apply the paste for as long as tolerated. All this and you can bake cookies with it too—pretty am



9. Olive Oil for Whiter Teeth and Better Breath



This remedy is called oil pulling and it can be performed with any of the high-grade, pure oils, from coconut to olive and sesame. This tip involves gargling with about a tablespoon or so of the oil. The ancient Ayurvedic method involves doing this for 20-minutes, which may not be possible for everyone.

Bottom line is that the practice has been associated with whiter teeth, reduced gingivitis, and fresher breath. It also moisturizes your lips! Some claim that oil pulling has additional health benefits, but there are no studies to prove it. Still, if you are interested, give it a go. The worst thing that could happen would be you craving some focaccia bread to go with that EVOO...

10. Penaten Cream for Acne

This one is almost an urban legend, a tip whispered at summer camps and in college dorms. It involves dotting that thick, sticky Penaten diaper cream on to pimples in an attempt to shrink them. Does it work? And if so, why?

It turns out there may be some truth to this practice. Penaten cream contains zinc oxide, which is effective in soothing diaper rash and pimples alike. It can also be used to treat adult rashes, skin irritations, eczema, and even burns. Another bonus is that the powdery fresh smell is actually quite nice.



11. Eucalyptus Oil for Colds and Bronchitis



Steam rooms, spas, yoga studios and diffusers have got it right—eucalyptus smells amazing and it immediately conjures up feelings of relaxation and well-being. Plus, there's a reason that Vicks Vaporub has long been a go-to to help with a cough or cold. The smell of eucalyptus helps calm coughs and opens up nasal passages and tight chests.

To use eucalyptus oil, add a few drops to a bath or place in an open container in the shower and allow the aroma and steam to fill the room. You can also dab a small quantity of diluted eucalyptus oil onto the skin on the chest or underneath the nose. It will help clear breathing and open up the chest.

12. Honey for Wound Healing

Sure, honey is great in lemon tea for soothing a sore throat and a cough. And of course it's delicious on chicken wings and on toast. However, honey also has a wide range of other therapeutic properties and uses. According to WebMD, one of its best known and longest-running applications is for wound healing. Honey is also helpful in alleviating the pain and discomfort associated with mouth sores caused by radiation treatment as well as healing burns. There is some evidence that it can also help regulate blood sugar and cholesterol in people with diabetes. This natural compound is a marvel even though it's often pushed to the back of the pantry. So it's time to dust off the honey dripper and include a lot more of this liquid gold in topical uses, as well as simply consuming it for overall health.



Could you have adrenal fatigue?

It's not a term you'll hear your GP use – but it can be the hidden culprit behind many unexplained endocrine disorders, says Teresa Mitchell-Paterson.

“Adrenal fatigue” is a term coined in 1998 by chiropractor James Wilson, and is used to describe a naturopathic philosophy regarding the effects of prolonged stress on the adrenal glands. Essentially, it exhausts them so they can't produce sufficient amounts of hormones, primarily the glucocorticoid cortisol. This stress can be due to one or more different causes: physical (trauma; intense labour or over-exertion; musculoskeletal imbalances, and environmental toxins), dietary (nutritional deficiencies, food allergies or sensitivities); substance abuse; psychological (emotional problems; cognitive issues); psychosocial (loss, relationship difficulties, lack of social support, lack of resources for adequate survival); or perceptual (beliefs, roles, attitudes, world view).



What goes wrong

Stress affects several hormonal systems. The adrenals are part of the hypothalamus-pituitary-adrenal (HPA) axis, which is activated as a natural response to stress: think of your instinctive and instant hyper-alert reaction when you get a fright. The hypothalamus releases corticotrophin-releasing factor (CRF). Hormones stimulated by CRF, including cortisol-type hormones, can increase two to five times during a stress and are regulated by the neurotransmitters norepinephrine, serotonin and acetylcholine. The sympathetic nervous system is excited by stress, causing a release of catecholamines to increase energy by releasing glucose from the liver and fat from muscle and tissue. The heart rate and blood flow to skeletal muscles increase, as does sodium retention.

Digestion slows, and surface blood vessels constrict, so you feel cold. Sex hormone levels change due to an increase of gonadotrophins; if stress continues, this can disrupt menstruation and fertility. The thyroid is impacted as T3 and T4 thyroid hormones decrease. Growth hormone is affected, which impacts insulin, possibly causing fat deposition around the stomach. Hyperglycaemia occurs, which can decrease insulin leading to weight/fat gain, and risk for type 2 diabetes. Leptin and ghrelin are disrupted, inducing increased appetite and food intake. Finally, cortisol due to chronic levels of high stress results in the failure of feedback inhibition to operate - which results in a continued release of cortisol! Today's frantic lifestyles mean stress is generally chronic, which may lead to endocrine disorders like Cushing's disease, diabetes, and hypothyroidism. Moreover, chronic stress changes the clinical course of many endocrine diseases.

Supporting your adrenals

Learning to deal effectively with stress is vital. Exercising regularly is important, as are relaxation techniques. Reading, watching TV, and sleeping are certainly relaxing, but people with adrenal exhaustion need activities designed specifically to produce the relaxation response, like meditation, biofeedback, self-hypnosis, and prayer. Experiment to find what works best for you and spend at least 10 minutes daily doing it. You can support the HPA stressors by: avoiding sleep deprivation, practising good sleep hygiene; avoiding alcohol, caffeine, diet cola drinks or stimulant drinks, which all increase cortisol; and increasing energy intake to assist body repair with quality nutrients.

Diet is the other key to adrenal health – a low-glycaemic (GI) diet will keep blood glucose levels steady, as blood sugar fluctuations place additional strain on adrenal function. They're also a prime cause of excess cortisol production. In addition to being associated with increased stress, high cortisol is implicated in sugar cravings and weight gain, poor immune function, depression, loss of muscle mass, osteoporosis and – of particular concern – brain atrophy. So avoid pure high-GI foods - cakes, lollies, biscuits, added sugar, sugar drinks, and high-fructose and high-starch fruits like figs, dates, and bananas - as they cause a spike in blood sugar and upset blood glucose control.

Eat a nutrient-dense diet of unprocessed foods, ideally organic, including five to six daily servings of seasonal, brightly coloured vegetables, preferably organic and ideally raw or lightly cooked. The folate and magnesium in vegetables assist nerve function, while their vitamins, minerals, antioxidants and fibre provide energy to deal with high levels of stress. Additional tips for sustaining blood glucose levels include: have breakfast; eat every three to four hours, ideally with some protein in each mini-meal; lunch should be high protein with vegetables and a low-GI carbohydrate; have a mid-afternoon snack of nuts, seeds, and low-carb fruit, such as berries; eat green vegetables and protein at the evening meal, ideally before 6 p.m. to allow proper digestion; before going to sleep, eat a very small high-quality snack to reduce low blood glucose levels, like nuts or a small block of cheese for tryptophan to assist sleep; and generally, prolonged stress increases the need for sodium, so add a pinch of a good quality salt to food, but stay under 2500mcg or half a teaspoon per day.

Consider consulting a qualified natural therapist. A herbalist or naturopath can recommend a suitable stress adaptogen. A nutritionist can advise about nutrients that assist the body to function during stressful times. If you're fatigued, the practitioner may prescribe a high-quality multi-B vitamin and D ribose and CoQ10 to assist the energy cycle, and potassium and magnesium for nerve health. Note: Adrenal fatigue should not be confused with adrenal dysfunction, such as adrenal insufficiency or Addison's disease. If you have any concerns, get a formal diagnosis.

Signs and symptoms

- *Sleep disturbance
- *Impaired cognition
- *Thyroid imbalances
- *Abdominal fat deposits

*Fertility issues

*In more extreme cases, Cushing's Syndrome, which is marked by dangerously high cortisol levels. Cushing's patients experience rapid weight gain, hyperhidrosis (excessive sweating), oedema puffiness, hypercalcaemia, and changes in melatonin.

Teresa Mitchell-Paterson BHSc (CompSci) MHSc (HumNut) Adv Dip Nat is a member of the Australian Traditional Medicine Society. www.atms.com.au

Power rituals

Put a spring in your step with mental exercises, affirmations and meditations from these three world-renowned self-help experts.

Let go of critical thinking

Criticism breaks down the inner spirit and never changes a thing. Praise builds up your spirit and brings positive change. Let's examine beliefs about critical thinking. Be as open and honest as you can.

1. What did you learn about criticism from your mother?
2. Did she criticise you? If so, for what?
3. Was your father judgmental?
4. Did he judge himself? Or you?
5. When is the first time you remember being criticised?
6. Did you have supportive teachers, or did they always tell you what you lacked?

Can you see a pattern? I believe that criticism shrivels our spirits. It only reinforces the belief that we're not good enough". It certainly doesn't bring out the best in us. I also believe that should is one of the most damaging words in our language. Every time we use it, we are, in effect, saying that we are wrong or were wrong, or are going to be wrong. I would like to take the word should out of our vocabulary and replace it with the word could. This word gives us a choice, and then we're never wrong. Think of five things you "should" do. Then replace should with "could". Now, ask yourself, "Why haven't I?" You may find that you've been berating yourself for years for something that you never wanted to do in the first place, or for something that was never your idea. How many "shoulds" can you drop from your list?

Mirror work is a simple and very powerful way of letting go of critical thinking. It simply involves looking into a mirror when you say affirmations. As children, you received most of your negative messages from adults, many of them looking you straight in the eye and perhaps even shaking a finger at you. Today, when most of us



look into a mirror, we'll say something negative. To look yourself in the eye and make a positive declaration is one of the quickest ways to get results with affirmations.

In order for a child to grow and blossom, he or she needs love, acceptance, and praise. We can be shown "better" ways to do things without making the way we do it "wrong". The child within you still needs that love and approval. Practise looking in the mirror and saying the following positive statements to your inner child:

"I love you and know that you're doing the best you can."

"You're perfect just as you are."

"You become more wonderful every day."

"I approve of you."

"Let's see if we can find a better way to do this."

"Growing and changing is fun, and we can do it together."

If a child – or your inner child – is used to being constantly "wrong", it may take a while for him or her to accept the new, positive words. But if you make a definite decision to release criticism and you're consistent, you can work miracles. Give yourself one month to talk to your inner child in positive ways. Use the affirmations listed above, or make up a list of your own. Carry it with you. When you notice yourself becoming judgmental, read it. Better yet, speak it aloud in front of a mirror.

Louise L. Hay is a metaphysical teacher and author of Experience Your Good Now!

[\(http://www.hayhouse.com.au/\)](http://www.hayhouse.com.au/) www.LouiseHay.com

Ground yourself

Being grounded - feeling connected to your emotions and expanding your awareness - is an ongoing way of being. Regular practice of a grounding meditation will create a shift in your personal balance and wellbeing; eventually, you also develop an internal alarm system that tells you when you are disconnected from your higher self.

Give yourself permission to imagine Visualise your thoughts as made of multidimensional light, which can connect you to the Earth's energy. Picture a beam of light coming from you and connecting to the core of the Earth. Allow the imagery and sensations to filter through your consciousness.

Ground yourself to the planet Feel through your feet, the ground, the water and the rock. Feel the molten core of the Earth and attach to it.

Receive the Earth's energy At the same time your energy is extending down into the core of the Earth and grounding you, the Earth's energy is radiating out from the core and passing through you.

Extend your energy Staying connected to your ground, imagine your energy extending out into the galaxy. Now you are connected to the universe through your higher self, your body, and into the Earth. Feel everything around you – the floor, the room, see, hear, taste, touch, smell all that you are connecting to. Are colours brighter? Does your body feel different? Allow yourself to receive extrasensory information without editing or judging your experience.

Keep your eyes open With your eyes closed, you may experience all this as

imagination. Having them open helps you tangibly experience your present conscious connections with the Earth.

Todd Cunningham teaches and practises energy healing, and is the author of *Energy Work 101* (Balboa Press), from which this extract is reproduced with permission. www.personalgrounding.com

Live in the present

- * Begin to do more things simply for enjoyment rather than as a means to an end.
- * Whenever you catch yourself drifting into thoughts about the past or future, shift your focus to the present moment. Where possible, integrate lessons from the past and your awareness of the future into the present moment.
- * Use your breathing to anchor you to the present moment. Every time that you notice yourself breathing, quietly praise yourself for being present.
- * If you feel angry or stressed, take a few deep breaths and realise that your actions can come from one of two places – your presence or your ego. The choice is yours.

James McWhinney is the founder and author of *The Wellbeing Revolution*, from which this extract is reproduced with permission. www.thewellbeingrevolution.com

KEEP MOSQUITOES AWAY

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Peppermint

Planting along outdoor seating areas, around windows or near doorways is an effective way to naturally repel mosquitos and other bugs.

Lavender

Lavender is a powerful mosquito and general insect repellent. The scent produced by the plant wards off mosquitos and other bugs.



Basil

If you crush basil leaves and rub them onto your skin, this acts as an effective natural mosquito repellent.

Rosemary

Try burning a little rosemary. When they burn it not only smells good but is unpleasant enough to most species of insects that it'll repel them.



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Citronella

The citronella scent is infused into many candles and sprays. Keep this one near your doorway to keep flying insects outside.

Marigolds

Marigolds contain a chemical compound called thiopenes in the roots. This plant repels aphids, cabbage maggots, white flies and other pests.





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.

CONTACT DETAILS	
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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 3rd & 17th (8 – 1pm). **Gosford Racecourse** every Sunday from (8 – 1pm.) **Shelley Beach Markets** on Sat the 24th **Umina Beach Markets** on Sun the 25th.
 Thanks for reading and look forward to seeing you soon.
 Kind regards Yvonne

