



Yvonne's Total Body Care

Hi there everyone, welcome to my [January 2019 Newsletter](#), the second month of summer.



Happy New Year and welcome to an exciting 2019. Phil & I had a lovely relaxing time with family over xmas and everyone loved the idea of Secret Santa as it took the stress off and left us to concentrate on what really matters in the world which is family, good food & your healthy & respectful relationships with family & friends. In my opinion, it's this scaffolding and network that is most precious in life.

I am doing 5 workshops in February for my Visionboards and they are filling up fast. I love this time of the year as I get excited about setting my goals & intentions for another 12 months and seeing them eventually come to fruition. It will be a fun workshop and you will meet some new people and some of my regular guests who see the value of doing a yearly vision board in a workshop setting. They get it completed on the day, go home and hang it up where it is seen daily and then they are ready to start using it, which I will show you at the workshop. The dates and venues are as follows:

	DAY	DATE	TIME	VENUE
1	Saturday	2/2	1.30 – 4pm	Woongarra-my place
2	Monday	4/2	9.00 – 11.30am	Narara Community Centre
3	Tuesday	5/2	1.30 – 4pm	Woongarra-my place
4	Saturday	16/2	1.30 – 4pm	Woongarra-my place
5	Monday	18/2	9.00 – 11.30am	Narara Community Centre

I will keep you posted for my Intermittent Fasting Workshop which will be late Feb or early March. Great that I have had a lot of interest in this workshop.

Here are my work venues for **2019**:

Narara C. Centre	Mondays (9 – 4pm) (only counselling)
Woongarra	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.



A Summer Recipe & Three Articles for January

This month’s recipe is **Papaya, Cucumber & Lime Salad** and my three articles this month are **What is Coeliac Disease?**, **A Holistic Menopause Plan** plus **Weight Loss Woes**.

I’m sure you will find the information interesting



Soft, mild papaya really comes alive when you introduce it to sharp lime and fragrant coriander. Papaya is both richly antioxidant and helps with digestion of protein due to the enzymes it contains, making this salad a great companion for meat, fish or cheese. If your tummy likes heat, some finely chopped fresh chilli sets to all those cool clean flavours nicely.

Papaya, cucumber and lime salad

Serves 4

2 cucumbers

2 ripe papayas, peeled, halved and seeds scooped out

4 spring onions or ½ red onion

2 large handfuls of coriander leaves

2 tablespoons black sesame seeds

juice of 2 juicy limes

3-4 teaspoons raw honey

3-4 pinches of sea salt

METHOD

1. Using a vegetable peeler, shave each cucumber into long strips (seeds and all) and put into a mixing bowl. Slice the papaya flesh into half-moons and add to the cucumber.

2. If you are sensitive to FODMAPs, just slice the green parts of the spring onions, and if not, slice the white parts too, or use the red onion, finely sliced.

3. Add the onions to the bowl with most of the coriander leaves, reserving a few for decoration.

4. Toast the sesame seeds in a dry pan over a medium heat for a few minutes, shaking the pan constantly, until they start popping and smell toasty. Set aside to cool.

5. In a small bowl, mix the lime juice with the honey and salt, check for seasoning and then pour over the salad, turning gently with your hands.

6. Arrange the salad on four plates and scatter with the reserved coriander leaves and the toasted sesame seeds. Eat immediately before the papaya softens and the lime oxidises.

Naomi Devlin is the author of Food for a Happy Gut, published by Headline and available in all good bookstores, from which this recipe is reproduced with kind permission.

Photo credit: Laura Edward



FOOD FOR A HAPPY GUT by Naomi Devlin. Headline 2017.
Photography by Laura Edwards © Headline 2017.

What is Coeliac Disease? By David Niven Miller - Grow Youthful (2019)

Coeliac disease (celiac disease) is an autoimmune disorder of the small intestine that occurs in genetically predisposed people of all ages from infancy onwards. It is caused by an inflammatory reaction to various wheat and grain proteins which shortens the villi lining the small intestine (villous atrophy) and inhibits the absorption of nutrients.

Officially, about 1% of people suffer from coeliac disease and 90% of cases have a genetic predisposition. Among those who have gastrointestinal problems, the prevalence is about 3%. Coeliac disease is frequently confused with IBS. A large proportion of coeliacs remain undiagnosed. People of African, Japanese and Chinese descent are rarely diagnosed. Coeliac disease is more prevalent in women than in men. 5-10% of those suffering type 1 diabetes, Down and Turner syndromes and autoimmune thyroid diseases have celiac disease.

Unofficially, the incidence of coeliac disease is far higher. Numerous cases of coeliac disease go undiagnosed. Many people do not show severe outward symptoms when they eat gluten, but the inflammatory reaction in the small intestine still occurs.

Coeliac disease is also triggered by wheat subspecies such as spelt, semolina, triticale, kamut and durum, and other cereals of the tribe triticeae such as barley and rye. A small minority of coeliac patients also react to oats. Other cereals such as maize (corn), millet, sorghum, teff, rice and wild rice are normally safe, as are non-cereals such as amaranth, quinoa and buckwheat. Other carbohydrate-rich foods such as potatoes and bananas do not contain gluten and so do not trigger symptoms.

Coeliac disease is not the same as wheat allergy.

Symptoms of celiac disease

- Diarrhoea. Pale, loose, greasy stool with a bad smell.
- Abdominal pain, cramping, bloating.
- Mouth ulcers.
- Fatigue.
- Anaemia. Being less able to absorb nutrients, minerals and the fat-soluble vitamins A, D, E, and K. This leads to other symptoms of malnutrition.
- Osteopenia or osteoporosis because of calcium and vitamin D malabsorption.
- Small intestinal bacterial overgrowth (SIBO).
- Weight loss.
- Failure of children to gain weight and thrive.
- Lactose intolerance may develop.
- Dermatitis.
- Allergies.
- Infertility.
- Abnormal liver function.

Causes of celiac disease

- If you have coeliac disease or a severe intolerance to gluten, it is possible that the cause is a chemical heavily used in processed foods. According to research published in December 2018, microbial transglutaminase is a bacterial enzyme often added to all kinds of processed foods, including dairy products, meat products and baked goods. It improves the food's texture, palatability and shelf-life.

Unfortunately it is not required to be labelled as an ingredient, so it is hidden from the public knowledge.

"This enzyme functions like the transglutaminase produced by our body, which is known to be the target of autoimmunity in celiac disease" says co-author Aaron Lerner. "Our own transglutaminase has a different structure to the microbial sort, which allows its activity to be tightly controlled," he said.

The problem is that this enzyme actually changes the structure of gluten protein peptides, making them harder for the body to break down than they are already. "These unusual peptides are particularly likely to resist further breakdown, and to be recognized as 'foreign' by HLA-DQ immune receptors inside the gut wall - but only in those carrying the HLA-DQ variants associated with celiac disease," Lerner added.

The enzymes may also break down the intestinal wall's barrier, meaning more gluten-derived proteins and microbial transglutaminase molecules are able to get through and interact with the body's immune cells.

"While the relatively indiscriminate microbial transglutaminase is produced by some of our normal gut fauna, the amount of the enzyme could be significantly increased when this microbial population is altered by factors like infection, antibiotics or stress - or, indeed, through consumption of industrially processed foods."

- An inflammatory reaction to various wheat and grain proteins. Gluten proteins include gliadin, prolamin, glutenin and agglutinin. In a 2007 study, 83% of the population developed gut inflammation after eating wheat gluten. This is why I suggest in *Grow Youthful* that everyone should avoid all grains. However, less than 1% of the population develops full-blown celiac disease, where systemic antibodies attack their own cells in the intestine, thyroid, pancreas and elsewhere.
- Infection by rotavirus.
- Infants exposed to wheat, barley, or rye before the gut barrier has fully developed (within the first three months after birth) had five times the risk of developing coeliac disease relative to those exposed at four to six months after birth. Those exposed even later than six months after birth were found to have only a slightly increased risk relative to those exposed at four to six months after birth.
- Early weaning. Breastfeeding may also reduce risk. A meta-analysis indicates that prolonging breastfeeding until the introduction of gluten-containing grains into the diet was associated with a 52% reduced risk of developing coeliac disease in infancy; whether this persists into adulthood is not clear.

Consequences of celiac disease

- An increased risk of bowel and other cancers, mostly in the first year after diagnosis with celiac disease. This is probably because the patients had been eating wheat and other grains and stop consuming them after diagnosis.
- Hypothyroidism.
- Leaky gut leading to a variety of autoimmune disorders such as lupus, type 1 diabetes, multiple sclerosis, Sjogren syndrome and Hashimoto's thyroiditis.

Prevention / remedies / treatment for celiac disease

- Avoid all processed foods. Any food that has been packaged in a food factory may have had the enzyme microbial transglutaminase added. This additive is not required to be listed on the label. Try avoiding all processed foods and only eating real foods that you have prepared yourself using ingredients that have integrity.
- Gluten-free diet. Strict adherence to the diet allows the intestines to heal, leading to resolution of all symptoms in most cases and, depending on how soon the diet is begun, can also eliminate the heightened risk of osteoporosis and intestinal cancer and in some cases sterility.
- Avoid all grain proteins. Wheat is the worst, but also eliminate rye, barley, oats and alcohol.
- Avoid GM foods.
- Use probiotics.
- Glutamine.

A holistic menopause plan

By Louise O'Connor, ND | 22 October 2018

We show you how to make sense of your hormones and beat the menopause blues with natural remedies, herbal tonics, and D-I-Y techniques.

The dynamic interplay of hormones keeps you feeling young and vibrant – or not, as the case may be. As a woman, your hormone levels begin to change around your mid 30s: both progesterone and oestrogens levels start to decline, progesterone more rapidly. Menopausal symptoms may continue through to your late 40s or early 50s if there is an imbalance of oestrogens and progesterone.



Menopause is an important life transition for women. However, it is also a time when hormone fluctuations can cause fatigue, mood disorders, insomnia, hot flushes, vaginal dryness, or decreased interest in sex. For decades hormone replacement therapy (HRT) was regarded as first line treatment to protect women from ageing. Along with HRT came the notion that menopause is a 'disease' with symptoms that can be fixed with synthetic hormones. In 2002, concerns were raised about HRT with the publication of the Women's Health Initiative (WHI) study. The investigators concluded that HRT's adverse effects outweighed its benefits. In 2005 The World Health Organisation's International Agency for Research and Cancer (IARC) classified menopausal therapy as "carcinogenic to humans".

As a naturopath, I recommend that my clients restore their hormones to the level nature intended, not replace them with synthetic substitutes that pose risks. Hormone balance is your body's natural, healthy state. When menopausal symptoms do strike, safe and effective natural remedies can restore this balance.

How natural medicine can help

1. Ageing Diet directly impacts hormone balance. Conventionally produced foods contain ingredients that disrupt hormones and accelerate ageing. The top five toxic ingredients that I think all women should avoid are: sugars, 'plastic' trans fats, caffeine, vegetable oils (canola and soy oil) and dangerous artificial sweeteners. Choose healthy foods and exercise regularly to create healing and harmony.

2. Blood sugar imbalance Reduced blood sugar control is associated with the development of obesity, diabetes, and cancer. Chromium is a trace mineral that can assist healthy blood sugar metabolism. You may also find that it reduces persistent sugar cravings and helps you lose weight. When you eat sugar-laden foods the sugar is stored as body fat if it cannot be burned for energy.

3. Depression Fish oils are the ideal source of essential 'good fats', the omega-3 oils which keep cholesterol in check, reduce inflammation, keep your brain sharp and relieve depression. St John's wort (*Hypericum perforatum*) is prized worldwide as a natural medicine to treat mild to moderate depression. Studies show that St. John's wort preparations may be just as effective as antidepressant medications. Rhodiola (*Rhodiola rosea*) has been used for centuries in Russia and Scandinavia to boost energy and treat nervous disorders.

4. Fatigue A high potency women's multivitamin mineral supplement is especially important. Look for one high in B vitamins that provide energy. This acts as a nutritional insurance policy, topping up what may be missing in your daily diet. Add magnesium and coenzyme Q10 to support nervous system function.

5. Hot flushes The cooling and calming properties of traditional herbs like sage (*Salvia officinalis*), dong quai (*Angelica polymorpha*) and shatavari (*Asparagus lucidus*) reduce hot flushes and night sweats.

6. Insomnia Lack of sleep is linked to hypertension, obesity, anxiety and depression. Further, insomnia and interrupted sleep patterns are especially common during perimenopause and are strongly associated with the use of sleeping medications, which can have adverse effects. Melatonin regulates your biological clock naturally. In supplemental form it assists restorative sleep. It is also important to eliminate sources of caffeine, like coffee and soft drinks.

7. Immune health Vitamin D3 is in the spotlight for healthy ageing as it safeguards against inappropriate cell division of ageing cells. Vitamin D expert Dr Cedric Garland of Moore's Cancer Centre, University of California, San Diego says, "No other method to prevent cancer has been identified that has such a powerful impact." A study in Nutrition Research has shown that women lacking D3 are more likely to die from heart disease and cancer. Supplemental D3 can raise levels in those who are at risk of a deficiency.

8. Low libido Reduced testosterone and oestrogen conspire to dampen your sexual desire. There is the added problem of vaginal dryness which causes painful intercourse. Maca (*Lepidium meyenii*) is an ancient Peruvian superfood that has a reputation for being a natural aphrodisiac. Acupuncture also helps build vitality: this ancient therapy facilitates the opening of blocked energy channels, allowing chi (life force energy) to flow freely.

9. Mood swings Mood swings are often encountered with fluctuating hormone levels. 5-hydroxytryptophan (5-HTP) is a direct precursor to serotonin, your 'feel good' brain chemical. Supplemental 5-HTP boosts natural

serotonin production to have positive effects on emotions, appetite regulation, and sleep. GABA is your major anti-anxiety brain chemical that puts the brakes on stress; PharmaGABA® is an all-natural stress aid that reduces anxiety.

10. Osteoporosis Oestrogens protect against bone loss so HRT is often touted to treat menopausal bone loss. However, do the benefits outweigh the risks? Bone loss is accelerated by acidic foods like alcohol, soft drinks, tea, coffee and a high protein diet. Save bone strength naturally by eating a low acid diet high in plant-based foods, and performing regular weight-bearing exercise.

11. Stress Stress signals your adrenal glands to pump out cortisol, the 'fight-or-flight' hormone. Rehmannia (Rehmannia glutinosa) is the supreme adrenal tonic to combat stress. Withania (Withania somnifera) has long been used by Ayurvedic practitioners as a rejuvenating tonic. It is an adaptogenic herb that improves your ability to deal with stress. Exercise, meditation and yoga are also powerful antidotes.

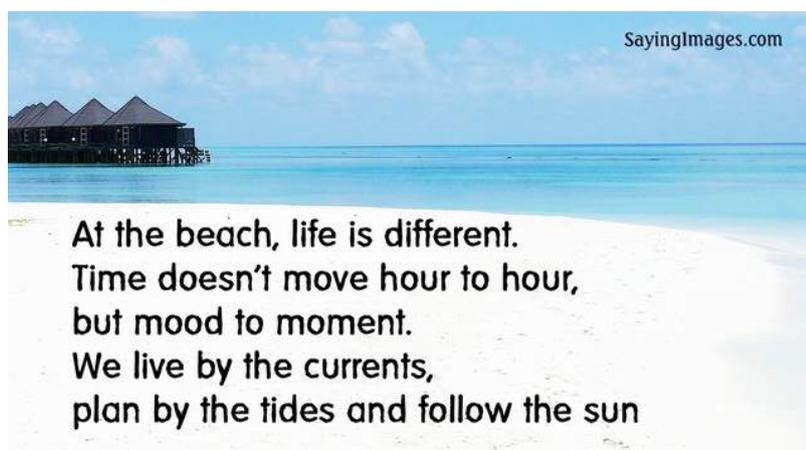
12. Weight gain Women often report that with menopause they gain apple-shaped weight. If you exercise regularly, eat a healthy diet, and still struggle to lose weight, a hormone imbalance may be setting you up for an ongoing cycle of weight gain. A natural health practitioner can guide you to real solutions to shed the weight.

13. Take the test Women have an innate wisdom about their own bodies and are keenly aware when their hormones are out of sync. When testing, it is impossible to consider one hormone in isolation. Your hormones are inter-connected so it makes sense to do a complete assessment. In my experience, a non-invasive saliva hormone test is an accurate way to gain an insight into what is really going on. Testing provides a clear picture of the hormones that are active in your body and quickly identifies a potential imbalance. My recommended women's wellness test includes seven hormones: progesterone, testosterone, DHEA, cortisol, and the three forms of oestrogen. Knowing your levels will help you take steps to regain hormone control.

14. Help, I'm losing my hair! As oestrogen drops, you may notice thinning hair. Hair loss is also associated with some medical conditions, drugs or stress. It is vital to check for hypothyroidism (an under-active thyroid); new research shows that thyroid hormones activate hair follicles to generate new growth and prevent premature greying. Hypothyroidism affects more women than men. It leads to fatigue, foggy thinking, hair loss and depression. Symptoms of an under-active thyroid are often overlooked in menopause.

15. Too much or too little? Oestrogen dominance: Diindolylmethane (DIM) is a naturally occurring phytonutrient found in cruciferous vegetables. Scientists have demonstrated DIM's ability to promote greater breakdown and clearance of oestrogens to reduce symptoms of oestrogen dominance. New research is investigating the role of bioavailable DIM in serious breast disease. Oestrogen decline: Phytoestrogens are naturally occurring oestrogen-like compounds that bind to oestrogen receptors and act in a similar way to oestrogens. Plants rich in phytoestrogens may relieve menopausal symptoms. Black cohosh (Cimicifuga racemosa), red clover (Trifolium pratense), soy isoflavones (Glycine max) and wild yam (Dioscorea villosa) are prominent phytoestrogens. Black cohosh provides broad support for hot flushes, profuse sweating, insomnia, and anxiety. According to a new meta-analysis, soy and red clover isoflavones offer real relief to post-menopausal women and pose no safety issues.

Louise O'Connor is a leading naturopath who writes and educates on women's natural health. <http://www.healthy-hormone-balance.com/>



Weight Loss Woes

By Teresa Mitchell-Paterson | 22 October 2018

Naturopath Teresa Mitchell-Paterson shines a light on the real reasons you can't lose weight. Many clients are adamant that they cannot lose weight. However, as a practitioner I can honestly say I've never had a patient who – once we get down to the nitty-gritty and uncover the reason why they're having difficulty – cannot achieve weight loss.



1. Portion size Weigh your food as it's too easy to overeat when you don't. Meat and fish should be about the size of your palm, or around 100 grams, says Barbara J. Rolls PhD, Professor of Nutritional Sciences at Pennsylvania State University. Fill the rest of your plate with vegetables and salad – and ideally downsize to a smaller plate. Or to put it another way: your plate should be one-third protein and two-thirds vegetables. Vegetables are very satisfying because they contain fibre, which helps us feel full. Use a measured amount of olive oil and boost flavour with herbs, spices and lemon juice.

A lean protein portion – less than 10 percent fat – can save hundreds of kilojoules when you consider one gram of carbohydrate and protein contains 17kJ, compared to 39kJ for one gram of fat. Vegetarians and or vegans should ensure their bean and grain combinations are also low fat. If attending an event where finger food or a buffet is served, eat before you leave home: a small bowl of vegetable soup, a salad, or a piece of fruit will take the edge off your appetite, and Rolls' research suggests you'll eat up to 20 percent less.

2. Alcohol That cheeky little red you enjoy with dinner may be sneakily super-glueing those extra centimetres to your hips. The 520 kilojoules ingested from a 150ml glass of wine can take 20 minutes of high-impact aerobics to burn. However, alcohol slows the process by which your body burns fat: alcohol kilojoules are not stored but converted to acetate, something the human body will preferentially burn before it burns fat, which negates your dieting and exercise efforts. There's more. When you drink alcohol you may become uninhibited, which can lessen your willpower, stimulate your appetite and prompt you to eat the wrong food or eat more than you planned. A Danish study reported in International Journal of Obesity and Related Metabolic Disorders looked at two groups of men: one group was given a meal, the other a meal and alcohol – and the group drinking alcohol ate much more.

3. Macronutrient intake Most research confirms that reducing overall kilojoules and increasing exercise is the key to weight loss. However, a recent trial suggests the type of food eaten improves other body functions as well as encouraging weight loss. A high-protein, low-carbohydrate regimen lowers total and waist fat mass; it also improves fasting glucose and therefore insulin sensitivity, lowers cholesterol and improves triglycerides. Higher protein kilojoules and reduced carbohydrate kilojoules improve total and lean body mass and – importantly in postmenopausal women – reduce visceral fat and increase muscle tissue.

4. Exercise It's critical! Research suggests that body mass index (BMI), waist circumference, and body fat percentage are reduced with lifestyle changes involving both diet and exercise. While there are many views as to which exercise is best, a 10 percent weight loss can be achieved with a gradual escalation over a year of 45 minutes of aerobic exercise five days per week. The expected weight loss over four months can be as much as 11kg when diet and exercise are combined, and this combination leads to more fat loss and reduced waist circumference.

5. Sleep: When you lack sleep your body believes it's facing additional waking hours and signals the brain to eat more to fuel those extra hours! By sleeping less you program your body to eat more, according to Deborah Malkoff-Cohen, registered dietitian and certified diabetes educator. To prove the point, people with sleep apnoea are generally overweight, particularly around the waist. While the mechanism is poorly understood, it is known that poor sleep affects insulin, leading to resistance. When you're tired you may grab unhealthy food because it's quick and the body is demanding extra kilojoules. And in a vicious cycle, you eat more but are too tired to exercise.

6. Age The older we get the fewer kilojoules we need. This is largely due to a loss of muscle mass (sarcopenia), which is normal with the ageing process. From age 40, we need to reduce our kilojoule intake by five to 10 percent every decade, or increase our exercise routine by five to 10 percent to compensate.

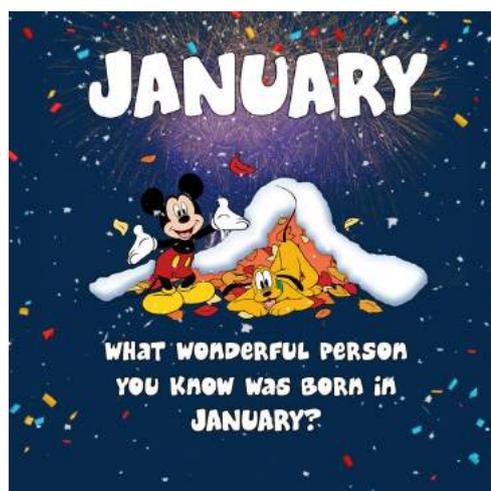
7. Gut microbe diversity It appears the diversity of our gut microbes influences our weight. In animal trials, those with gut bacteria associated with the Ruminococcaceae and Lachnospiraceae species had less weight gain, while the Bacteriodes and low diversity of other species were associated with weight gain, independent of energy intake. A diet that includes a broad range of probiotics, nourished with prebiotics (higher fibre intake), can boost weight loss.

8. Smoking It's a lose-lose situation: women who smoke may shed weight, but tend to put on more fat around their waist compared to women who don't smoke. Often weight gain occurs after giving up smoking due to a slower metabolism, as smoking increases the metabolic rate by approximately 418 kilojoules per day. Weight gain is typically about one kilogram per month in the first three months, but slows over time provided a sensible diet and exercise routine is followed.

9. Neuropeptide Y This hormone is switched on with the consumption of refined carbohydrates as a survival technique to make you eat more and store energy (fat). Protein, fat, fibre, and whole fruit and vegetables don't have this impact on neuropeptide Y.

10. Rushed meal times Setting the scene for a relaxed lunch or dinner can reduce your food intake by up to 18 percent. A research team led by Brian Wansink PhD looked at two types of restaurants, one with mellow music and dim lights, the other with loud music and bright lights. While the participants did not change what they ordered, the relaxed diners ate less, ate for longer, and enjoyed their meal more.

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



Anxiety presents itself in many different ways...



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 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 5th & 19th (8 – 1pm). **Gosford Racecourse** every Sunday from (8 – 1pm.) **Umina Beach Markets** on Sun the 20th **Shelley Beach Markets** on Sat the 26th
 Thanks for reading and look forward to seeing you soon.
 Kind regards Yvonne

