



Yvonne's Total Body Care

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



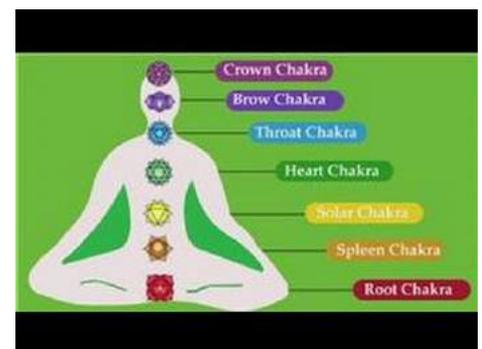
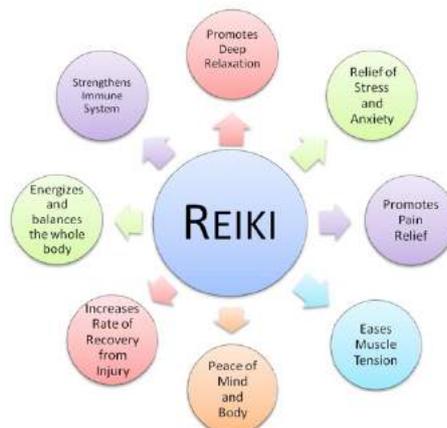
I love February not just because it's my birthday month that I share with Phil (both Pisces) over 2 weeks and love that he surprises me with a show and a few days in Sydney, but because after a lovely six weeks school holidays we get back into our new goals for this year and settle into a new routine. We do a vision board together and then our own separate one. So we are expecting a new grandchild around June, the possibility of a relative coming out from UK around July/August, watching Aliana in her second year. She is very close to walking and then all the adventures & experiences I have within my business and meeting new clients. So bring it on 2019.

There are a few seats left if you & a friend/s would like to be daring & try something new. The dates and venues for my Vision board workshops 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
6	Saturday	2/3	1.30 – 4pm	Woongarra-my place

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.



WHAT IS NUMEROLOGY?

Pythagoras, the Greek philosopher and mathematician conceived the idea that everything in the Universe was ordered mathematically and could be expressed in terms of numbers. Among many of his philosophies was the belief of numbers to be sacred as they existed independently of material form. The study of numerology is based on this theory.

As the Universe operates in the form of cycles and patterns, (think the sun, the moon, planets, oceans and seasons) so too does the Earth and all of her living creatures. Being human allows us the ability to exercise some form of control as we move through and experience these fluctuating cycles of change, development, integration and assimilation.

The basis of numerology is that the numbers 1-9, along with zero, each have a unique energetic vibration, and it is this essence that exerts its influence on our lives from the moment we are born. Most numbers we are born with are fixed throughout our life, giving us certain characteristics such as personality traits, strengths, weaknesses, talents and challenges. However, the personal year cycle changes every 12 months on our birthday giving us insight as to what may lay ahead for this period of time. All numbers have positive and negative influences on our physical, emotional, mental and spiritual well-being. The recognition of our own unique number patterns and cycles can help guide us in the right direction to lead a much happier and fulfilled life.

How will it help me?

Numerology can empower you in so many ways. It can help you to; discover your true life path, reveal talents and embrace your strengths, understand your personality and what makes you tick, help map out your life direction, give insight into relationships and career, uncover challenges and how to best work through them.....they can even be your own personal career advisor once you know how!

What is a personal year cycle?

Each year on our birthday we move into a new cycle known as our personal year number. Each cycle has a unique theme and will bring up opportunities regarding issues, changes, lessons and experiences you will

face during that year. By being aware of which stage you are in can help prepare you to work with the energy in a positive manner for growth and personal development.

Numerology Readings - Using the Pythagoras Number System your numbers can reveal deep insights about your life. Book in for a reading on 0414-880-393 at Yvonne's Total Body Care





A Summer Recipe & Three Articles for February



This month's recipe is **Building Your Own Nutritious Smoothie** and my three articles this month are, **Sleeping When It's Hot**, **The Problem with Mould** plus **We Need to Make Kindergarten Engaging Again**

I'm sure you will find the information interesting

Build Your Own NUTRITIOUS SMOOTHIE!



It is really easy to build your own nutritious smoothie. I use this as a main basis for most of my smoothie recipes, and now you can too!

1. Choose a Base

The base will mostly be the liquid of your smoothie. You can add plain water if you please, or coconut milk or water, nut milk (hemp, almond, sunflower, etc.), or fruit juice of some sort (apple, orange, pineapple, etc.). Add 1 cup to start, and once you have blended your smoothie, you can add more if you would like it more thin.

2. Add Fruit

You may add as much fruit as you please to your smoothie, just be sure you combine your fruit properly (acid with acid, acid with sub-acid, and sweet with sub-acid but never with acid). Some of my favourite fruit additions are banana (frozen or fresh - make sure they are spotty ripe to facilitate optimal digestion), pear, apple, berries, mango and pineapple.

3. Add Greens

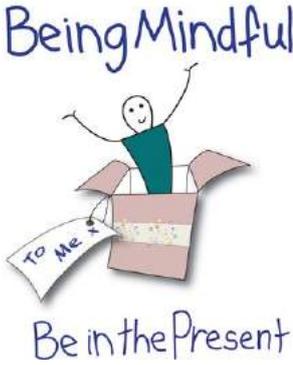
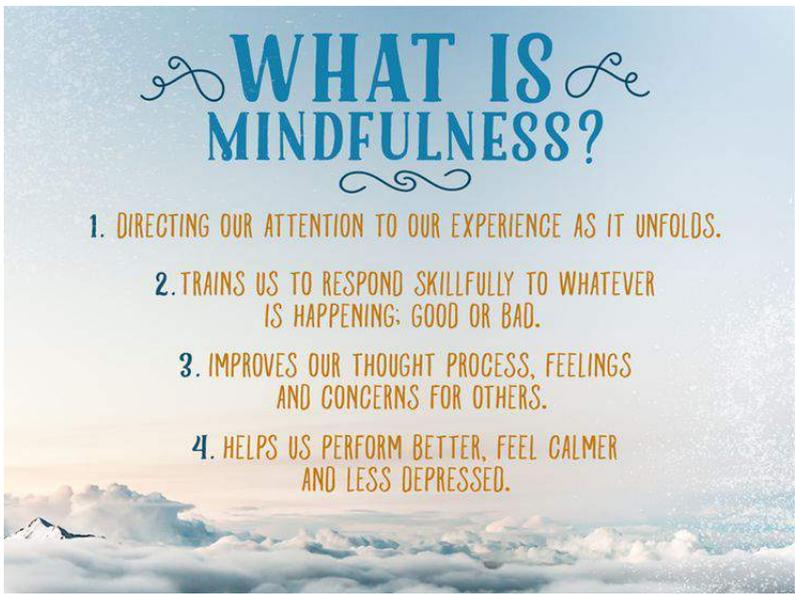
Greens are a great way to get in some extra chlorophyll in your diet, and to help alkalize and keep the body calm. You can add a rib or two of celery, a few slices of cucumber, or 1-2 cups of tender greens (spinach, dandelion greens, swiss chard, romaine, green/red leaf lettuce or herbs like parsley, cilantro, arugula) or 1-2 cups of dense greens (like kale and collards)

4. Thicken up (optional)

If you want to thicken up your smoothie a little bit you can add some nut butters (like almond or peanut), or some coconut meat or chia seeds. If you choose to add chia seeds, make sure you soak them beforehand. Soak 1 tbsp. chia seeds in 250ml (1 cup) of water and let stand for 1 hour before using.

5. Power up! (optional)

If you want to power up a little bit, you can also use some of these so-called "superfoods" (although I consider all fruit and vegetables to be super, depending on growing conditions). These foods include goji berries, golden berries, mulberries (add around 1/4 of each berry), hemp protein (1 tbsp), hemp seeds (1 tbsp), flax seeds (1 tbsp), spirulina powder (1 tbsp) or maca powder (1 tsp).





Sleeping when it's hot:

Top tips by Tamika Dwight-Scott

Your body needs sleep. Tamika writes about finding ways to get peaceful, restful and restorative sleep in the hot weather.

We live in a country of extremes and right now mid-January in NSW Australia we're experiencing extremely high temperatures.

I'm writing this blog from Quest for Life in the Southern Highlands of NSW, where we can generally rely on cooler weather. However, this week we've experienced temperatures up to 38 degrees and only getting down to about 18-20 degrees of an evening.

There've been many studies on the importance of sleep for our general health and wellbeing. Lack of sleep can show up as feeling tired, cranky and out of sorts. Long-term sleep deprivation makes it difficult to concentrate, brings on mood changes, memory issues and a weakened immune system.

YOUR BODY NEEDS SLEEP.

During sleep your body has the opportunity to heal itself, create new neural pathways, which help with memory and restores chemical balance.

Here on the Quest for Life programs, we have a session specifically for sleep. Let's face it, with the busyness of today there can be a tendency to 'do do do', and in the doing, you miss the signals from your body letting you know you are tired. Then wonder why you cannot sleep when you finally get into bed.

Hence at Quest for Life we see the importance of sleep and we look at things like stress, diet, how to prepare yourself for sleep, the environment you sleep in, the art of relaxation and meditation.

All or some of these ideas promote better sleep.

SO, HOW DO WE SLEEP EASY WHEN WE HAVE INTENSE HEAT?

You may be lucky enough to have air conditioning to cool the house down but if you don't have that luxury and you're finding the raised temperatures have got you tossing and turning in a sweaty mess, you may like to consider some of the ideas below to assist you to get a good night's sleep.

- Ensure you have light-coloured cotton sheets. Sleeping in natural breathable sheets helps cut down feeling like you're roasting under the sheets.
- When you choose your pyjamas, less is best. Choose loose-fitting comfortable natural fibre sleepwear or even consider wearing nothing at all. This is a personal choice which may feel uncomfortable for some.
- If you're really uncomfortable, you could wet a towel or sheet with cold water before bedtime and use this as a blanket. This allows you to keep your body temperature cool and comfortable. It may be advisable to sleep on a dry towel/towels to soak up moisture.
- If you have more than one fan you could set them up around the bedroom to create more air flow and a cross-breeze cooling effect.
- Ensure your ceiling fan is rotating in an anti-clockwise direction, which pushes cool air down.
- Get creative with an old fashion cooler. Using a large piece of ice placed on a tray in front of the fan will create a cooling mist and keep you refreshed for hours. Or hang wet sheets in front of the window which will allow any breeze to be cooled down.
- If you feel overheated and flushed grab an ice pack or place ice cubs in a handtowel and place it on your pulse points – on the back of your neck, the back of your knees, your wrists or elbows and your ankles and feet.
- Have a cold shower. If this feels too much, start with tepid water and turn off the hot water before you get out of the shower. This will leave you feeling refreshed. You could even lay on the bed on a towel and let the fan air dry your body.
- Ensure you stay hydrated, drinking plenty of water during the day and evening.
- Keeps the lights low. Not only because artificial light can keep you awake, but they also radiate heat.
- Turn off and unplug electronic equipment as they emit heat.
- Hot air rises so if you live in a 2-story dwelling, you may like to sleep downstairs on a mattress or sofa bed.
- A natural ice pack can be made using rice or buckwheat. Pour some into a cloth bag and place in the freezer so you can use them as cold compresses (if you don't have a cloth bag, you could use freezer bags and wrap them in a hand towel).
- Keep your windows and blinds closed off during the day to keep the hot air out.

I hope you find some of these ideas helpful and can find a way to get some peaceful, restful and restorative sleep.

The problem with mould

The incidence of mould allergies is increasing. Nutritionist Tara Thorne tells you how to find out if you're at risk, and what you can do about it.

Awareness of mould's effects on human health has been increasing in recent years. However, what is not so well known is that a certain gene can make some people more susceptible to these biotoxins lurking in our environment. Here's what you need to know:

“Mould illness” is the general term for a more complex issue called [chronic inflammatory response syndrome](#), or CIRS. CIRS was defined by Dr Ritchie Shoemaker, a former family doctor, as “an acute and chronic, systemic inflammatory response acquired following exposure to the interior environment of a water-damaged building with resident toxigenic organisms, including, but not limited to, fungi, bacteria, actinomycetes, and mycobacterium as well as inflammagens.” Everyone can become sick from over-exposure to these types of biotoxins, however most will recover once the exposure is removed. Some people though, are genetically predisposed to becoming sicker from these toxins, because they have an immune response gene called HLA-DR which prevents biotoxins from being detoxified by the body: this ultimately leads to CIRS. It is estimated that about one in four people have this genetic mutation.



Should we be concerned? The short answer is “Yes”, because biotoxins are extremely common. Water-damaged buildings are a major concern, as mould can grow in these environments in 24–48 hours. But as much as water damage is a primary concern it's not the only concern - biotoxins (including mould) can also grow in environments that aren't water-damaged. Shoemaker has linked multiple different microorganisms, (“biotoxins”) to CIRS. These include: fungi, bacteria, actinomycetes, mycobacteria, mould and mould spores, endotoxins, inflammagens (compounds that contribute to inflammation and oedema), beta-glucans, haemolysins (exotoxins produced by bacteria capable of destroying cells), microbial volatile organic compounds (what give basements a distinct musty odour).

Testing your home

It's important to test your home for mould; however, many inspectors don't use comprehensive methods and will simply look for mould visually and take an air sample that does not identify the different species of biotoxins; this is important because different biotoxins have different effects on health. Air sampling only collects a small sample of air from directly around the device used. This is a potential problem, because mould spores have different molecular weights and some do not remain airborne for long.

The best type of testing is called the Environmental Relative Mouldiness Index (ERMI) test, which was developed by the US Environmental Protection Agency and determines the relative “mouldiness” of a home compared to a group of reference homes that don't have mould. The ERMI test has been studied and validated in multiple scientific peer-reviewed papers, and one of the reasons it's the best option is because it identifies mould that has settled in dust via a specialised technology called quantitative polymerase chain reaction (MSQPCR). It also identifies spores that aren't airborne as well as identifying the exact species of biotoxin. To get accurate and valid results make sure the lab you use follows the EPA patent and laboratory procedures exactly, otherwise your results may be misleading.

Mould illness or CIRS is an issue that needs to be taken seriously. If you suspect your home has a mould problem, take the necessary steps to eradicate it. And if you have any of the symptoms listed in “Symptoms of CIRS” linger after you have removed the mould from your environment, seek the help of a qualified health practitioner who can test for the HLA-DR gene and get you started on a detoxification path if CIRS is indeed something you are suffering from.

Symptoms of CIRS

There is a very wide range of non-specific biotoxin accumulation symptoms, which can make CIRS difficult to diagnose. These include: memory problems, brain fog, trouble with focus and word recollection, decreased learning ability and confusion; disorientation; headaches; fatigue and weakness; muscle cramping, aches and pains, joint pain without inflammatory arthritis, nerve pain or “ice pick” pain; numbness and tingling; hypersensitivity to bright light, blurred vision, burning or red eyes, tearing; sinus problems, cough, shortness of breath and asthma-like symptoms, chronic congestion; tremors; vertigo; abdominal pain, nausea, diarrhoea; appetite changes; metallic taste in the mouth; weight loss resistance; night sweats and temperature dysregulation; excessive thirst; increased urination; frequent static “shocks”; morning stiffness; and skin sensitivity.

What you can do

First and foremost, if you suspect you have CIRS or are suffering from biotoxic accumulation, you must remove yourself from the environment that presents the exposure. But remember: if you do have CIRS and you have a genetic difference that makes you unable to remove biotoxins from your system, additional steps to heal yourself are crucial. This is where the help of a knowledgeable practitioner who understands how to treat CIRS effectively is required. To prevent accumulation of biotoxins in your environment:

- *Use air purifiers and sanitisers
- *Be sure to scrub mould off surfaces and dry completely
- *Always fix leaks or other water problems as soon as they arise
- *If absorbent material, such as tiles or carpet, becomes mouldy, throw them away
- *Never paint over or caulk mouldy surfaces
- *Clean and repair roof gutters regularly
- *Frequently change air conditioner filters and keep drip pans clean and drain lines unobstructed
- *Ensure the ground around buildings slopes away from the foundation, so water doesn't collect at the base
- *Measure indoor humidity with a meter and keep it between 30 and 50 percent, no more. Use a de-humidifier if necessary and/or increase ventilation
- *Make sure kitchens, laundry rooms and bathrooms are well ventilated
- *Never carpet an area that is exposed to moisture, such as a bathroom

Tara Thorne is an Australian registered holistic nutritionist whose practice focuses on helping women heal from hormonal imbalances, specifically as they relate to stress conditions.

www.tarathornenutrition.com

Yvonne's Raising Healthy Families Article

Even though this article is about America, it is pertinent to us here in Australia, as we have been following their education policies e.g. the naplan for years and our kindergarten classes and even pre-schools are starting to become more formalised.

Look at Waldorf school philosophy. They don't teach academics formally until around 2nd grade. The kids learn to interact with each other respectfully, listen to peers, be polite, use manners, learn to solve problems among themselves, learn social skills, and play outdoors, which teaches interpersonal and group skills as well as appreciation for the environment. They prepare their food, keep track of their belongings, wash hands, grow plants. They learn informally, and they are not rushed or pushed. And they play, and imagine, and create.

We Need to Make Kindergarten Engaging Again



Are we diminishing our children's sense of wonder? By Christopher Brown, Ph.D.
Posted Nov 27, 2018

In a kindergarten classroom in Texas, 22 children spend their day participating in more than 10 different teacher-led activities in seven hours. They write in journals, do math, practice spelling and phonics, learn to read, and more. They are just 5 years old.

Across the country, kindergartners are being told what to do and how to do it, every single step along the way, all day long. They play less and study more than they did 20 years ago. This is what kindergarten has become, and it's not a good thing.

Besides diminishing children's sense of wonder and their ability to see themselves as learners, this constant push for children to learn academics through routinized activities can negatively impact their learning in elementary school and even through high school.

So why is this happening, and what can we do to make kindergarten an engaging place for learning again?

During the past few years, I and members of my research team have been interviewing education stakeholders: kindergartners, their families, teachers, school administrators, university educators and researchers, policy analysts, policymakers and lobbyists. We've done our research in Texas, West Virginia, and Washington, D.C., and our goal is to make sense of these changes and how they might alter kindergarten so that it reflects their understanding what really should happen in kindergarten classrooms.

We found that almost everyone we talked to is worried about what kindergarten has become. A principal in Texas told us: "We're killing their joy for school in kindergarten. We have to ask ourselves, 'What are we setting children up for later?'"

To make kindergarten more engaging for children, these stakeholders offered a range of suggestions including “more recess,” “more play, more conversation with and among the kids so that teachers build children’s creativity, sense of wonder, their inquiry and interest, and their engagement in learning for themselves,” “less testing,” and ensuring that “kindergarten should never be like first grade. That doesn't make any sense.”

While these stakeholders want change, they also know how important having a good year in kindergarten is for children’s success in school.

How can we help kindergarteners be little and successful?

To make kindergarten engaging again requires reform of not only the kindergarten classroom but also of how we think about kindergarten itself.

The stakeholders in our study want policymakers and school administrators to put in place reforms that provide more time across the day for social and emotional learning and for the children to have more opportunities to play and interact with one another.

They also want to improve teacher training so that teachers have the professional knowledge to provide all kindergarteners with learning experiences that support their cognitive, emotional, physical and social learning while increasing their academic achievement.

In terms of state and national policy change, they want new content and program standards to be developed and implemented across the entire K-12 education system. The standards should emphasize developing the whole child while limiting the impact of standardized testing on children, teachers and their schools.

Based on our conversations, it would benefit everyone if we all stop thinking that being ready for kindergarten and school success means children must acquire specific academic skills and knowledge.

Instead, we should think about how families, teachers and schools can work together with students to create an engaging learning environment that helps all children become — and see themselves as — competent, life-long learners.

Christopher Brown, Ph.D., is a professor of early childhood education in the College of Education at The University of Texas at Austin. He is a faculty fellow with the Institute for Urban Policy Research and Analysis and a faculty fellow of the Centre for Health and Social Policy at the LBJ School of Public Affairs.

How to nurture a child's mental health




Actively listen before offering your advice

Be patient

Share your feelings and validate theirs

Tell the truth

Model healthy behavior

Surround them with healthy adults

Be consistent and follow through with what you promise

Teach them how to be safe

Believe them and in them

Use open ended questions

Have scheduled family time

Limit electronic time for everyone

Reach out and hug them

Practice relaxation exercises together

Model forgiveness

Respond calmly when their emotions are elevated

View their behavior as a window to their needs and feelings

Make play and exercise a requirement

Recognize positive choices

Be present

Set and respect boundaries

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Love yourself enough to live a healthy lifestyle.

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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 website address is:	www.yvonnestotalbodycare.com.au



Don't forget to support your local **organic markets** at **Wyong Racecourse** on Sat 2nd & 16th (8 – 1pm). **Gosford Racecourse** every Sunday from (8 – 1pm.) **Umina Beach Markets** on Sun the 17th **Shelley Beach Markets** on Sat the 23rd
 Thanks for reading and look forward to seeing you soon.
 Kind regards Yvonne

