



Yvonne's Total Body Care



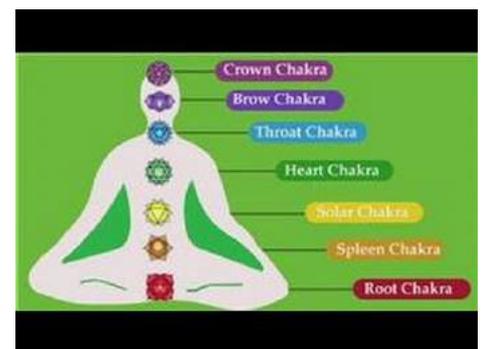
Hi there everyone, welcome to my [March 2019 Newsletter](#), the first month of autumn, although the bureau of Meteorology says that summer like temperatures are likely to continue right the way through Autumn. This can be draining if the humidity is high and our poor veggies, herbs and plants are also feeling it too. On a good note my Visionboard workshops were a great success. They can be done at any time of the year, so if you have a group of friends of 4 or more call me and we can plan a time. My next workshop in [April](#) is about [Intermittent Fasting](#). I have 5 people interested, if you would like to know more or



would like to attend please ring me on 0414-880-393.

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.



Ear Candling - Autumn is a great time to give your ears a gentle, non-invasive clean. This ancient remedy has been used by the Egyptians, Chinese and Hopi Indians, and is still widely used in Europe. This natural soothing procedure is completely painless and safe and is an alternative to rinsing the ears and sometimes the need to insert grommets.



- Helps people with sinus pain & congestion.
- Headaches & migraines.
- Colds, mucus & sore throats.
- Ear aches & infections.
- Glue ear or swim ear.
- Candida & fungal infections.
- Helps with balance & equilibrium.
- Good to clear head before or after flights.
- Deep sea diving.

- Excessive wax build up.
- Foggy head.
- Lymphatic congestion.
- Tinnitus.
- Diminished hearing.
- Clears toxic residue from medication.
- Strengthens & balances the energy flow.
- Reduces stress & induces deep relaxation.

My March Small Steps Health Challenge

This month is about reducing your exposure to electromagnetic fields (EMFs).

Here are few steps you can take:

- Remove all electricals from the bedrooms, including clock radios.
- Turn phones onto flight mode overnight or ensure they are at least 1 metre away from your head.
- Turn wi-fi off at night to give the body a rest from the EMFs.
- Use speakerphone on your mobile.



Are you already taking steps to limit your exposure to electromagnetic frequencies?



An Autumn Recipe & Three Articles for March

This month's recipe is **Indian-spiced Pea Fritters** and my three articles this month are, **Thirteen Golden Rules for Profitable Processed Food**, **In With the Old** plus **How Can I Treat Irregular Periods**

I'm sure you will find the information interesting



Sydney beaches are full as temperatures soar higher.

Indian-spiced Pea Fritters

INGREDIENTS

- 150g (1 cup) chickpea (besan) flour
- 1/2 teaspoon gluten-free baking powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon turmeric
- 1 egg
- 160ml (2/3 cup) cold water
- 240g (1 1/2 cups) podded fresh peas or thawed frozen peas
- 1 small red onion, halved, thinly sliced
- 1 long fresh green chilli, finely chopped
- Extra virgin olive oil, to shallow-fry
- Creme fraiche, to serve
- Hot-smoked salmon, flaked, to serve
- Pea shoots, to serve



METHOD

- **Step 1** - Place the flour, baking powder, cumin, coriander and turmeric in a large bowl. Season well. Make a well in the centre. Add the egg and water and whisk until smooth. Fold through the peas, onion and chilli until just combined.
- **Step 2** - Add enough oil to a deep heavy-based frying pan until 1cm deep. Heat over high heat. Drop tablespoonfuls of the pea mixture into the pan. Cook, in batches, turning halfway, for 5 minutes or until golden and cooked through. Transfer to a plate lined with paper towel to drain.
- **Step 3** - Serve the fritters topped with the crème fraiche, hot-smoked salmon and pea shoots. Season with pepper.

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!



Thirteen Golden Rules for Profitable Processed Food by David Niven Miller from Grow Youthful

The big food companies are not interested in selling you healthy and nourishing food. Rather, they are big businesses who want ever-increasing profits, regardless of how they do it. Over many years they have proved that nutrient-deficient foods are more profitable than real, nutritious and clean foods. These big food industrials fully know that the processed foods they sell you are deliberately ruining your health. **Malnourishment is more profitable than nourishment.**

In many ways, big food can be compared to big tobacco a few decades ago. Big tobacco said that smoking was not harmful to your health, when even the dumbest people could see that smokers coughed more and were less fit. In the same way, people who eat factory-made processed foods are fatter and sicker than those who eat clean foods and real foods.

The thirteen processed food essentials

- 1. Addictive.** If you can make your foods addictive you will lock in profits, year after year. Your customers will also eat more. Sugar is the cheapest and most addictive ingredient, especially fructose or high fructose corn syrup. Other hard-to-give-up ingredients commonly used include highly-refined salt, caffeine and caseinates. Your goal is not to satisfy, but rather to induce repeated purchases.
- 2. Long shelf life.** Ideally your food is tough and inert, so it won't be damaged in rough transport, and will last in harsh conditions for years. Avoid soft, delicate perishables which cut deeply into your profits because they need gentle handling, cooling, care and attention.

3. **Attractive packaging.** Use pictures of happy, healthy, active, attractive people enjoying your product. Associate your product with love, social connection and success. Alternatively, use pictures of happy, healthy farms, plants and animals. There is no need that they bear any resemblance to the places where you get your ingredients.
4. **Deceptive marketing.** The three key words to describe your products are "natural", "healthy" and "approved". You can buy a tick of approval from associations professing to protect the public from heart disease, cancer and various other ailments, usually with no changes or only trivial changes to your product. These associations understand the needs of the big processed food industries, and are happy to promote low-fat products, sweet dairy products, food additives, sweeteners and all sorts of corrupt food practices provided that your support and sponsorship is sufficient.
5. **Your spending priorities.** Spend most of your effort and expense on packaging and marketing. A dollar spent on beautiful packaging or on a successful marketing campaign brings far higher returns than a dollar spent on better-quality ingredients. In fact, money spent on quality ingredients is wasted. Your customers will be quite oblivious to what they are actually eating if you have followed all my rules correctly.
6. **Cheap.** Your foods must appear to be cheap. The immediate appearance is what matters. The individual item should have a low price, and look large and good value. Don't worry - remarkably few consumers care or even notice that they have got no nutrition in exchange for their money. They have no idea that in the long run, cheap food is actually life-threateningly expensive.
7. **Convenient.** Your food must be easily and cheaply available 24 hours per day, with no effort. Unlike real foods and clean foods which must be purchased fresh and then prepared with time and effort, a profitable processed food is available in seconds (tear open the packet) or minutes (microwave or heat).
8. **Your target customers.** The most profitable customers are those who are lazy, time-poor, low income, less educated, less intelligent, gullible, watch lots of TV and other advertising, addiction-prone, and unwilling to take responsibility for their own health and lives ("blame it on anyone/anything but me"). The younger you can catch them, the better.
9. **Flavouring.** A good processed food provides a highly flavoured, mouth-satisfying sensation for just a second or two, leaving an overwhelming desire for the next mouthful. The ingredients required to do this are sugars, chemical flavourings, refined salt, glutamates, caseinates and hundreds of other chemicals that blast the taste buds and keep you hungry and addicted. To save on your costs, excellent synthetic chemical flavourings are available, which are cheaper and virtually indistinguishable in taste and smell from real ingredients.
10. **Ease of swallowing and mouth feel.** A successful processed food swallows easily, and does not provide any sensation of fullness in the stomach. Fats and emulsifiers are vitally important for a beautiful, rich, silky, satisfying texture that can slide down the throat with ease. Use oils made from seeds, grains and legumes, which are much cheaper than naturally-occurring fats. To help with the shelf life of your product, some of these vegetable oils last for years, especially if you use oils that are refined or hydrogenated.
11. **Satiety.** Use a variety of chemicals which shut down the biological pathways that tell your customers that they are full. Most of these chemicals shut down their satiety hormones, but some also get the food to quickly pass through their stomachs so they can eat more, and sooner.
12. **Deceptive labelling.** Do everything you can to avoid explaining in plain English what is in your food products. Fight transparent and honest labelling in every possible way. Claim that the cost of listing the ingredients you are using on your label will dramatically increase the cost of your product (even though it is obvious that you are intimately familiar with the ingredients that you use, and it would cost nothing to list them on your label). You will be delighted how easily a good media consultant can convince both the public and the legislators that it is difficult, time-consuming, complex and ruinously costly to print an honest label.

If legislators still insist on printing something on your food's label, then lobby for the following:

Minimum contents. Get them to agree that you don't have to list an ingredient unless it is above a certain percentage. This technique works especially well when you use a processed food (such as a ready-made sauce) in your own product. This is also invaluable if you are using genetically modified products (GMOs) in your ingredients. Nearly three-quarters of all the processed food consumed in the USA contains GMOs, but the vast majority of Americans are completely unaware of this.

Misleading words. Use euphemisms like "natural vegetable protein" rather than real names like monosodium glutamate.

Abbreviations. Use meaningless letters and numbers rather than the names of the ingredients.

13. **Secrecy.** Remember that you are selling a carefully researched and developed food product, not a traditional, natural or real food. Your product may be the outcome of years of painstaking and expensive research, and you are entitled to treat it as a valuable proprietary business secret. Do everything you can to protect your ingredients list, the techniques that you use to process and package your food product, especially the heating (cooking), pressurisation, enzymes and catalysts, chemical manipulation and other means you use.

In with the old

By Sandi Rogers | 22 October 2018



Naturopath Sandi Rogers shares six ways you can use this ancient, inexpensive folk cure as a modern-day multi-tasking miracle. Named for a bitter saline spring at Epsom in England, and patented in 1695 by Nehemiah Grew, Epsom salt is magnesium sulphate heptahydrate, a pure, naturally occurring mineral compound of magnesium and sulphur traditionally extracted by boiling down the Epsom mineral waters.

Epsom salts bath Take to ease pain and swelling of arthritis, fibromyalgia, bruises and sprains; to counter muscle soreness and tired, swollen feet; and to soothe sunburn and psoriasis. Epsom salts dissolved in water breaks down into magnesium and sulphate. Run hot water – which should still be comfortable to the touch – into the tub, adding one to two cups of salts while it's filling to help them dissolve. Use Epsom salts in a hot tub or any tub with jets only if the manufacturer approves.

Constipation In the US, it's FDA-approved for this purpose. Dissolve one teaspoon of salts in a glass of warm water and drink. This remedy should not be used more than once daily.

Splinter removal Soak affected area in a strong solution of Epsom salts (one-third of a cup) and warm water (one cup) for 10 minutes. The magnesium sulphate reduces inflammation and softens the splinter, making it easier to remove.

Skin scrub Epsom salts is a lovely natural exfoliation agent. Take a small handful and rub gently all over your body – but not your face – while skin is still damp from a bath or shower. To exfoliate facial skin, simply mix one-half to one teaspoon of salts with your cleanser and apply as usual.

Deep-clean hand wash Combine equal parts of Epsom salts and extra-virgin olive oil. Use after dirty jobs like gardening, D-I-Y projects or cleaning.

Non-toxic tile and grout cleaner Mix together equal parts of Epsom salts and dish-washing liquid and apply with a brush to tiles and grout. Rinse thoroughly, as the soap is slippery.

In the garden Apply Epsom salts to any plant with yellowing leaves; sprinkle generously around citrus trees and roses; use as a soil conditioner when digging over garden beds; add a tablespoon to soil mix when potting up plants; and sprinkle around slug-affected areas to deter the creatures.

The absorption issue

Read anything about Epsom salts baths, and you'll see extraordinary claims about the benefits delivered by magnesium that is purportedly absorbed into the body via the skin. Without question, magnesium is critical to our health, and many claims – such as reducing high blood pressure – are accurate for ingested magnesium. However, according to an International Journal of Cosmetic Science review, there is no published research to prove that magnesium can be absorbed through the skin, although an Experimental Biology and Medicine review did concede that, under the right conditions (heat, high salt concentrations, or cut or broken skin), absorption could occur. The Epsom Salt Council also quotes an unpublished paper by a toxicologist that noted a rise in magnesium levels following a very hot Epsom salts bath; but this study did not control for the effects of taking a normal bath. Always obtain advice from a qualified naturopath and nutritionist.

Sandi Rogers EDD, ND is a life member of the Australian Traditional Medicine Society.

How can I treat irregular periods?



By Nina Stephenson from Wellness Eternal

A. First, let's clarify what 'irregular' periods (oligomenorrhoea) are. Many women think that if their periods don't come every 28 days they're irregular, but that is not so. Some irregularity – due to stress, trauma, travel, puberty, perimenopause and post-pregnancy – is normal.

Ruth Trickey, specialist women's health naturopath and author of *Hormones and the Menstrual Cycle* (Allen & Unwin), says periods are irregular if: they last less than three days; bleeding is slight, requiring two or fewer pads or tampons daily; and the cycle exceeds 35 days. Amenorrhoea, the absence of menstruation (in non-perimenopausal or menopausal women) for over six months is a major concern.

Common causes for ongoing irregularity are hormonal imbalance, a failure to ovulate and polycystic ovary syndrome (PCOS). These require a professional consultation and diagnosis from

your naturopath as there are strict guidelines regarding herb dosage, treatment duration and contraindications for the Pill, HRT and progesterone drugs like Provera. Treatment may entail:

Herbal helpers

Chaste tree (*Vitex agnus-castus*) is the queen of hormone-balancing herbs. It acts on reproductive hormones including: prolactin (stimulates breast growth, induces breast milk post-childbirth, may be elevated due to stress or thyroid problems); progesterone (encourages the uterine lining to grow in preparation for possible pregnancy, is prevalent in second, post-ovulatory half of menstrual cycle); and follicle-stimulating hormone (stimulates development of the follicle containing the egg). *Vitex* also acts on the HPO axis, the complex communication pathway between the brain, the pituitary gland and the ovaries that keeps the reproductive system functioning.

Food factors

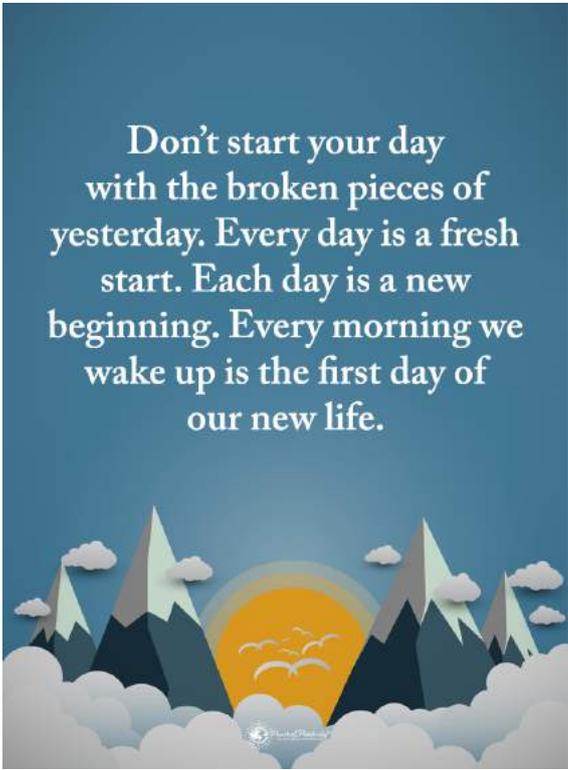
Foods high in refined carbohydrates – bread, baked goods and confectionery – may disrupt blood sugar and increase risk of insulin resistance, which adversely affects hormonal balance and ovulation. Organic foods are important if you have irregular periods, as pesticides can cause xenoestrogens to lodge in the body. Meat from animals fed synthetic hormones can interfere with female hormones, so choose organic, biodynamic, hormone-free meat. Use glass, plastic or stainless steel containers. Plastics contain xenoestrogens (environmental chemicals with oestrogen-like activity) that cause hormone havoc.

Mind-body connection

Louise Hay suggests that period problems involve some level of rejection of the feminine self, possibly due to fear, guilt, or shame. Menstruation is a fundamental symbol of womanhood, so I ask all my female patients with menstrual difficulties how they feel about being a woman. Today, a woman juggles multiple roles – worker, mother, lover – with little support, and she may move into her ‘masculine’ side – a place of control, rather than surrender (‘feminine’) – to cope. However, she loses touch with her deep feminine wisdom, intuition, and connection to the flow of nature.

Reconnect with your essence

- * Choose a form of exercise that celebrates the feminine, such as belly dance, or yoga, for harmony.
- * Do not rely on your partner to fulfil all your needs. Connect regularly with female friends and family – women provide the nurturing support that men cannot.
- * Celebrate, discuss and share all the stages of womanhood with female friends – menarche, pregnancy, birth, and menopause.
- * Practise surrender (not to be confused with submission!). Surrender is the ultimate in femininity, because you relinquish the need for control in your life and let things flow naturally.



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 website address is:	www.yvonnestotalbodycare.com.au



Don't forget to support your local **organic markets** at **Wyong Racecourse** on Sat 9th & 23rd (8 – 1pm). **The Entrance** every Sat (9 - 2pm.) **Shelley Beach Markets** on Sat the 30th (9 – 2pm) **Gosford Racecourse and Toukley** every Sunday from (8 – 1pm.) **Umina Beach Markets** on Sun the 17th. Thanks for reading and look forward to seeing you soon. Kind regards
Yvonne

