



Yvonne's Total Body Care



Hi there everyone, welcome to my **May 2019 Newsletter**, the last month of autumn. Aliana has started walking & she is getting more confident with her balance since she's found her feet. What beautiful sunny days we've had lately. Hope it's a sign of the same in our winter months. Hope you all had a great Mother's Day. We all went up to Newcastle & had a lot of fun playing Putt Putt Golf followed by a lovely meal in the evening. Love having my family all around me.



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

<u>Narara C. Centre</u>	Mondays (9 – 4pm) (only counselling)
<u>Woongarra</u>	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.



Skin Brushing - Our skin is the largest organ of absorption and elimination. Many people exfoliate the skin on their faces regularly, but the truth is that your whole body could do with thorough and regular exfoliation. Skin that is clogged with toxins and dead cells cannot function properly because the toxins are not being eliminated. Since it is estimated that the skin eliminates over one pound of waste per day, skin brushing would be an excellent routine to add to your day. Dry skin brushing on a daily basis can provide the following benefits:



Benefits of Skin Brushing

- Improved circulation which benefits people with skin diseases such as eczema, acne, boils, psoriasis & dermatitis..
- Stimulating lymph drainage and breaks down congestion in areas where the lymph flow is sluggish & toxins have collected.
- Cleans the blood & reduces the burdens on your kidneys.
- It frees up the sweat glands.

- Helps in the treatment of cellulite.
- Removes dead skin cells from the surface of the skin.
- Stimulates hormones.
- Skin becomes silky smooth.
- Firms the skin.
- Encourages a healthy glowing skin.
- Improves brain function through increased circulation.

Affirmation: I take care of my body, my home, my workplace and all other areas of my life. I alone are responsible for myself.

An Autumn Recipe & Three Articles for May

This month's recipe is [Haloumi with Roast Vegetables](#) and my three articles this month are, [Benefits of Lemon Essential Oil](#), [Smartphones Causing Mental Health Issues in Kids as Young as Two](#), plus [Five Ways to Talk to Your Kids So They Feel Loved](#)

I'm sure you will find the information interesting

Haloumi with Roast Vegetables

Ingredients

- 500g Haloumi
- 1 bunch Dutch carrots, peeled, trimmed
- 150g green beans, trimmed
- 2 small zucchinis, thickly sliced
- 1 red capsicum, cut into 2cm pieces
- 1 red onion, halved, thinly sliced
- 4 garlic cloves, thinly sliced
- 1 eggplant, cut into 2cm pieces
- 1/3 cup olive oil
- 1/4 cup plain flour
- crusty bread and lemon wedges, to serve
- 1/2 lemon, rind finely grated



Method

1. Slice each block of haloumi lengthways into 6 pieces.
2. Preheat oven to 200°C. Combine carrots, beans, zucchini, capsicum, onion, garlic and eggplant in a roasting pan. Drizzle with 2 tablespoons of oil. Season with pepper. Roast for 20 minutes or until light golden and tender.
3. Meanwhile, place flour on a plate. Press 1 side of haloumi into flour to coat. Turnover and repeat. Heat remaining 2 tablespoons of oil in a non-stick frying pan over medium heat. Cook haloumi, in batches, for 4 minutes on each side or until light golden
4. Serve with roasted vegetables and mayo (if desired)

Extra For potato lovers. Cut potatoes into 2-3cm sized chunks. Boil potatoes for 20 mins then place on baking tray. Place potatoes in oven for 10 minutes before placing vegetables into oven.

THIS LEMON ESSENTIAL OIL TRICK IS THE POWERFUL WAY TO ACTIVATE YOUR METABOLISM, BALANCE PH LEVELS, AND REVERSE INFLAMMATION



Ayurvedic tradition tells us to drink warm water with the juice from half a lemon first thing in the morning upon rising. This pleasantly tart beverage is a simple way to stimulate the liver and promote bile flow, which in turn aids digestion. Interestingly, lemon water also sometimes helps resolve heartburn symptoms by stimulating healthy stomach function. It also aids in balancing the body's pH.

There is something else that warm lemon water may do though: ruin your teeth. Lemon juice is highly acidic because of the citric acid, so over time, routine consumption of lemon juice (or any acidic food or drink) will erode your teeth enamel. The hot water will further intensify the attack because the rate of chemical reactions increases with temperature. When the enamel is worn away, it exposes the underlying dentin (which is yellower in colour than enamel), which may lead to painful sensitivity.

In order to minimize the erosion, you can brush your teeth prior to drinking your lemon water instead of after, or wait a significant amount of time (at least 60 minutes) after to brush your teeth with a soft toothbrush. This is because acid leaves the enamel softened and more prone to erosion during brushing! Additionally, you can rinse your mouth with purified water after you finish your lemon water. Or you can drink your lemon water with a metal straw (so that it bypasses your teeth).

Lemon Juice vs. Lemon Essential Oil

Something else you can do is use lemon essential oil (make sure it is labelled for human consumption) instead of lemon juice. Lemon oil is cold-pressed from the aromatic rinds of lemons, not the fruit. It is pH neutral as it does not contain citric acid and is safe for the teeth enamel. As well, it is more potent than lemon juice; it takes 3,000 lemon rinds to produce 1 kg of lemon essential oil. The oil is absorbed into the liver easier than the juice, making for a better detox regimen.

Lemon essential oil will help increase your energy level and mental clarity so try adding a drop to your bottle of water before you go to the gym and it will give you a lot more energy (don't add it to a plastic bottle as the oil will degrade the plastic). Lemon oil is also great if you ever deal with heartburn, acne, urinary tract infections, gallstones, kidney stones, or respiratory issues.

The Secret Ingredient in Lemon Essential Oil

The lemon essential oil contains 68% d-limonene (which is not present in the juice). Limonene is a widely distributed, natural, non-toxic compound found in citrus fruits, spices, herbs, and some conifer essential oils. It is a powerful antioxidant believed to boost the body's natural defences. It has been shown to activate enzymes in the liver that are part of the detoxification processes which take toxic compounds present in the liver and convert them to non-harmful or less harmful versions. These "toxins" can range from caffeine to ibuprofen.

D-limonene is also being studied for its properties in relationship to cancer cells. Limonene has been proven in humans and in animals to have chemo preventative and chemotherapeutic benefits, causing no toxicity to humans—even at huge doses. It has been found in numerous animal and human studies to help stop cancer in its three stages: initiation, promotion /progression, and metastasis. Not only does limonene stop cancer growth from starting and prevent existing cancer growth from spreading but it has also been shown in animals to regress existing tumours.

As such, the evidence is overwhelming that incorporating limonene in your diet is a healthy lifestyle choice that helps promote normal cell life cycles.

If you are currently adding lemon juice to your water, and want more than just a little zing to start your morning, why not try adding one drop of essential oil for a little while and see if you feel a difference?

SOURCE: <http://www.foods4betterhealth.com/a-drop-of-this-every-morning-can-work-wonders-8715>

Smartphones, tablets causing mental health issues in kids as young as two. nzherald.co.nz. 13 Nov, 2018

Children as young as two are developing mental health problems because of smartphones and tablets, scientists warn.

Just an hour a day staring at a screen can be enough to make children more likely to be anxious or depressed.



This could be making them less curious, less able to finish tasks, less emotionally stable and lowering their self-control, the [Daily Mail](#) reports.

Although teenagers are most at risk from the damaging devices, children under the age of 10 and toddlers' still-developing brains are also being affected.

But research shows 'zombie' children spend nearly five hours every day gawping at electronic devices.

Researchers from San Diego State University and the University of Georgia say time spent on smartphones is a serious but avoidable cause of mental health issues.

"Half of mental health problems develop by adolescence," professors Jean Twenge and Keith Campbell said. "There is a need to identify factors linked to mental health issues that are [able to be changed] in this population, as most are difficult or impossible to influence. How children and adolescents spend their leisure time is [easier] to change."

Parents and teachers must cut the amount of time children spend online or watching television while they're studying, socialising, eating or even playing sport.

Professor Twenge said her study, one of the biggest of its kind, backs the American Academy of Paediatrics' established screen time limit – one hour per day for children aged two to five.

It also suggests a similar limit – perhaps two hours – should be applied to school-aged children and adolescents, she added.

The researchers analysed data provided by the parents of more than 40,000 US children aged two to 17 for a nationwide health survey in 2016. The questionnaire asked about the youngsters' medical care, any emotional, developmental or behavioural issues and their daily screen time.

Adolescents spending more than seven hours a day on screens are twice as likely to have been diagnosed with anxiety or depression as those who spent an hour. Links between screen time and wellbeing are stronger among adolescents than young children, the study found.

Professor Twenge said: "At first, I was surprised the associations were larger for adolescents. However, teens spend more time on their phones and on social media, and we know from other research that these activities are more strongly linked to low wellbeing than watching television and videos, which is most of younger children's screen time."

Even moderate use of four hours is also associated with lower psychological well-being than one hour a day.

Pre-schoolers, or under-fives, who are high users are twice as likely to often lose their temper – and are 46 per cent more prone to not be able to calm down when excited.

Among 14 to 17-year old's, more than four in ten (42.2 per cent) of those in the study who spent more than seven hours a day on screens did not finish tasks.

About one in eleven (9 per cent) of 11 to 13-year-olds who spent an hour with screens daily were not curious or interested in learning new things.

Writing in the journal Preventative Medicine Reports, the professors said they were particularly interested in links between screen time and diagnoses of anxiety and depression in youngsters, which have not yet been studied in great detail.

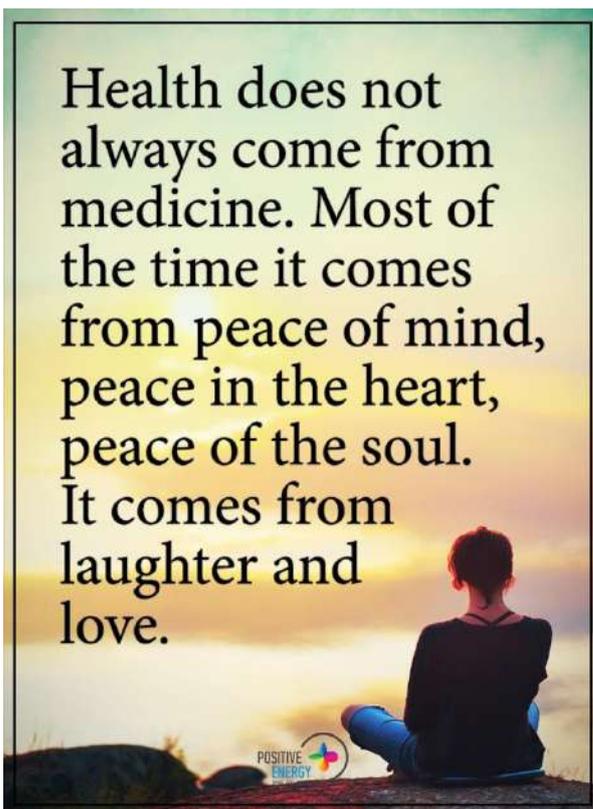
They said: "Previous research on associations between screen time and psychological well-being among children and adolescents has been conflicting, leading some researchers to question the limits on screen time suggested by physician organisations."

The US National Institute of Health estimates children and adolescents commonly spend an average of five to seven hours on screens during leisure time. Evidence is growing of the adverse effects this has on health.

This year the World Health Organisation decided to include gaming disorder in the 11th revision of the International Classification of Diseases.

And in December 2017 a team of Oxford University researchers found UK 'zombie' children's average daily screen time has leapt in a generation from just under three hours to four hours and 45 minutes.

Experts warn 'addicted' children risk sleeplessness, obesity and falling victim to cyber-bullying, while losing valuable social skills through a lack of face-to-face contact.



THE TRUTH ABOUT FRUIT SUGAR



1. Handled differently by the body than processed sugar
2. It is simple sugar (intrinsic) which the body & brain run on
3. Optimal form of energy for us
4. Brings alkalinity and vitality to our cells
5. Reverses acidosis and strengthens cells
7. All sugars are NOT the same
8. Fruit sugar does NOT need to be limited
9. Does NOT cause diabetes

Five Ways to Talk with Your Kids So They Feel Loved

These warm, nurturing messages need repeating over and over again with our children.

BY [SHAUNA TOMINEY](#) | MARCH 18, 2019

I don't recognize you." This was the first thought I had when my daughter was born. She didn't look like me (at first), and I soon learned that she didn't act like me, either.

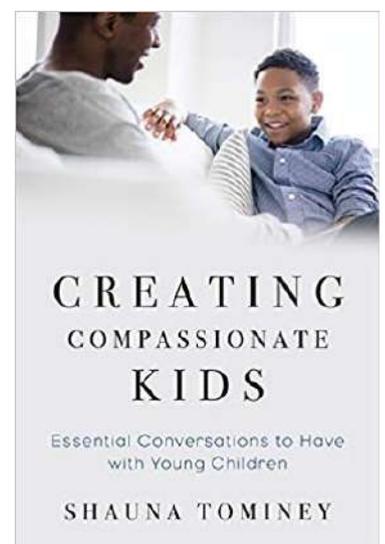


I was a quiet and content baby, or so I'd been told; my daughter was anything but. On our first night home, she cried for hours while my husband and I tried everything we could to calm her, from rocking to singing to feeding to changing her. Eventually she did soothe, but my daughter was letting us know, loudly and clearly, that she was her own person. We had to set aside our expectations for who we thought she would be to see who she actually was and would become.

Although we were too exhausted to think about it at the time, our daughter's cries were helping us get to know her. The way we responded also helped her get to know us.

Whether an infant cries continually or hardly at all, it's important to recognize that their cries (and their smiles and coos, too) serve an important purpose—they are the tools a baby has to communicate. A cry might say: "I'm hungry," "I'm uncomfortable and need to be changed," "I want you to hold me," or "I'm tired, but I can't sleep." A smile might say: "I'm full and content" or "I love it when you hold me."

Starting when children are young, the way we interact with them helps shape how they respond to us and to other people in their lives. In my new book, *Creating Compassionate Kids: Essential Conversations to Have With Young Children*, I write about the importance of caring conversations that help kids grow into the compassionate, resilient people we hope they will be. By paying attention to their cues and responding, we let our children know they are loved for who they are, help them learn to trust the adults in their lives, teach them



skills to manage big emotions and challenges, and encourage them to approach others with compassion.

Although how we talk with children and the topics we choose to talk about may change over time, there are certain conversations that are important to have again and again at any age. Here are five examples.

1. You are loved for who you are and who you will become

“I don’t like it when you hit your brother, but I still love you.”

“You used to love this song, but you don’t anymore. It’s fun to see how who you are and what you like changes as you get older!”

Letting the children in your life know that they are loved for who they are now and who they will become helps create a trusting relationship, also called a secure attachment. Build your relationship by spending dedicated

time with your child doing something they choose, paying attention to their likes and interests. During these moments, put aside other distractions, including household chores and electronic devices. It can be tempting (and sometimes necessary) to multitask, but it is also important to show your child that you are focused on them.

Children who have secure attachments tend to have higher self-esteem and better self-control, stronger critical thinking skills, and better academic performance than children who don’t. They’re also more likely to have stronger social skills than their peers, as well as greater empathy and compassion.

2. Your feelings help your parents and caregivers know what you need

“I hear you crying and I wonder what you are asking for right now. I’m going to try holding you in a different way to see if that helps.”

“When I’m sleepy, I get pretty cranky. I’m wondering if you are feeling sleepy right now.”

Although you might prefer it when your child is in a good mood (when they are easy to get along with and fun to be around), children have unpleasant feelings like sadness, disappointment, frustration, anger, and fear, too. These feelings are often expressed through crying, temper tantrums, and challenging behaviours. Our feelings serve a purpose and let us know when a

child needs something. By paying attention to a child's feelings, we show them that how they feel matters to us and that they can count on us to do our best to address their needs.

When your child's feelings challenge you, ask yourself:

- Are the expectations I have for my child reasonable and realistic?
- Have I taught my child what *to* do and not just what *not* to do? If not, what skills need more practice?
- How are my child's feelings affecting them right now? Even if I think they should know this skill, is my child too upset or tired to think clearly?
- How are my feelings affecting the way I respond to my child?

3. There are different ways to express your feelings

"It's okay to feel frustrated, but I don't like it when you scream like that. You can use words and say, 'I'm frustrated!' You can show your feelings by stomping your feet over here or squeezing this pillow instead."

"Sometimes when I'm sad, I like to tell someone how I feel and have a hug. Other times I want to sit quietly by myself for a while. What do you think would help you right now?"

It's helpful for an infant to cry and scream when they are hurt or upset, but as children get older, we don't want them to express their feelings in this way anymore. As children's brains mature and their vocabulary grows, they play a more active role in choosing how to express their feelings.

Talk with your child about your family's emotion rules. How do you want the children and adults in your family to show different emotions when they arise? You can also use storybooks to help your child see that everyone has feelings. Reading together offers a chance to talk about the challenging feelings that different characters have and to practice problem solving outside of emotionally charged moments.

Teaching children how to express their emotions in new ways takes time, practice, role modelling, and lots of repetition.

4. Everyone is a learner and making mistakes is part of learning

"You tied your shoe! It was really hard at first, but you kept working on it and now you learned to do it all by yours" "Sometimes I get frustrated when I can't do something on the first try. I have to remind myself that learning something new takes practice. Have you ever had to practice something to learn how to do it?"

Through conversations, parents impact *how* children learn as well as *what* children learn. When children struggle to do something, this can feel frustrating, which may lead to them trying harder or giving up. Parents can help children turn challenging moments into learning opportunities by highlighting their effort and sharing the message that learning something new takes time, problem solving, perseverance, and patience. Children with this mindset tend to outperform those who believe that their abilities must come naturally (i.e., either they have it or they don't).

5. Your parents and caregivers are trying to be the best parents they can be

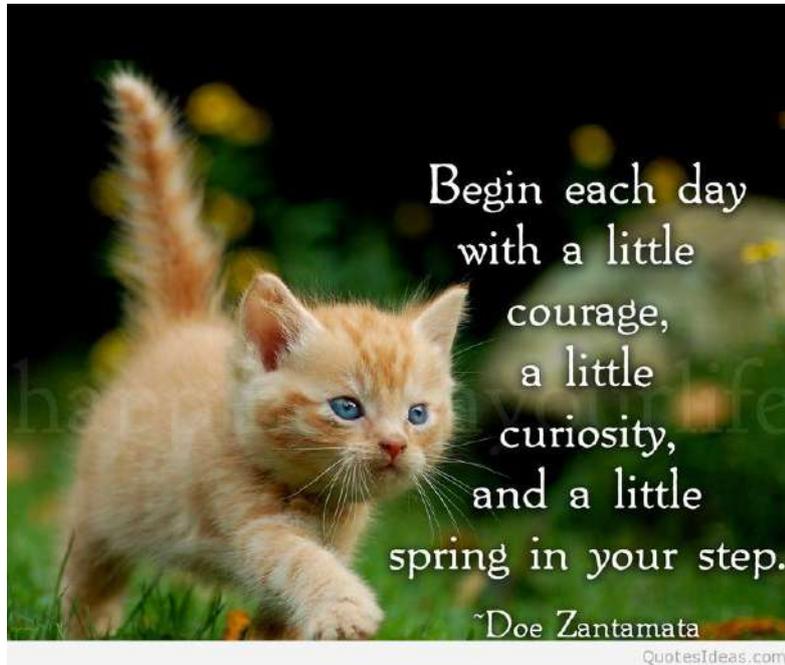
“I’m not sure what to do right now, but I’m trying my best to listen and figure out what you need.”

“I’m sorry that I yelled at you earlier. I shouldn’t have done that. Maybe we could talk together about what we could do differently tomorrow to help our morning go more smoothly.”

Imagine your child as a teenager coming to you and saying, “I was thinking about last night. When I got mad and yelled, I shouldn’t have done that. I’m really sorry. I was so upset when you wouldn’t let me take the car that I just lost it.” Teenagers (or children) don’t become comfortable sharing and reflecting on their words and behaviours overnight, but role modelling from the important adults in their lives can help them learn.

We all have moments that we feel are parenting successes and others that we feel are parenting failures. It’s important to remember that the struggles you have as a parent may be the same kind of struggles that your child has, too. Learning from you that making mistakes is okay and then seeing you work on learning and growing as a person will show your child how to do the same.

If you talk with your children about what you are working on, why it is hard, and what you are doing to improve, you can give your children ideas for strategies that they can use themselves. No matter how you feel about yourself as a role model, you are one of the most important role models in your child’s eyes. As I found with my own daughter, parents and caregivers have the opportunity to learn from children as they learn from us. We can use compassionate conversations to show them that recognize and love them for who they are as we also get to know and recognize who we are as parents.



CONTACT DETAILS

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Contact Mobile Phone No:	0414-880-393
<p> If you are on Facebook, don't forget to type in</p> <p>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.</p>	<p>→ Yvonne's Total Body Care</p>
My website address is:	www.yvonnestotalbodycare.com.au



Don't forget to support your local **organic markets** at **Wyong Racecourse** on Sat 12th & 26th (8 – 1pm). **The Entrance** every Sat (9 - 2pm.) **Shelley Beach Markets** on Sat the 26th (9 – 2pm) **Gosford Racecourse and Toukley** every Sunday from (8 – 1pm.) **Umina Beach Markets** on Sun the 19th. Thanks for reading and look forward to seeing you soon. Kind regards
Yvonne

