



Yvonne's Total Body Care

Hi there everyone, welcome to my [June 2019 Newsletter](#), the first month of Winter. Well winter has well & truly hit us, with some very icy windy weather. I have included some tips in this month's newsletter to help arm you ready for coughs & cold season. Stay warm & check in on neighbours who are elderly. Phil's daughter Jo is expecting a June baby anytime around the 23rd, so fingers crossed we can get up to Brisbane in time. Very exciting.



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

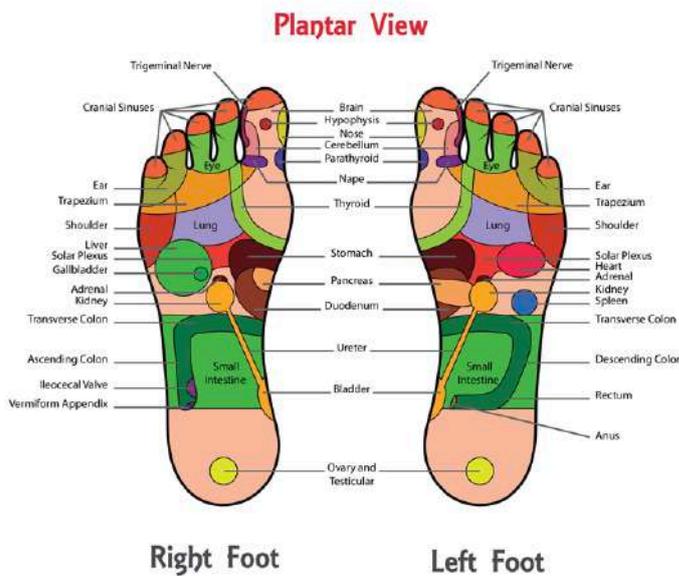
Have you got someone who is hard to buy for or who has everything? I have gift certificates available at different prices. Maybe a reflexology session, aromatherapy, numerology reading or hot stone massage for your mother, mother-in-law, your boss or a friend. Lots of options available from my massage menu. Ring 0414-880-393.



Reflexology Massage – for me, having a reflexology session is like sweeping a broom through your internal organs without opening you up. You feel very relaxed afterwards and some clients have been known to nod off. Book in for something new & feel the difference after your one-hour appointment!

Benefits of Reflexology: - improves circulation, reduces stress & induces deep relaxation, cleanses body of toxins & impurities, strengthens & balances the energy flow, boosts the immune system, improves the lymphatic system and is preventative care

The following conditions that respond well to Reflexology are: diabetes, headaches, oedema, asthma, respiratory & musculo-skeletal problems.



Affirmation: I now choose to treat myself with complete respect. The more I honour & respect myself, the more others do too. I am an innocent loving, loveable human being. I deserve the best.

A Winter Recipe & Three Articles for June

This month's recipe is [Vegetable Curry Pot Pie](#) and my four articles this month are, [Oh, Baby Its Cold Outside](#), [Yvonne's Total Body Care – Tips & Remedies](#), [How to Clear a Stuffy or Runny Nose in 1 Minute](#), [The Fire Cider Recipe for Colds & Flu](#) plus [Helping Young Kids to Choose Wisely](#)

I'm sure you will find the information interesting

VEGETABLE CURRY POT PIE (Serves 4 people)



INGREDIENTS

- 1 tbsp coconut oil
- 1 tbsp of grated ginger
- 1 tbsp of garam masala
- 200g cup mushrooms quartered
- 1 carrot chopped
- 1 cup of water
- 1 egg lightly beaten
- 1 onion finely chopped
- 1 long chilli, seeded & sliced
- 1 tbsp of turmeric
- 1 potato peeled & chopped
- 1 eggplant cut into 2cm cubes
- 2 cups of spinach leaves
- 2 sheets of frozen puff pastry thawed
- 2 cloves of garlic crushed
- 1 tbsp of curry powder
- ¼ cauliflower cut into florets
- 1 zucchini chopped
- 400ml can of coconut cream
- 1 cup of coriander chopped

DIRECTIONS

1. Preheat oven to 200 degrees and lightly grease 4 x 1.1/2 cup ramekin dishes.
2. Heat oil on high in a large frypan and sauté onion & garlic for 3-4 mins.
3. Mix in ginger, chilli & spices and cook for 1-2 mins.
4. Add veggies tossing to coat in spice mixture. Stir in coconut cream & water and bring to boil. Reduce heat to medium and simmer for 10-15 mins.
5. Cool slightly then stir in spinach & coriander through the mixture and divide between the 4 ramekins.
6. Cut 2 rounds from each pastry sheet large enough to generously cover ramekins.
7. Place over filling pressing onto ramekin to seal. Brush with egg.
8. Bake for 15-20 mins until pastry is golden.

Oh, baby its cold outside....

Time to get out those winter woollies and Ugg boots and hibernate. Unfortunately, with this weather also comes less exercise, comfort eating and carbohydrate cravings and before you know it a few kilos have crept on, sound familiar?? It's also a time of year when most of us pick up one or two colds, or worse the flu. So, what can we do to help combat winters health challenges.

A good hearty breakfast to kick-start the day and your metabolism. Reach for the porridge with added LSA or chia seeds with blueberries or eggs with spinach, mushrooms and tomato.

Menu plan and be prepared, keep your freezer stocked for those busy times. Doesn't matter what you are making, double the ingredients and put the leftovers in the correct portion sizes in your fridge.

Soup, soup and more soup. A wonderful, warming, healthy comfort food - really there is nothing better on a cold day than to tuck into a great big bowl of steaming soup. Best of all its simple and you don't need a recipe. Just add vegetables, beans & legumes or organic chicken to some stock and let the stove top do the rest. My favourite at the moment is carrot, sweet potato and chickpeas or what I call the 'crisper soup'. You know whatever you have left over in the fridge at the end of the week in a pot with stock & herbs.



Dust off the slow cooker and have dinner prepared while you are at work. Just remember to always serve with some steamed green vegetables to balance the meal out.

To ward off colds and sniffles add plenty of garlic, onion and leeks to your meals for extra flavour and powerful antioxidants. They are well known for their anti-bacterial action, promote a healthy liver and boost our metabolism.

Include a wide variety of vegetables every day, think of a rainbow on your plate – carrots, sweet potato, capsicum, tomatoes, broccoli, spinach, green beans, kale, zucchini, corn – colour!!!

Keep hydrated, although it's harder to drink water during winter we still need it just as much to help flush our toxins and keep our kidney healthy. Plus, all that cold and wind outside and the extra heating inside really dries out our skin.

Herbal Teas - try some of the wonderful varieties of herbal teas, which are warming in this cold weather, but also very medicinal. My favourites are, peppermint tea, great for settling your digestive system. Lemon & ginger for keeping up Vitamin C & helping with colds & sore throats. Chamomile which is a relaxing tea just before bed.

Fish – a great lean protein it's also full of essential Omega 3 fats that help protect our skin, important for our brain function and memory and an important part of any weight management and healthy lifestyle regime.

Keep your snacks in check – instead of high calorie, nutrient deficient white flour and sugary products, go instead for nuts and seeds, a piece of fruit, boiled egg, or a cup of fresh vegetable soup to keep you going between meals.



Maintain some exercise. It's easy to let it slip during winter but it's important to still keep it as part of your routine. Walking, bike riding, the gym or my favourite, a session yoga guaranteed to make me feel wonderful all over, at peace & the bonus is the best night sleep.

Yvonne's Total Body Care – Tips & Remedies

10 Ways to Prepare Your Immune System before Cold and Flu Season



Believe it or not, cold and flu season is right around the corner, which means that now is the perfect time to prepare your immune system to defend you from infection.

It's always a good idea to follow hygienic practices like frequent hand washing, staying home when you are sick and avoiding or being very careful when using facilities where you may be exposed to other sick people during cold and flu season (or any other time). But staying healthy and doing all you can to boost your immunity can make the difference between a mild cold or case of the flu and getting very sick. So let's get serious about cold and flu prevention. Here's what you can do besides practicing common hygienic measures:

- 1. Eat healthfully.** Getting those 5-9 servings a day of fruits and veggies is so important. Avoid sugar — more than 200 calories a day has been shown to depress your immune system.
- 2. Get plenty of sleep.** If you have trouble getting at least 6 but preferably 7 or 8 hours of sleep, see your doctor and if that's not productive, see a sleep specialist. Don't rely on quick solutions like sleeping pills, which can be habit forming. You may need to change your routine, develop a meditation or relaxation process 30 mins before bedtime or cut out caffeine. Melatonin can help some people.
- 3. Humidify your home.** Flu bugs love cold dry air. If dry heat blasts all winter long in your home, find a way to humidify. It's good for your protective mucous membranes.
- 4. Keep up with your regular, moderate exercise.** It makes immune cells circulate through the body more quickly, so they are better able to kill bacteria and viruses. Research shows that people who walk 45 minutes a day are half as likely to catch flu or cold bug as sedentary people, and that active people in their 70s had immune systems that were as healthy as people in their 30s and 40s. No matter what your age, any exercise is better than none.
- 5. Get enough vitamin D.** New research shows Vitamin D to be a sure immune booster, and lots of older people just don't get enough, especially during the short days of winter. Supplement with 1,000 IU a day of vitamin D3, also known as cholecalciferol. Vitamin D deficiency has been associated with increased risk for pneumonia.
- 6. Add Vitamin C.** Japanese researchers have shown that older people with reduced stomach acid (atrophic gastritis) had fewer colds when they supplemented with 500 mg of Vitamin C a day. Vitamin C helps white blood cells produce infection-fighting chemicals called cytokines. If you do feel a cold coming on, it's best to boost your intake even higher, to 1,000 – 3,000 mg a day, in divided doses, until your symptoms subside.
- 7. Use garlic and onions.** Both increase germ-fighting power in your respiratory tract. Garlic is known as "Russian penicillin," while onions are China's top choice for healthy lungs. Don't like smelling like garlic?

Try a garlic supplement that's been deodorized. It doesn't need to stink to protect you! (Purple garlic is best as it has not been bleached)

8. Use a herbal remedy. Tea Tree Oil or Echinacea can reduce the duration and severity of colds, if you start taking them at the very first sign of symptoms. If your immune system is weak because of other health problems, medicinal fungi such as maitake, reishi and cordyceps can help.

9. Take quercetin. Research shows that quercetin fights viruses. In animals that were stressed by extreme exercise, and then exposed to a flu virus, supplemental quercetin kept them from "catching the bug." Quercetin is naturally found in apples, red grapes, blueberries and onions, among other foods. Researchers say quercetin may work the same way in humans, and be especially helpful for endurance athletes, soldiers and others undergoing difficult training regimens, as well as people under psychological stress.

10. Support your digestive system. Infections, antibiotic use and the aging process itself can damage the delicate balance of microorganisms within the intestines. Probiotics from supplements and from foods like cultured vegetables, yogurt and kefir can restore that balance and help keep this important part of our immune system functioning optimally. Be sure to make them a regular part of your diet!

Cold and flu season may be on its way, but you still have time to feast on healthy foods, get plenty of exercise, which will help you sleep better at night, and bolster your immune system with supplements. When it comes to the annual cold and flu game it's best to play offense, not defence!

Yvonne's Favourite Cold Remedy – At the first sign of cold symptoms e.g. sinus, bronchitis, sore throat, hay fever or watery eyes, do the following.

Rub neat tea tree oil onto the soles of your feet at bedtime, followed by socks. Do this for 3 nights in a row and it will create a fever which will in turn draw the cold symptoms out of the body through the feet. You'll be surprised how wonderfully it works.

Disinfect your rooms regularly throughout the autumn & winter months: Put two drops each of lemon, eucalyptus and lavender in warm water in an oil burner and burn for an hour in each room of the house to avoid air born bacteria spreading to family members.

How to Clear a Stuffy or Runny Nose in 1 Minute

It's not much fun to have a blocked nose. You can't breathe properly and sleeping can become a painful experience. A runny nose can be just as annoying, even embarrassing, especially when you're surrounded by people and all your attention is put on constantly blowing your nose and cleaning your face.

To deal with nasal congestion, most people reach for over-the-counter nasal sprays. But there are disadvantages to using chemical substances. To begin with, these sprays are drugs, so they come with side effects and can be addictive.

It's much better to master an approach that is less invasive and, in many cases, more effective. The simple technique I present in this article is based on **acupressure**. It uses gentle pressure to four points of the face to help you clear your nose.

Follow the instructions and see how your nose reacts.

General instructions:

- Use your fingertips to apply gentle pressure.

- Use round movements – the movement is a pushing-releasing type of rotation.
- You should not feel any pain.
- Do the cycle 3 times.

Point 1:

- Point 1 is located on a cavity at the corner of the nostrils – it's the bottom part of your nostrils.
- Gently push the nostrils together with a rotating movement. As you do this, you almost close, and then open the nostrils.
- Perform the movement 10 times.
- Make sure not to push on the nose cartilage. You're only pressing the bottom part of the nostrils.

Point 2:

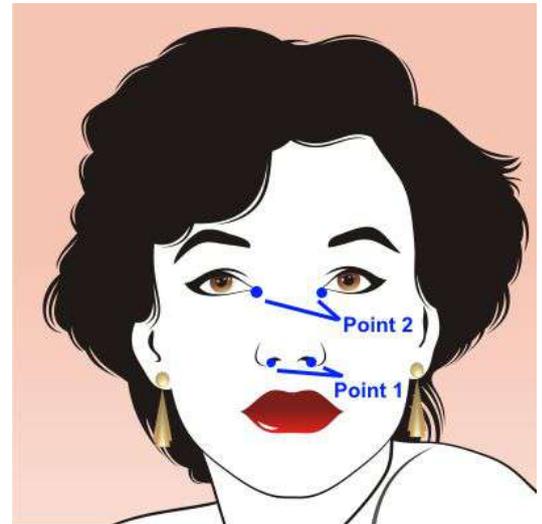
- Point 2 is located just below the corner of the eyes, near the nose, where the tears come out.
- Perform a gentle rotation at this point 10 times. Don't lift your fingers, but just move the skin, so you feel the corner of your eye as you push.

Point 3:

- Point 3 is behind your earlobe, at the bottom part of the ear, in the cavity just below the cartilage.
- Push and release the point 10 times, without applying pressure to the cartilage. The rotation you do is not wide, but a subtle movement.

Point 4:

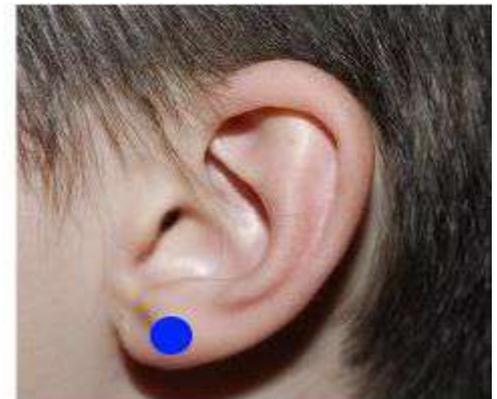
- The last point is the earlobe itself.
- Gently massage the earlobe 10 times.



After going through the above four acupressure points three times, you should feel immediate symptom relief. For best results, repeat the procedure again after 10 minutes.



Point 3 - Behind Earlobe



Point 4 - Earlobe

The described technique is simple, safe, can be done anywhere and anytime, and comes at no cost. It is also a good and empowering experience to be able to use your own body to heal yourself. If successful, pass it on, and help other people control and use their bodies better, too.

I would love to hear back from you about the results of using this simple technique.

Fire Cider Recipe

INGREDIENTS

- 1 medium ginger root
- 1 medium turmeric
- 1 medium onion
- 5 garlic cloves
- 2 jalapeno peppers
- Zest and juice from 2 lemons
- Raw apple cider vinegar
- Raw honey to taste

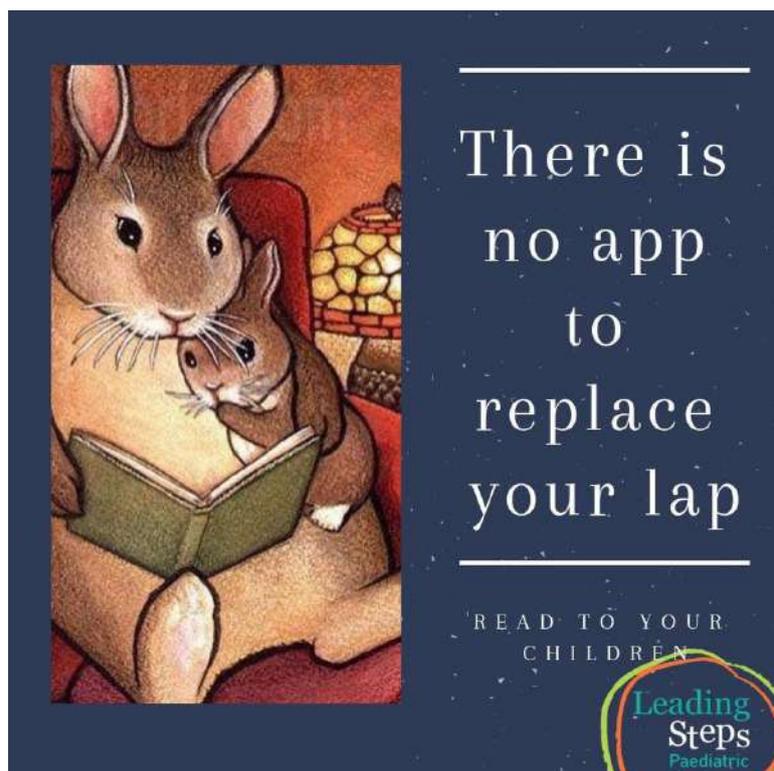


INSTRUCTIONS

Peel and finely chop the ginger, turmeric, onion, garlic and jalapeno. Add to a large jar preferably with a plastic lid. Add lemon juice and zest. Pack everything down before filling with apple cider vinegar. Fill to at least a centimetre over the mix to prevent spoilage of the roots.

Leave on a shelf out of direct heat and sunlight for at least 2 weeks (a month is better!) Shake well and strain the roots/veggies using a cheesecloth or fine mesh sieve. Add honey to taste and take 1 tsp 3x a day at the first sign of illness. Stores for up to a year in the fridge.

Ginger & turmeric are maturing at this time of the year, just in time to make Fire Cider to help us fight off the colds and flus that are going around.



Yvonne's Raising Healthy Families Article

Helping young kids to choose wisely



Hannah's story

Four-year-old Hannah had just arrived at preschool. She usually first went to the painting table, but today the children she plays with were in the sandpit. She stood at the door uncertainly for a few minutes. An early childhood staff member came up to her and asked her what she would like to do. Hannah said she did not know.

The staff member knew Hannah usually liked the art table and said: "I know you like the art table and you like to play with your friends, but today they are not in the same place. Would you like to do a painting first or play with your friends?" Hannah seemed unsure and shrugged her shoulders, and the staff member said "You could do some painting and then play with your friends later, or you could ask one of the others if they would like to paint a picture with you." Hannah then told the staff member she would play with her friends in the sandpit.

Adults can help children make decisions by encouraging them to look for different ways to solve problems, and providing some helpful suggestions.

The foundations for making wise decisions

Our lives are full of small decisions—what to wear, what to have for breakfast and what to take to work or an early childhood service. These small decisions make up who we are and how we spend our time. Later there will be big decisions, such as who to live with or whether to try smoking, and these decisions strongly affect our lives.

The foundations for wise decision making come from the early years; parents and carers are children's first teachers. Parents and carers hope their children will learn to make wise decisions for the big issues as well as for the small ones. From infancy, it is important for children to have opportunities to make decisions on their own. This will help develop their sense of self, confidence, self-esteem, and lead to positive mental health and wellbeing. This topic is about how you can help children learn the skills and attitudes for decision making throughout life.

Decision-making skills develop through the earliest relationship's infants have with their carers.

How can parents and carers support children to make decisions?

Being loving and responsive

When parents and carers are warm, loving and respond to babies' and young children's needs and communications, young children are able to focus on, and enjoy learning and exploring. When parents and carers are loving, supportive and see things from the child's point of view, children are better able to learn and develop self-management skills. They are more capable of achieving what they want to do and strengthen their self-confidence and emotional wellbeing.

Being predictable

Babies and young children need to be able to predict how people will respond to them and what the world around them is like. Parents and carers can help children make predictions by responding to them consistently. For example, children take comfort in knowing they will get food they like when they are hungry, they will get a caring response when they are distressed and they will be put to sleep when they are tired. Consistent adult behaviour gives children a safe base to explore the world and try new things. If children are unsure who will be there for them or how people will respond to them, it is harder for them to know what to expect and decide what they need to do. For example, if a preschool child does something wrong and is unsure how adults will react, it is harder for the child to decide what to do and whom to tell.

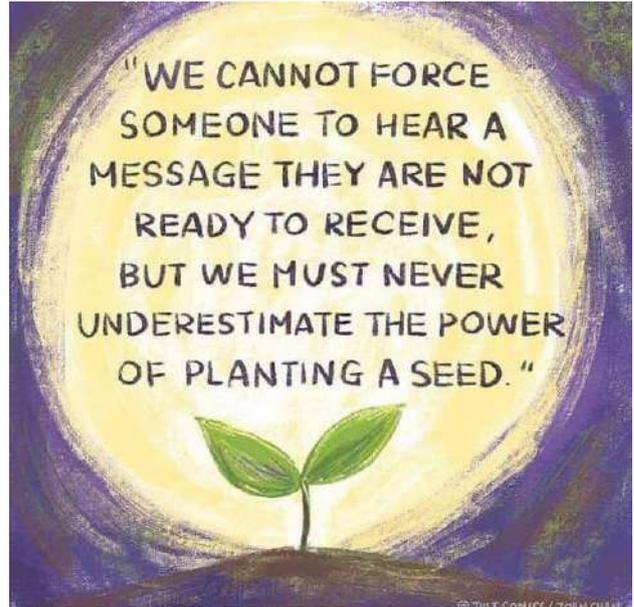
Using words

Words help children learn how to think. Talking to children as you make decisions provides them with important tools for developing their understanding, decision-making and language skills. Even before a baby understands words, adults can use words to make the world more predictable and help children make sense of what is happening for them. It is good for parents and carers to tell a baby what is going to happen when they pick them up, put them down, bath them and feed them. Parents can also talk to babies and toddlers about why they are doing things, and why they make the choices they do, from: "I am putting your milk in the fridge to keep it cold"; to "We will go to the shop after we pick up Sophia from school so we don't keep her waiting." When speaking to young children, it is helpful to keep sentences short and language simple and age-appropriate.

Touch

Loving touch is especially important from birth. Touch helps reduce stress, has a positive effect on growth and brain development, and helps children develop the skills they need to make decisions. Loving touch involves holding babies and young children gently, stroking them, massaging them and giving them lots of cuddles every day. Babies who are held more cry less than those who are not. Loving touch reduces stress and improves immunity. Babies and toddlers learn through touch, for example, when toddlers touch everything while exploring.

"Besides [loving touch] being able to calm our jitters and lift our spirits, the right kind of touch regularly enough early in life can improve cognitive development, brain development, [and] bodily health throughout life.



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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 website address is:	www.yvonnestotalbodycare.com.au



Don't forget to support your local **organic markets** at **Wyong Racecourse** on Sat 8th & 22nd (8 – 1pm). **The Entrance** every Sat (9 - 2pm.) **Shelley Beach Markets** on Sat the 29th (9 – 2pm) **Gosford Racecourse and Toukley** every Sunday from (8 – 1pm.) **Umina Beach Markets** on Sun the 16th. Thanks for reading and look forward to seeing you soon. Kind regards Yvonne

