



Yvonne's Total Body Care

Hi there everyone, welcome to my [May 2020 Newsletter](#), the last month of Autumn. Well we certainly have had a lot of changes on the planet since my last newsletter in January. Since we have all been in lockdown to reduce spreading this virus called COVID 19, it has brought our country to its knees into a depression like we have never seen before. Many people have lost their jobs, their income, their businesses and thousands have applied to Centrelink for help, but this has been slow. So many are still waiting for help. Day Care and Schools are being run on a skeleton staff for essential workers children only, so many parents are juggling their own circumstances plus making sure their kids are doing the school work provided online. Initially people panicked with stocking up on groceries etc, but shops quickly came to the aid of the elderly & disabled to enable everyone to get their fare share. Its times like this when we really see unbelievable generosity and kindness versus total stupidity & selfishness from our society. So, on a personal level despite feeling sadness for those who have lost their loved ones or been financially affected and really doing it tough, I have only been watching minimal news to keep myself on a higher vibration, so I can keep my counselling clients and family & friends upbeat about the positives that have come out of this debacle. I am keeping up my walking and exercise. My yoga teacher is sending us our exercises in video form each week on a Wednesday. I am mindful of not eating more than I usually do, since I am at home more and have been catching up on feel good movies or online programs and ringing friends. Last week the government & ATMS which I am under, gave massage therapists permission to start massaging again, so I have already started getting clients coming back. We don't know how this is all going to pan out as our leaders are taking it one day at a time and I hope you are all keeping safe and healthy and looking after each other whether it be family, colleagues or neighbours.



Here are my work venues for 2020:

Narara C. Centre	Mondays (9 – 4pm) (only counselling)
Wadalba Clinic	Tues, 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
* Numerology Readings	* Astrology Readings	

Numerology or Astrology Readings involve you sending me your birthdate and when I have your reading ready we can meet personally or have a skype session for the reading you choose. Ring 0414-880-393 to book in with me.

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.



Affirmation: I am never stuck, for I can always choose new thoughts & new ways of thinking.

Two Autumn recipes & five articles for my second quarterly newsletter.

My recipes are **Kidney Beans Shepherds Pie** and **Roast Vegetable Salad**. My five articles are

10 Ways to Prepare Your Immune System before Cold & Flu Season, Eyes Right, Five Ways to Talk let Go of the Past with Your Kids So They Feel Loved, The Time of Your Life, and Gut Health.

I'm sure you will find the information interesting

KIDNEY BEAN SHEPHERDS PIE [serves 3]



INGREDIENTS:

1 tablespoon olive oil	1 celery stick [finely diced]
1 onion finely diced	1 carrot diced
1 garlic clove crushed	1 tbsp. tomato paste
1 tbsp. sweet paprika	420g can of crushed tomatoes
420g can of kidney beans	

TOPPING:

2 large kumaras boiled & mashed	40g of butter
Salt & pepper to season	
¼ cup or 40g of freshly grated parmesan cheese	

METHOD:

1. Preheat oven to 200 degrees C. Grease casserole dish.
2. Heat the oil in a large heavy based saucepan over medium heat. Add onion, celery, carrot & garlic. Sauté 3-4 mins.
3. Add crushed tomatoes, tomato paste, paprika and kidney beans. Reduce heat & simmer for 10 mins. Spoon mixture into casserole dish.

4. To make topping, combine the sweet potato, butter, salt & pepper & mix until smooth. Spread potato mixture over bean mixture & smooth the surface. Sprinkle with parmesan cheese. Cook for 40-45 mins until golden brown.

ROASTED VEGETABLE SALAD

INGREDIENTS: Serves 4

- 1 small kumara (orange sweet potato), chopped
- 160g pumpkin, chopped
- 2 small Desiree potatoes, peeled and chopped
- 1 medium carrot, peeled and sliced
- 2 small onions, sliced
- 2 cloves garlic, crushed
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon olive oil
- 420g can Edgell Four Bean Mix, drained
- 1 tablespoon balsamic vinegar
- rosemary, to garnish
- crusty toasted bread, to serve



METHOD:

1. Preheat oven to 200°C. Line a large baking tray with non-stick baking paper.
2. Combine kumara, pumpkin, potatoes, carrot, onions, garlic, rosemary and oil in a large bowl. Mix until vegetables are evenly coated with oil. Season with salt and pepper.
3. Place vegetables in a single layer in a large baking dish. Roast for 35 minutes.
4. Place vegetables into a large bowl and stir in beans and vinegar. Garnish with rosemary. Serve with toasted bread.

For Your Information Section

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.

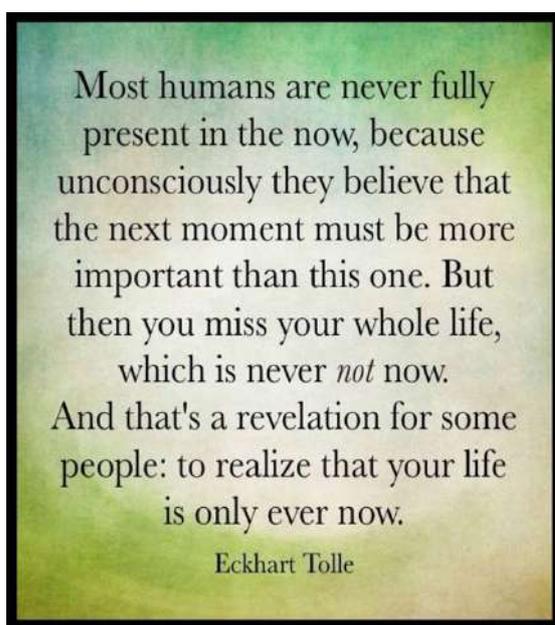
10. Support your digestive system. Infections, antibiotic use and the aging process itself can damage the delicate balance of microorganisms within the intestines. Probiotics from supplements and from foods like cultured vegetables, yogurt and kefir can restore that balance and help keep this important 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.



Eyes Right by Tania Flack

Sight is one of our most treasured senses – so why isn't it the focus of more attention? Naturopath Tania Flack reports.

Approximately 90 percent of vision impairment and blindness in Australia is preventable or treatable, according to Vision 2020: The right to sight Australia. This is our first truly national overview of eye health in Australia and it has highlighted some worrying statistics.

Vision impairment causes significant impact on quality of life and loss of independence for those more seriously affected. The annual economic cost of vision loss in Australia is estimated to be a staggering \$16 billion. Just a handful of conditions are responsible for over 80 percent of vision impairment in Australia, including cataracts, age-related macular degeneration, and diabetic retinopathy.

The lipid-rich structures and delicate microvasculature of the eyes are exquisitely sensitive to oxidative stress, which is a major contributing factor in many eye conditions, including macular degeneration and diabetic retinopathy. Oxidative stress increases as we age and it is impossible to eradicate completely; however, positive changes in diet and lifestyle, along with specific supplements for eye health can reduce oxidative stress. Much research done to date has found that powerful antioxidant herbs and nutrients are able to reduce the risk of damage to the eyes and preserve vision.

Age-related macular degeneration

This common condition is a leading cause of vision loss in people over the age of 50. It causes damage to the macula, which is the most sensitive part of the retina. This causes blurry, distorted vision, or dark spots in the centre of your visual field, leading to vision loss. While the exact cause is poorly understood, we do know that ageing and oxidative stress play a role.

The protective benefits of antioxidant nutrients in age-related macular degeneration (AMD) have been extensively studied. The initial Age-Related Eye Disease (AREDS) study was conducted over several years, concluding in 2001, and investigated the effects of a nutritional formula in 3,640 participants, between the ages of 55-80 years. The formula, containing vitamin C, vitamin E, beta-carotene, copper, and a high dose of zinc, led to a statistically significant reduction in the progression of mild to advanced AMD, which causes vision loss. This trial was so successful that the American Academy of Ophthalmology started recommending that patients with early signs of AMD take the formula to prevent further degeneration.

Despite the success of the formula there were concerns that the beta-carotene content may increase the risk of lung cancer in smokers and the high dose of zinc was associated with nausea in some sensitive participants, so another trial, called the AREDS2 study, was conducted in 2006 to investigate alternative formulas. This five-year study involved 4,203 participants, who took an adapted version of the original formula. The beta-carotene was removed and the powerful antioxidant carotenoids, lutein and zeaxanthin were added, along with omega-3 essential fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), a lower dose of zinc, copper, and vitamins C and E.



Lutein and zeaxanthin are the main carotenoids naturally found in the human retina; they are thought to protect the retina and macula against blue light and ultraviolet radiation by reducing oxidative stress. Although there is no specific recommended daily intake of these carotenoids, which are found in egg yolk and colourful fruits and vegetables, it is thought that the average Western diet provides approximately 1-3 mg per day, where the amount used in the trial was 10 mg of lutein and 2 mg of zeaxanthin. This study confirmed that the formula helped to prevent progression of AMD and the addition of lutein and zeaxanthin led to a further 10 percent reduction in risk. This formula is now available commercially and is recommended by ophthalmologists.

So, while this is an essential supplement for people newly diagnosed with AMD, can these nutrients protect our eyes from oxidative damage and developing age-related eye problems? The research to date seems to support the use of essential fatty acids. An Australian study, called The Blue Mountain Eye Study, investigated the diet and lifestyle of 3,654 participants and found that consuming oily fish at least once a week significantly reduced the risk of developing AMD. Similar results were reported in the EUREYE study conducted in 2006, involving 4,753 participants. Hopefully further studies will investigate the preventive effects of lutein and zeaxanthin in younger, symptom-free people.

Cataracts

Cataracts are the leading cause of blindness worldwide. They are formed when the crystalline fibres in the lens of the eye become damaged as we age, by light exposure and oxidative stress. It is important to note however, that children and even babies can develop cataracts, but these usually have congenital or hereditary causes.

Nutrition plays an important role in the development of cataracts. Two large studies conducted in rural China have demonstrated that simple multivitamin and multimineral supplements were able to reduce the prevalence of cataracts significantly, up to 36 percent for persons aged 65-74 years. It is important to note however that this population would have had limited access to nutritious food; so simple supplementation, preventing nutrient deficiencies achieved a good result. The average Australian should be eating a nourishing diet, rich in micronutrients to support eye health, and if so, they will most likely reduce their risk of cataract formation. However, many Australians are overfed and undernourished, and this may contribute to cataract risk. Interestingly, data collected during the AREDS trial on cataract formation and found that the antioxidant formula did not reduce cataract risk. So, at this stage the evidence supports general healthy nutrition to prevent cataracts.

Diabetic retinopathy

Uncontrolled blood sugar levels cause diabetic retinopathy by damaging the delicate microvasculature and neurons of the retina. Sadly, this is a common cause of blindness. The best way to prevent diabetic retinopathy is careful management of blood glucose levels. Focusing on a diet that's rich in antioxidants, plant foods and soluble fibre, and low in sugar and processed foods, will support healthy blood sugar levels. Regular weight-bearing exercise is also vital. People with type I diabetes need to have their blood glucose levels and eye health regularly monitored, as the longer you have diabetes the greater the risk of developing retinopathy.

Type II diabetes can, in some cases, be successfully reversed with dietary and lifestyle interventions. Professionally supervised intermittent fasting can achieve significant improvements in blood glucose control over a short period of time. The nutrients alpha-lipoic

acid, inositol, chromium, and magnesium can also be used to improve glucose control. Herbs traditionally used to treat insulin resistance and non-insulin dependent type II diabetes, such as gymnema, bitter melon and goat's rue can make a great impact on blood glucose control. These need to be professionally prescribed by your naturopath or herbalist.

The powerful antioxidant herb bilberry has been traditionally used in Europe since ancient times to improve eye health. Its use was recorded by the famous herbalist Dioscorides, in his *De Materia Medica*, first published around 50-70 AD. It is rich in powerful antioxidants called anthocyanins, which are the pigment responsible for the purple colour of the berries. The anthocyanins in bilberry have been shown to protect the eye against oxidative damage, and in vitro and in vivo studies have shown that it also has a regulating effect on insulin and blood glucose. In fact, the protective effect of anthocyanin in diabetes is so successful it has been used in anti-diabetic medications, including Arfazetin and Mirfazin.

Oxidative stress plays a critical role in the initiation and promotion of metabolic syndrome, which is characterised by elevations of blood glucose, cholesterol, blood pressure and midline weight retention. It increases the risk of cardiovascular disease, type II diabetes, associated retinopathies, cataracts, and other degenerative diseases. A randomised, double-blind, placebo-controlled study, involving 61 participants with metabolic syndrome, investigated the efficacy of a combination of bioflavonoids. The participants received either 400 mg per day of the extract containing equal parts French maritime pine bark (Pycnogenol), bilberry anthocyanins and grapeseed, citrus, and red wine bioflavonoids, or a placebo, over two months. It was found that blood glucose levels were significantly lowered and all other major cardiovascular and metabolic risk factors improved.

Dry eye syndrome

Dry eye syndrome (DES) is caused by a chronic lack of lubrication and moisture on the eyes' surface, which leads to redness, discomfort and irritation; in severe cases, this can cause corneal damage and scarring. It is a common eye complaint, and is associated with many conditions, like tear duct dysfunction, allergies, pregnancy, or the autoimmune disease, Sjogren's syndrome. Some medications can also cause DES, such as antihistamines, blood pressure medication, or antidepressants.

Changes to tear quality and irritation to the eye surface can make the eye more susceptible to bacterial colonisation, which leads to further inflammation. Omega-3 essential fatty acids have been shown to support healthy tear production and improve tear quality, to reduce evaporation. Docosahexaenoic acid (DHA), a component of omega-3 essential fatty acids, is found in high concentrations in the brain and eyes, playing a critical role in the health of cell membranes.

Several studies have examined the effect of nutritional supplements in DES. One investigated a formula similar to that used in the AREDS trials, and while this achieved significant improvement in DES symptoms, other studies using essential fatty acids alone achieved equal benefits, so it's likely that this is the beneficial nutrient to treat DES. An essential fatty acid supplement containing 350mg of DHA twice a day, over three months, has been shown to achieve best results.

Eye strain and poor night vision

Herbal medicine has traditionally been used to treat simple eye conditions, such as general eyestrain and poor night vision. Sitting for hours before a computer screen and holding your

focus at a fixed distance can lead to eyestrain, which can cause headaches and make it difficult to refocus your eyes after a long day at work. Poor night vision is common in people with cataracts and myopia (near-sightedness). True night blindness is a symptom of more major eye problems, like the genetic condition retinitis pigmentosa or major vitamin A deficiency, which is rare in Australia.

Although bilberry was traditionally used for eye infections, it wasn't until World War II that its beneficial effects on eyesight became well known. Legend has it that pilots in the British Royal Air Force regularly ate bilberry jam and claimed it made a vast improvement in their night vision, so it was credited as being the key behind their accuracy during bombing raids. A randomised, double-blind, placebo-controlled study has investigated the effects of high dose bilberry anthocyanins on myopia and night vision. Sixty participants were divided into two groups, with the treatment group receiving a 100 mg tablet comprising 85 percent anthocyanins daily. Measurements of nocturnal visual functioning using contrast sensitivity and clinical symptoms were taken before and after the treatment period. It was found that 73.3 percent of the treatment group showed improvement in symptoms and significant improvements were shown in contrast sensitivity (night vision). The results demonstrated that high dose anthocyanins were able to significantly improve night vision.

So, if you or a family member have eye problems, a diet rich in antioxidants and micronutrients to help protect your eyes is the best place to start. Regular exercise will help promote healthy blood sugar control and protect against type II diabetes. Regular monitoring of eye health by your ophthalmologist is vital to detect early changes. If you have established eye problems and would like advice on how to support your eye health with nutrition, antioxidants and herbal medicine see your local naturopath for professional advice.

Foods for eye health

Lutein and zeaxanthin: Egg yolk, corn, red capsicum, kiwi fruit, grapes, spinach, zucchini, yellow squash

Vitamin C: Berries, citrus fruits, broccoli, Brussels sprouts, capsicum

Vitamin E: Almonds, sesame seeds, pumpkin seeds, hazelnuts, green leafy vegetables

Zinc: Oysters, beef, chicken, duck, pork, almonds, Brazil nuts, cashews, eggs, legumes

Essential fatty acids: Sardines, salmon, mackerel, herring, oysters, prawns, crab, lobster, scallops, walnuts

Eye essentials

- *Never smoke, and avoid side stream smoke from smokers
- *Enjoy a diet rich in colourful vegetables
- *Ensure a high intake of antioxidant foods
- *Practise weight-bearing exercise daily
- *Maintain a healthy weight
- *Have regular check-ups with your ophthalmologist
- *Reduce chemical and pesticide exposure
- *Avoid fried food

Tania Flack is a respected Australian naturopath. www.taniaflack.com.



Yvonne's Raising

Healthy Families Article

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 yourself!"

"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."

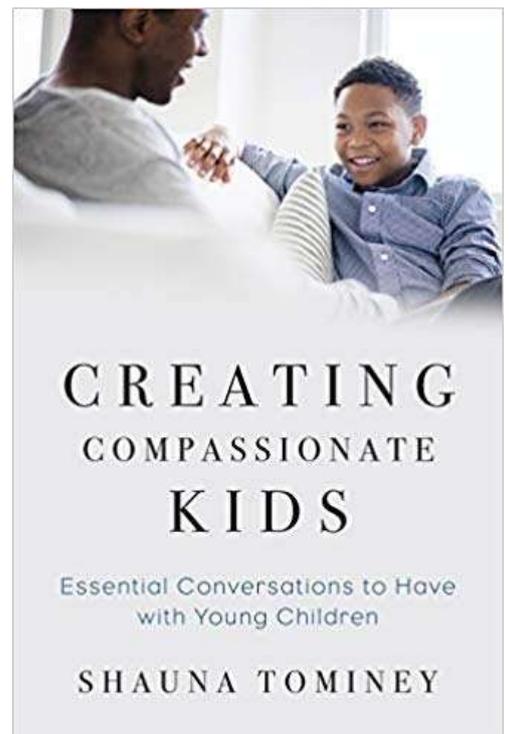
"I'm sorry that I yelled at you earlier. I shouldn't have done that. Maybe we could talk together about what we could do differently tomorrow to help our morning go more smoothly."

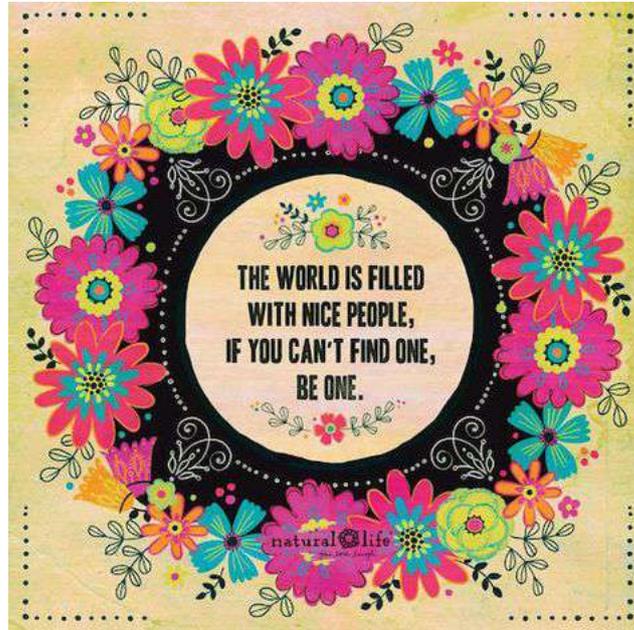
Imagine your child as a teenager coming to you and saying, "I was thinking about last night. When I got mad and yelled, I shouldn't have done that. I'm really sorry. I was so upset when you wouldn't let me take the car that I just lost it." Teenagers (or children) don't become comfortable sharing and 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 we recognize and love them for who they are as we also get to know and recognize who we are as parents.





GUT HEALTH

By Ocean Robbins • Adapted from Ocean Robbins' forthcoming book 31-Day Food Revolution February 5, 2019)



Learn why your relationship with your gut and your gut health is more important for your health and well-being than you may realize.

Deep in your gut, 40 trillion chemists are hard at work helping you digest your meals, making essential nutrients you can't produce on your own, protecting you from disease, and even shaping which parts of your DNA manifest and which remain dormant.

These talented creatures are fungi, bacteria, and other single-celled organisms. And **they are a bigger part of who you are than you have probably ever imagined!** While your body includes about 22,000 human genes, it also hosts as many as two trillion microbial genes

that are technically not “you,” but rather benevolent guests working in microbial genes that are technically not “you,” but rather benevolent guests working in exquisite harmony with your body. Some of these microbes flourish on your skin, but the vast majority take up residence in your digestive tract.

Study of the microbiome — the community of microorganisms living inside your body — could well be the most compelling frontier of health science.

The digestive process breaks down food and beverage particles so that your body can absorb the nutrients it wants and excrete the rest. Trillions of organisms join in the effort.

These microbes also play a critical role in shaping your appetite, allergies, metabolism, and neurological function. In fact, scientists have found that gut bacteria produce neurotransmitters, such as serotonin, dopamine, and GABA, all of which play a key role in determining your mood.

Studies suggest that your gut microbiota may factor into your risk of developing neuropsychiatric illnesses like schizophrenia, ADHD, obsessive-compulsive disorder, and chronic fatigue syndrome.

In other words, **the bacteria living in your gut have a huge impact on the way you feel.**

Which One Are You Feeding?



There’s an often-told story, reportedly from Cherokee folklore, about a Cherokee elder who is teaching his grandson about life.

“A fight is going on inside me,” he says to the boy. “It’s a terrible fight between two wolves. One is evil — he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, lies, false pride, and ego.

The other is good — he is joy, peace, love, hope, serenity, humility, kindness, empathy, generosity, truth, and compassion. The same fight is going on inside you — and inside every other person, too.”

The grandson thinks for a minute and then asks, “Which wolf will win?”

The old Cherokee replies, “The one you feed.”

When it comes to the bacteria in your gut, every time you eat, you are feeding somebody. Unfortunately, the modern industrialized diet is all too often feeding the bad guys and, just as important, starving the good.

To put it simply, “bad” bacteria tend to feed on sugar and unhealthy fats (yes, I’m talking about junk food!). And **the single most important nutrient that good bacteria need to thrive inside you is fibre**

When they have plenty of fibre, they can do their job — and your digestion, mental function, and even your mood reap the benefits.

It’s clear that fibre is critical to gut health. But less than 5% of Americans get the recommended 25 to 30 grams per day.

It’s estimated that our Palaeolithic ancestors got an average of up to 100 grams per day. Compare that to the average Brit, who gets only 18 grams per day, and the average American who gets even less — just 15.

Most of us are literally starving the good bacteria that would, if we only gave them the chance, be digesting our food and making the brain-boosting chemicals we need to thrive.

How to Nurture the Good Guys and Support Your Gut Health

We know that junk food, lack of fibre, glyphosate, antibiotics, and other toxins can compromise the bacteria upon which your digestion and brain health depend. Is there anything you can do about it?

Yes! There’s a lot you can do to nurture a healthy microbiome and to support a flourishing collection of beneficial bacteria in your digestive tract.

1) Don’t kill the good ones.

When you steer clear of unnecessary antibiotics, glyphosate, and environmental toxins, you help to create the conditions for microbial health. Organic food, anyone?

2) Don’t feed the bad ones.

A diverse population of health-promoting flora protects your gut from the less helpful strains. But not all flora are good for you. **A diet high in sugar, unhealthy fat, and processed food can feed the very kinds of flora that will cause gas, discomfort, bloating, and chronic inflammation.**

3) Feed the good ones.

Probiotics are the so-called “good” microorganisms inside your gastrointestinal tract. They aid in digestion and keep your tummy happy. Like all living things, probiotics must be fed in order to remain active and vibrant.

Prebiotics are the food that probiotics need to thrive. They’re a type of plant fibre that humans can’t digest and that take up residence inside your large intestine. The more of

these prebiotics you feed to your probiotics, the more efficiently they’ll do good work inside you.

The simplest way to think of it is this: If you want to nurture good bacteria, eat lots of fibre. Whole plant foods — especially fruits, vegetables, legumes, and whole grains — have the most.

As New York Times personal health columnist Jane Brody writes **“People interested in fostering a health-promoting array of gut microorganisms should consider shifting from a diet heavily based on meats, carbohydrates, and processed foods to one that emphasizes plants.”**

If your probiotic bacteria were in charge of the menu, they’d want abundant sources of prebiotic fibres like inulin and oligofructose, as well as pectin, beta-glucans, glucomannan, cellulose, lignin, and fructooligosaccharides (FOS). If you don’t know how to pronounce these names, don’t worry. Luckily, you don’t need a degree in biochemistry to eat good food.

Some top superfoods that provide an abundance of the best microbe-fuelling nutrients include gum Arabic (sap from the acacia tree, often sold as the supplement acacia fibre), chicory root, Jerusalem artichoke, baobab fruit, dandelion greens, garlic, leek, onion, asparagus, wheat bran, banana, jicama, apples, barley, oats, flaxseed, cocoa, burdock root, yacon root, and seaweed.

4) Eat the good ones.

The word probiotic comes from the Greek for “support of life.” The two main ways to consume probiotics are in dietary supplements and in fermented foods. Probiotics have been found to be helpful in treating irritable bowel syndrome, diarrhea, colitis, acne, and eczema.

But they don’t always work. **A lot of people are taking probiotic supplements that are pretty much just a waste of money.**

The challenge is that the vast majority of probiotic bacteria are active and effective in the lower portions of the gastrointestinal (GI) tract, but to get there, they must survive the corrosive and highly acidic environment of your stomach.

When are the odds the best — on an empty stomach, or with a meal?

Researchers attempted to settle this question with a study reported in the journal *Beneficial Microbes* in 2011.

The team built a fake digestive tract with a fake stomach and intestines, but complete with real saliva and digestive enzymes, acid, bile, and other digestive fluids. They put probiotic capsules into this stomach “empty” and with a variety of foods, and tested how many survived the trip.

What did they find? **Probiotic bacteria had the highest rates of survival when provided within 30 minutes before or simultaneously with a meal or beverage that contained some fat.**

This makes sense. Consuming probiotics with food provides a buffering system for the bacteria, helping to ensure safe passage through the digestive tract. But consuming them after a large meal could slow everybody down, making bacteria more likely to die in the corrosive stomach environment before reaching their intended new home in the lower intestine. So right before, or with, a meal that includes some fat seems the best way to go.

Which Probiotic Supplements Are Best?

There are thousands of probiotic products on the market, with each company or retailer telling you theirs is best.

The factors I look at in evaluating a probiotic supplement are:

1. **Price.** No one likes to waste money.
2. **CFUs (Colony-forming units).** This is the total count of all the bacteria in the probiotic. There’s a huge range, with brands offering anywhere from 1 billion to 100 billion CFUs per dose. The bigger the number, the more beneficial bacteria you get.
3. **Strains.** The total number of different types of bacteria in each probiotic varies greatly. Diversity is good. Every expert has a favourite combination, but the reality is that we know very little about how the various strains interact with the human body.

A broad spectrum of different kinds is likely to give you the best odds of success.

4. **Expiration date.** Some probiotic supplements get so old that the bacteria are literally dead by the time they reach the consumer. Check expiration dates.

One probiotic supplement that's also a food is a coconut water kefir made by inner-ēco. It's a naturally effervescent and mildly sweet refrigerated product that provides 50 billion CFUs per tablespoon. I often take a tablespoon with breakfast or dinner. It has the added benefit of being delicious.

What About Fermented Foods?



Fermentation helps to preserve food and creates beneficial enzymes, B vitamins, and numerous strains of probiotics.

Natural fermentation has been shown to preserve nutrients and to break some foods down to a more digestible form.

The most studied is **kimchi**, a traditional Korean food made from fermenting salted cabbage with a variety of vegetables and spices (sometimes salted shrimp or anchovy is included, as well).

In addition to, or perhaps in part because of, its probiotic properties, studies have shown that kimchi can help fight cancer, obesity, effects of aging, and constipation while contributing to your immune system, skin health, and brain health.

Other popular fermented foods include **sauerkraut, yogurt (which can be made from cow, soy, coconut, or almond milk), kefir, miso, natto (made by boiling and fermenting soybeans with bacteria), beet kvass (a fermented beet drink), vinegar, and kombucha.**

Some fermented foods are used in condiments, while others make a tasty snack or topping. Remember not to cook them if you want to preserve the probiotics.

Keep in mind that some probiotic kefir and yogurts come loaded with added sugar. Even if there are beneficial bacteria in these probiotics, the sugar will feed “bad” bacteria already in your gut. Always check labels for sugar content.

If you want to do your own fermentation, I recommend finding a good book or website to guide you. A book to consider is *Fermented Vegetables* by Christopher and Kirsten Shockey.

Some people using homemade fermented foods are experiencing great benefits.

Like Emily Iaconelli, for example. At the age of 17, after growing up on the modern industrialized diet, Emily developed irritable bowel syndrome, migraines, and emergent arthritis. She suffered from massive bloating and chronic pain, and became resigned to a life of embarrassing pain and urgent bathroom runs.

After 20 years of misery, she joined a Food Revolution Network event I was hosting and decided to turn her kitchen upside down.

Emily began enjoying a whole-food, plant-powered diet that featured an abundance of fermented foods, such as kimchi, fermented vegetables, tempeh, homemade almond milk yogurt, and miso. Her fibre consumption went up dramatically, providing abundant nourishment for the probiotics now streaming into her body every day.

The journey was difficult. Emily had to squeeze in all her learning and food preparation while working full-time and raising a two-year-old daughter. But every step she took seemed to give her more energy and stamina, which fuelled her actions as well as her determination.

Eventually, her irritable bowel syndrome, migraines, and emergent arthritis all disappeared. And her daughter, now five, loves to cook and has decided that her favourite food is... broccoli!

Listen to Your Gut

True gut instincts can provide an essential source of wisdom, clarity, and discernment. Does your gut tighten when you confront danger, or soften in the presence of an epiphany?

Whatever your relationship is with your gut, and however clearly it does or doesn't speak to you, I'd like to invite you to consider a possibility.

What if you didn't think of your gut as being yours alone? What if you conceived of it as being home, also, to trillions of microbes that can tell you what's good for you or let you know when you're hungry (because they are)?

When you're in a symbiotic relationship with the community of critters inside you, you can feel pride in feeding the good ones. You can feel gratitude for how they help you digest food, secrete brain-boosting neurotransmitters, and protect you from harm. And you can feel it's your responsibility to protect and work in harmony with them for your own ultimate well-being along with theirs.

SOMETHING MUCH BIGGER IS
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 BUY INTO THE FEAR. KEEP
 YOUR VIBRATION AS HIGH AS
 YOU CAN. STAY STRONG. KEEP
 YOUR FAITH AND KNOW
 EVERYTHING WILL BE OKAY.

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Don't forget to support your local **organic markets** at **Wyong Racecourse** on the 1st & 3rd Sat (8 – 1pm). **The Entrance** every Sat (9 - 2pm.) **Shelley Beach Markets** on the last Sat (9 – 2pm) Gosford **Racecourse and Toukley** every Sunday from (8 – 1pm.) **Umina Beach Markets** on the 3rd Sun. Thanks for reading and look forward to seeing you soon. Kind regards Yvonne

