



Yvonne's Total Body Care

Hi there everyone, welcome to my [January 2020 Newsletter](#), the second month of Summer. My apologies for no newsletters since July, we had an extraordinarily hectic last part of the year, but not all bad. Phil's sister Steph came to visit for a month and we held a lovely get-together for her to meet all the family and our close friends. Phil & I surprised everyone by getting married at that occasion. Everyone was so excited for us, not a dry eye in the house. We practised it weeks before with a friend who is a marriage celebrant and across from where we lived is a beautiful gazebo set in a park near a lovely duck pond. We tricked everyone to go over for photos for Steph to take back to the UK, and my friend had decorated the gazebo, with the sign "Meant to Bee" as I have been supporting the bee problem for years by planting flowers in my garden that attract bees. So, for a small thank you gift we gave everyone a small jar of honey with our motto & date of marriage on it. In early September Phil's daughter Jo came to live with us from Qld, until she gets a job and a place of her own. It is wonderful to be able to support little Philip Jnr, now 6 months old, and be there for his little milestones where he is also surrounded by aunties, uncles & cousins while he is growing up. My granddaughter Aliana turned 2 on the 23rd of September. Then I had an arterial fibrillation incident late September, with some pains in my chest so my doctor put me in hospital overnight for observation, but everything was given the green light, I have a strong heart, just to take it easy. Then our landlord fell into financial woes and in early Nov, we had to do a big move right while the bushfires were blazing and the smog levels were causing all sorts of respiratory problems. Such a sad time for Australia. Andrew my son, was amazing with all the help he gave us moving, checking that I wasn't doing too much lifting. Luckily, my clients were patient while waiting for me to set up my clinic room again, Andrew & Stacey had xmas at their place this year, to give us a nice break and then after xmas lunch Aliana came out of her room with a new top on saying she is going to be a big sister soon. What a wonderful surprise, baby due in June. I was able to finish getting the house sorted during the school holidays. I have also decided to do 4 newsletters a year instead of 12, as my growing business and nanny duties leave me very little time. So, looking forward to a calmer 2020.



Here are my work venues for 2020:



<u>Narara C. Centre</u>	Mondays (9 – 4pm) (only counselling)
<u>Wadalba Clinic</u>	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 honour myself at all times. I am now doing the very best for myself that I possibly can.

WHAT IS NUMEROLOGY?

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

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

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

How will it help me?

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

What is a personal year cycle?

Each year on our birthday we move into a new cycle known as our personal year number. Each cycle has a unique theme and will bring up opportunities regarding issues, changes, lessons and experiences you will face during that year. By being aware of which stage you are in can help prepare you to work with the energy in a positive manner for growth and personal development.

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



A Summer recipe & Five Articles for my quarterly newsletter.

My recipes are [Divine Healthy Chocolate Mousse](#) and [Teriyaki Chicken](#) My five articles are [Benefits of massaging feet every night](#), [7 Promises You Should Make Yourself & Keep](#), [Why Conflict Matters in a Relationship](#), [Why Screen Time Affects Your Child's Mental Health](#) and [Liver & Age Spots](#)

I'm sure you will find the information interesting

Divine Healthy Chocolate Mousse



INGREDIENTS (Serves 2)

- 1 ripe avocado
- ¼ cup of cacao powder
- ¼ cup of raw honey
- ¼ cup of almond or soya milk
- 1 tsp of vanilla extract
- 8 Red Grapes
- 8 Strawberries
- 8 Kiwi Fruit (peeled & cut into chunks)

METHOD

- Puree the first 5 ingredients until smooth. Serve chilled. Enjoy with fruit skewers!!!!

OVEN –FRIED TERIYAKI CHICKEN

Ingredients: (Serves 6)

- 6 half chicken breasts or drumsticks (skin removed)
- ½ cup teriyaki sauce
- 1 tbsp lemon juice
- ½ cup honey



Crumb Mixture:

- ¾ cup breadcrumbs
- ¼ cup plain flour
- 1 tsp lemon & pepper seasoning
- 1tbsp Italian Herbs
- ½ tsp thyme
- A pinch of cayenne pepper

Method:

1. Marinate all the chicken pieces in the teriyaki sauce & lemon juice for 1 hr, in fridge.
2. Pour the honey into a shallow dish. Set aside.
3. Mix all the crumb mixture ingredients together until well combined. Pour onto a large plate.
4. Remove chicken pieces from the marinade, & roll firstly in the honey, & then in the crumb mixture until well coated.
5. Place chicken pieces on a baking sheet sprayed with oil.
6. Bake at 225° for 30-35 minutes or until cooked. Turn pieces every 10 minutes.
7. Serve with vegetables or a salad.

[For Your Information Section](#)

Here's Why You Should Massage Your Feet Every Night Before Bed

Our poor feet...day after day many of us tread along without giving them much thought let alone a good massage. We're so wrapped up in our to-do list and meeting the demands placed on us that we forget how important our tootsies are to keeping us productive and limber.



Those of us who visit the occasional nail salon or spa understand the importance of keeping our feet healthy and could probably share some valuable insight, but what about the rest of us? Admittedly, this writer isn't too adept at practicing foot care, which led to the creation of this (hopefully) valuable article.

Science has shed some insight on why foot massages are healthy, not only for our feet but also for our overall wellbeing. Contrary to popular belief, a foot massage has numerous health benefits. Let's go over them individually and shed some light on these benefits.

A QUICK 10 TO 15 MINUTE MASSAGE EACH NIGHT:

Improves circulation

This is especially true for those of us who work in a traditional, sedentary office environment. If this is the case, foot muscles rarely get any type of exercise. However, a quick massage session before heading off to bed helps improve blood flow in our lower extremities. Aside from giving our feet a quick massage, we can also ensure that we're wearing comfortable shoes to help improve circulation.

Helps prevent injuries

Perhaps this has happened: we're walking along just as we normally do, one foot in front of the other, when all of a sudden, we twist an ankle or get a painful cramp. A short foot massage each night can help strengthen foot and ankle muscles and lower the risk of incurring these types of sudden injuries. For added benefit, slowly rotate the foot around the ankle to relax and strengthen these muscles.

Lowers blood pressure

In addition to improving blood flow, a short foot massage each night will help counteract rising blood pressure. The numbers of individuals diagnosed with high blood pressure are rising, partly due to increased stress and other environmental factors. In a promising **study** conducted at the University of Miami, dementia patients that received a 10-minute foot massage up to three times a week reported improved mood and lowered anxiety. Tests were taken that reported a decrease in these patient's blood pressure as well.

Reduces symptoms of anxiety and depression

Studies that have been conducted in the field of reflexology show that frequent, short massages can reduce feelings of anxiety and depression. One study revealed that varicose vein patients receiving reflexology treatment reported decreased anxiety while also shortening pain duration. In another study of postmenopausal women, reflexology and foot massage also reduced feelings of anxiety and depression.

Alleviates headache pain

In one study of patients suffering from headaches and migraines, reflexology and foot massage helped reduce the symptoms of headache pain. In Denmark, the subjects even ceased taking their medication to test this hypothesis. Just three months after completing the regimen, 65% of patients reported reduced symptoms while a small percentage of patients had their symptoms relieved completely.

Aids plantar fasciitis and flat feet

People that have flat feet (raises hand) don't have normal arching of the feet due to "ligament laxity." While this often doesn't have many (if any) noticeable physical effects, it can eventually result in foot pain. Further, people that suffer from plantar fasciitis – pain and inflammation of tissue in the heel – also benefit from short, frequent foot massages. In some cases, massaging the feet each night before bed can help alleviate – in some instances cure – chronic pain due to these conditions.

Alleviates symptoms of PMS and menopause

Most of the commonly felt symptoms of PMS – anxiety, fatigue, headaches, mood swings, irritability, unhappiness and headaches – can be alleviated with short, nightly foot massages. Menopausal symptoms are generally similar and can also be minimized by nightly foot massages.

Reduces effects of oedema

Oedema is a health condition that results in excess fluid that concentrates in the cavities and tissues of the body. A very common condition during the late stages of pregnancy, the effects of oedema can be counteracted by short and frequent foot massages. It should be noted that a healthy diet and adequate rest are also beneficial in minimizing the effects of oedema.

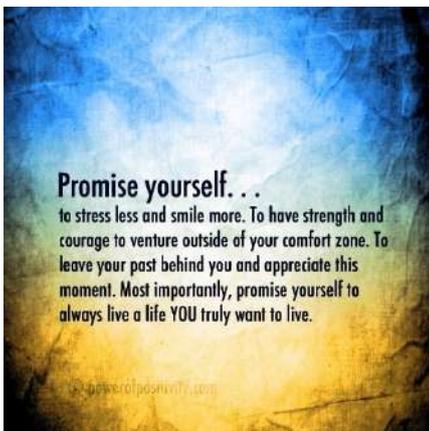
Improves intimacy

This is more for the male readers, although women are welcome to take this nugget of wisdom into consideration as well. A foot massage is a simple, selfless, no-cost act of love that can strengthen the bond between two people. Physically, the feet are an erogenous part of the body that can really help to ignite passion as well.

Hopefully, this article has shed some light on how foot massages can help bolster our physical and mental health. Taking a bit of time to learn how to care for our feet is both worthwhile and valuable.



7 Promises You Should Make Yourself (and Keep)



It's very important for people to value the promises they make to others, and do all they can to keep them. But why so often do many not keep promises to themselves? New Year's resolutions, promises to eat healthy, lose weight, learn a new language, all gets broken soon enough, and are simply laughed off in jest. The obligations you make to yourself should be just as important as your obligations to others. When you value your own needs and well-being, and keep the promises you make to yourself, every area of your life will begin to see new opportunities and

advancements. Start with these 7 simple, yet profound promises to yourself (and be sure to KEEP them!)

1. I WILL LISTEN TO MY BODY AND MIND WHEN FEELING STRESSED.

If you're in pain, stressed, or fatigued more than usual, this is your bodies' way of saying you need rest. You can help prevent cardiovascular disease, anxiety, and other ills just by stopping to smell the roses. When feeling stressed, take 20 minutes to meditate, exercise, colour in or just talk to a

friend. You'll enjoy the positive benefits of this, and can even see your daily life change because of it.

2. I WILL SMILE EVERY DAY.

Smiling places a person in a better mood and makes you feel confident. It's an energy booster and stress reducer at the same time. Studies show that even faking a smile if you have to produces better feelings and mood than not smiling at all. Smiling each day will improve your interactions with others as well. And not only will your illuminating energy produce more returned smiles, but will also provide a greater chance for positive results in every situation.

3. I WILL LIVE A LIFE OF POSITIVE EXPANSION.

Promise yourself to live a life of positive expansion. You may have a hidden talent in life, but will never find out unless you're willing to think outside the box, go out of your comfort zone, and be willing to do something you've never done. Some of our greatest inventions present today are because people have pushed the boundaries from what is to what is possible.

4. I WILL LEAVE THE PAST BEHIND, BUT ALWAYS TAKE THE LESSON WITH ME.

Remembering your past doesn't mean that you have to carry it with you. The lessons from those experiences however, should always be kept. Each lesson remembered acts as a tool to help you mould the future you truly want.

5. I WILL ALWAYS LIVE THE LIFE I WANT TO LIVE.

Many people often succumb to leading lives that others want to see them live, never chasing their own happiness. It's important to remember that happiness cannot be achieved through satisfying everyone else's vision for your life. Live life how you want to live it and contribute to the world in your own creative and loving way – it's OK to content *your* soul's desire.

6. I WILL REMEMBER THAT RELATIONSHIPS ARE SEASONAL.

People are going to come and go in your life. When you've thought that you've met your best friend, perfect business associate, or the love of your life, you may be let down. If you lose a relationship in life, let it go and realise that relationships are often seasonal – with all things that begin, an end will come. Promise yourself that you will take what you've learned from them and move forward with your life.

7. I WILL ACCEPT WHEN CHANGES ARE NEEDED IN MY LIFE.

Embrace the fact that change is necessary. The above promises will lead to a positive ripple effect in your life. You may need to end relationships and accept new challenges, but it's all for the best. Create a promise journal and write each of the above promises in it. Write what each promise

means to you. Whenever you forget why you are continuing this promise or feel down, pull out your journal to refresh yourself.

Yvonne's Personal Development Article

Why Conflict Matters in a Relationship: And How to Deal with It



Healthy couples don't fight. True or false? While generally seen as 'unhealthy', fighting can actually be beneficial for couples. Conflicts in a relationship are inevitable because basically - there are two individual beings with different backgrounds and personalities. While we often find a partner who shares our sentiments, there are surely going to be some differences.

In healthy relationships, conflicts and misunderstandings are normal. Most people automatically assume that conflict will collapse a relationship. So in most cases, they try to avoid fighting with their partners. Some even choose to close their eyes whenever they sense that something's wrong, ignore the unwanted feelings, and just carry on with their relationship.

But the truth is that engaging in a conflict does not end a relationship, but avoiding it might. Whether it's lack of time, unequal distribution of house work, conflicts among your social circle, work-related issues, or finances – there's no problem too small not to acknowledge. When dealt with an open, non-judgemental mind, conflicts can resolve even the deepest issues in your relationship, pave way to healing, and make it stronger and happier.

So how do you approach conflicts in a constructive and effective way?

Below are some great tips to help you do just that.

Listen more. The most common problem couples encounter is when they are fighting, both partners do the talking and no one's listening. Communication is the key to resolving a conflict, as it is the key to deepening a couple's relationship. Listening more and talking less is one great way to address a conflict – big or small.

Talk when you're calm. Resist the urge to talk when you are furious. Let yourself calm down first. If walking away during a heated conversation is the only way to help yourself do this, then go ahead and take some time to be alone, process your thoughts, and go into the core of your emotions. By allowing yourself to get swayed by the bursts in your emotions, you could end up saying or doing things that you might just regret in the end. If something's bothering you, don't talk about it when you feel overwhelmed by the emotion. It will only distort your thinking. But of course, you don't to be emotionally detached. Planning how to express how you feel is a great way to ensure that the conversation is geared towards conflict resolution, not expansion.

Apologise. Saying 'sorry' can go a long way. Don't hesitate to admit your mistakes, even if you feel that it's your partner who is to be blamed more.

Set the rules. During arguments, bad things can happen. Emotions can get too overwhelming that each one of you could end up yelling, cursing, and hurting each other. Talk to each other and set some 'argument' rules – boundaries that should take over during arguments. For example, there should be no physical interaction, no screaming, etc.

Seek counselling. If both of you find yourself stuck in a conflict, or one of you doesn't want to cooperate or talk about it, maybe it's time to consider seeking professional intervention. Counsellors are trained therapists who can help you deal with areas in your relationship that you can't handle on your own.

Conflicts are part of every relationship. Even long-term couples argue from time to time, and face difficult challenges. But what separates healthy couples from the rest is their ability to acknowledge the importance of conflicts in their relationship, and addressing them with open mind and respect.

Yvonne's Raising Healthy Families Article

Ways Screen Time Affect Your Child's Mental Health

Moody. Restless. Having strange cravings. Unable to focus. These qualities are often used to describe people diagnosed with mental health disorder, such as addiction. But they may also perfectly illustrate how many kids react after watching a two-hour Disney film.



It is not surprising to see children as young as two or three to be well-versed in using mobile phones and electronic devices like tablets and laptops. From turning on the device to browsing animated clips on videos, they seem to get the hand of it so easily. Unfortunately, too much screen time may actually be taking a huge toll on their mental health. In fact, in 2012, 'internet use disorder' (IUD) has been added to the Diagnostic and Statistical Manual of Mental Health Disorders published by the American Psychiatric Association. Many

studies have shown that not only does screen time become a habit that has a negative impact to our life, but it also creates notable changes in brain chemistry, particularly, in the release of dopamine.

While having your kids watch movie while you do your thing (work, house chores, etc.), it really isn't a good idea. Below are some of the top ways that screen time affect your child's mental health:

It induces stress reactions. Too much viewing time activates your child's stress hormones, particularly cortisol. Such hormone, is responsible for feelings of anxiety, irritability and depression. In addition, screen time suppresses brain's frontal lobe – area where mood regulation actually takes place.

It reduces exposure to natural mood enhancers. Sure thing, their favourite cartoon characters can make children laugh and giggle. But only for a short period of time. Kids who stay indoors watching movies has exposure to natural mood enhancers, such as spending time with nature and sunlight – which both lower stress, and reduce aggression.

It disrupts their body clock. Sleep is critical to your child's health and development. That is why doctors advise allowing them to sleep for 8-9 hours each night. Because the light from screen devices mimics daytime, it suppresses the hormone called 'melatonin' which induces sleep and released by darkness. Just minutes of screen stimulation can already delay melatonin release by several hours and keep your child's body clock out of whack.

It dramatically impairs mood. Electronic devices emit blue light, which has been linked to depression and even suicide risk in numerous studies. It also affects the portion of the brain that is responsible for empathy, the ability to read subtle non-verbal cues, as well as face-to-face interactions.

Allowing them to enjoy life like the 'good old days' – where most kids would stay under the sun, run, interact with their peers, and enjoy nature – is and has always been the best way to keep your child busy and expand their learning. Not only that, by limiting their screen time and adding more hours for physical activities, your child will surely become healthier and so much happier!

Liver spots / age spots by David Niven Miller

What are liver spots?

Liver spots (old age spots, senile freckles, sun freckles, solar lentigo, lentigo senilis) are patches or blemishes on the skin that look like large freckles, but which are usually a darker colour. They are a sign of aging skin.

Liver spots got that name because many years ago people incorrectly thought they were caused by liver problems.

Age spots are usually a single colour on the same person, ranging from light to dark brown, and sometimes grey, red or black. They vary in size, from looking like a small freckle, to 2 cm or an inch.

Age spots are flat, not elevated above the skin.

Liver spots are usually located in areas most exposed to the sun, particularly the back of the hands, arms, legs, face, neck, chest, shoulders, back and the scalp if bald.

Many people start to get their first liver spots after age 40, when the skin does not regenerate as well as it used to. However, the first spots can appear at younger or older ages.



Liver spots are usually an unsightly cosmetic problem, but they are not normally harmful and do not have to be treated.

Causes of liver spots

- Malnutrition from a poor diet and / or the inability to extract nutrients from what is eaten. Older people tend to have weak digestion, and do not absorb many minerals and other nutrients as well as they used to. Even whilst eating a healthy diet they can actually be suffering from malnutrition.
- Aging skin. The accumulation of toxins in the skin. Older people tend to do less exercise, have less efficient circulation, and don't sleep as deeply as they used to. Sleep and exercise (and several other natural processes) are important for the body's detoxification.
- Excessive exposure to ultraviolet radiation from the sun. It is important to note that we need a healthy level of natural sunlight on our skin, as it is a major source of vitamin D and other healthy properties. Skin damage and skin ageing comes from getting burned by the sun, when the skin goes even the slightest bit red from sunburn, but especially if the skin peels. Skin damage also occurs when the sun's ultra-violet A rays are blocked off, and skin exposure is only to harmful ultra-violet B rays. This kind of skin damage occurs from sun exposure behind glass, such as when driving or sitting behind a window.

Prevention / remedies / treatment for liver spots

Doctors usually remove age spots with cryosurgery (freezing with liquid nitrogen, a two minute procedure), laser treatment, electro surgery, chemical peel or pharmaceutical drugs such as Tretinoin and Mequinol (which have nasty side effects). They treat the symptoms but not the causes.

- Apple cider vinegar to stimulate skin circulation and help remove toxins.
- Lemon juice to stimulate skin circulation and help remove toxins.
- Cayenne pepper stimulates blood circulation, thins the blood, and helps detox the skin.
- Exercise. Aerobic exercise is important for skin health and detoxification.
- Sweating for skin detox.
- Fasting for detoxification.
- People who live on a healthy diet tend to heal their bodies from the inside and have younger-looking skins.
- Sufficient deep sleep.
- Sufficient hydration.
- Water kefir to help restore a natural bacterial balance on the skin.
- Aloe Vera.
- Bilberry.
- Castor oil.



TAKE A BATH. It improves circulation, it helps you sleep and can help with weight loss as it is thought to reduce sugar and glucose levels. So, pamper yourself with 1 cup of Epsom salts which help you detox and two drops of lavender mixed thoroughly in the water. Enjoy!



**THE MOON TAUGHT ME:
IT'S OKAY TO GO THROUGH PHASES.**



**THE SUN TAUGHT ME:
NO MATTER HOW MANY TIMES YOU
GO DOWN, KEEP RISING!**

HOW TO
STOP EYE
TWITCHING



INTERESTING INFO: TWITCHING EYE called Myokymia in doctor lingo.

DITCH THE TWITCH – Ever get an annoying twitch in your eye? This common ailment isn't serious but could be caused by stress, tiredness, eye strain, caffeine, alcohol, dry eyes, allergies or a nutritional imbalance such as a magnesium deficiency. Nix it by adding more magnesium-rich spinach, almonds and oatmeal to your diet. More serious forms are caused by neurological conditions and should be checked by an eye doctor.

CONTACT DETAILS

Business email address for booking appointments or any queries is:	masmagtec56@hotmail.com
Contact Mobile Phone No:	0414-880-393
 If you are on Facebook , don't forget to type in Go through to my site and press liked to see lots of other interesting articles. If you want info on anything let me know by typing a message on the site & I will endeavour to find up-to-date info on it.	→ Yvonne's Total Body Care
My website address is:	www.yvonnestotalbodycare.com.au



Don't forget to support your local **organic markets** at **Wyong Racecourse** on 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

