



Yvonne's Total Body Care

Hi there everyone, welcome to my [July 2020 Newsletter](#), the middle month of Winter. I hope you are all feeding yourself lots of fruit & veggies, and getting yourself plenty of Vit C, Zinc & Vit D in order to keep your immune system healthy for winter colds and avoiding the coronavirus.



It has been interesting how this whole pandemic has brought out very mixed behaviours in the community, ranging from buying so much food & commodities and not eking it out for everyone, and rudeness to shop workers, to some amazing acts of kindness from total strangers, and families spending more time together and doing more cooking and growing their own herbs & veggies, all very positive. Obviously, we never thought our world would change so much in such a short period, let's hope for the better eventually. I am not getting caught up in the fear monger that some members of the media are putting out there and am keeping in contact with family, friends & clients to make sure they are ok and looking for the silver linings out of all these changes.



Two weeks ago, we met our new granddaughter Marlee Rosanna Predebon born on the 6/7 weighing 7lbs and measuring 52cms. So, another Cancerian enters the world...beautiful sensitive humans. She is a very chilled baby fitting into her routines beautifully, although Aliana's still not sure about all the attention her mum is giving this



baby who has arrived in her house. However, she has started calling her "Sissy" for sister and kissing her goodnight, so it shouldn't take too long for her to adapt.

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 safe. I honour my need for kindness, love and respect.

Two Winter recipes & five articles for my third quarterly newsletter.

My two recipes are [Haloumi with Roast Vegetables](#) and [Pumpkin, Spinach & Mushroom Bake](#).

My five articles are:

1. [Fungal Nail Infections.](#)
2. [Five Ways Your Thoughts Affect Your Mental Health.](#)
3. [Six Steps to Creating Your Own Organic Garden.](#)
4. [Secrets of Happy Families.](#)
5. [Varying Your Exercise Level Makes It More Effective.](#)

I'm sure you will find the information interesting.

Haloumi with Roast Vegetables

Ingredients

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



Method

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

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

PUMPKIN, SPINACH & MUSHROOM BAKE

INGREDIENTS

- 800g peeled butternut pumpkin, cut into 5mm-thick slices
- 1 fresh chilli, finely chopped
- 2 teaspoons extra virgin olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 500g mushrooms, wiped clean, sliced
- 1 bunch spinach, leaves trimmed, chopped
- 400g reduced-fat fresh ricotta
- 1 egg
- 80ml (1/3 cup) reduced-fat milk
- 40g (1/2 cup) finely grated parmesan (or vegetarian hard cheese)
- 125g cherry tomatoes, halved
- Salad greens, to serve (optional)



METHOD

1. Preheat oven to 200°C/180°C fan forced. Lightly grease a 2L ovenproof dish with olive oil. Line a large baking tray with baking paper. Place pumpkin on prepared tray. Spray lightly with olive oil. Sprinkle with chilli. Roast for 20-25 minutes or until golden and tender.
2. Meanwhile, heat the oil in a large, deep non-stick frying pan over medium heat. Cook onion, stirring, for 5 minutes or until softened. Add garlic and mushrooms. Cook, stirring, for 3-4 minutes or until golden. Add spinach. Cook, stirring, for 2 minutes or until wilted. Season. Set aside to cool. Drain excess liquid.
3. Combine the ricotta, egg, milk and half the parmesan in a bowl. Season. Layer one-third of the pumpkin slices in prepared dish. Top with half the mushroom mixture. Spread with one-third of the ricotta mixture. Repeat. Top with remaining pumpkin. Spread with remaining ricotta mixture. Press tomato, cut-side up, into the ricotta. Sprinkle with remaining parmesan. Bake for 25-30 minutes or until golden. Set aside for 5 minutes. Serve with greens, if using.

For Your Information Section

Fungal Nail Infections. By Sandi Rogers

Fungal nail infections aren't just ugly – they can spread to skin and cause nail loss. Naturopath Sandi Rogers shows you how natural medicine can help.

A white dot or a yellow tinge to a nail can be the first sign of a fungal nail infection. The condition – called onychomycosis – mainly occurs on a toenail and less often on a fingernail, with the most common culprit being a fungus known as a dermatophyte, although yeasts and moulds can also be responsible. These microscopic organisms enter via cracks in the nail, a minuscule separation between nail and nail bed, or through skin cuts so tiny they're invisible to the naked eye.



Over time the dot expands to involve the nail bed. The nail can change colour, thicken, and possibly become warped or oddly shaped and break easily and eventually separate the nail from its bed, which is painful. Left untreated, an infection may spread to other toenails, fingernails, or the skin. The reason toenails are targeted most frequently is that toes are often warm and damp: the perfect environment to cultivate the fungus. Toes also tend to have less blood flow than fingers, which makes it harder for the body's immune system to detect and halt infection. Oral antifungal medicines can have very undesirable side effects, including liver damage, skin rashes, headaches, diarrhoea, and heart problems.

Are you at risk?

Men are more likely to suffer onychomycosis than women, but with both genders the likelihood increases with age due to reduced blood flow and slower-growing nails. Diabetics are at higher risk as they may have reduced blood circulation to, and nerve supply in, the feet; they are also more prone to develop a bacterial skin infection called cellulitis. Any relatively minor foot injury – including nail fungal infection – can cause serious complications in diabetics, so consulting a GP is critical. Smoking, athlete's foot, psoriasis, a weak immune system, are also risk factors as are spending a lot of time in water, and working in a humid environment, or in jobs where hands are often wet. Additional risk factors include: perspiring heavily, living with someone who has onychomycosis, wearing socks that don't absorb perspiration or shoes that don't allow air to move through them, and walking barefoot in damp communal areas, such as swimming pools and gyms. Always protect feet with shower shoes.

It's important to see your GP for a diagnosis as the typical symptoms of nail fungus can resemble other conditions, notably psoriasis. Allopathic treatment generally involves long-term use of topical creams and/or oral antifungal medication, but these are very strong and toxic remedies that ultimately affect the liver and compromise health generally: oral antifungals, for example, are associated with headaches, gastrointestinal upsets, and heart problems. See a podiatrist to have nails trimmed properly, keep feet clean and dry them well, paying particular attention to between the toes, and apply tea tree oil topically to nails with a cotton bud twice daily. Don't be tempted to camouflage discoloured nails with polish as this prevents the nail bed from 'breathing', which traps the fungus. And because nail fungal infections have a direct link to a sluggish immune system and may lead to more serious conditions, it's essential to consult a qualified natural therapist to strengthen the immune system.

5 WAYS YOUR THOUGHTS AFFECT YOUR MENTAL HEALTH

(From Sheila Ford from the Natural Health Society Magazine April 2020)

What we think affects our emotions, and our emotions affect our actions. Many of us tend to stick to unhealthy thought patterns that affect our mental health. Here are some of them.

Overgeneralizing

Just because you didn't close one deal doesn't mean you are not capable of closing anymore deals. Just because you failed the interview with one company doesn't mean you are going to fail the next ones as well. Overgeneralizing is a toxic habit that can significantly affect your mental health and well-being. It can leave you feeling depressed and hopeless, and make it hard for you to recognise your effort and hard work.



Catastrophizing

Sometimes, the way we view things are actually worse than the reality. For instance, if your partner didn't remember your anniversary, you might think that he's no longer interested in your relationship, worse, he's seeing someone else. Or if you fell short of meeting your financial goal for the year, you might start worrying about your future, your mortgage and all other things. Catastrophizing is energy-draining. At the same time, it makes us lose our enthusiasm, and demotivates us. When you feel like worrying too much, remind yourself that there are better possible outcomes for the situation. And instead of focusing on the possibility that things won't turn out okay, shift all your energy and attention to finding solutions.

Labelling

Are you fond of labelling yourself? Instead of saying you have made a mistake, do you call yourself "stupid"? When you don't like the reflection you see on the mirror, do you call yourself "fat" or "ugly"? Labelling yourself is same as limiting yourself. Labelling are for things, not for people. You are a complex, intelligent and beautiful person who can't be defined or described with just one word.

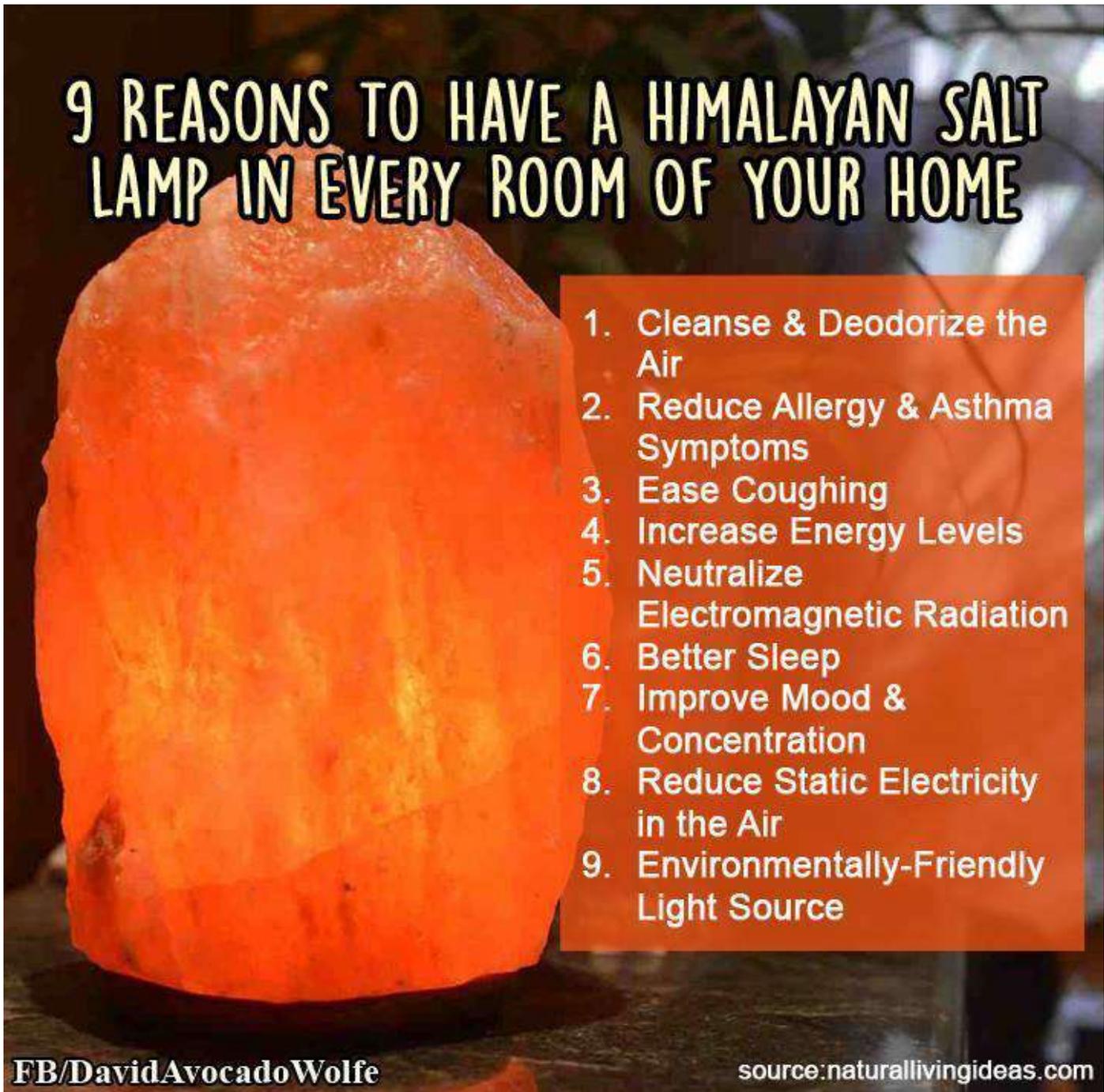
Personalization

When a friend didn't answer your call or didn't reply to your message on Facebook (even though she/he's online), you might think that they are mad at you, or don't want to talk to you. If your boss is grumpy, you might conclude that he doesn't like you. When you take things personally, you start to hate yourself, wonder why you are not good enough, and the cycle of negative thoughts continue. The next time you caught yourself personalizing things, think about the other possible factors that may be affecting the situation. Perhaps your friend didn't respond because she is busy, or your boss is grumpy because he had a bad morning.

Mind-reading

Whilst you can get a clue of how a person feels by looking at their gestures and facial expressions, you can never tell what exactly is in their mind. Just because your boss frown upon hearing your suggestion doesn't mean he doesn't like it. Maybe he came across a negative thought or a not-so-good experience.

It is normal to indulge in negative thinking at times. That's part of being human. But we should not let those thoughts take control of your life, and prevent you from living the life you want.



9 REASONS TO HAVE A HIMALAYAN SALT LAMP IN EVERY ROOM OF YOUR HOME

1. Cleanse & Deodorize the Air
2. Reduce Allergy & Asthma Symptoms
3. Ease Coughing
4. Increase Energy Levels
5. Neutralize Electromagnetic Radiation
6. Better Sleep
7. Improve Mood & Concentration
8. Reduce Static Electricity in the Air
9. Environmentally-Friendly Light Source

FB/DavidAvocadoWolfe source:naturallivingideas.com

There's never been a better time, than right now, to have a go at growing your own veggies, herbs or tidy up your garden with beautiful flowers. Phil & I find it grounds us, plus my granddaughter Aliana loves pottering around the garden after us and eating our blueberries. She has her own gloves & tools with a watering can just her size, and she is loving being in nature, especially the beautiful colours in the garden.

6 Steps to Creating Your Own Organic Garden!



TARA GREEN (NATURAL NEWS)

Organic gardening avoids the use of chemicals to make plants grow or protect them from insects, relying instead on natural gardening principles used for thousands of years. Permaculture organic gardening goes a step further and also emphasizes growing plants sustainably, working with rather than against the grain of the natural environment. Permaculture organic gardening is growing in popularity as more people realize that it offers an inexpensive and relatively low-maintenance way to grow their own fruits, vegetables, herbs and flowers.

1. Choosing a Location

Observe your property at different times of day. Consider which areas receive the most sun, which are in shade for much of the day. Depending on where you live, if sunshine is a scarce commodity, you will want to expose plants to receive as much as possible. On the other hand, in desert

regions, you will not want your plants to be in the area most likely to be parched by sun exposure. Also think protecting your garden from the paths where strong winds tend to blow through your property. Even a small property will have microclimates - notice these and plant accordingly to give different plants either more sun or more shade according to their preference.

2. Selecting Plants



Avoid disease-prone plants which require time-consuming chores such as spraying and pruning by the gardener. Select plants which will thrive in your area rather than those which will require extra labor on your part to protect them from the environment. Select plants which serve multiple purposes, such as fruit trees which will put forth blossoms in one season, fruit to pick in another, and provide shade for when you want to sit and enjoy your garden's natural beauty. Native plants are also more likely to attract local pollinators such as bees, and to draw butterflies so that your garden contains

even more natural beauty.

3. Making a Home for Your Plants

Raised beds require less physical effort on the part of the gardener and also benefit plants, providing better air circulation, more protection from spring chills and improved usage of water. Raised beds also mean a small permaculture garden is an option even for apartment dwellers and others with little available space since you can rely on containers and vertical gardening principles.

4. Feeding Your Plants

One of the key concepts of permaculture organic gardening is to avoid waste. Having a garden gives you a means of re-using natural waste such as eggshells, apple cores, coffee grinds as well as yard waste which many people throw away. You can either purchase or make a compost bin to turn this organic material into gardening gold which can be used to help your plants grow.



5. Watering Your Plants

Modern gardeners who do not follow sustainability principles tend to draw heavily on piped-in water resources, often using hoses and sprinklers to make plants which require abundant water grow in a desert climate. Permaculture organic gardening tries to use natural water as much as possible, maximizing the use of groundwater and rainwater. Rain barrels allow you to collect rainfall and extend its use over longer periods of time.

6. Protecting Plants from Pests



Eschewing the use of chemicals does not have to mean a garden full of pests. You can use companion gardening principles, growing plants which deter pests near those which attract them. There is also a natural synergy between some plants which means planting them near each other increases your yield. Also, just as some herbs have a medicinal effect on human health, they also offer benefits to plants which grow near them.

If you have space and live in an area where it is permissible to keep poultry, chickens can make a wonderful addition to a permaculture garden. If they are permitted free-range for most of the day, they will consume many pests. Chicken manure also contributes beneficial nitrogen to the soil of your garden.

Is It Time You Turned Over A New Leaf and Gave Your Garden Some Green Thumb Loving? Happy Gardening!

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

Yvonne's Raising Healthy Families Article

Secrets of Happy Families by Tina Miles Jan 2020

For the past years, there's mounting evidence that British children have greater levels of unhappiness compared than those from other developed countries.



Teaching our children how to be happy is one of the best things we can do for them. By making their childhood revolve around happiness, they can become healthier and more compassionate individuals who will do the same to their future kids. And the cycle continues.

But the question is – what makes a happy family? What can you do to instil a great sense of happiness to your children?

They celebrate.

Happy families celebrate each other. They don't wait for special occasions like birthdays or Christmas to gather and celebrate. Quality time is important to keep the fun and laughter revolving in your home. Celebrations provide a venue to laugh, share stories, open up, and just be with one another.

They communicate.

Happy families pay attention to each other. They ask each other about their day, and are always interested in knowing the answer. They keep the line open – sharing their thoughts and feelings to one another. Communication is essential to keeping any relationship healthy. When family members listen to one another, they feel valued and respected for their ideas and insights. Children who grow up in a family where communication is valued become understanding and communicative adults.

They value commitment.

The most important trait of strong, happy families is commitment. It is investing time and energy in family activities and not letting work or other priorities take too much time away from family interaction. Families that value help helping one another succeed and be that someone they want to be.

They are not hesitant to show appreciation.

Another secret of strong and happy families is appreciation. While everyone has flaws and imperfections, they don't fail to recognise each other's positive traits. Strong families focus on the strengths of one another, not in their weaknesses. Parents always encourage their children to do better each day through positive reinforcement.

They have spirituality.

Families who have strong spirituality survive any challenge they face. Spirituality is defined as the caring centre within each individual that promotes sharing, love and compassion. It is a powerful force that drives them to overcome their stressors, focus on what is right and just, and practice compassion every single day.

They have good coping skills.

Problems are part of growing a family. There's no perfect family. Each one has their own battles to face. Members of strong families demonstrate the ability to stand strong amidst the test of time. Through communication and a positive outlook, a family can deal with difficult times and overcome any crisis.

They put family above things.

Happy families value their relationship more than anyone else. While they understand that friendships are important to their well-being, they prioritise keeping their relationship as a family more than anything else. It's because they understand that being a good family member makes them a good friend and a good person for others.

What is the best trait of your family that you have always been very proud of?

Varying Your Exercise Level Makes It More Effective (from **Growing Youthful** by **David Niven-Miller**)

Although sustained, moderate exercise has enormous benefits for health, longevity and fat-burning, new research suggests interval training may be even better. How vigorously can you work out? Your answer may predict how long you will live. Varying your exercise level (interval training) is also much more effective for those trying to lose weight.

Researchers have discovered that people who are able to add short bursts of intense activity to their exercise routine live longer than similar aged subjects who were unable to reach that same intensity level. So, whenever you exercise - walk, run, bike or whatever - just throw in a few short spurts of high-intensity effort. It can also boost your fat-burn rate by 36 percent in a couple of weeks!

Surge-training has many other benefits, particularly a high anti-oxidant effect that reduces the effects of aging and improves health.

Chaotic exercise training involves large muscle groups working synergistically in a rapidly changing, unstable environment. This produces far greater benefits in a fraction of the time of any other form of exercise. It better mirrors the natural exercise in the everyday life of our early ancestors, uses more metabolic requirements, increases oxygen consumption and stimulates larger amounts of anti-aging, fat-burning, & healing hormones such as growth hormone and testosterone.

In another study when moderately active women did a 60-minute cycling workout. Instead of pedalling at the same speed for the whole time, they did 4-minute bursts of high-speed pedalling followed by 2-minute rests. In just two weeks they significantly increased their fat-burning power.

An example of interval training would be jogging for a few minutes several times during a long walk. When riding an exercise bike, temporarily increase the resistance level for a few minutes once or twice during your workout.

A third study found that getting your heart rate up is important in losing weight. Overweight people who cycled or jogged for at least three hours a week had the best outcomes - provided they exercised at a pace that raised their heart and breathing rates. If you are not ready to do anything too strenuous yet, try walking briskly for a couple of hours each week. That's enough to prevent further fat on your belly.

Another small study of a group of men found that those who added short and intense bursts of activity to their workouts were able to metabolise more sugars. Each man did a workout on a stationary bike three times a week - for a minimum of 17 minutes. Their sugar metabolism was measured. In the next part of the study they added a couple of 30-second bursts of high-intensity cycling to their workouts. After the bursts, they rested by cycling slowly for 4 minutes. The result? When the men ate the equivalent of a meal's worth of glucose, they metabolised it better after the high-intensity training.

Warning. Before doing any intense physical activity, please confirm with your doctor that it is safe for you to do this. Not everyone's health allows for intense physical activity, particularly when doing it for the first time.

Metabolic Equivalents (METs)

Interval training should gradually increase your fitness. How vigorously you're able to work out is expressed in metabolic equivalents (METs). One MET is the amount of energy your body uses at rest. METs can be measured by the amount of oxygen your body requires to perform an activity. For example, yoga, walking a dog, and golf expend about 3 METs. Swimming laps, jogging or bicycling more than 15 kph (10 mph) expend around 6 METs. If you can reach at least 85 percent of the MET value predicted for your age group when you work out, then you're in good shape. If not, increase the intensity slowly to improve your exercise capacity.



In order to empathize with someone's experience, you must be willing to believe them as they see it, and not how you imagine their experience to be.

Brené Brown



tinybuddha.com

How do you show empathy?

Examples of Empathetic Responses

1. Acknowledge their pain. Perhaps the best thing you can do is to acknowledge how the other person feels. ...
2. Share how you feel. ...
3. Show gratitude that the person opened up.
4. Show interest. ...
5. Be encouraging. ...
6. Be supportive.

Is empathy a skill?

Empathy is the ability to accurately put yourself "in someone else's shoes"— to understand the other's situation, perceptions and feelings from their point of view — and to be able to communicate that understanding back to the other person. **Empathy** is a critical **skill** for you to have as a leader.

How is empathy important?

Empathy is **important** because it helps us understand how others are feeling so we can respond appropriately to the situation. It is typically associated with social behaviour and there is lots of research showing that greater **empathy** leads to more helping behaviour.

Is empathy a personality trait?

People with the **personality trait** of agreeableness are more likely to be highly **empathic**, research finds. Agreeable people tend to be friendly, warm and tactful — always considering other people's feelings'

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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

