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Everlasting
HEALTH

....the natural choice for you
& your family

Welcome to our first Newsletter!

Welcome to our first newsletter—I hope to bring it to you on a regular basis to motivate you, remind you of the “good things” you *should* be doing, offer some simple bits of advice & bring you some healthy foods for everlasting health!

Of course—nothing compares to a personalised consult where I help you achieve your goals. I look forward to seeing you soon.

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**Everlasting Health....the natural choice for you
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To Exercise or to Chill??

As we all know we must 'use it or we'll lose it'....so exercise is definitely important to all of us. It's great for stress release, winding down from work/kids, & obviously to lose weight & tone up.

tween walking/talking & a brisk power walk/run (depending on your level of fitness). The more frequent you exercise, the fitter you'll get. Put in that little bit extra to reap rewards.

Try not to plan the next day or the shopping list, rather consciously be 'in the moment'. Breathe in deeply, smell the air, & feel where your body/mind is at now.

Special points of interest:

- Flowers are Magic
- Thyme should be in your first aid box
- Juices for your ticker
- Fish for a healthy future

We should be doing 30-40mins, 3-4x's week to keep our bodies healthy. This should be **active exercise**, to get the heart rate up & pumping.

So tomorrow when you take the dog for a walk, or walk with a friend — alternate be-

But we also need some 'down time' every week — time where you 'switch off' from daily stresses & life. You can take a tepid Epsom Salt bath (great magnesium source for aching muscles, stress & toxin release); use some essential oils &/or candles to meditate; lose yourself in great book; or chill to some music.

**Enjoy your time out—
you deserve it!**

**So really.....we need
them both.**

The Magic of Flower Essences!



Pink Everlasting

Flower Essences are truly amazing form of healing. They can be used topically for physical problems such as tight muscles, stress, constipation, ADHD & many, many more health troubles. But they also work wonderfully on those emotional stresses, traumas & letting go of past emotional pains.

Kids & animals respond quickly to Flower Essences—probably due to carrying less emotional baggage than us. Every newsletter I will introduce a new flower essence—to give you an insight in their potential healing paths.

The essence I use are Western Australian—as W.A. has the largest number of wild flowers in the world! They have been

used by Indigenous people for hundreds of years, & I have personally experienced their healing during ceremonial pit healing sessions run by LiFE academy in Perth. Today we have options such as drops, creams or spray to assist us everyday.

My first flower I will introduce is the *Pink Everlasting*—the flower I chose to name my business after actually!

The Spring of Eternal Sustenance. Giving from the inner Self without any thought of any pay-back is the only way to give out & not burn out. For those who feel emotionally drained & burnt out...to replenish & sustain with the milk of human kindness.

THE HEALING brings a new depth to interactions with others, a way of being in touch with the core of a person from the core of one's own being, in other words a sensitivity without excessive emotional drain. The quality of giving then rises to a level which is totally sustainable, drawn from the deep well of one's Love nature.

The well within is overflowing,

many come to drink.

The spring refreshes & the travelers go on their way.

The spring of my soul replenishes itself distributing happiness.

Enjoy a therapeutic cuppa when you're next sick.....

Thyme

(Thymus vulgaris)

This common culinary herb has many therapeutic benefits.

It's strongly antiseptic, antispasmodic & expectorant.

So make a cup of tea using the dried leaves & letting it brew for 5-10mins. You can also drink it cold!

Then sip 2-3x's day when you have a cold, cough, sore throat, bronchitis or the like.



Thyme (Thymus vulgaris)

Foods to try for Circulatory Health.....

Fresh Juices to try:

- oranges & mint (high in vitamin C, potassium, calcium, folic acid & bioflavonoids which are good for heart & circulation).
- carrots, apples, celery & parsley (high in vitamins A, C & E, potassium & magnesium & is diuretic & aids lowering of high blood pressure).
- spinach, carrots, apple, beetroot (high in vitamin C & B's & potassium).



Beautiful berries—rich anti oxidant source & full of Vit C

Heart Helper Foods:

- Carrots
- Cabbage
- Capsicums
- Plums
- Berries
- Avocados
- Nuts
- Oily fish
- Liver
- Garlic
- Wholegrains
- Lentils
- Spinach



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Sustainable Fish List...

Now this is a hot topic....what with the proposed introduction of marine parks here in the Territory.

Avoid buying or catching endangered fish species & those caught by harmful methods, such as long lines (which snare other animals).

You're then helping to ensure there is a sustainable supply of fish for now & the future.

Avoid

- X Blue Warehou
- X Deep Sea Perch/Orange Roughy
- X Eastern Gemfish/Hake
- X Redfish
- X Shark/Flake
- X Silver Trevally
- X Southern Bluefin Tuna
- X Swordfish

Buy/Catch Instead

- Barramundi
- Blue-eyed Cod
- Bream
- Coral Trout
- Flathead
- Leatherjacket
- Mullet
- Snapper
- Whiting

Fish is a great low fat protein source & contains nutrients such as zinc, Vit D, & is a fantastic source of Omega -3's .



Barramundi piccata

*Thank you for letting me join you on your health journey....
may health & happiness be with you always.*