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Everlasting
HEALTH

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

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February—keep up the good work...

So...how did your February go??? Have you managed to keep up the good work on the 'new & improved' lifestyle diet?? Are you regularly going for a walk/run, taking a gym class, or that yoga class you've been thinking about doing?? I hope that you are taking it all on & making you a better "you"!! We all have different goals we set ourselves...keep up the good work & they will be achieved quicker!!

I look forward to seeing you soon!!

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Planting the seeds for health...

Now I'm not a gardener by far....but I must admit there is nothing more satisfying than growing your own fruit & veggies for friends & family to enjoy!

You can plant what ever you like to eat...& then something new to try too. The trick is to plant according to your conditions...now that's a little different here than down south. That's why when I came across the following website, I followed as directed.

www.gardenate.com

To my surprise my "brown" thumb had suddenly turned "green" - success!!

According to the site...February is the time to plant out your Basil & Sweet Potato....& time to start preparing the following seedlings for March.

Ok, it's nearly Marchbut you get your garden beds prepared now with some nice organic soil & manures. Remember to put your garden bed in a space which has a little shade & sunlight, according to what you're growing.

Then find some seedlings, you're well & truly on your way to a plate full of veggies for a May/June harvest!!

Try asparagus pea, ginger, basil, beetroot, broad beans, cape gooseberries, sweet potatoes, shallots & swedes.

The best thing is you know exactly what your veggies have been exposed to so we don't need to be worried about a thing. Plant some herbs too, remember to use whenever possible to enhance your cooking... or even dry & use as a tea for extra healing.

Try out the Garlic Garden Spray on page three. Garlic & chilli is guaranteed to keep the nasties away!!

Special points of interest:

- The essence to reconnect & energise your life!!
- Destress time????
- How's the tum....
- Be bug free!!
- My Bio...
- Use your garden produce...YUM!

Embrace your Life as a Whole!



Red Beak Orchid—
Lypercanthos nigricans

Every newsletter I will introduce a new flower essence—to give you an insight in their potential healing paths.

To those of you who are currently taking flower essences....you may recall this one! This is the one I may have said to you “ I think I need this one...I can never remember what it’s truly about???”...**Red Beak Orchid.**

So.....“to Embrace Wholeness.”

To renew energy & inspiration to attend all facets of life creatively & with equal enthusiasm. To resolve the internal conflict between desire & duties, personal expression & responsibilities. To work on Life as a whole....instead of segregated.

For those who have a problem of getting up in the morning...or sleep too often throughout the day. You may feel how do you truly enjoy your life & maintain job, family & foundations of life. For those suffering from burnout.

Physical signs which may also be present...constipation &/or diarrhea, eye strain &/or focus problems.

Meditative Poem

*I am the gardener of my Life
appreciating & tending to all.*

*Every part of my life is
watered from the springs of
my Soul.*

Flower Essences are truly amazing form of healing. They work wonderfully on those emotional stresses, traumas & letting go of past emotional pains.

Remember—the Flower Essences I use come from Western Australia. 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.

To experience the magic of Flower Essences, call today to make an appointment & start your road towards Everlasting Health.

**Need some time to
chill, settle that tummy
& sleep tonight—go for
Chamomile tea!!**

Chamomile *Matricaria recutita*

This common herb has many therapeutic benefits.

Not only does it calm the nerves or help you sleep....it’s also anti inflammatory in general, helps to reduce flatulence, diarrhea, reflux & gastritis. You can also make a cup of tea, let it cool then give some to bub if they have colic or if they’re teething.

So make a cup of tea using the dried leaves & letting it brew for 5-10mins.

Enjoy!!



Chamomile, *Matricaria recutita*

Help for the gut.....

Fresh Juices & Smoothies to try:

- Sorrel (a bitter green herb), apples, lime, parsley & mint. Rich in vit A,C,E,B6 & folic acid, magnesium, potassium, calcium & iron. Soluble fibre soothe & has gentle laxative effect on digestive system.
- Juice watermelon, combine with ice cubes, honey, yoghurt & banana in blender. Rich in calcium, potassium, vit A, C, E & chromium. Great for energizing your metabolism & your muscles.
- Juice mango & passionfruit, then blend some frozen yoghurt.



Foods to heal:

- Blackcurrants have anti-laxative properties to help fight diarrhea, & they are high in vit C. Herbal tea is great too!
- Apples to stimulate growth of beneficial bacteria, & it contains pectin aids removal of cholesterol & toxic metals.
- Pineapple contains bromelain, a digestive enzyme to aid digestion, shift mucus & suppress a cough. It's also rich in calcium, manganese, potassium & vit C.
- Avocado are rich in vit E, vits/minerals & protein. It's soothing & healing for digestive issues.



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Try this out in your new garden.... But keep the ladybirds!!

Garlic Garden Spray...

Now...in our new garden we don't want to actually kill the insects as we need them for pollination....but we need to deter them from chomping on the plants.

You will need:

100g garlic cloves

6 onions

6 red chillies

Paraffin oil to cover

4 cups water

1 cup skim milk powder

Blend garlic, onion, & chillies. Add paraffin oil leave standing for 2 days.

Add water & skim milk powder & mix well, then strain through fine cloth.

Dilute 1 part to 50 parts of water.

Use to spray against aphids, ants, spiders & caterpillars.





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*Thank you for letting me join you on
your health journey....*

Gluten free delicious dish...

Veggie & Goats Cheese

Polenta Tart

- 1 1/2C fine polenta
- 3C veggie stock
- 1/2C Parmesan cheese
- 200g Goats cheese
- 1tsp chopped garlic
- Chopped cherry tomatoes
- Spinach leaves
- Red onion
- 2 Tbsp Basil leaves
- Olive Oil

Preheat oven to 190°C Oil a about 30 minutes.
tart pan with removable base Remove from oven & spread
with olive oil cooking spray and a thin layer of goat cheese
s e t a s i d e . over crust. Arrange cherry
tomatoes, spinach, basil &

Combine polenta & garlic with red onion on top of the
stock in a sauce pan. Bring to a cheese.
boil, then reduce heat to a sim- Return to oven for 5 to 10
mer, stirring constantly for 5 minutes longer, until the
5 minutes. Stir in the parmesan cheese & it's heated through.
& continue to stir 3 to 5 min- Before serving, remove the
utes longer. sides from the tart pan &

Transfer polenta to prepared & sprinkle top with extra basil
tart pan. Spread it evenly over & a drizzle of olive oil.
bottom & up sides of pan. Bake
until dry & crisp on edges,

Enjoy!!!!

**Great as lunch, dinner or
snack!!**