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**Everlasting**  
**HEALTH**

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

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Ok.....we are now one quarter of the way through this year.....OMG??!!

Where has it gone???? Are you getting the most out of your year??? Are you on your way to Everlasting Health??? Could you use a guiding hand???? Well....just ask for it....I'm here to help you stay on path. I look forward to seeing you soon!!

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## **Easter is just around the corner...**

With Easter break just around the corner.....why don't you enjoy some time with loved ones, family & friends.

Now is the time to make some time for you....enjoy the company of people you care about, & those who care about you. You can go out for dinner or have them over...or maybe take a picnic down to the waterfront or East Arm now the 'dry' is nearly here.

Or enjoy a sunset over the water....whilst 'dropping a line'....or get out of the city & get back to nature by going camping. Maybe 'standing still' is more what you're after....either way—just DO IT!!

Wealth in our lives comes in many ways.....finance is the obvious one we think of, but the love of friends & family reins supreme...Not too far

behind (or in front?!) is health. Without it, we wouldn't be here for very long.

Inner confidence also allows you to feel you can handle any situation, & is also a wealth worth having. It shifts your mentality & focus on the future. There are people who have very little in the bank....but have a vault full of 'cash' inside.

Take every day as it comes....enjoy today, & move towards tomorrow...the past will always be the past—it's just how we choose to reflect that makes the difference. We can't change where we've been—but we can make the most of where we are right now.

Take the time to re-energise, count your blessings & refocus your direction....

**towards Everlasting Health.**

### Special points of interest:

- Bring balance back to your centre...
- Improve your memory & ease those aching muscles....
- Bring your skin back to life!!
- Get rid of "stuff"!??
- My Bio...
- Feed the skin.....with a tasty treat!!

## To Master the Qi.....



**Purple Enamel Orchid—**  
*Elythranthera brunonis*

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

Now here’s one to balance the Qi.....to instill consistency in achievement & energy output. For those who feel they aren’t doing enough, so go into overload to show achievement to themselves or others.

This can lead to a cycle of overload & breakdown. This essence will bring the right amount of energy & effort, the regular release of pressure—then the coming to rest. Now activity is

achieved, but without the negative side effects of physical & mental collapse.

### **Meditative Poem**

*The seed at rest stirs to life,  
uncurling itself with leaf  
& branch  
to reach the Sun & sky.*

*I breathe in the air,*

*I take in the light.*

*I rest on the earth.*

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.

## Rosemary

*Rosmarinus officinalis*

Now .....you might think of this herb to use when you’re cooking chicken. But you can pick it from the garden (or from the supermarket) & use it for many other things.

Using it fresh in your cooking in a marinade or brushing over veggies with some olive oil. Heavenly scent.

Dry some sprigs & add boiling water....letting it steep for 10mins whilst covered. Waft in those aromas as you lift the cover off. Sip away....

Great for calming digestion & stomach cramps, whilst useful for headaches, memory & is antidepressant.

Also, try a few drops of the essential oil in an Epsom Salt Bath to ease aching muscles.



**Rosemary, *Rosmarinus officinalis***

**Antimicrobial, relief to the digestive system & maybe that odd stress headache!!**

## Skin Care from the inside out!!

Invest in a good blender, one that spins fast enough to turn fruit pulp into a smooth liquid. Then you get the whole fruit, fibre & the juice to enjoy.

### Fresh Juices & Smoothies to try:

- Juice up spinach, carrots, beet-root & apple to feed the blood, increase brain power & prevent sun damage. Rich in vit C, B's & potassium.
- Blend avocado, kelp powder, soya milk, yoghurt & pinch of nutmeg with a handful of ice. Full of calcium, vit E, B1, D, folic acid & protein to stimulate production of collagen...& maybe your mood.



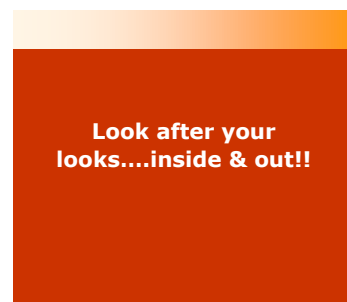
### Foods to heal:

- Eat grains that are easier on the gut...gluten can wreak havoc, especially if you have 'leaky gut' issues. Try quinoa—it's rich in protein & cysteine which prevents age spots & detoxifies the liver.
- Avocados are rich in vit E, other vits/minerals & protein. It's also a great source of Essential Fatty Acids, essential for skin health!
- Oily fish such as tuna or salmon since they are rich in Essential Fatty Acids & selenium.
- Probiotics are emerging as being the new gimmick being added to skincare lotions....but the best way is to take internally to heal from the inside out!!



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## De-clutter your life...

Feng Shui suggests that a cluttered house could be preventing you from living your life to the fullest. This clutter impacts on your moods & luck!

Have beauty at your entrance to draw in positivity as you walk into your home—art-work or flowers work well. Remove your "clutter" & clean to remove the stagnant energy— then open up the curtains & windows to let the fresh air & energy flow through the home.

The key is to have a vision of how you what things to be organised. This organisation can affect you in more ways than one. When you are 'clutter free' you are more inclined to want to cook healthy food & exercise.....No longer weighed down by 'stuff'.

Whilst de-cluttering....say clothes....try to have a one in, two out rule ie bring one new item in & throw out two items. And while you're at it... de-clutter your mind....LOL...easier said than done!!





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

*I first became interested in natural medicines when my nan (Norma Hollis) introduced me to herbs when I must have been 8 or 9 years old.....many many moons ago! I continued to dabble for many years, whilst I pursued a career in science. Then I realised I must do what it is I love to do - so I went back to college to become a qualified Naturopath, Herbalist & Holistic Counsellor/Flower Essence Therapist. Hence, I use evidence based complementary medicine to help heal you - body, mind & spirit.*

*I work alongside you, using various modalities to suit the individual. I believe nutrition & lifestyle are the basis of many health issues. Luckily we can change these, especially with a guiding hand. Herbal & nutritional supplements may also be needed to support the body during this time. I use Iridology as a supportive tool, as well as a few "inclinic" tests during my consultations - which are included in my fees. Other specific tests may be required, depending on your health concern.*

*I have a special interest in children's behavioural problems such as ADD/ADHD. Here, as always, I use a holistic combination of herbs, nutrition, lifestyle & flower essences to support the individual. There are many more health & emotional issues which I can help you heal - naturally. I can work alongside your GP with your orthodox medications as required.*

## **Chocolate & Coconut Skin-loving Smoothie**



***Here's a smoothie rich in antioxidants, nutrients, vitamins & electrolytes.....just for your skin to enjoy.***

Use fresh flesh & juice from young green coconut

1 egg

1 tspn raw powdered cocoa

1/2 tspn vanilla essence

Honey to sweeten

Ice

***Blend all  
together.....***

***Verrrry Delish!!!!***