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Everlasting
HEALTH

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

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Bring on the Festive Season!!

Well the festive season is well & truly upon us—time to bring on the season of giving, share your time with family & friends, indulge—just enough to enjoy the festivities,

& reflect on a year that was....

Take time to see where you've been this year, what challenges you've faced & where you want to go in 2012. Set your goals for next year now!

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Of course—nothing compares to a personalised naturopathic or flower essence

consultation where I help you achieve your goals.

I look forward to seeing you in 2012!!

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Finding love....within.

With the time for giving here—maybe we need to look at why we might feel we need to give a bit more....to maybe get something in return???

We often get angry with ourselves for the imbalances we feel in our relationships—either with friends or lovers. We may find ourselves saying—"I'm sick & tired of him not paying me some attention. I'm always giving out & getting nothing in return."

We often look at our relationships as transactions: I give this to you (care, support, understanding) & in return you will give that to me

(loyalty, respect & reliability). The trouble with this is that it brings economics to the relationship—not love. You can't use real love as a transaction.

This may come around from our childhood where our parents rewarded us for doing what they wanted us to do. We are subtly taught that we get recognition & acceptance for what we do—not our uniqueness. We can lack self-love & need someone to tell us we are loveable.

We need to have a true relationship with ourselves. We must appreciate & care for ourselves first. Love isn't something you do or an emotion you feel, but it is some-

thing you "be".

Celebrate who you already are; what you already have & then share this with another. You will then be sharing in someone else's greatness. You should now feel whole, so you don't need anything else from them. Just share life!

We can be influenced by our partners, but we don't need to be reactive to what's going outside of you. You can understand your partner's reality without losing your own.

Stay true to you....life is for living & loving completely!!



Special points of interest:

- Christmas Flowers are Magic
- Peppermint Tea anyone??!!
- Brain Juice??
- The Green Clean...
- My Bio...
- Naughty but nice!!!!

The Festive Magic of Flower Essences!



Christmas Tree—Kanya

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

Since it's the festive season I decided to introduce to you the Flower Essence **Christmas Tree—Kanya!** I feel this essence expresses the meaning of Christmas....."Being part of a Whole". It settles the person, bringing inner contentment which encourages enjoyment with the family or group. It enhances the sharing, caring, responsible side of a person, letting maturity shine.

Sometimes one may feel like they are trapped by the realities of life—enjoying the family life, & the comfort of home life....but wanting to be able to eat your cake too—to be able enjoy the single life & the freedom that can come with it.

The healing inspires an open heartedness, caring for others attitude.

Meditative Poem

We are together
 We are part of each other
 We move towards the sunrise
 Hand in hand
 My hand will be forever warm
 My arms forever open.

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.

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

Next time you need a pick me up—try a cuppa of refreshing Peppermint Tea!!

Peppermint (*Mentha piperita*)

This common herb has many therapeutic benefits.

It's refreshingly aromatic, antiseptic, calms the nerves & digestive system, eases nausea & reduces fever.

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 migraine, any digestive issue, morning sickness, cold/flu or anxiety.



Peppermint (Mentha piperita)

Foods for Thoughts!!

Fresh Juices to try:

- Spinach, carrots, apples & beetroot (antiageing, super juice for mental energy, brain power & concentration).
- Juice apples & pears, blend in prunes, lecithin granules & molasses (high in vit C, E, potassium & iron—reduces cholesterol, blood pressure & protects the heart).



A plate full of protein, essential fatty acids, calcium & magnesium—great nibbles for the festive season!!

Brain Foods:

- Bananas (potassium & vit B)
- Spinach (iron & antioxidants)
- Fish (vit D, essential fatty acids & protein)
- Cheese & walnuts (Calcium, magnesium & protein)
- Eggs (choline for memory & protein)
- Kangaroo (iron & protein)
- Brown Rice (complex carbohydrate)
- Corn (iron, magnesium, potassium, zinc, vit B3 & essential fatty acids).



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Try Bicarb for Your Health & Cleaning!!

A common household staple which can be used for cooking, cleaning or an antacid.

When used in cooking bicarb soda mixes with an acid (honey, molasses, brown sugar or citrus) to produce carbon dioxide, causing it to fizz. It reduces the rising time & helps turn plain flour into self-raising flour. It's used to make Soda Bread, Anzac biscuits & the like.

You can also use it to rinse fruit & veggies to remove excess pesticides.

Simply sprinkle over coffee/tea cups & wipe with a damp cloth to remove stains. Make a paste with vinegar for tougher dirty pots & pans to be sparkling again.

It works really well to absorb smells from the kitchen, fridge & even your hands after cutting onions!

Use one part water, one part vinegar & one part bicarb to kill & remove mould. Make a slurry, wipe over, leave for 10mins & rinse off.

For medicinal purposes dissolve 1 teaspoon in a glass of water to use as an antacid—with no side effects! It's the same as store bought ones without the sugars & colours.

For insect bites, make a paste with a little water & apply directly to the site.

So pick up a box of Bicarb Soda on your next shopping trip!!



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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.



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

A Sweet Gluten Free Treat to Enjoy...

Gluten Free Chocolate & Macadamia Nut Brownies

- 200g Premium Dark Chocolate, chopped
- 180g butter, chopped
- 1/3 Cup water
- 1 1/2 Cups gluten free plain flour
- 1 1/3 Cups brown sugar
- 1/2 Cup Baking Cocoa
- 1 Cup coarsely chopped macadamia nuts
- 3 eggs, lightly beaten

Preheat oven to 180°C/160°C fan forced. Grease & line a square cake pan with baking paper.

Melt dark chocolate, butter & water in a saucepan over low heat, stirring constantly.

Combine dry ingredients in a bowl, add chocolate mixture & eggs—mix well. Pour mixture into prepared pan.

Bake for 35mins or until cooked. Cool on wire rack & dust with icing sugar before serving.



Gluten free & delicious!!

**Have a safe
& very Merry
Christmas, &
a fabulous
New
Year!!!!!!
See you in
2012....**