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& your family

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Time for a KICK START!!!!

Well....if you've seen me over the last 6 weeks, you'd know I've been doing a Detox. Along with a couple of others for support —safety in numbers LOL. Thanks Sy & Jo!...Helsy (get started chic?!) I'm sure we are all feeling better for it!!!

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I've also been at the Cancer Council NT Fun Morning Tea helping to raise money & awareness. It was great to see everyone having a great time & meeting new people.

Don't forget to use your discount vouchers before they expire—to receive an Initial Naturopathic Consult a bargain price.

Try the recipes I include in my newsletters to add variety & healthy choices to your meal planning. Include some everyday herbs for your ailments, & maybe give Flower Essences a go to support you towards achieving your goals of a better you.

You'll be surprised by the way simple changes can really change your life.

Take charge of your life TODAY!!!

I look forward to seeing you soon.

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To detox or not to detox?????

As I said above....I've been partaking in my detoxification program...trialing it out & having some friends (& husband) doing the Express version too. I must say I feel sooo much better for it....& I think they do too!!!

support the body whilst changing your diet to aid the detoxification process. Depending on what your health status is, will depend on what type of detox is required.

I started to discuss detoxification last month with my 'Spring Clean' info. Many people are 'afraid' to take the plunge...or may just be a little curious—but not too sure how they could benefit. Giving your body "some time out" & getting rid of those everyday toxins we're exposed to will give you a boost of energy & help clear up some ailments.

The beauty of a detox & change in dietary habits...is that you can reignite your metabolism, & your passion for "good" food. Now it can be hard to "say no" when you're socialising, but the easiest way it to be straight with people & say your detoxing—people respect what your doing & tend to support you. Remember....you are doing your body a huge favour, & you will feel fabulous with your new habits.

Ask me for more information....

TODAY!!!

A detox shouldn't be severe where you feel sick—you should use herbs & nutrients to

Special points of interest:

- Detox the soul...
- Kill those bad bugs...
- Sleep tonight!
- Healthy Ageing
- My Bio...
- A sailor's breakfast

Leave negativity behind & forgive.....



**Black Kangaroo Paw—
*Macropidea fuliginosa***

This essence is great to aid forgiveness & move forward with love. It brings you back to your heart rather than staying in your resentful gut reaction...then to go forward in your life, leaving the negativity behind.

If you've been through a relationship break-up or feelings of grief/loss/anger in an obsessive cycle—then this may be helpful. It aids the release of the negativity. Even confronting betrayal can be eased by freeing us from darkness & hurtful deeds.

Negative emotions can tend to grow & take over your mind...make it difficult to break free from them. The healing allows the mind to free itself of these negative feelings & to pursue positive avenues that enhance the feeling of Joy into your life.

***I am part of all Life
watching it & within it
also.***

Buffeted by storms

***I do not lose my way
I keep my eyes on the Light
& fly freely to Joy.***

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.***

Garlic, *Allium sativum*

**Make up some
honey & garlic
today—so it's ready
when you need it!**

Of the things we use everyday in the kitchen, garlic has the most wonderful healing properties. We add it to nearly every dish in our household!

This humble herb can be used to kill off any bad bacteria, fungus or parasites in the body. It can aid getting rid of the common cold, influenza, sinus infections, worms, & Candida. Just by adding garlic to your diet you can ward off potential illness.

Now here's a great cheap, simple & effective tip every household should have—transfer some honey (preferably Manuka Honey) into a separate jar & add a couple of cloves of sliced garlic into this jar. Use it to soothe sore throats straight of the teaspoon or add it to lemon juice & sip regularly.

Garlic is also great for the circulatory system—it can help to lower cholesterol levels, high blood pressure & can prevent blood clots. It's also an antioxidant — so is great for anti-ageing!!

***Add some garlic to your
diet today!!!***



Allium sativum

Help for Insomnia.....

Fresh Smoothies to try:

- Throw some banana, dates, natural yoghurt into a blender for a 'midnight' smoothie if you wake in the middle of the night. Make it earlier & leave it in the fridge!
- Use fresh/frozen cherries or cherry juice, bananas, soy milk, honey & nutmeg into blender. Cherries are high in melatonin, soy milk & bananas high in tryptophan, honey aids release of melatonin. Have it after dinner.



Boosting Foods:

- Avoid fatty foods, red meats & hard cheeses before bed as they are hard to digest. Choose grilled fish, veggies or salad as they are less taxing on the digestive system.
- Try herbal teas such as peppermint (aids digestion), chamomile or sleepy time tea for relaxation.
- Try tryptophan rich foods such as bananas, turkey, tuna, figs, dates, nut butters & wholegrain crackers.



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**Get some sleep
tonight.....**

zzzzzzz

What's your Healthy Age??????

Six months ago I started to speak about ageing....it's happening to all of us whether we like it or not!

As we know, to live a long & healthy life we need balance between work & play, & balance what we eat & drink.

Exercise & relaxation should also be part of our weekly routine. Now I'm just a mere mortal too who sometimes forgets to take some 'down time' or do some exercise. But as I always say—balance is the key!!

We need to have regular connection with family & friends, & be able to freely express our views & beliefs. Stimulation of our minds is sooo important so we don't become 'stale &

stagnant' in our ability to continually learn from this thing called Life. Pick up a crossword book or dare I say a jigsaw puzzle...

As you should know by now...."You Are What You Eat". Eating lots of fish, nuts & seeds containing the 'good' oils will aid the reduction of inflammation, cardiovascular disease & improve the mind. Eating a plate that is 'colourful' will not only entice the you & the kids, but will give a great dose of nutrients & antioxidants.

I now have a 'new tool in the shed' at the clinic....you can take 10mins out of your day to go online to answer a simple questionnaire & I will go through the results with you at your next appointment.

The questionnaire gives you an idea of your "Biomarker Index" in years. So you may be chronologically 45yrs old, but your diet & lifestyle may predict your biomarker index age differently. This can help to motivate you towards your goals. It's great to see where you are right now, & as you take on healthy changes—you will be able to see all that work pay off by decreasing in 'age'!!!

Go to:

www.metagenics.com.au/healthy-ageing-questionnaire

Use my Practitioner number: 43604

**Lets work towards Everlasting
Health together!**



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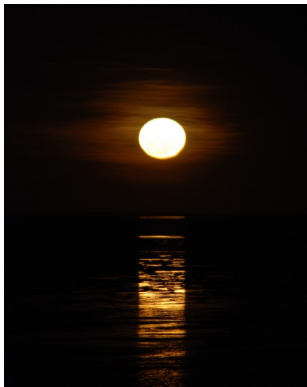
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I first became interested in natural medicines when my nan (Norma Hollis) introduced me to herbs when I must have been 8 or 9 years old.....many many moons ago! I continued to dabble for many years, whilst I pursued a career in science. Then I realised 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.

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

may health & happiness be with you always.

Kristy

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.

Protein & Popeye breakfast.....my new favourite!!!



300g Spinach

2 Eggs

Black Pepper

Butter

Gently wilt the spinach in a heated saucepan. Squeeze excess water out.

Place spinach in an greased oven proof dish in the shape of a birds nest shapes.

Crack an egg into each nest.

Sprinkle cracked black pepper over egg.

Bake in oven at 180°C for 15mins or until eggs are set.

Serves two

Yummy!!!

Enjoy!!!!

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