

Kristy Hollis

Naturopath/Herbalist/Holistic
Counsellor

www.everlasting-health.com.au

M: 0411 378 997



Everlasting
HEALTH

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

Volume 2, Issue 4.

Is the "Dry" here yet???

Well the Easter is over....now it's time to get your body moving, & raise your head from "the Wet" hibernation!! You've eaten all your choccie eggs & now lets get them removed from your hips?! As you should all know by now.....**Activate NT** is back on. It's a great way to try new activities...or to motivate you to "do something" on a regular basis.

Sometimes it's hard to squeeze in another activity into your day—but there is soooo much on offer, for only \$35 that's gotta be good!!! From "Pilates with Prams", to cooking classes—there's something for everyone. It's a great way to "try before you buy"

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& meet new people.

Hopefully you've registered—give it a go!!!

Check out the website-

www.activate-nt.com.au

Don't forget to book in for your personalised naturopathic or flower essence
consultation where I help you achieve your goals.

I look forward to seeing you soon!!

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Good Intentions....need Action!!

We all have plans for our lives....but we need to put those plans into action to make it happen. Whether it's wanting a new career, or saving for that next holiday....or losing weight & overcoming illness—there has to be intent behind it.

As the old saying goes—"actions speak louder than words". There really is no point in just talking about wanting to do something—you actively have to set the wheels in motion. Then you will

begin to really "see" things happen!!

Whatever you desire—you can achieve. Believe in yourself & your choice of dreams. We all deserve those dreams to come true—now lets make them happen!

Don't be afraid to ask for help in achieving your goals—we all have something special to offer, you never know who may be able to help you??

Special points of interest:

- Feel recharged!!
- Build your first aid kit...
- Need a kick start??
- Ageing Gracefully
- My Bio...
- Enjoy these any day!!

Rejuvenate with Flower Essences!



Stylidium junceum

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

This month I want to talk about Reed Triggerplant - the essence you need to recharge & restore the body & mind when they feel worn out.

You may have been through a number of hardships which have dragged you down causing bruising, trauma & leading you feel unable to cope—both physically & emotionally.

You may be experiencing insomnia, dream disturbed sleep, lack of energy, & even pain & inflammation.

Resilience is a strong feature we need to survive all the ups & downs Life throws at us. To bounce back after a continual battle, we need to heal the inner Self. By doing this we must also face why this pattern is being repeated, & learn the lesson so we can move on.

***Standing beneath the fountain
splashed in sunlight
bathed till I am new,
refreshed & free.***

Every part of me alive.

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.

Keep some handy in your first aid kit!!

Propolis

Now this is an interesting natural product now available in many forms. It's actually a by-product from bees, collected from various plant species. Those allergic to bees, need to take caution in using these products—just in case. You can just test a small amount initially, & observe your reaction—skin reaction may occur.

It's great for the common cold, flu & tonsillitis as a lozenge. You can also buy tinctures or capsules to fight infectious otitis media (middle ear infection), sinusitis, or gastrointestinal infections.

You can also buy toothpaste to fight mouth ulcers, bad breath & gingivitis. Creams, balms & ointments can also be purchased to aid healing of burns, moisturize skin & lips.

So the bees really have produced a handy accompaniment to your first aid kit!



Bees producing Propolis

Energise your day!!

Fresh Juices & smoothie to try:

- Juice carrots, apples, kiwi fruits & parsley to give your heart a boost, as well as your skin & eyes. (rich in vit A,C, E & potassium)
- Juice apples, grapes, pears & pineapple if your feeling sluggish & give your digestion a boost whilst provide instant energy (rich in potassium, calcium, vit B's & C & pectin)
- Grind brazil nuts in blender, then add soya milk, yoghurt, mint, carob powder & a dash of honey & you've got a great staying power smoothie with digestive benefits! (rich in calcium, selenium, potassium, iron & protein to protect the heart & sustain energy).



Boosting Foods:

- Chilies (they give you a kick start & helps to burn calories!!)
- Ginger (also helps to ease those aching muscles after exercise)
- Fish (vit D, essential fatty acids & protein)
- Walnuts (calcium, magnesium, vit E & protein—also helping to lower cholesterol & boost your memory)
- Eggs (choline for memory , protein, & having them scrambled tends to prevents overindulgence for the next 36hrs!)
- Legumes (high in iron, protein, carbohydrate & fibre—and are filling, nutritious & cheap!)
- Garlic (aids digestion, circulation, the heart & immune system—boosting strength & vitality)



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Sleep regenerates your body & helps your mind 'make sense of life'. It's essential for vitality & longevity!!
Get 7-8hrs a night.

How come we have to age???

With the average lifespan being projected closer to the 'golden hundred'...how can we continue to live well—to really enjoy our life the best we can??

So, our lifestyle choices which includes exercise, foods & sleep play a huge part on how we age. Obviously genetics has a part to

play in how we age—but our life choices outweigh them.

So, to eat our way younger we need to lower our kilojoule intake; balance our sugar levels; eat lots of colourful antioxidant rich foods; cook at low temperatures; eat organic foods; avoid processed foods & drink LOTS of water—that's 2-3L a day to keep hydrated.

Exercise for the body & the mind. Our active muscles pump blood & hormones around our body, whilst keeping our mind young.

Meditation & laughter releases tension & lowers stress hormones. Take time out to have fun with friends & family. Think & act positively, & you'll notice the difference.

**Tomorrow you will live,
& today you are alive!!!**



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**Address: Unit 7/56 Georgina Crescent
Yarrawonga**

Phone: (08) 8932 8800

Mobile: 0411 378 997



Rejuvenate with regular massage

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

ANZAC Day Biscuits...to be enjoyed any day!



Yummm!!!!

Now there is sugar in these & golden syrup—but they also have rolled oats which nourish the nervous system...& the soul, whilst respecting the ANZAC's.

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup sugar
- 3/4 cup coconut

- 125g unsalted butter
- 1 Tblspn golden syrup
- 1 Tblspn bicarb. soda
- 2 Tblspn boiling water

Combine oats, sugar, coconut & sifted flour in a bowl. Combine butter & golden syrup in saucepan, stirring over low heat till melted. Combine bicarb. & water, then add to butter mixture. Stir through dry ingredients.

Place about 2 teaspoons of mixture onto a greased tray, about 4cm apart. Bake in a slow oven (150°C) for about 20mins or until golden brown. Cool on trays.

*Enjoy & remember what
the ANZAC's mean to
you.*

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.