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HEALTH

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

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Beautiful weather is here.....

The cooler weather is here.....adding beautiful mornings & afternoons to be able to exercise just a little bit easier. Take your dog...or the kids.....out & about for a walk/run/cycle... & then a play in the park. Mix this in with your regular swim/gym workout/yoga & you'll make this a complete healthy lifestyle mix.

Hopefully you've all registered for Activate NT—& are giving it a go also!!

www.activate-nt.com.au

As you all know by now....I'm getting married early next month....so make sure you've booked in for your follow up consults to see you through till I'm back from my Honeymoon— consulting from Monday 9th July.

I look forward to seeing you soon!!

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Family....is important.

National Families Week, 15th-21st May



As I'm busily organising dresses, tables, food & photographers for our families up & coming celebration.....I'm reminded of the importance of family in our lives. And here in the Top End—sometimes your friends are your family.

A Wedding is one of those celebrations that brings families together again. And sometimes....together for the first time. For me....our families live on opposite sides of the country & haven't actually met—so we are bringing them together for the first time. And what better

place to do that than here in the Top End!

Figuring out 'who' should be invited, through to 'who should sit with who', it's all part of the process. Then, working out the finer details...that I *know* on the day isn't really going to matter—but just makes the day complete. Through all this, we are thinking of our families.

*The main thing is, those most treasured have the opportunity to share the day with you—& this most certainly includes those other family members
....FRIENDS!!*

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Special points of interest:

- Merge your Souls
- Reduce Inflammation
- Mood Boosters!!
- Fussy Eaters???
- My Bio...
- Kiddo Treat!!

Merging of Souls with Flower Essences.....



Leschenaultia formosus

To follow with my 'theme' this month....let me talk to about Red Leschenaultia.

This essence brings gentleness & sensitivity...bringing bliss to relationships. It helps to re-open the heart, bringing empathy towards those who struggle. This provides opportunity for openness & merging of Souls.

Especially good when there may be harsh, cold or closed off attitudes between people. It can help to bring the sweetness, joy, closeness & Love back into our lives. Hhhmm.....perfect when bringing a group of people together really??!!

The hardness & coldness in people can come from everyday experiences.....people may find it difficult to 'leave the day behind' as they walk through their front door at the end of the day. Also good for those who wish to know true intimacy with another....but find it difficult to be truly open to affection.

The melting of my armour leaves me warm & secure.

Only love can embrace me now.

My soft skin can feel every joyous touch of Life.

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.

Sip ginger tea to ease the pains.

Ginger, *Zingiber officinale*

Pretty much everyone these days knows that ginger can help with nausea, travel & morning sickness.

But this tasty culinary herb can also be used for a few other ailments. You can add it to cooking to help with digestive problems such as colic, bloating & even flatulence.

It can help ease the common cold, bronchitis & fever....so add it to your small jar of honey & garlic—then use as required.

Ginger is also an anti-inflammatory & aids circulation. Use to ease arthritis, period cramps & IBS.

So pick up some fresh ginger or lemon & ginger tea when you're next at the supermarket!!



Ginger, Zingiber officinale

Foods to pick up your Mood!!

Fresh Juices & a Dip to try:

- Juice mango, guava, passionfruit, mangosteen together then blend in banana & ice cubes. (beautiful tasting juice full of vitB's & C, potassium & folic acid).
- Juice carrots, celery, sage, thyme, parsley & rosemary to make a delicious, nourishing drink for the body, mind & spirit. It also enhances memory, is cleansing & is mildly antiseptic.
- Throw into a blender a few tomatoes, a couple of celery sticks, a tub of yoghurt & cottage cheese, a bunch of parsley & a dash of Worcestershire sauce to taste. This is a tasty dip to enjoy since it is rich in vit B's & C, calcium, potassium & protein. Eat with veggie sticks as a snack!



Boosting Foods:

- Bananas (contain potassium, vits B6, C & K, betacarotene & tryptophan -which is precursor to serotonin)
- Wholegrains such as millet, buckwheat & oats (contain magnesium, calcium, phosphorous, manganese & folic acid)
- Eggs (choline for memory , protein, rich in vit B3 & having them scrambled tends to prevent overindulgence for the next 36hrs!)
- Cottage Cheese (rich in vit B12, tryptophan, & tyrosine—the precursor to dopamine).



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Throw it all in a pot or blender...packed full with nutrients!!

For 'fussy eaters'....little or big people.

It can be hard to get all the nutrients we need everyday from the foods we eat...especially for fussy eaters such as children.

One good way is to make up a big pot of soup....which as the weather becomes cooler, we enjoy a little bit more. Include all those veggies which they (or you) don't particularly like. It

can also be a great way to use up some veggies before they wilt away... You can blend it up so they don't even know what's in it?!!

Add in some beans or lentils & you have a complete meal. Include spices to enhance the flavor & boost the benefits. Doing this once a week or so & freezing, keeps a healthy meal on hand whenever you need it.

Another way is to make a meal on the run, as such. Throw into a blender some seasonal fruit, linseed/sunflower/almond meal (if not allergic), water or rice/soy milk, a dollop of yoghurt, then finally adding a dash of honey & cinnamon. You can even add your herbs or minerals in here too if you're really in a hurry!!

Make life simple....so there's more time to enjoy it!!



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Stop & smell the...gerberas!!

**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.

Allergy-free, gluten-free, vegan & kiddy friendly smoothie!!



Yummm!!!!

4 Tbsp. sunflower seed butter (try Organic Road brand)

1 banana

1 cup rice milk

4 tsp allergy-friendly Carob

2/3 cup Vanilla or Chocolate Frozen Dessert (try So Good's version)

Combine all ingredients in a blender. Blend on high speed until smooth, pulsing a few times to be sure to incorporate the banana.

Pour into 2 glasses and serve.

Enjoy the treat!!!!

