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Everlasting
HEALTH

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

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Enjoy the sunshine & cooler weather...

Hello everyoneI'm back from my wonderful honeymoon, ready to get 'back to business' helping you & your family reach Everlasting Health. Thanks to everyone for their lovely wishes—the big day went off with out any problems. A beautiful Dry season day.

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The cooler weather is upon us, but the sun is still shining....don't forget to take advantage of this as I know in a few months we will all be cursing the Wet season. Get up & out of the house, get exercising & be active regularly—whether you go for an evening walk, start that 'boot camp' you've been promising to do, or commit to practicing yoga & eating for your HEALTH. We all have different goals in mind—I'm here to guide & support you but only YOU CAN DO IT!!!

I look forward to seeing you soon!!

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Life as we know it.....

After experiencing new cultures & foods over the last few weeks, I'm reminded of the different lifestyles we lead around the globe. We travelled to Italy for our honeymoon (after visiting family in Wales). Food is one of life's pleasures where you can go overboard in consumption, especially when it tastes sooo good! Balance is the key!!

I'm lucky enough to personally not experience digestive issues....except for stuffing myself silly on my last night in Rome with pasta—just because it was my last night in Italy??!! The food is always fresh & simple—basic ingredients & courses which gel together to create wonderful meals. As you know, I don't deny enjoying a glass of wine—as long as you balance it out—the Tuscano red was amazing.

As far as lifestyle is concerned....who can deny the thought of having an afternoon siesta is 'just what the Naturopath ordered'??!! When the heat of the day takes it's toll, everyone retreats indoors. It's good for families, with the children & adults taking their nap (or a long lunch with friends)—leaving them refreshed for enjoying the cooler evenings together. It wasn't unusual to see families with young children having a meal out & playing together, when ours would've been sitting inside in front of the tv, or even asleep.

Enjoying the simple pleasures in life...in a balanced way - brings together family & friends. With Italians having one of the highest life expectancies in the world — there may just be some truth in the

Italian way of life!!

Special points of interest:

- Be Grateful...
- Olea!!
- Tummy settlers...
- Stress Down...
- My Bio...
- A hearty salad to try!

Gaining the Grateful Heart from Flower Essences...



*Fringed Lily Twiner -
Calandenia falcata*

This essence helps to build a gracious & loving nature within people. The shift stimulates love & focus outwards, towards other people.

You may feel revengeful or manipulative to create pressure to get what you want...or are self-centred, just thinking of your own desires or wants. This essence will 'soften' you up....bringing a graceful, loving nature to the surface.

It decentralizes the focus on yourself. We can live our lives in an illusionary perspective, thinking life should evolve

around ourselves....The real serenity lies in gratefully knowing the whole universe is flowing within, & without us.....bringing us a grateful heart.

***So many gifts
have been given
to my heart.
Morning Sun
a kind eye
& the smiles of friends.***

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 every-day.

To experience the magic of Flower Essences, call today to make an appointment & start your road towards Everlasting Health.

**Lower your BP,
cholesterol levels &
fight infections with
olives.**

Olive Leaf & Oil, *Olea europaea*

We all know olive oil is good for us....it is rich in monounsaturated fats....particularly oleic acid. This provides favourable effects on the heart such as helping to regulate cholesterol, is anti-inflammatory, & reduces hypertension. It also helps to balance Omega 6 & 3 fats.

Olive leaf extract has also been shown to lower LDL (or bad) cholesterol levels, whilst also lowering blood pressure. It has great immune stimulating ability—killing bacterial, fungal & viral infections.

It also is anti-inflammatory & has antioxidant properties—cleaning up free radicals in the body. Against green tea...it has nearly double the antioxidant effect, & more than 400 times effective than vitamin C.

So use your olive oil wisely to help lower cholesterol & blood pressure....using it in cooking & salads. Use olive leaf extract to help fight colds & flu's, & the effects of ageing!



Olive, Olea europaea

Ease your tummy with these ideas...

Fresh Smoothie & Juices to try:

- Grind some pumpkin seeds, then blend together tofu., banana, apples & rice/oat milk to give you a great smoothie to aid growth of good bacteria, remove excess cholesterol from gut & is anti-inflammatory.
- Juice apples, lime, mint & parsley to stimulate the digestive system whilst replacing lost minerals. (contains vit A, C, E, B6, potassium, folic acid & magnesium).
- Juice or squeeze oranges, chop up some mint & enjoy a simple but powerful digestive aid & cleanser. (super rich in vit C & potassium, calcium, folic acid & bioflavonoids).



Boosting Foods:

- Cabbage aids detoxification of the stomach & colon, improves digestion & is an antioxidant (contains calcium, magnesium, potassium, phosphorus, beta-carotene, folic acid, vit C, E, K & iodine).
- Kidney beans are high in fibre & cleanse the digestive system, whilst increasing 'good' bacteria & removes excess cholesterol (Calcium, magnesium, phosphorus, potassium, folic acid & protein).
- Oats are high in fibre & have a mild laxative effect by stimulating the digestive system. (high in calcium, magnesium, iron, manganese vit B5, folic acid, silicon & phosphorus).



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Lifeline Stress Down Day....27th July.....

www.stressdown.org.au

Feeling a little stressed of late....not in control of your life....not sleeping too well....feel anxious or depressed recently???

Lifeline has launched "Stress Down Day" to bring awareness to those who may be stressed around us—to listen if we are asked to lend an ear, & to reach out if we need help.

Many people can feel stress at sometime in their life, it depends how we deal with this that counts. Discussing your problems with myself can help you start in the right direction—but also friends & family may provide you the support you

require.

If others don't know what's happening in your life....then how can they help or understand. By talking....the stress starts to dissolve & release....even just a little bit is helpful. That's the first step.

Exercise also helps to release stress & tension in the body....so you can get fit & healthy—body & mind. It also releases endorphins into the blood stream—to lift your spirits.

Eating good, fresh & healthy foods rich in magnesium, calcium, vitamin B's & C are important. Decrease refined/processed carbohydrates, caffeine & alcohol.

Take time out for yourself when feeling the stress.....& talk to others.

Add in some beans or lentils to any meal to make it complete. Include spices to enhance the flavour & boost the benefits. Enjoy....& Stress Down.

www.stressdown.org.au

27th July....Stress Down Day....& also NT Show Day public holiday—so you should be able to "stress less"!!

My mind is tranquil.

I allow peace into my life.

- Leon Nacson.



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Take time to...chill....

**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.

Try this Sweet Potato & Pumpkin Salad!!



Yuuummm!!!!

500g Sweet potato, peeled & cut into chunks

500g Pumpkin, peeled & cut into chunks

1.5 Tbsp Sweet chilli sauce

4 green shallots sliced

150g baby spinach/ rocket leaves

50g pumpkin/sunflower seeds

420g x chickpeas, rinsed & drained

Juice 1/2 lemon/lime

Coriander

Peach & Mango yoghurt

- Preheat oven to 200°C
- Place sweet potato & pumpkin on non-stick oven tray, drizzle with sweet chilli sauce. Bake for 40-50mins whilst turning once until soft, allow to cool.
- Transfer to large bowl, add shallots, spinach, seeds & chickpeas. Gently toss.
- In another bowl whisk together lemon/lime juice, yoghurt & coriander. Drizzle over salad & serve!!

Bellissimo!!!

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