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Everlasting
HEALTH

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

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Time for change...

Well.....the Darwin Festival has drawn to a close & we have a new government in power here in the NT. Times are changing (well...possibly??) - so are you ready for change???? I'm here to happily advise, guide & support you.....but only you can make changes to your life.... to move towards Everlasting Health.

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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.

YOU CAN DO IT!!!

I look forward to seeing you soon!!

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The law of cause & effect.....

You reap what you sow.....well my tomatoes are just about ready for picking....& the lemongrass & basil are out of control—so I'm about to receive the benefits from my veggie patch. How about you???

may lead to physical signs & symptoms such as depression, raised blood pressure, headaches, decreased appetite, constipation or diarrhoea, racing heart, sleepless nights, aches & pains—the list goes on.

Of course this isn't just about the seeds we plant in the ground. It's what we 'plant' in our minds, & the mind of others also. What we think & feel affects not only our reactions & choices to life situations—but also our health. This may also be seen when we project expectations onto others—even those unknown pressures may effect people differently.

Now for the positive!! By acting positive in life we may be able to decrease some of these signs & symptoms. The mind stills, & life in general starts to look appealing again (if problems persist—see your health care provider). Remember, we can reflect that positivity towards others too.

Karma....what we send out....always comes back to us. So go ahead & send out some positivity to all that cross your path. You never know when it will come back to you....

Special points of interest:

- Let it go!
- Healthy wounds...
- PMS???
- Men's Health!
- My Bio...
- A healthy snack for any-bodies lunchbox....

Learn the Freedom of "Letting Go" with Flower Essences...



Dampiera — Dampiera linearis

Do you really need to "let go" & allow life to flow???? If yes...then this is the essence for you.

This essence is great to release rigidity in body & mind. So even for tight muscles—it can release the muscles....relax & let go. One other physical problem where you need to let go—constipation!

For release of stress, inflexibility & not being able to adapt to new situations....to become flexible & open to change.

The healing inspires letting go of concepts that restrict the mind....bringing in a new flexibility. Accepting & working with new ideas becomes easier.

When the bindings of my own mind trapped the flow of joy, You opened me up to the freedom of seeing the potential of happiness in every opportunity.

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.

Calendula, Calendula officinalis

Plant them in your garden to protect your veggies & use some to heal your ailments.

Now here is a herb you can grow in your backyard....that looks pretty, serves as a protective companion plant in your veggie garden, & can be added to salads or drunk as a tea to aid healing.

It comes in bright colours....red, orange, yellow & was one of the first flowers grown in European culture. The flower petals are used by Greek, Indian & Arabic cultures as decorations during ceremonies

The flower has bitter properties, is anti-inflammatory, antimicrobial, antiviral & antifungal & stops bleeding—so is perfect for wound healing.

The leaves & flowers are edible....though not if you have a known allergy to Calendula, & always get advice if pregnant.

Ointments can be used for acne, eczema, dermatitis, wounds, insect bites & even nappy rash.

So plant some Calendula & show some everlasting love as they did in ancient times.



Calendula officinalis

Ease Menstrual Problems...

Fresh Smoothie & Juice to try:

- Juice a few sweet apples & radishes along with some purslane (or water cress) & alfalfa sprouts. (rich in vit A, B, C & calcium, as well as natural phytoestrogens from the radishes & essential fatty acids from the purslane).
- Blend with a handful of ice—soya milk, coconut milk, frozen yoghurt, ground cinnamon & cloves. (contains protein, calcium, iron & B vitamins, with the spices aiding digestion).



Boosting Foods:

- Eat a handful a day of almonds, brazil, cashew nuts, sunflower & sesame seeds to get a punch of magnesium to ease cramps by relaxing muscles, also high in zinc & iron.
- Enjoy some fish—try snapper, salmon, oysters, sardines to balance hormones, reduce inflammation & water retention (all rich in omega 6 & B vitamins)
- Grains such as millet (gluten free), rye, buckwheat & brown rice are also high in vit B's, calcium, magnesium, potassium, phosphorous & folic acid. These aid calming the nervous system, aid digestion & benefit the liver.



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***Men also need to look
after themselves, talk
about problems &
remember that
prevention is the best
cure.***

With Fathers Day around the corner—what about Men's Health.....

So...we all have men in our lives we care about.....whether it's your partner, dad, brother, uncle or a friend. How many men truly look after themselves the way women do???

It's funny how the majority of men never go to the doctor (let alone a naturopath) when they're sick or feel something is not quite right. But if they come down with the "Man Flu" - watch out! LOL

Many men comment they don't have the time, can't afford the time off work, it will go away—it's nothing. Men seem to feel that all will

work out ok....& nothing really is wrong. In one way this is a good way to be—positive thinking & not jumping at every niggles can be good. But **avoidance & ignorance** is NOT good—some signs & symptoms are best to be investigated promptly. As we say—prevention is always better than cure.

A reminder for men to have their prostate physically checked after ~40yrs old by a doctor & possibly their PSA (prostate specific antigen) levels also. Noting any changes in urinary habits is also important. Have a regular general 'health check' too!

Men also go through hormone changes....just like women as they age.

Their testosterone levels tend to drop & thyroid levels may also change. Support can come in a number of forms & life can become happier again.

Talking to others when you're feeling down or stressed is also important. Women naturally share problems with others—men need a little more encouragement. So having a regular chat with your man to see how things *really* are going shows you're there for him if he needs it, & might encourage them to take action if things aren't going that well.

***Remember, we all need to
work towards
.....Everlasting Health!!***



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

may health & happiness be with you always.

Kristy

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 out these Healthy Pritikin Style Muffins!!!

- 1/4 C Non fat yoghurt
- 3/4 C Apple/orange juice
- 2 Apples—peeled & chopped
- 1/2 C Sultanas
- 1 C Pitted Dates, chopped
- Rind of 1 lemon, grated
- 1/4 C chopped Walnuts, or LSA (linseed, sunflower, almond meal)
- 4 Egg whites

Dry Mix

- 3 tsp Baking Powder
- 1 1/2 tsp Cinnamon
- 1 C Oatbran
- 1 1/2 C Wholemeal flour
- 1 C Rolled oats

Preheat oven 180°C & prepare muffin pans. Thoroughly beat together the egg whites, yoghurt & 1/2 the juice.

Then mix the apples, rind, nuts, dates & sultanas, & combine with the dry mix. Then stir in the wet mix, add the extra juice if required. Spoon into pans & bake for 25-30 mins.
Makes 12....make more with bite sized pans!!

Delish served warm!!

Yum!!



References

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Happy Fathers Day—2nd September



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