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Everlasting
HEALTH

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

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Welcome to 2012!!

So....2012...time to make it all happen—NOW!!

Take on those goals & New Years Resolutions—build the life you want—you're the only one who can make it happen. So don't just sit there.....get moving...NOW!!

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I can help you kick start your New Year....whether it be guiding you with health issues, supporting you emotionally with Flower Essences or helping you achieve those lifestyle changes you want to achieve....be it to quit smoking, get moving more etc . Take a look inside the first issue for 2012 to find that inspiration.

Of course—nothing compares to a personalised naturopathic or flower essence consultation where I help you achieve your goals.

I look forward to seeing you in 2012!!

**Everlasting Health.....the natural choice
for you & your family.**



Special points of interest:

- Need a kick start???
- Would you like a healthy coffee alternative??
- Be kind to your liver...
- Essentially you!
- My Bio...

January....well just!! Sorry, I have a had a busy start to 2012...but I must remember to stop & smell the roses, just like I suggest to you!!

What is it about a new year...how we decide to 'start again', promise not to eat all those choccie biscuits & exercise etc etc. It really is the perfect time to strive to improve ourselves in one way or another...but sometimes we need an extra hand.

So, we're one month into 2012....how many of you think you have 'failed' your New Years Resolutions already?? You might have stumbled....but you can pick yourself up & start again.

Start living the life you want to, do something towards your goals every week...if not everyday. Every step counts. So call me to kick start your metabolism for life.....

Life really is for LIVING!!!!

Kick off 2012 with Flower Essences!



*Green Rose— Rosa chinensis
veridiflora*

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

My first Flower Essence for 2012 is **Green Rose**. This essence is all about “moving forward” & I thought this might be a good way to start off the New Year, as well as kick start work on those resolutions that start to wane.

It helps us make progress & focus on what’s ahead & accomplish a breakthrough—without taking two steps back....I think that’s what we’re all after in some way or another!

You may be feeling like you really can’t be bothered trying to change, even though you know you should. They may feel like they always end up where they started anyway.

It helps us to maintain discipline & healthy habits for body, mind & spirit. You can break free from old habits & move forward with renewed vigour.

Meditation Poem

*Within me certainty is awakening
my conviction comes from within.*

*I will cast aside my old rags
cut myself loose from the chains
& make the future my own.*

Flower Essences are truly amazing form of healing.

Remember—the Flower Essences I use come from Western Australia. 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 2012 road towards Everlasting Health.

Next time you need a
pick me up—try a
natural cuppa...with
benefits!!

Dandelion (*Taraxacum officinale*)

Now this is a little known herb....but I’m sure you’ve seen the plant & maybe even blown the seeds away as you’ve made a wish.

It works as a diuretic to shift water retention, but that’s only part of its healing powers. This herb can be a little bitter to the palate—hence it stimulates the liver & gall bladder to aid digestion.

You can buy Dandelion Tea from the supermarket or health food store, & drink as a healthy coffee substitute. Drink as you would coffee & think how you’re aiding digestion & helping recoup from that hectic “party season”.....



Dandelion (Taraxacum officinale)



Detox the Body.....

Fresh Juices to try:

- A combination of carrots, apples, oranges & a bit of ginger....throw it all in the juicer.
- Try this for a liver & intestinal cleanser— oranges, lemon, lime & pink grapefruit. YUM!!
- Throw some carrots, apples, celery & parsley together to help those kidneys eliminate water retention.

Brain Foods:

- Cabbage (high in calcium, magnesium, potassium, folic acid, Vit C,E,K & iodine)—eat it raw to detoxify the stomach & upper colon. It also kills bacteria & viruses!
- Chick peas (rich in magnesium, calcium, zinc, phosphorous, manganese & folic acid,

plus is a great veggie protein!) It supports the kidneys & is a great digestive cleanser.

- Artichoke (high in magnesium, calcium, phosphorous, potassium, sodium, folic acid, Vit B₃, C & K). Is a diuretic, stimulates good bacteria in the gut, supports & cleanses the liver, digestion & lowers cholesterol.
- Beetroot (rich in calcium, magnesium, iron, phosphorous, potassium, manganese, folic acid & Vit C.) It's an excellent intestinal & blood cleanser, helps eliminate kidney stones & detoxifies the liver & gall bladder...

Couldn't we all use a little of these right about now?!

....plus the mind & soul!!

Essential oils are such a wonderful way to relax whilst detoxifying the mind & the soul.....let them take you to another time & place.

Try using pure essential oils to calm & focus the mind in any situation—whether it be to leave the stress of work behind or to focus on your goals. You'll be amazed how these beautiful oils can lift your spirits.

Use a single oil or a combination of geranium, lavender, bergamot, or sandalwood to ease the tension after a hard day at work. These could be added dropwise in to a bath or foot bath, along with a cup of Epsom salts & let your stress melt away...

To focus either on a goal or a task at hand...try some basil or rosemary along with grapefruit or lemon to sharpen the senses. You can use a few drops in an oil burner or a glass of hot water to diffuse through a room.....or a few drops on a hanky/tissue will allow you to continue to focus throughout the day.

Enjoy the beauty of nature...to move forward to Everlasting Health!!

Bergamot
(Citrus bergamia)



Don't forget to smell the roses.....



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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.

Clinic times:

Monday 5-7pm

Wednesday 5-7pm

Saturday 9-1pm