

Holistic Living

ISSUE 1
By Global Healing Exchange

5 ANCIENT NATURAL
AND ALTERNATIVE
HEALING METHODS
THAT ARE STILL
RELEVANT TODAY

ALTERNATIVE
MEDICINE
VERSUS
TRADITIONAL
MEDICINE
WHAT WILL
YOU
CHOOSE?

21

BEST SUPERFOODS
TO EAT IN 2015

GET YOUR
HORMONES
IN BALANCE

Love your body now!
Start feeling great



HOLISTIC LIVING MAGAZINE

ISSUE 1 JUNE 2015



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Sharon White
Founder of Global Healing Exchange
and Holistic Living Magazine

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Hi I'm Sharon White, the founder of Global Healing Exchange and Holistic Living Magazine. I am so excited to be bringing Holistic Living to you 4 times a year. I have been in the health and wellness industry as a therapist for nearly 20 years. And over the last 5 years, at Global Healing Exchange, I have worked personally, with many therapists finding the best holistic experts I could find. I have invited these experts to come and write for you via our magazine.

We believe that to really look after your health and wellbeing you need the correct knowledge, so I have brought together a team of experts who, combined, have many years of study under their belt. Between them they cover many of the health aspects you will need to know in order for you to look after your body and have optimal health.

These experts will give you information that you can use both in your life and your family's life.

In each edition a handful of our experts will write about a certain topic that will be influenced by our readers, via conversations on our Facebook page. I have picked the first topic of depression as I know there are many of you who have suffered, are suffering or know someone who is depressed right now. I myself have suffered from depression in the past, had been on anti-depressants and have now learned how to live without them. I have also worked with many others to do the same.

With any ailment, there are many areas you can look at to help alleviate the symptoms and cause. Many of us still try to fix the symptoms without addressing the cause. This magazine will help to guide you find your cause.

We have experts that will teach you about your mind, body and energy and from that you will learn that we need to get all aspects in balance to obtain true health and wellbeing.

You will probably have heard an analogy like this before but I will use it again as it is easy to understand...

You wouldn't go putting diesel into a petrol car and expect it to run like a dream. You wouldn't forget about the service every 6 months and expect it to run forever with no issues. You wouldn't expect to drive your car with a door hanging off, dragging on the road and expect the door to close perfectly.

So why do many treat their body this way and expect it to carry on holding them up for the rest of their life?

We need to put petrol (not diesel) into a petrol car to make it run perfectly. We need to get a service every 6 months, so the car runs better, and we need to look after the bodywork in order for the car to move functionally.

Our team of experts will teach you what you need to know in order for you to treat your body, like you would a prized car.

I really hope you enjoy your subscription to Holistic Living. Our promise is to bring you top quality information that you can implement into your life easily.

A handwritten signature in cursive script that reads "Sharon White".

Sharon White – Founder of Holistic Living Magazine

A Short History Of Anti-Depressants & Why You Should Know This



Cassandra Jones
Editor at large

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Full disclosure, I was going through a very torrid time at the end of 2008 and early 2009 and was persuaded to seek professional psychiatric help. Truth be told I knew exactly what was wrong with me. I honestly didn't need to be told that I wasn't in exactly tip top mental health and that my life was somewhat of a mess. As Ani Neradilkova covers in greater detail in her article 'Depression, Expression and Suppression' later in the magazine, I was most definitely suppressing my true self; I was in a relationship that just did not, and could not let that truth be spoken about. Also my work environment was stifling, a constant tread mill of 60 hour weeks, immense pressure to solve every problem and meet every deadline was taking its toll. Prue Proctor in her article in this magazine, talks through how this type of environment can invoke depression through a belief that you know what the future will bring; more of the same, with no light at the end of the tunnel. With both triggers I really felt as though there was no way forward, I really couldn't see how I could change my work environment, nor how to stop hiding myself.

That all started to change when I finally did see someone, and that someone was Dr. Fintan Harte, who I can arguably say, saved my life. His first diagnosis was clinical depression, with my thoughts not far away from what Elaine C. Torrance-Gingrich says in her article, and his second, gender dysphoria, well that wasn't exactly new either.

What he did next though was to delve into what was happening and why, what he didn't do was recommend a course of anti-depressants. The fact that he didn't reach for the prescription pad immediately, I am eternally grateful for, and the fact that the succession of people I have seen since, haven't either, is also a source of solace for me. Now this approach to handling depression isn't necessarily for everyone, in many instances the tunnel is so dark and long, that the only way to take a step forward is via such a crutch. Prue talks about Helen who was very grateful for the light being brought back by anti-depressants, and from such a position how she got her life back on track.

Thing is, in many ways, when you dig into the overall numbers of people being diagnosed with clinical depression and the rate of prescription of anti-depressants then something curious pops up. It seems that for many Western nations the prescription rate for the population for anti-depressants is twice that the clinical depression diagnosis rate! An article in the Washington Post details some of the levels of depression in all nations of the world with Australia around the 4% mark and America on or around 4.5%.

Yet, in Australia the prescription rate for anti-depressants is about 9% of the population and in America the rate is about 11% which when you compare the two is about approximately twice the medical condition, which does seem to indicate something odd is going on. Now when this is correlated with the level of mental health supervision for the prescription of anti-depressants, only between a third and half, of all patients, then you may start to question some of the underlying principles.

¹ Caitlin Dewey, Washington Post, November 7, 2013

² Lucy Carter, ABC, November 22, 2013

³ Laura Brody, Center for Disease Control, October 2011

⁴ Ibid.

Only when you add in the rates of anxiety diagnosis⁵, which typically accompanies depression, do you have a fuller picture of how and why anti-depressants are being diagnosed. Even then there seems to be a level of prescription that doesn't quite gel with what should be a treatment that is reserved only for the most serious cases of depression and anxiety.

What underpins all this is the fact that until the 1950s such types of drugs didn't even exist. In 1951 early trials of an anti-tuberculosis drug had the side effect of renewed vigor⁶, which was closely followed by further trials in Cincinnati and Paris, as well as the development in Switzerland of tricyclic forms of drugs for use as anti-depressants. By the 1960s, while there were still more drugs available to treat depression, it was still felt "that no more than 50 to 100 individuals per million suffered from the kind of depression that these new drugs would treat"⁷.

Now let that number sink in, that is a 0.01% treatment rate, which is several orders of magnitude away from the position today. So by the end of the 1960s we have a situation where anti-depressants were thought potentially useful for maybe 20 to 30 thousand people in the USA, and yet by 1990, after the development of a novel new forms of anti-depressant, such as the Selective serotonin reuptake inhibitors (SSRI) class of drugs, of which Prozac is the best well known, the prescription rate in the USA was running at over 650,000 per month⁸.

Of course within all this context there are some basic figures; 350 million people worldwide have depression, yet only 50% or so get any form of treatment. In fact in some nations the treatment rate is less than 10%⁹. Furthermore only with the development of such treatments has there been a massive improvement in the overall treatment rate for many forms of mental health. But it does seem that there is not only a level of over prescription that cannot be good, but also in many cases a level of under prescription too. As Sophie McBain¹⁰ writing in the *New Statesman* calls out:

If one in seven of us is taking pills to control or ward off anxiety, are we just medicalizing an ordinary human emotion? Did the purveyors of the early anti-anxiety medicines such as Miltown – discovered in the 1940s, and the first in a line of blockbuster drugs including Prozac and Xanax – manage to create a new problem along with the solution they offered?

Fundamentally this is the real question, how do you feel? Are you experiencing natural human emotions, such as grief, sadness, or are you in a far more perilous state that an anti-depressant is precisely the help you need? If the former then you will find the rest of the articles in this edition of *Holistic Living Magazine* perfect for you. And if the latter then I suggest you seek appropriate medical attention, and perhaps still take into account some of the approaches detailed in these pages.

⁵ Between 10% and 18% of the USA population depending on who is publishing the figures. The high end number comes from a World Health Organisation study in 2002.

⁶ Wikipedia, Antidepressant

⁷ Ibid.

⁸ Laura Fitzpatrick, *Time*, 2010

⁹ Sciencewatch, 2014

¹⁰ Sophie McBain, *New Statesman*, 2014

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Cassandra Jones
Cassandra Jones – Editor at large

Light At The End Of The Tunnel



On first meeting Helen* you could assume she was just having a bad day. You know the ones, where no matter what anyone else said or did it just wasn't going to change your outlook on life. At least for the most of us we can go for a walk, talk to a friend or take an earlier night, feeling much better as a result. For Helen her perception of life began to feel like that every day.

Many people are unclear about the difference between anxiety and depression, which is understandable as we often hear the two commonly phased together. Although both are mental health disorders they stem from two separate primary problems, with one often a resulting symptom of the other.

Let this article be a reflection of what I have personally experienced treating clients with depression alongside scientific studies that have found Reiki to be an effective therapy for treating symptoms of mental health.

What's The Difference?

Anxiety Disorders are characterised by a sense of self-doubt and vulnerability about what the future brings (living in fear of the future). I often have found my clients to hold high expectations of themselves most of which contribute to their fear of not being able to live up to unrealistic goals and standards which they, (or they feel others) have set for them.

Depression unlike anxiety doesn't focus on the uncertainty of what the future holds, rather people with depression feel they already know what the future will bring, and there is nothing to look forward to.

Depression affects how people feel about themselves, there are in fact many and multiple causes of major depression. Factors such as genetic vulnerability, severe life stressors, substance consumed (some medications, drugs and alcohol) and medical conditions which can lead to faulty mood regulation in the brain.

Although symptoms of anxiety and depression are similar, the major difference for me is the lack of enjoyment and vitality that someone with depression displays. Activities they once found exciting no longer have the same emotional response, this coupled with feelings of anger, self-loathing and helplessness can be a dangerous place without professional support.

Energy Flows

The most intriguing aspect of treating people with depression and anxiety for me is the difference in energy. Anxiety energetically moves in peaks (yang) and troughs (yin) with very little, if any balance between. Take my client Tom* for example; his energy was a constant contradiction to himself. Tom's outward energy would project that he was easy going, motivated, jovial and social however underneath it all he actually felt restless, noncommittal (need to run

away/avoid), self-conscious and in need of control.

Tom's actions (yang energy) were overcompensating for his feelings (yin energy) leaving him exhausted and often in need of time alone. It's what I call the "energetic hangover" causing his anxiety to elevate.

Helen on the other hand displayed a completely different flow of energy to Tom. Instead of having an exterior of 'everything is great', she projected and believed that 'everything was bad' or better yet nothing was good. Helen lacked motivation for life, had no desire to socialise and found daily tasks a drain.

When I first treated Helen her energy was flowing excessively inward/downward resulting in a heaviness of mind, body and heart. The ability to lift herself up and out of her moods was becoming increasingly difficult, until she eventually was offered help.

Reiki As A Complimentary Therapy

The Centre for Reiki Research (CRR) has intensely examined the efficacy of Reiki when applied to a variety of illnesses and conditions, including depression.

Through the CRR's 'Touchstone Process' which is a rigorous peer review method for analysing a group of scientific studies, research found that Reiki primarily helps in the reduction of stress, anxiety and depression as well as relief from chronic pain.

In one study (Shore, 2004) a group of patients that were treated for mild depression and stress found that after six weeks of Reiki treatment and for up to a year afterward, those who had received Reiki showed both immediate and long-term improvements in depression, stress and feelings of hopelessness.

Depression can be a result from chronic pain, having a substantial effect on the individual's psychological well-being. Dressing and Sing (1998) found that among cancer patients, Reiki brought about significant levels of pain relief, reduced anxiety and depression, also finding improvements in sleep quality, relaxation and general well-being.

Reiki is increasingly accepted in health and community care facilities including hospitals, hospices and cancer support units. It is seen as an effective and cost-reducing method to improve health outcomes and quality of care. Through associations such as the CRR, scientific validation has helped to bring Reiki into the mainstream health systems, where patients including those with depression can benefit.

Helen's Journey

Helen's* depression developed from a culmination of events in her life that eventually became too much to cope. For years, the majority of her energy went into hiding her sense of self-loathing, having no capacity to recognise her own value or abilities.

Helen over this time slowly lost contact with her friends and avoided her family where possible. She began putting all her focus into work, finding it a safe excuse to ignore the pink elephant in the room Herself.

In Helen's head she didn't want to admit weakness, she'd come so far creating distance between herself and the world, she didn't know how to come back. Eventually with performance at work declining, her boss instigated a review and then a meeting with a psychologist. This meeting was to save her life.

Finding A Path Of Treatment

Helen was placed on anti-depressants by her doctor, reluctant at first she soon saw the benefits when the light started to filter back into her life. For the first time in what seemed an eternity, Helen was ready to address her condition, knowing that a diagnosis and pill wasn't the only answer.

Working with a psychologist Helen was able to process her thoughts and feelings on the events prior to her depression. Her sister who had read about the benefits of Reiki felt that it would complement the groundwork she was doing in therapy, buying her a course of treatments.

Over a 12 week period I applied Reiki both as a face to face and distance treatment. Before and after treatment Helen would report her overall health and well-being on a questionnaire which we later used to measure the effects of her receiving Reiki.

Throughout our treatments I applied Reiki on specific areas of the body for as long as the energy required. Initially the treatments went for 90 minutes, however over time this was reduced to 30 minute sessions as balance was being restored.

The overall result showed improvements to Helen's sleep pattern, digestive system, energy levels and general outlook on life. She reported a deep sense of peace and relaxation during and after treatments loving the fact she was 'feeling' her body again.

After the 12 week program I taught Helen Reiki 1 as a form of self-treatment. Reiki I know has been invaluable to her and she continues to use it along her path of self-healing.

Towards The Light

Helen's diagnosis was a turning point in the road, if she knew what she knows now back then, she would have found help sooner; you see that is the beauty of hindsight. We don't know what the future holds, however we must trust that there is always light at the end of the tunnel.

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Prue Proctor - Reflexologist & Reiki Master

If you would like to learn more and work with me one on one I would love to work with you.

www.wisdomandprudence.com.au





Posture Yourself To Be Pain FREE

So many people have pain and discomfort in their bodies and often feel that they have tried everything to get themselves better.

They come to see me with piles of forms from all the different practitioners that they have been seeing over time. Some have experienced short-term relief but nothing that can be sustained and some get worse.

This list most commonly consists of a chiropractor, physiotherapist, osteopath, or regular massage of some sort, acupuncture, yoga, personal trainers, MRI's, scans or have seen surgeons and muscular-skeletal specialists.

Frustration and worry ensue after spending money and time with little or unsatisfactory results whilst becoming wary to try another modality or practitioner, and still being in pain or discomfort.

All of these practitioners may be the best in their field, but often a big picture approach is not used. An example is that the client has pain and goes only to the chiropractor.

The chiropractor does what they do best and adjusts joints that are mis-aligned this can definitely relieve pain and discomfort, allowing the nervous system to flow to the organs and muscles, albeit temporarily. I just love the chiro and keep my spine in tip top condition on a regular basis.

People get confused when they don't get lasting results. But you must understand that just using the chiro is like just using the electrician to build the house. It is a piece of the puzzle but there are many other things that need addressing.

Building The House Theory

To get our bodies out of pain, strong and functioning correctly we must use a similar approach. This is my specialty and I get many people not only out of pain but in better shape than ever before. It is important to think long term when it comes to our structural health. We have to live in these bodies for many years to come. The problems that you have now if not handled correctly will be worse in 5 years, 10 years and so on. Aged people can get so weak that they can't get out of a chair or they need a frame to support themselves.

Posture is one of the most unrevealed best kept secrets – poor posture leads to many dysfunctions within the body from back, shoulder, and hip displacements to ankle discomfort – this can cause general aches and pains through to debilitating pain throughout the body.

If people corrected their posture we would have much less orthopedic problems and surgeries. So many people are told they need surgery when they actually have postural issues.

Good posture makes you look 10 years younger, creating optimal shape and curves in all the right places.

A Postural assessment includes the use of a plumb line to look at the distortions within the body that could be causing pain and discomfort. Then a series of muscle length/tension tests will identify what muscles are weak and need strengthening; which ones are too tight and need stretching, what joints need mobilizing, etc. Spinal curves and pelvic angles are measured. All of these look at static posture.

Movement patterns are also assessed. This detailed assessment provides the information necessary to move forward and develop a highly skilled, individual programme to correct your postural imbalance.

- Within the assessment we discuss your pain and discomfort.
- What you have previously done about it
- What other practitioners you have seen
- What you are currently doing exercise wise
- Your sporting requirements
- Your goals, time and commitment levels
- Your over-all health and abilities
- And of course a full measure up of the body to find imbalances

It is this high-caliber unique postural assessment that gives the ability to look at the 'whole' picture. This is what sets it apart from many other modalities

These assessments are both proven and comprehensive – to identify the cause – not treat the effect – for you to achieve your true potential.

Perfect posture is essential for athletes – the more athletic that you are the more you need correct alignment

How Do I Know If I Need A Postural Assessment?

You may feel pain, discomfort, weakness and/or tight muscles, or even twisted. You may have reoccurring injuries to yourself within your sport. You might be aware of your slouched position. You might want to be functional, strong and pain free for sport and life.

You may have been told you need surgery or have already had surgery.

You are an athlete wanting to improve your sport

You have pain and can't play your sport to your full potential or unable to play at all.

You may be a mum or dad wanting to play with their kid's as they get older.

You may be a busy corporate that want to train intelligently.

Posture Correction

A postural assessment tells me exactly what I need to teach you to correct your posture. From the assessment a specific tailored plan is written and the coaching begins.

Re-correction starts with learning where your body should be in space. We must know how to organize and stack our body up correctly just like bricks stacked on top of each other.

At first these new positions feel very foreign and it is hard to hold them for any length of time. But with consistent reinforcement, education and practice of the specific exercises you learn, over time you will have a fabulous new posture that is no longer hard to hold.

This is a big learning curve, adventure and re-education and self-discovery of your body in all planes of moment – much more than just standing up straight. We have all heard we need to put our shoulders back or stand up straight. Not only are these the wrong cues, it is it not something we can hold for more than a few seconds. Old patterns die-hard and expert help is needed regularly to make sustainable change.

Below are questions frequently asked about posture correction!

Can I Correct My Posture?

Yes you can definitely correct your posture if you are willing to do the work that is required – if you do decide to put in the time and effort you will have better posture than ever before!

What Are The Benefits Of Posture Correction?

Postural aches and drag on your neck, back and shoulders diminish.

Joints can rest easy in their optimal position.

Tightness and tension melts away over time.

You can breath with ease as the diaphragm and ribcage is not tight and collapsed.

Your nervous system can work freely to supply power to your body.

Your organs can live in their correct place.

Your energy is not under constant drain from discomfort, pain and stress.

You know how to move, lift and bend correctly so you don't keep hurting yourself.

You know how to exercise in optimal position to continue correcting your posture.

Your sport improves.

You look 10 years younger with all curves in the right place.

You stand out from the crowd as nearly everyone else has poor posture.

You look confident.

You become injury free.

You sleep better.

How Long Will It Take To Correct My Posture?

Correcting posture is a long-term project, not a quick fix.

If you were to learn a language would you learn it quickly or spread it out over a longer time becoming fluent – rather than the odd sentence. Learning to correct posture is the same.

In the early phase of learning you'll need more tuition to change strongly ingrained patterns and over time you do more on your own.

The more attention you give your new skills and exercises and integrate them into your daily life the faster it will be.

I have many clients that are making amazing changes very quickly when they have the desire, dedication and discipline. It is such a pleasure to see.

Do I Need A Gym?

Your program is developed to suit you and your lifestyle.

If you are gym based we will utilize that, if not you can workout from home with a Swiss ball and other equipment.

Will I Have Exercises To Do Myself?

You will have specific exercises the moment you start your coaching.

You will be given great tools to back up your 're-posturing'. A detailed online program as well as each exercise videoed on your phone so you have all instructions to practice at home or at the gym.

No matter what exercise or sport you are doing, correcting your posture will help. If you don't know exactly where your body position should be you cannot possibly train it to stay there.

How Do We Get Poor Posture?

Our bodies have been in poor position for many years. From childhood we slouch at our desk, carry heavy bags; children hanging on our hips, falls off bikes or other knocks and bangs.

Most of us have never learnt how to hold and move our bodies. This gets worse as we age.

Michelle Owen

Postural Specialist, Corrective High Performance Exercise Kinesiologist

If you would like to learn more and work with me one on one I would love to work with you.

www.michelleowen.co.nz





DEPRESSION, EXPRESSION *and* SUPPRESSION

I believe that depression is a very misunderstood mental condition and challenges us to continue to look at the way we express ourselves, our values, our beliefs and strive to be who we are in suppressive and competitive personal and professional environments.

Does this picture sound or look familiar to you or someone you know?

I can't sleep well, I wake up tired but I should feel rested..... I'm not interested in many things. I can't remember the last time I laughed. It's as though I am dragging my body around just to get to work or do the shopping. I don't see friends anymore. I have nothing to give. It's as though it's always raining inside and that cloud follows me around, never giving me a break of sunshine. I'm sad and sometimes weepy for no reason and all I think is about what I should be doing instead but cannot bring myself to it..... Sometimes I just can't focus and get snappy at people I love for no reason! Sometimes I feel like I am a waste of space... just existing... When people ask me what's wrong I don't even know what to say.

What Is Depression?

Depression has symptoms such as prolonged sadness, low mood or energy, crying or mood imbalances. A depressive disorder interferes with managing day-to-day living and can be categorized into various types of depression. For example the above scenario could be describing someone with clinical or major depression, or Seasonal Affective Disorder (SAD).

This article focuses on how one can help themselves with Kinesiology and a holistic approach.

Our Ability To Express Who We Are

Depression can have an organic and biochemical cause, other causes can be an incident, trigger or an ongoing set of circumstances that limit who we are. In some ways depression is a disconnection from our ability to express ourselves, it is the suppression of who we are, so we have to ask the question: where did we feel limited or unable to express ourselves?

If we did not suppress, then modalities like kinesiology would not exist and nor would the many mental disorders.

Rules of expression can come from all sorts of external factors be it our parents, environment, a professional group, a professional environment, a religious group or spiritual group, or whatever conditions we agreed to accept into life as a way of

living, yet it suppressed our very nature and core values.

Understanding depression through the eyes of Kinesiology really means looking at understanding the pathways a person has of expressing themselves.

If our ability to express who we are is suppressed and that continues over a long time, then it is no surprise that conditions like depression become very prevalent or that we see aggressive behaviour stemming from long term frustration.

What Can Be Done?

At Sydney Kinesiology we do not diagnose or treat illness, so as practitioners no matter what symptoms present, we always look at the energetic nature, or what a client presents as well as the emotions, thoughts and behaviours associated.

Kinesiology actually addresses and looks into the very many layers we create as human beings and the very many layers we create as human beings really depends on our ability to express ourselves or where we give ourselves permission to. So much of this is affected by self-worth, identity and self-esteem.

In my clinical experience, it has been combining holistic and medical approaches and staying very open-minded to what both experiences offer. Taking things day-by-day and assessing support needed depends on the length and the conditions of the depression.

The Unconscious Becomes Conscious

The fact is, that although we can take a pill to alleviate or help the symptoms of depression, unless we work with the underlying cause of a pattern or behaviour, bring unconscious patterns to conscious recognition, rewire our chemistry, we cannot easily heal and our biology and neurochemistry will continue to function as it does.

What Does It Take?

- Patience
- Commitment
- Support
- Presence
- Action

At Sydney Kinesiology, we focus on shifting mindset and evolving the self-image, interrupting habitual patterns, work closely with breath and educate about raising your vibration.

I am a big believer in: shift your state, shift your fate and this is what we educate. We love to work with clients to educate them while they experience change which ultimately results in deep wisdom of life and who they are.

Evolve Your Self Image

No matter what pain or behaviour, we are working with, all pain is an unconscious aspect being brought up, to become conscious. As we get up under the wings of change and step into it rather than hide or run, unconscious patterns can evolve and self-realization or actualization occurs.

Pain in the body also can reflect trauma and through how we work at Sydney Kinesiology, we have to work with the patterns of the body to help identify and bring to consciousness those aspects. Trauma is always stored inside the body and chemistry.

When you create a clear vision about WHO YOU CHOSE TO BE, all aspects not in alignment with that will come forward. Then we start to break up those habits and patterns.

Evolving your self-image can simply be as simple as "I choose to be open, courageous and find opportunity in every new behaviour that I take"... Or "Even though I don't understand why I'm experiencing this challenge it is ok for me to heal, feel good about who I am and connect to myself and others"

Shift Your State, Shift Your Fate

It's not the big ticket items that make the transformation, it's in the little day to day ones. This is all about doing small things that raise your vibration. We are energetic and physical beings influenced by vibration everywhere we go and shifting our state, hence our vibration to choosing new thoughts, ideas and actions these will shift our biochemistry and retrain the brain!

We actually retrain the neurology with brain integration tools. We start to break the addictions to very familiar circuits.

How? There are a few tips below you may find useful.

VIBRATIONAL/ENERGETIC SUPPORT:

We often use essences and sound. The sound is called music nutrition which is harmonically driven sound system that supports people through change. For example when people are going through specific issues regarding emotions or difficulties they can use a sound that will help move them through that change with ease and grace. Like a supplement to sessions music nutrition works on the brainwaves and biology as well as emotions. Each CD comes with a workbook. www.music-nutrition.com

PHYSICAL:

Breathing – primarily balance an even count of in and out breaths. Depression usually sees a slow out breath longer than the in breath. Anxiety tends to see a very short in breath in the chest. Ideal is a 7 in and 7 out count and increase it with practice.

MINDSET:

I AM, I FEEL. I AM HAVING THE THOUGHT...

Avoid using I am statements for how you feel. I encourage clients to say I feel angry, tired, sore, upset instead of I am all those words. I am are two very powerful words reserved for conscious use.

For thoughts like "they don't like me etc.", see them like a cloud in the sky. We have thousands of them and let it float by with, "I'm having a thought that....." this is a powerful way to detach from stressful thoughts.

Be willing to have a miracle mindset, creative mindset and staying curious "Just maybe, there is a pathway unique to me and my process that will show me something I had never imagined before".

Step 1: Clarity Of Direction

Evolve your self-image.

Step 2: Current Reality

This is recognizing all the pain, patterns, choices, behaviours and addiction of emotions that have co-created this situation or condition – write them down.

Step 3: Capacity To Grow

Asking for help and being vulnerable is the ultimate challenge here. Permission to grow and expand and making sure you are nourishing yourself with support, diet and exercise. Dare to ask for help and find strength in vulnerability. Discern what nourishes you mentally, emotional, spiritually or behaviourally and what does not. Stay away from what does not.

Step 4 Tools For Transformation

These tools are all about shifting your state. There are so many that kinesiologists use and the ones I will suggest here are:

1. conscious breath work, breathe through the belly
2. grounding exercises
3. having your evolved image intention with you /around you and doing integration movements like cross crawl or marching and stating your intention

Step 5: Celebrate Change, Re-asses & Refine

What's working? What's not? Celebrate what has changed and maintain a weekly journal of what you are grateful for or what you learned from.



Ani Neradilkova - Founder at Sydney Kinesiology

If you would like to learn more and work with me one on one I would love to work with you.

www.sydneykinesiology.com



TOXIC HOT BED

We are today more than ever before, subjected to more toxic elements than any of our ancestors had ever encountered. In every aspect of life we are subjected to these toxins. About 400 synthetic chemicals can be found in the average human body. Since World War II, 100,000 new synthetic chemicals have been released into the environment. Astonishingly less than half of these have been tested for potential toxicity to adult humans. This leaves a lot of unanswered questions and concern about the safety of these substances. With the lack of health data on these chemicals it makes sense to be proactive about limiting our chemical exposure.

Toxins are everywhere in the environment and accumulate in the body tissues, therefore anyone could have a level of toxic substances in their body that causes harm. If you work in an industry that involves the use of chemicals, or have a history of exposure to harmful chemicals, you may have an increased toxic load in the body. Today we are challenged with increased incidences of lifestyle disease such as arthritis, cardiovascular disease, diabetes, endometriosis, inflammatory diseases, immune disorders, osteoarthritis, osteoporosis, stress related illnesses depression and cancer.

Heavy metals such as mercury, lead, cadmium, and aluminum, are in our food, water, and atmosphere. Herbicides, pesticides, fungicides, hormones and antibiotics, are found in the food supply chain we eat unless you eat organic. Modern agriculture is more resource intensive than ever before, very fossil fuel dependent, using fertilisers, and based on massive production. Today food is grown in depleted soil with artificial chemicals. Foods now commonly have low level of nutrients such as minerals, vitamins and antioxidants. These already compromised foods are further refined and adulterated.

Chemicals enter the food supply through intentional and unintentional sources. Unintentional sources include pesticides, heavy metals, antibiotics, growth promoting substances such as hormones. Evidence has been steadily accumulating that certain hormone-mimicking pollutants are ubiquitous in the food chain.

Intentional sources include over 10,000 food and chemical additives allowed in the food supply. These additives come as colourings, sweeteners, stimulants, preservatives, flavourings, emulsifiers, and humectants. Toxins can concentrate in the food chain and expose us to a greater concentration of certain environmental toxins than those that are studied.

Processed foods are commonly consumed today, a change from a generation ago. These same highly processed foods tend to be of poor quality with many of the essential nutrients destroyed in the process, thus providing little nutritional value. They also tend to be full of problematic additives such as salt, sugar, corn syrup, saturated or Trans fats, preservatives, food additives (such as MSG or aspartame), and other chemicals. However when consuming these foods the body still needs those now missing nutrients to digest and break it down and since they are absent, the refined food leaches nutrients from the body's stores, worsening the situation.

So what can you do to lessen the toxic load in food?

- Buy organic, especially the dirty dozen as stated by the Environmental Working Group, apples, peaches, nectarines, strawberries, grapes, celery, spinach, capsicum, cucumbers, snap peas, cherry tomatoes, and potatoes.

- Avoid GMO products.
- Wash, scrub or peel fruits and vegetables.
- Avoid processed foods.
- Read labels and avoid buying processed food products containing corn, soy, canola, and vegetable oil.
- Trim fat from meat as pesticides are generally fat soluble.
- Grow your own vegetables.
- Use unbleached paper products.
- Store food in glass containers.

Our bodies are further challenged by environmental pollution and stressful lifestyles. From water to the containers the water and food is delivered to us to the personal hygiene products and the cleaning products contain toxins.

Water Toxins

Water today is contaminated with heavy metals, pesticides, herbicides, fluoride, quantities of drugs,

antibiotics, hormones, and industrial waste, to name a few.

So what can you do to lessen the toxic load in water?

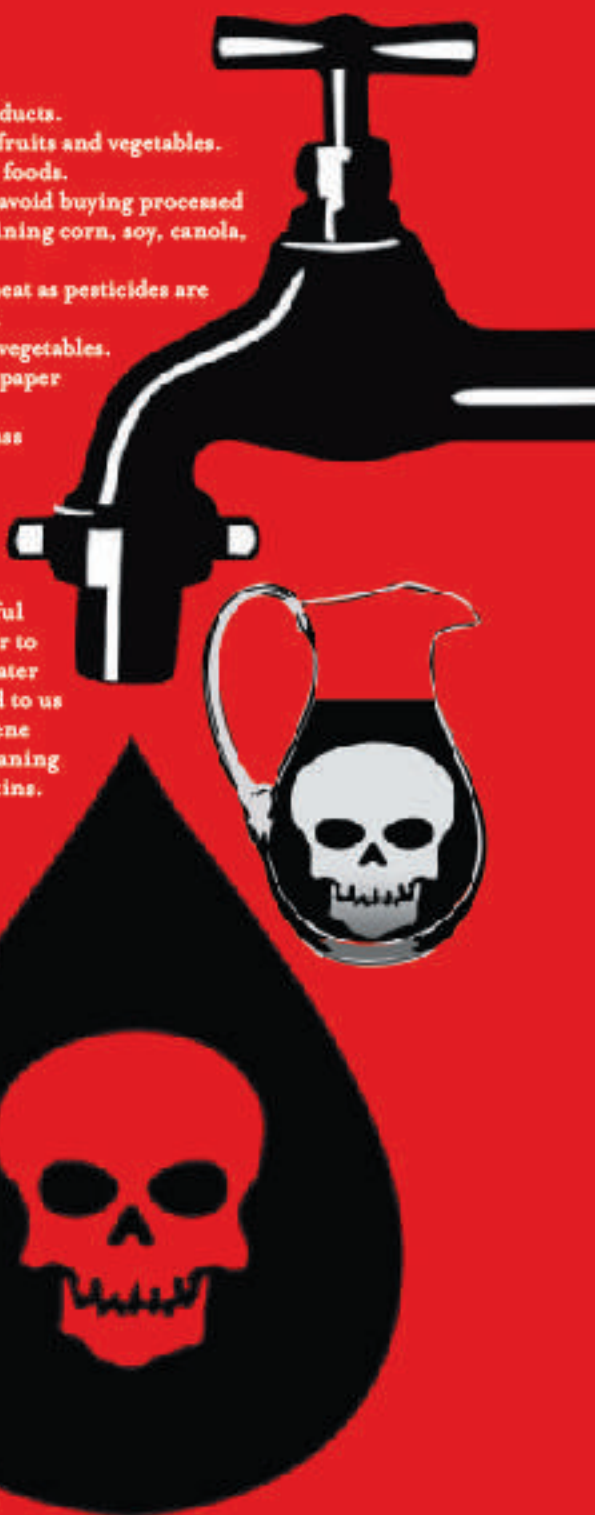
- Filter water.
- Use glass bottles for water.
- Avoid plastic bottles.

Indoor Air Toxins

Today more than ever people spend more times indoors. Sources of air indoor toxins include cleaning products, furniture, cabinets, and panelling. Wall to wall carpets, dry cleaning, mattresses, mould and pesticides.

Some of the main chemical classes found indoors are:

Phthalates; these chemicals are plasticisers used to make plastic more



flexible and resistant. They are found in PVC, plastic softeners, wall coverings, raincoats, shower curtains, plastic wrap, and food containers. Phthalates have been shown in studies to cause endocrine disruption in men, and some types are suspected carcinogens.

Phenols found in disinfectants, detergents and adhesives are considered a suspected carcinogen.

Polybrominated diphenyl ethers are used as flame retardants. They are used for plastic in TV's and computer monitors. They can be toxic at low levels and are persistent in the environment. PBDE's may affect learning, behaviour, memory and hormone systems.

So what can you do to lessen the toxic load in indoor air toxins?

- Open windows once a day to circulate fresh air in the home.
- Research the ingredients in the products used in the home.
- Use upholstery and drapes products made with natural foam and natural fibres.
- Buy vintage or salvage furniture to avoid new product off gassing.
- Use natural floor boards that are not treated with toxic chemicals such as arsenic.
- Use a quality vacuum cleaner.
- Test the home for mould.
- Use indoor plants, not only are they beneficial for increasing oxygen levels in homes, they have also been found to reduce the toxins in the air. NASA have found that plants and the microbes at their roots can, through their normal photosynthesis process, absorb these pollutants and provide the fresh air plants such as Peace Lily (*Spathiphyllum "Mauna Loa L."*); Rubber Plant (*Ficus robusta L.*); Bamboo palm (*Chamaedorea seifrizii L.*); Lady Palm (*Rhapis excels L.*); Areca Palm (*Chrysalidocarpus lutescens L.*) and Mox Orchid (*Phalaenopsis sanderana L.*)
- Dry clean less, and air dry cleaned garments out of the plastic before wearing.

Cleaning Product Toxins

Daily we are exposed to toxic cleaning products and their residues. When these chemicals are used to clean the home, they linger in the air and are breathed in. These toxins also enter the body by absorption through the skin or through ingestion of household dust and chemical residues left on dishes and cutlery. A generation ago our granny's cleaned the house with ingredients like vinegar, baking soda, bees wax and essential oils. Today chemicals in cleaning products contain phthalates and can be found in synthetic fragrances of household products, such as air fresheners, dish soap, even toilet paper. Some cleaning products have the word like 'poison', 'corrosive' or 'irritant', 'hazardous to humans and domestic animals' why use them?

Bleach fumes consist of a complex mixture of toxic, carcinogenic and irritating gases, including chlorine, chloroform and carbon tetrachloride. Chlorine bleach has been linked to respiratory damage and wheezing as well as nose and eye irritation.

The active ingredient in antibacterial soap is triclosan, which is linked to liver toxicity and, at low levels, may disrupt thyroid function. Ingredients in common household products have been linked to asthma, allergies, cancer, reproductive disorders, hormone disruption and neurotoxicity.

So what can you do to lessen the toxic load in cleaning products?

- Make your own cleaning products.
- Read labels if you see the word 'fragrance' on a label, there's a high probability that phthalates are present. Use natural options such as organic essential oils.

Personal Hygiene Product Toxins

Personal hygiene, body-care products and makeup are also a hot bed of toxins. From toothpaste, deodorant, hair dyes shampoos, conditioners, lotion, and perfumes.

Toxic synthetic chemicals are the biggest issue in the beauty industry today, found in cosmetics, skin care products, perfumes and personal hygiene products including toothpaste. All this before we even look at drugs and alcohol. Heavy metals such Mercury (found in many people's dental fillings and in some vaccines as a preservative) and other heavy metals can compromise immune response over time. Perfume is full of phthalates and synthetic chemicals.

So what can you do to lessen the toxic load in personal hygiene products?

- Understand your personal toxic load by testing for heavy metals.
- Make your own skin care products or buy a natural skin range.
- Remove amalgam fillings.
- Read labels if the words 'fragrance' and 'parfum' appear in the ingredients list of personal hygiene or cleaning products do not purchase it.

In summary the human physiology, biochemistry, pathology and anatomy are intricately interwoven. Change is possible; a start to wellness is to eliminate as many toxins from the food supply, the body and from the home environment. Buy whole foods instead of processed food, the added bonus are it is much cheaper generally to make things yourself than to buy processed, packaged and manufactured foods. Be mindful of the ingredients in cleaning and personal hygiene products.

Eliminate all toxins from your life and your body will ensure a healthier future.

David Suzuki, www.davidsuzuki.org/issues/health/science/toxics/the-dirt-on-toxic-chemicals-in-household-cleaning-products/
Environmental Working Group's chemical index at www.ewg.org/chemindex
Environmental working group at www.ewg.org/foodnews/dirty_dozen_list.php
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www.aabri.com/manuscripts/09244.pdf

Irene Vervliet - Naturopathic Doctor
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A Kinder, *Gentler Hypnosis* For Deep Healing



Healing

When I first considered getting some hypnosis years ago, I admit I was frightened by the prospect. My big fear was that I would go in to see some guy with a goatee with deep, mesmerizing eyes and he would “put me under” and then give me a suggestion to come back every week to pay his exorbitant fee. Then he would give me a suggestion to have no conscious memory of that manipulative suggestion.

I never did work up the nerve to seek out hypnosis at that time, but fate was to lead me to hypnosis another way.

I happened to meet the eminent psychiatrist and father of modern hypnosis, Milton H. Erickson, at the art gallery where I worked to support myself during my university studies in psychology.

I became intrigued by his work and began to read about his different approach to hypnosis and change.

Dr. Erickson had developed a gentler, more permissive approach to hypnosis that didn't seem so frightening to me.

It was not so much based on giving suggestions and commands or even correcting what was wrong with people, but on evoking what one of his students called “the answer within.” He believed people had strengths, resources and capabilities for healing within them.

Instead of saying things like “You will go into trance,” or “You will become completely and utterly relaxed,” (or “You will come back each week and pay me my exorbitant fee,”), Dr. Erickson would give permission and invite the person to go where they would.

He would say things like: “You can go deeply into trance you know, or if it is better for your healing, perhaps you could go into a light or a medium trance. You know best what level is right for you.”

Or, “Go wherever you need to go inside to find the healing you need.”

Or, “You know a lot of things you don't know you know. You can trust your unconscious mind and your body to help you heal.”

He also pioneered the use of stories in psychotherapy and healing.

Of course, stories have been used in most cultures for centuries to pass on wisdom and impart lessons. But most of us who learned psychotherapy learned a model in which we were supposed to ask a question and then mostly listen, so stories were verboten.

But as I sat with Dr. Erickson in the late 1970s and heard him tell engaging stories to people, and then witnessed them coming back and changing, I became convinced that this gentle, indirect way of inviting change was something I wanted to incorporate into my healing work as well.

I became a student of storytelling and worked out ways to use stories naturally and seamlessly in my healing work and psychotherapy. I studied the best storytellers to learn to be a better storyteller and to be more confident in my ability to find, remember and deliver just the right story at the right time to the right person.

Indeed, since Dr. Erickson told me stories as part of his teaching and mentoring, I often found myself, even many years later, making surprising changes that would re-voke some story or another he had given me during our time together.

I met a fellow student of Dr. Erickson's some years back who told me a lovely story to illustrate this point.

She had traveled to study with Dr. Erickson a few years before his death in 1980. She saw him daily for a week. During the middle of the week, he suggested they go out to the garden (his office was in his home and he had a passion for gardening).

He told her he wanted to give her some cuttings from various plants in his garden to take home with her. She was flattered with this offer, feeling that to have a physical remembrance of her special time with this famous man was precious and touching.

Because at that time in his life Dr. Erickson was partially paralyzed and in a wheelchair, he handed her the garden shears and instructed her to take several cuttings from this particular plant. Then he steered her to another plant and instructed her to take several cuttings from that plant. He did this with about four plants and when he thought she had enough samples from one plant, he would intone: "That's good enough."

She brought the cuttings home with her and some of them rooted and started new plants. Looking at them always reminded her of the intense and special time she had had with Dr. Erickson, made even more precious by the knowledge that he had died just a few short years after her time with him.

About ten years after her visit with Dr. Erickson, she went through a traumatic time in her life, with the breakdown of her long-term marriage, the loss of a job and an unwanted move.

One day, she was feeling particularly done and was criticizing herself heavily for having been such a failure in her marriage and her life, even though she was a therapist.

All of a sudden, without her conscious intention, she heard Dr. Erickson's voice as clear as if he were there with her, saying again and again, "That's good enough. That's good enough."

At that moment, all the guilt and self-criticism lifted and she knew with certainty that she was a good person deep inside and that she would get through this time and be happy once again.

That story reminded me of the many times similar things had happened to me years after Dr. Erickson had told me some story or another.

The third gentle, permissive method Dr. Erickson used was implication or presupposition. That is, he would communicate possibilities for healing and change indirectly rather than explicitly. The value of this indirect approach was that often we have limiting beliefs that can get in the way of our accepting the possibility of change and healing and this approach can bypass those limitations by bypassing our conscious limiting beliefs.

For example, Dr. Erickson might say, "I don't know when you will heal completely. I am not even sure how you will heal completely. But I do know the body and mind have untapped potentials and that you know yourself better than anyone else knows you. So you can find a way to align your body and mind to heal in ways I wouldn't be able to come up with or even guess.

"And I wonder who will be the first to notice that you are changing and healing? Will it be you or perhaps your best friend who notices it first? Either way, I will be delighted to see you after your healing has happened to hear all about how it occurred."

Notice he didn't give specific suggestions and explicit directions but simply put in motion the likelihood of healing by presuming it would happen.

No matter what healing approach you use as your primary method, adding this presupposition of capability and healing to your work can add more power to it and help it be more effective.

I found myself resonating to this non-directive, permissive approach to both hypnosis and to general change work. It fit with my values of granting autonomy to people and to honoring their own healing capacities.

I became convinced that this gentle, indirect approach to change is the right one for me to sow with people. And I wanted to write about it to introduce you to this different approach to change and healing.

How to get started in learning about Dr. Erickson's work? I would suggest starting with two fascinating books about his work: *Uncommon Therapy*, by Jay Haley and *My Voice Will Go With You*, by Sydney Rosen, both published by W.W. Norton. I have also written a short book on his approach to trance, called *A Guide To Trance Land*, also published by W.W. Norton. It's a quick read that will teach you the major methods Dr. Erickson used to create deep, non-conscious change.

You can also download a free report I wrote on "Why Effective Hypnosis Has Nothing to Do With Suggestion (and What It Is Really All About)" by visiting www.TheNewHypnosis.com.

I do have a warning for you, though. Reading about this work can be addictive and spoil you for the more directive approaches. Once I came across this approach, I couldn't go back to traditional change and healing methods. I wish that you would likewise be mesmerized and altered by this approach.



Bill O'Hanlon - Hypnotherapist

If you would like to learn more and work with me one on one I would love to work with you.

www.GefYourBookWritten.com



ALTERNATIVE MEDICINE VERSUS TRADITIONAL MEDICINE

Alternative medicine versus traditional medicine, what do you choose? As children we have been taught to go to see a doctor when we are not feeling well. I remember sitting in the doctor's waiting room as a child, knowing that after seeing the doctor I would start to feel better again. We are conditioned at such a young age! Many of us are bought up this same way. What we are not taught is the pharmaceutical industry is a business and the doctors get paid by these companies for selling their 'drugs'. The pharmaceutical industry is a multi million dollar industry!

Our culture has allowed the health care industry to become so powerful and disproportionately lucrative that it is now in the business of illness rather than health. What I mean by that is, the pharmaceutical company makes a lot of money when people are sick. Now don't get me wrong I am not anti traditional medicine, (it has a time and place and has done amazing things), I am anti keeping people sick to make money. I believe in empowering people with knowledge so they can make their own decisions regarding their own health and wellbeing.

So lets look at some facts regarding choosing between alternative medicine versus traditional medicine.

Most medical schools don't teach disease prevention. They don't teach that a proper diet or doing some exercise is part of living a healthy life. They don't teach that a healthy mindset plays a huge part in the way we feel. Instead they focus on just the physical body and calculate your wellness by checking your red/white blood cell counts, hormone counts, blood pressure readings, etc. Now whilst these tests do show that something is either good or not so good, it is not looking at the full picture. Traditional medicine does not always look at the way the patient feels. I know this because I went to the doctor with extreme fatigue, had to sleep in between my sessions seeing clients, had pain walking, etc. The doctor took my blood tests and told me that I was OK but I KNEW I wasn't. I had to turn to alternative medicine to find the answers I needed (and I digress)...

In traditional medicine pain is treated as an enemy, that is quickly treated with prescription drugs that mask the pain so you can no longer feel it. A practice that usually means it will resurface later with increased intensity because they symptoms are being masked medicine treats the pain as a signal from our body that something is wrong and use it as an investigative tool. When we listen to our body, we can learn so much.

Now more than ever before, people are turning to more natural, less invasive therapies. People are realising that doctor's do not always have the answers and sometimes



alternative/natural therapies will treat sickness just as well (if not better) than traditional medicines.

People are starting to do their own research, starting to empower themselves with knowledge and look after their own health. They are realising traditional medicine does not always have the answers, that most pharmaceutical companies spend more to market their 'drugs' than they do on research. They are realising that the ancient civilisations have treated illness with alternative medicines using plants for centuries. The more people are informing themselves, the more they turn to alternative medicine.

Being healthy means we need to look at our lifestyle, at the foods we eat, exercise we take, rest we get, our mindset and so much more. We need to start thinking about prevention, rather than just masking our symptoms with drugs. We need to start thinking about our health as "living wellness" rather than just illness prevention. Can you see the difference? One is focusing on the positive possibilities and listening to the messages your body is giving you, the other is masking what your body is telling you with a pill (that probably has many side effects).

Alternative medicine comes from inside us, it lets our body tell us what we need and we treat it naturally using plants/herbs. It helps us feel empowered in knowing our body can heal naturally, when we give it the environment, love and support it needs. Traditional medicine comes from outside of us. It gives all of our power away and gives power to the pill. We need to be re-educated about our health, to be less intimidated by doctors and disease and to feel empowered.

So next time you are thinking about going to see a doctor who is going to give you a pill, ask yourself, what can I do to make myself feel better? What message is my body trying to tell me?

Sharon White

if you would like to learn more and work with me one on one I would love to work with you.

www.globalhealingexchange.com/emotional-freedom-program





ARE YOUR HORMONES HAPPY?

Be warned, this article is being written by a woman in menopause. In fact, I was so battered around by the hormonal storm I found myself in by the time I reached 52, that I put myself on a structured wellness program that included mindfulness, a whole food diet, and a gentle exercise program designed to give my body the best chance possible to achieve the kind of hormonal balance that keeps us feeling healthy and well throughout menopause, and any life phase at all for that matter. I wound up documenting my experiences during this program in what was to become my new book "The Ultimate Menopause Makeover".

But don't worry, I'm not only going to be exploring half of the population's concerns here, the fact of the matter is, that looking after oneself from the point of view of diet, exercise, sleep, healthy mindset, and stress management benefits everyone. This is because our hormones are affected by our lifestyle choices, and in turn they affect pretty much every process in our body, from growth and development, to metabolism, sexual function, reproduction, and mood.

What I plan to do in this short article is give you an overview of a few of the key hormones in the body, before honing in on what I see as the scourge of the modern day, which is the growing incidence of estrogen dominance, caused by the dietary and environmental xenoestrogens that we're exposed to on a daily basis. Xenoestrogens are environmental toxins that can mimic the action of estrogen once they enter the body. Believe me, these things have the power to profoundly upset our body's ecosystem.

But I'm getting ahead of myself here. Let's get back to basics first by acknowledging that the 50 or so different hormones we have in our body are made by the endocrine system. This includes the pituitary gland, the pineal gland, the thyroid gland, the adrenal glands, and the pancreas, as well as the ovaries in women and the testes in men. When hormones are in balance all is well, but either too much or too little of any hormone can spell trouble for us, because hormones are essentially dependent on each other to maintain balance within the body as a whole.

The first gland we're going to look at here is the thyroid which produces the hormones that regulate metabolism and energy production. Low thyroid levels can be caused by genetics, bacteria, gastro-intestinal bugs or allergies. Signs that something might be out of balance include cold hands and feet, excess weight, hair loss and tiredness, especially in the latter part of the day all caused by an under active thyroid. Signs of an overactive thyroid on the other hand may include anxiety, overheating, and heart palpitations.

Iodine supplements, minerals such as zinc and selenium, and a protein-rich diet are helpful in the case of an under active thyroid. Whilst more dramatic interventions such as surgery or anti-thyroid drugs are often resorted to manage an overactive thyroid, diet can also play an important role in managing this condition when you provide your body with a wide range of antioxidants from foods like berries and other fruit and vegetables, especially cruciferous vegetables such as kale and cabbage, along with adequate levels of protein and calcium.

Insulin is another hormone involved in energy. Its role is to enable the body to use the sugar from the carbohydrates we eat. When everything is working well, insulin is released from the pancreas when required, and it's transported through the bloodstream signaling the cells to let glucose in. When this happens, blood sugar levels start to drop as glucose moves from the bloodstream into the cells. In turn this signals the pancreas to reduce the amount of insulin it's releasing, which results in the amount of glucose going into the cells decreasing. This balancing act happens many times throughout the day as energy is called on or stored.

A particularly worrying trend that's been building since processed foods started coming into their own in the 1950's, is the increasing number of people being diagnosed with diabetes. Diabetes comes about either as a result of the body halting or slowing down the development of insulin, or developing resistance to it. Diets high in refined carbohydrates, processed foods and saturated fats have been closely linked with insulin resistance which eventually results in type 2 diabetes if behavior change around food isn't taken on board.

Whilst we're on the topic of lifestyle factors resulting in hormonal imbalances, it's worth taking a look at cortisol which is one of the body's main stress hormones. As far as I'm concerned there's a stress epidemic in the world right now, so please do whatever you have to do to manage your stress, because consistently high levels of cortisol in your body can suppress our immune system, cause stomach ulcers, high blood pressure, fatigue, anxiety and high levels of cholesterol, as well as increasing our blood pressure, and more.

But activating the stress response is not the only role this hormone plays. Like insulin, cortisol is involved in breaking down glycogen, which is the form that glucose is stored in the liver, so that it can be released into the bloodstream for our cells to use for energy. Cortisol is the hormone that gets us up in the morning by raising the level of sugar in our blood. And appropriately enough, cortisol production lessens as the day wears on, so that we're able to wind down and go to sleep at the end of the day. This in turn triggers the production of more melatonin which is the hormone that's involved in maintaining our body's circadian rhythms. If you're struggling to get to sleep, or not sleeping deeply, you may have a melatonin imbalance. Obviously if you are producing too much cortisol, this will affect the production of melatonin, and the later you stay awake with the lights on at night, especially back lit devices such as iPods and televisions, the less melatonin you'll be able to make. So as boring as it might seem, basic sleep hygiene which includes going to bed and getting up in the morning at more or less set times, sleeping in a dark, quiet room, and getting out into the sunlight wherever possible during the day, are really good habits to get into because they support the production of melatonin.

Things start to get really interesting when we look at the state of play in relation to our sex hormones in general, and estrogen levels in particular. Testosterone which is a product of progesterone and DHEA is the main sex hormone in men, as well as being a significant one for women as well. Testosterone is an anabolic steroid in nature. It support bones and muscles, as well as the cardiovascular system.

Estrogen is the main female hormone, which together with progesterone is responsible for reproduction, menstruation and menopause. Estrogen does a number of great things such as lowering levels of "bad" cholesterol (LDL) and increasing levels

of "good" cholesterol (HDL), as well as being an antioxidant and reducing the risk of heart disease.

Basically it's the levels of estrogen relative to progesterone that determines how well we'll be feeling at any given time, and as I found out in the early days of menopause when my progesterone levels dipped to all but negligible amounts, progesterone does a number of great things as well. It was only when I started to get really antsy and at times downright depressed, that I realized how much I had previously benefited from progesterone's anti-anxiety, anti-depressant, and diuretic properties. It's not only women in menopause who encounter the effect of low progesterone relative to estrogen either, in fact this is also the hormonal basis for Pre-Menstrual Tension (PMT) as well.

Looking at this question of the relative levels of hormones from the other end of a woman's reproductive life, it's interesting to note that the only place progesterone is made during the first half of the menstrual cycle is in the adrenal glands. Given that this is also where the stress hormones are made, and given that the role of the stress response is to focus all of the body's resources on survival, it becomes all too obvious that reproduction and any other non urgent functions such as the routine growth and repair work that needs to take place for our body to stay well, have to get put on the back burner. So it's fair to conclude that living with chronic stress is not going to be conducive to conception, or maintaining our health overall. And to add insult to injury, because stress shifts the body's priorities and shuts the production of progesterone down, we're not going to be able to benefit from progesterone's anti-anxiety and anti-depressant properties to help in the context of stress management either.

In addition to the issues that women might expect to experience during high levels of stress and/or menopause when their progesterone levels start to drop, they may experience low energy, thinning skin, wrinkles, hair loss and bone weakness when their estrogen levels start to drop as well.

But it's the unnaturally high levels of estrogen relative to progesterone during any and all life phases in both men and women that's the canary in the coalmine that I want to briefly touch on now. The bottom line is that we need to wise up about the impact of the environmental toxins like parabens that are commonly found in cosmetics, and PBA that is commonly found in the plastics that are used to store foods, along with the hormonally active components that can be found in a plethora of consumer products, such as hair products, pesticides, packaging and building materials. The problem is that these substances mimic estrogen when they enter the body and are likely to play a more significant role in the rise in certain kinds of cancers and increasing levels of hyperthyroidism, auto immune disease, and chronic fatigue syndrome, than we might like to think.

The take home message here is to educate yourself about what you're eating, breathing, and putting on your skin, and to train yourself to be mindful of the lifestyle choices you're making because they all impact your hormones' ability to keep you well now and into the future.



Jane Turner - Woman's Health Expert
If you would like to learn more and work with me one on one I would love to work with you.
www.wellnesscoachingcollective.com



Astrology & The *Business Of Being* **YOU!**

LIVE BY THE SUN
LOVE BY THE MOON

Sydney Astrologer Tanya Jolly says her industry holds a very important purpose, which is about empowering people to understand their unique strengths and purpose in life. This is the first in a series of articles which reveals the secret information in your astrology chart that astrologers never usually share!

Your Personality, Passion & Where You Shine!

Your birth chart is a map of the sky when you were born, and shows the aspects between the Sun, Moon and the planets. But did you know that there are powerful Destiny Points in your chart? The planetary aspects to these Destiny Points in your personal astrology chart show your potential and can determine your fate.

The first Destiny Point is known as your Ascendant, or Rising sign. In technical terms the Rising sign is the sign that is rising on the Eastern horizon at the moment of your birth. But what does this mean for you? Basically your Rising sign is your brand.

The combination of your Sun, Moon and Rising signs are the most dominant placements in your chart. They make up who you are, how you think and how others perceive you. Your ideal occupation should favour the expression of your individuality (Sun) and your personality (Rising Sign), and satisfy your emotional needs (Moon).

Sun Sign = Your Individuality

Your Sun sign reveals a deep message about your calling in life. This is your birthright, and shows your passion and where you were born to shine.

The Sun rules will power and ego. It is the core of your potential and uniqueness as an individual.

Your Sun sign represents the main direction and focus you want your life to take, and your determination to accomplish what you set out to do.

Moon Sign = Your Emotional Needs

Your Moon sign shows what you need to feel secure, nurtured and loved.

It describes how you feel about yourself, how you handle relationships, and how you emotionally respond to situations and experiences.

The Moon circles the sun and reflects the Sun's light, so in your chart it shows how you protect yourself in order to feel secure and safe.

Intuition, instinct, creativity and imagination are all courtesy of the Moon.

Rising Sign = Your Brand

Your Rising sign is your personality, identity and your attitude towards life.

This is the first impression you give the world. In essence this sign is your personal brand and a very important part of your astrology chart.

This is your storefront or façade to the world, and reveals your unique style. You could say it's your Sun's public relations face.

Let's look at the chart of Tony Robbins, who is the world's leading self-help preacher. And I emphasise the word preacher because Tony Robbins has a Pisces Sun, so he could just as easily be a world famous evangelical preacher!

Pisces are dreamers so his Pisces Sun gives him a huge vision, and he is selling us the dream. But the fire in his belly is due to his Moon in Aries. Aries is a born leader - not a follower. His Moon in Aries gives Tony Robbins a huge need for success and recognition. And it also makes him an inspirational leader, because Moon in Aries folk know exactly what buttons they need to press to get the results they need.

And to top it off, Tony Robbins has Libra rising so he does all this with an abundance of charm! He certainly knows how to please the masses. Tony Robbins knows how to make a great impression and is a natural networker, so his Libra rising ensures he knows EVERYONE!! Libra rising folk have a little black book of contacts that is the envy of everyone, so this would have really helped him create success.

So when we look at the Sun, Moon and Rising sign of Tony Robbins, can you see how these three planets merge together to form his personality? And interestingly it's his charming Libra rising that is his trademark, because Venus rules the sign of Libra and represents what we attract. And for Tony Robbins he is attracting a huge audience so he can sell his products from the stage. And his charm is underpinned by his Aries Moon which craves success. This influence motivates and inspires him to be the world's most famous motivational speaker.

In contrast, Richard Branson vibes like a Leo, with his very over the top style of self-promotion. And that's because Richard Branson has Leo Rising. So having fun is his trademark.

But did you know that Richard Branson's Sun is in Cancer? It's not obvious at first, but makes sense when you know that the only time he went into the office was early in his career, but apart from that he has always worked from home because he needs his family around him. This is what nurtures him and makes him feel supported.

His Moon in Virgo shows that he actually cares really deeply, far more than his flamboyant Leo Rising shows. Moon in Virgo folk feel compelled to help

people and never feel like they are doing enough. This explains why Richard Branson is so driven to give back through his humanitarian work. And Moon in Virgo folk can be workaholics, because in their mind there is always so much more work to do. They are so disciplined, organised and structured that they keep finding more to do, so their work is never finished.

So when you watch Richard Branson jumping out of planes or pulling amazing publicity stunts, look a bit deeper and you'll see that he has a huge heart. But it's actually his Leo Rising that we notice first and is the most memorable.

And this is exactly the same for you. Your Rising sign is an important Destiny Point because it's your store front that shows the world who you are. Your Rising sign is your trademark and an authentic expression of you. If you don't have a Leo Sun/Moon or Rising sign then Richard Branson's publicity style may not work for you, and could come across as tacky or simply be a huge flop. By the same token if you are trying to charm people like Tony Robbins and you don't have Libra Sun/Moon or Rising then your efforts may just come across as fake or seem you are 'sucking up,' so it won't seem genuine. Knowing your Rising sign is the key to making a great impression.

When you are being true to who you are, you'll always come across as authentic and gain peoples trust.

Know your Rising sign and you know your unique brand.

Find Your Rising Sign

You must know your exact birth time to find out your Rising Sign. Check and see if this is written on your Birth Certificate or the Hospital book that records all the birth/immunisation details or the hospital wrist band if your mother kept it!

Once you have the exact time Google search *Rising Sign Calculator* to find a website where you can input your details and find out. Good luck!

Tanya Jolly

Business Astrologer, Psychic Medium and Writer
If you would like to learn more and work with me one on one I would love to work with you.

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Depression & The Greatness Principle

Depression can be GREAT!

In a world that is so very connected with technology, transport and fast/instant solutions, you would think we have more time, energy and space to enjoy our lives and the people in it. Well, it turns out most of us don't and we are feeling even more alone and isolated than ever before.

What is going on in the world? Depression rates are climbing, suicide numbers are increasing, the number of marriages and families staying together that should be enduring normal life challenges are rapidly decreasing and this is happening in most parts of the world... going outside, talking to strangers and doing group activities is actively discouraged! I believe the fundamental element of trust in humankind is missing for many people all over the world. Similarly, trust in ourselves has gone out the window and social and emotional isolation is climbing rapidly. It has been suggested in a number of papers I've read recently that social and emotional isolation is killing more people each year than obesity. Now that's saying something as the western world in particular, on average, are seriously overweight!

Go talk to anyone over 75 years of age today and they will tell you about the 'old days' when there wasn't television, there were community dances, people wrote letters to each other and they talked with each other face to face. The family stuck together, the community banded together and accepted everyone into the community, even if they were different, disagreed or a bit odd. The key to being successful was working with others and building teams around you. It was also about taking the focus off yourself and being of service to the people you loved and the people that mattered most in your life and business. There was more hard work to do and less interruptions. It was a world that incorporated the values of honour and respecting other people. It was a time where who you were being as a person was valued and your relationships with others was an asset.

Today we honour technology and innovation and we respect and expect instant gratification. What you know, how fast you can get it and your 'skill' with information is deemed valuable. Where are people and relationships in our current world? With faces buried in mobiles, tablets, iPads and laptops, how can relationships be built when no one is paying attention? How can people ask for and receive support when a conversation is less important than watching an episode on TV or sending a text? People today are working long hours in their jobs or even harder and longer in their own business. That action alone for many people, see many dealing with only one or two people closely, personally and openly in their office or place of work knowing who they really are and what they think about life. Only 1-2 people feel safe to ask for support. Everywhere else in their lives they find themselves saying polite hellos and having shallow interactions. When traveling to and from their place of work, if it's not driving their own car alone, is met by other tired, exhausted fellow commuters who are staring down at their phones, listening to music or a podcast with their earphones in or looking out of the window so they don't have to talk. So when they finally do get home, many people come home to an empty house because, almost 50 percent of the western world population... live alone. Can you believe that? With all this isolation and disconnection from others it's no wonder depression is a massive problem for our society.

Depression: a condition of general emotional dejection and withdrawal; sadness greater and more prolonged than that warranted by any objective reason. www.dictionary.com

Depression affects how people feel about themselves. They may lose interest in work, hobbies and doing things they normally enjoy. They may lack energy, have difficulty sleeping or sleep more than usual. Some people feel irritable and some find it hard to concentrate. Depression makes life more difficult to manage from day to day. www.beyondblue.com.au

I've been coaching small business owners and leaders for over 17 years now and many of them have been experiencing depression. Some of them knew it as they had been clinically diagnosed and others didn't. They struggled through their life pushing through, being un-naturally slow in making decisions and taking action, withdrawing from responsibility because it was too overwhelming and being anxious, nervous and excessively worrying about their decision making. They were having an extremely difficult time living their life and doing their job. There are many reasons why people experience depression and as I'm not a psychologist, psychiatrist or counsellor, I won't get into that here in this article. However, what I will explore with you is this... out of the 1100 business owners and leaders I have coached and worked with and of those whom were struggling with depression of some form, their world got easier and many of them much better when they started to build a circle of support for themselves. Depression, by its very nature creates social and emotional isolation. People dealing with depression will be feeling alone, hopeless and isolated in their lives, their family, community and workplace.

What's needed is to embrace and implement The Greatness Principle®. This principle simply states:

"No-one ever becomes great and stays great by themselves!"

To shift out of social and emotional isolation, a person must engage with people they trust and be with people whom they can share their vulnerabilities and feel safe when making decisions. There are 8 key relationships that must be established and maintained for a person's life to change for the better, for the drama to reduce and eventually stop and the raw loneliness and hopelessness to subside. The Great8® roles are:

Enthusiast – someone who thinks you're great, even when you don't think you are!

- **Sage** – they know you without the mask you put on for the world. A witness to all of your life as it happens.
- **Motivator** – someone who believes in your goals as much as you and provides accountability to achieve them.
- **Bystander** – someone that's independent from your world who you find interesting and gives you a completely different perspective on life
- **Anchor** – this person believes in your future potential deeply. They hang on tight to you as a possibility.
- **Groundner** – they tell you the cold hard facts of reality about your choices, decisions and circumstances.
- **Catalyst** – someone or something that causes you to grow rapidly as a person. Could be a positive or negative influence, the result is the same.
- **Scholar** – they love thinking through ideas and creating plans with you to work out the best option for any choices and decisions you want to make.

In my own personal experience, people dealing with depression are 'hard work' for the people who love and support them. However, when the person understands The Greatness Principle®

and has their Great8® people engaged and investing in their lives with enthusiasm & energy, wisdom, encouragement, pride, clarity & strategies, incite and ideas, depression symptoms can reduce over time. I think that happens because the person doesn't feel as alone and isolated. It's also because they can define the relationships around them and give them a purpose and context. It also means that their 'supporters' are sharing the burden of support, so they don't get burned and worn down like they would have if they were the one or two supporters that a depressed person has, as described earlier. Finally, they have a circle of support causing them to be the greatest version of themselves they can be. I truly believe that everyone can have a great life and be great in their life. With the right support, and acceptance of that support, anyone's world can change and flourish.

Excerpt From Jen's Book

Being a lone wolf, surviving life and scavenging around for just enough is exhausting, frustrating and incredibly limiting. In a world that is so 'technically connected' and geographically connected than ever before, we must still connect in person. We must touch, talk and engage others with all the senses and BE with each other. Looking another human being in the eye gets to the heart of any matter in moments. People need to be heard, appreciated and 'gotten', and the only way to do that is through personal connection—in relationship, not in isolation.

It's time to stop doing the ME, ME, ME game and start BEING GREAT with and for others.

When we go for greatness, we choose:

- to love our life fully;
- to love and appreciate the people around us;
- to accept the change and continual challenges in our life; and
- to realise our full potential.

When you have your Great8® wheel full, you get a new sense of power, confidence and possibility that didn't exist before. It's happened to me a lot and I've seen it happen with all of my clients. They get more confidence, and in turn get more support. They start making better choices and that creates more consistency. They then get more certainty, which creates more balance, and then when the Great8® wheel gets filled with the last investor, they suddenly turbo-charge into their life and things are working. It's like they are 10 feet tall and bulletproof. They are on a mission to fulfill their vision, they have committed supporters and nothing is going to stop them. That is what creates success. That is what causes the greats to be great and what's exciting is that anyone can do it. When you've got your Great8® wheel full, you are balanced and you are centered.

When you are centered you can listen.

When you listen, you can hear the sounds of life.

When you hear the sounds of life, you can feel love.

When you feel love, you are loved and ...

Everything is you

And you are everything.

Go be GREAT, because you can!

Jen Harwood - Community Builder

If you would like to learn more and work with me one on one I would love to work with you.

www.greatnessprinciple.com



Grilled Salmon With Mixed Green Salad

I love this salad on a warm, sunny day. I also add sliced avocado as an extra when they are in season.

Ingredients

- 1kg (2.2lb) salmon fillets
- 500g (1.1lb) baby red potatoes or sweet potatoes, roasted or boiled. Rested and cooled
- 4-6 cups mixed salad greens
- 1 cup steamed green beans, cut into 50mm (2inch) pieces
- 1 cup cherry tomatoes, halved
- 4 hard boiled eggs, peeled and quartered
- 1/2 cup chopped Kalamata olives
- 2 tbsp capers, optional

Dressing

- 2 tbsp red wine vinegar
- 1 tbsp Dijon mustard
- 2 tsp pure maple syrup
- 1 small shallot, cut into small chunks
- 1 clove garlic, minced
- 2 tbsp extra virgin olive oil
- Salt and pepper, to taste

Method

Preheat your oven grill (broiler) on high. Place the salmon fillets on a rimmed baking sheet and season with salt and pepper or your favourite seasoning. Grill for 7-9 minutes or until the fat has rendered.

Remove from the oven and tent with foil.

Prepare the dressing. In a food processor, add the vinegar, mustard, maple syrup, shallot, and garlic. Pulse until smooth. Turn the food processor on, and add the olive oil in a steady stream until it has all been added. Add salt and pepper, to taste, then pulse once or twice more.

Place the mixed greens, cherry tomatoes, olives, and capers in a large bowl. Add just enough dressing to coat the salad lightly and toss gently. Place the salad on serving plates. Place a salmon fillet, roasted potatoes, and egg on each plate. Drizzle with more dressing, if desire, and serve!



Recipes from Jimmy Boswell
www.tasteofhome.co.nz





Recipes from Jimmy Boswell
www.tasteofhome.co.nz

Chicken Thigh & Avocado Salad

Serves 4

I love cooking with chicken thighs as they are great to cook with rather than breast as they don't dry out like breast can and they carry loads of flavour.

This salad recipe is a wonderful one to make when you have friends or someone coming for lunch that you want to impress. It's very fresh and plates easily looking like you have a chef in the house.

Ingredients

- 4 chicken thighs, bone out
- 2 tsp garlic, minced
- Salt and fresh ground pepper to taste
- Olive or coconut oil
- 1 tbsp butter
- 1 pkt mixed salad greens
- 250g (10 oz) cherry tomatoes
- 100g (4oz) fresh bean shoots
- 1 green or red capsicum
- 150g (6oz) button mushrooms, halved
- 1 tsp fresh diced thyme
- 100g (4oz) almond flakes, lightly toasted
- 2 avocados, chopped into even cubes
- 2 tbsp Italian salad dressing
- 2 tbsp aioli (garlic mayonnaise)
- 1 tsp curry powder

Method

In a bowl combine the chicken thighs with the garlic, salt and pepper to taste and turn and rub the garlic so all of the thighs are seasoned.

In a frying pan over a medium heat warm up the oil. Cook chicken thighs in the pan for approx 5 – 7 minutes on each side. Set aside in a bowl and let them cool before slicing chicken.

While the chicken is cooling add butter, mushrooms and thyme to the pan over the medium heat. Sauté for 4-5 minutes turning often to lightly brown off the mushrooms. Do not over cook them as they should have a bit firmness to them.

Top the cooling chicken with the mushrooms in the bowl with any juices. Cover and let the chicken and mushrooms cool to room temp.

In a salad bowl, mix salad greens, tomatoes, bean shoots, capsicum, mushrooms and Italian dressing.

In another bowl mix curry the powder with aioli, gently mix with chopped avocado. Take care when mixing as you want to retain the cube shapes

Slice each chicken thighs into 10mm (1/2 inch) slices. To serve, make a beds of the salad greens mixture in wide dessert bowls, top with the avocado mixture followed by slices of chicken and garnish with fresh coriander leaves or flat leaf parsley and toasted almonds.

For some additional flavour you can sprinkle some cooked and crumbed bacon as a garnish.

The Transitioning Corporate Refugee



The transitioning corporate refugee: I remember the repetitive days when I was in a job from Monday to Friday, from 8am till 6pm. When today felt like a carbon copy of yesterday and tomorrow will be similar, if not the same as today. My days looked and felt something like this ...

I'd wake up at 6:30am to my buzzing alarm. The first thought was always, "Oh no that couldn't be the alarm already!" I would often go into feelings of denial, wishing that perhaps I could just stay in my comfortable, warm bed and not move. I would hug my pillow and just want everything in the external world to go away and leave me alone. I'd hit that snooze button and wish I could stretch time out for infinitely long periods.

After some inner dialogue such as "once I get going it'll be okay," and "I should be grateful for what I have," I would slowly leave my bed like a dazed sloth moving ever so slowly. When I realized that my attempt to stretch time out infinitely wasn't working, I would bolt into hyper drive as I condensed my morning ritual into a 15 minute time window. The fear of the consequences of being late for work would create panic as I gulped down my breakfast. I flew out of the front door with my iPod blaring in my ears as an attempt to keep the external world away from me.

3 years after my inner flame started to stir and I was questioning the purpose of my life, and questioning the point of life in general. I hired my first coach to help me with my self-confidence and communication skills, however our lessons quickly turned into quantum physics and reality sessions. What was even more bizarre was that the head trainer at my corporate job was saying the same things to me at the same time. I'd never heard of statements such as "everything is energy" and "the

external world is a projection of my inner world" and "what appears as real isn't" and "everything is one, even though it appears separate." Perhaps you've come across some of these premises too?

As new ideas fused into my mind and I was open to receiving new perspectives on life, I started to feel like I was prostituting my time for money. I started to feel trapped and obligated to a system that started to make less and less sense. What kept me where I was in the corporate world was the fear of not being able to pay my rent, buy food and the fear of judgment of those around me. The job provided a security blanket that felt predictable, warm and comfortable... just like my warm cozy bed.

The Universe gave me a wake up call to make a bold step.

Whenever I have resisted a new change in my life, I have received a wake up call to create the realization needed to move on. At this time I had an accident where I tore my ACL, damaged my meniscus and medial ligaments in my right knee. I was on crutches and in plenty of pain. A week after the accident I was booked in for my Reiki Level 3 training, which couldn't have come at a more perfect time. I felt excited that perhaps I could be supported in healing this rather serious injury. All of the doctors had said I would have to get surgery if I was to ever play sport properly again. The Reiki group of 5 worked on my knee throughout the weekend and to my excitement, the crutches were OFF by the time Monday came. Another little sign that perhaps I was a little bit more empowered than what I had previously believed.

The right knee represents moving forward into the future and so I knew in my heart that the time to make some big changes was now. 4 months after the accident I had left my corporate job and I was officially a corporate refugee.

What Is A Corporate Refugee?

A corporate refugee is a person in transit, moving from what they know and feel comfortable with and INTO a new field that reflects or aligns to their purpose/passion and inspiration.

At the time I wasn't really clear on what I'd be focusing on. All I knew was that I felt excited and passionate about transformation, healing, human behavior and energy work. So many of the pieces of the puzzle were missing for me. All I could do is speak to people about what I knew and ask plenty of questions which opened up doors.

The next massive opening that came for me was when I was at a retreat in the Blue Mountains and I was putting my intention out there that my next working opportunity would come to me. 3 months after the retreat I was working with the inspirational speaker who ran the retreat and who's message was all about doing what I love, following my intuition and trusting life. I was able to use my corporate skills for the backend processes of the business. This was a great win/win outcome and I felt that I was able to move closer to a life that reflected freedom, heart centered living and truth.

Over the next 2 years I was in a useful environment as I stabilised myself, learned new skills and at the same time deepened my training in coaching, energy work, transformation and inspirational speaking.

The next significant jump in the journey of a transitioning corporate refugee was the dissolving of all security blankets and the pillars of perceived safety. Just like the accident with my right knee that had ushered me away from my corporate job, another such incident occurred to support me in leaving the job with the inspirational speaker and to stand on my own 2 feet. The time to take the leap of faith and no longer receive a fixed income had come! This is what unfolded...

I had just returned from a trip to the US supporting the inspirational speaker with event management in Los Angeles and San Francisco. The day I got back something massive happened within me. This time it wasn't an external circumstance but an internal circumstance. I was sitting at my computer looking at my screen and I felt absolutely no energy to "do" anymore work. The inspiration, passion, purpose or meaning of why I was working with the inspirational speaker was gone. It felt like all my energy had been drained and I was incapable of doing what I had done. It became apparent that it was time to jump off the cliff. My ego felt scared and so I asked for a 3-week transition time. To my surprise the business manifested 2 replacement roles within 3 days and before I knew it I had completed a full handover and the following week I was in completely different circumstances. I was now my own boss!

Working for yourself is a whole new ball game. I remember one of my main fears at the time was, if I don't have to go to work and be working in a job, what happens if I wake up in the morning and don't want to do anything? The answer scared me because I realized that the level of responsibility had just ramped up

significantly. The truth is... if I didn't get out of bed in the morning then nothing would happen. I would be in my bed and spend the day in my bed.

The first 6 months of the transition was very intense. I didn't have large financial reserves and so living on a shoestring budget as well as credit cards was my reality. The biggest lesson I was learning during this process was to trust myself, trust the universe and know that I am supported, loved and cared for. The need for security in the past was my desire to feel safe, I wanted life to be predictable and comfortable.

Being an entrepreneur and running your own business requires the letting go of these ideas, desires and needs. The next significant realisation was to move from living in the perspective that my circumstances are happening to me and thus I am a victim of what unfolds in my life TO I am responsible on a level for everything that occurs in my life. On one hand seeing this was challenging in the beginning. Unconsciously I was hoping that someone or something external to me would come in shining armour and take away all my problems and rescue me. Small reflections that showed this to me were that I always felt scared to open my credit card statements and to look at my account balance. The fear of not having enough, the fear of being left destitute and alone was really real to me. I preferred to be in denial and avoid looking at what was actually happening. I just wanted things to sort themselves out without having to really look at it.

What I discovered was that every time these fears emerged I had to go into the fears and go into a place of self-inquiry. As I embodied the knowingness that "I create my reality" and that "what I'm putting out energetically determines what I get back," I started to be more curious and open to whatever was showing up in my life as an opportunity to heal and transform.

Moving from being attached to the outcome TO experiencing life as a journey with lessons, growth experiences and fun. The journey of the transitioning corporate refugee is an epic journey where you get to find yourself and experience yourself in ways that reflect true freedom, liberation, joy and excitement.

How I Work With Corporate Refugees.

If you are a corporate refugee and would love to experience a deeper level of clarity in your life, see what possibilities exist for you to take the next step AND align your life so you feel like that morning routine is broken into more excitement and passion then book yourself in for a free 30 minute consultation session where we will both get to see if you are ready for the next step.

To do so go to: www.lionheartcoaching.com.au/booking



Nicolas Perrin - Inspirational Change Maker

If you would like to learn more and work with me one on one I would love to work with you.

www.lionheartcoaching.com.au



FINITE TO INFINITE:

USING *BREATH* TO HELP OVERCOME DEPRESSION

"Breath regulates the energy of life, the quality of emotions, and the ability to direct the mind."

- KRI Int'l Teacher Training Manual

It is said in yogic tradition that depression begins with a shallow breath. Breath is your foundational life force. Breath does the following:

- promotes health and vitality
- supports the range and creativity of emotions
- assists in controlling your moods
- helps develop concentration
- promotes a feeling of connectedness

Additionally, as your primary source of energy, you can only last a couple of minutes without your breath. The importance of breath is profound.

Most of us don't realize, however, that we are breathing 'backwards' or too shallow and we aren't taking in enough life force. By not breathing properly, we are not able to live to capacity. By not having full capacity, we have a hard time handling challenging situations. If we can't handle the situations that come up in our life, it can lead to insecurity, fear, worry, and anxiety. This is the beginning stages of depression.

Some Common Triggers That Can Lead To Depression Are:

- stress or sense of overwhelm (both "good" and "bad")
- job loss
- financial insecurity
- health conditions or illness
- major life changes (move, death, retirement)
- alcohol and drug use
- unhealthy diet
- poor sleep habits
- low exercise or lack of movement
- lack of connection (people, nature, purpose)

While none of these alone may cause depression, you may find yourself feeling insecure, afraid, worrisome, or anxious. When these feelings and/or situations aren't handled and they become bigger, depression can result.

Nearly every single person has dealt with some level of depression at one time or another. You may have experienced short term depression in response to the sudden death of a loved one (for example) or long term clinical depression as a result of on-going challenging situations.

If you're experiencing depression, you might feel a sense of sadness, lack of motivation, and even possibly questioning your worth or value. During this time, it is often difficult to find reasons to keep moving forward. Instead, to one who is depressed, it can seem easier to allow yourself to stay stuck. The reality is that help might be just one breath away.

As a Teacher of Kundalini Yoga (as taught by Yogi BhaJan), I support students in breathing properly, knowing life begins with breath. When we deepen the breath, we increase lung capacity and that supports reprogramming the nervous and glandular systems. This allows you to have more ability to handle the challenges that you are facing. By building more life force within, through your breath, you have more control over your feelings and actions.

To begin to assess where you are in relation to depression, you can ask yourself the following questions (from KRI Training Manual):

Do I fearlessly embrace life?

Do I have enough energy to fulfill my goals?

Do I Fearlessly Embrace Life?

When you ask this question, what comes up for you? Are you finding yourself willing to step boldly or are you continuously backing down? When we fearlessly embrace life, we are open to possibility and chance. We look to life for inspiration and guidance and feel connection to a deeper purpose. When living this way, with our full capacity, life flows.

A telltale sign for me that I haven't been consistent with my yoga and meditation practice is when I allow fear to creep in: fear of my worth; fear of speaking my truth; fear of what others might think of me. I find myself taking longer breaks during the day, on the couch numbing myself with social media, and making excuses for not moving forward.

Yet, when I'm on point with my yoga and meditation, life is easier to handle. The challenges and stress will still arise, but I have more capacity with which to handle it. I realize now that having a daily spiritual practice (of Kundalini Yoga and Meditation) is wonderful for the really good days of my life, but it is necessary for the hard days. This practice always reconnects me to my basic foundation, which is my breath. When I'm connected to my breath, I am less likely to get caught up in the negativity of unpleasant situations.

Do I Have Enough Energy To Fulfill My Goals?

When you ask this question, what comes up for you? Are you moving through life with zest and vibrancy or are you allowing yourself to stay small? If you are depressed or feeling a sense of depression, you might even find yourself wondering what the point of having a goal is.

When we are depressed, we aren't seeing fully or clearly and our goals can become fuzzy and too far to reach. We may even get to the stage where we don't have goals anymore because we question whether or not we'll be around to see them through.

"Through your breath, your Pranic Body continuously brings the life force and energy into your system. This allows you to feel fearless, fully alive, and at one with all creation. When your Pranic Body is strong, and your breathing is deep and relaxed, nothing can bother you. You are self-motivated, and you have enough energy to achieve your goals.

All disease starts with an imbalance in the Pranic Body. If your Eighth Body (Pranic Body) is weak, you may have constant low-level anxiety and chronic fatigue. You may try to get energy from food or stimulants. You may be fearful and defensive." – KRI Teaching Manual

For years I lived a completely unfulfilling life and although never clinically diagnosed, I was depressed much of the time. Since embracing the skills of Kundalini Yoga and Meditation, I now have the technology to move beyond feeling insecure, afraid, worrisome, and anxious. I can see when my personal pattern begins to shift, and that is when I come back to my practice and my breath.

When we embrace the technology associated with our breath, we move from finite to infinite.

Following is a meditation that can be used to support shifting depression, moving you from finite to infinite. As always, before practicing any Kundalini Yoga Kriya and/or Meditation (as taught by Yogi Bhajan), we begin with the Adi Mantra.

The Adi Mantra is 'Ong Namō Guru Dev Namō' and translates to 'I honor the guru within. I honor the guru in all things.' or 'I honor the love (light, God) within. I honor the

love (light, God) in all things.' Sitting in easy pose (legs crossed comfortably and with a tall spine), close your eyes, bring your hands in prayer pose at the heart center and chant the mantra three times. This mantra tunes us into the Golden Chain, connecting us to all of the teachers that have gone before us.

Now you are ready to begin the meditation. You can start with practicing this meditation for 3 minutes each day and work up to 11 minutes each day for 40 days in a row.

Meditation On The Breath For Healing And To Break Depression (As Taught By Yogi Bhajan)

Pose: Sit in a relaxed pose with a tall spine. Relax the hands in your lap, palms face up with your right hand on top; or put your hands in Gyan Mudra (index finger and thumb tips touching).

Eyes: Close the eyes 9/10ths, leaving them just slightly open and focus on the tip of the nose.

Breath: Inhale through the nose, in four equal parts, until the lungs are completely full. Exhale fully through the nose. Each inhale part is a quick, sniff-like breath that causes the sides of the nose to collapse in slightly. It is important to focus on the flow of the breath, and to keep the broken breath equally divided.

Mantra: Use the mantra Sa-Ta-Na-Ma Wahe Guru during the breath cycle as follows:

- Inhale – four equal parts
- Sa (Infinity, totality of the Cosmos)
- Ta (Life, Birth)
- Na (Death, Transformation)
- Ma (Rebirth)
- Exhale
- Wahe Guru (I am in ecstasy when I experience indescribable wisdom)

Time: Complete this meditation for 3 minutes each day working up to 11 minutes each day for 40 days in a row.

This meditation focuses solely and completely on the breath, bringing more prana, more life force, into your body. The more life force you have in your body, the better equipped you are to handle any situation that comes your way.

Disclaimer: The contents of this article are not to be considered medical advice. They are based on Kundalini Yoga teachings (as taught by Yogi Bhajan) and not intended to substitute medical care. Engaging in these teachings is at your own risk and you assume all responsibility.

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DEPRESSION & THE LAW OF ATTRACTION



I remember looking at the part of my medical form that stated my diagnosis and reading "Depression". It was October 2003 and I had just buried my husband of almost 17 years the week prior. I looked right at my doctor and said "Depression huh? Really! My husband had just died. Yep I am depressed!" I also remember him recommending that I take the Xanax he had prescribed and that I also see someone. I knew I had a long road to recovery ahead of me but something about that "Depression" diagnosis just didn't sit right with me. It didn't make sense. I wasn't clinically depressed. I was situationally depressed. My husband had just died. My life as I knew it was over. The sadness and grief I was experiencing were normal human emotions. My grief was deep and if you look at depression symptoms, I could see how that could be my diagnosis.

Some Symptoms Of Depression Are:

- Feeling sad or being in a depressed mood
- Changes in appetite
- Trouble sleeping or sleeping too much
- Loss of energy
- Thoughts of death or suicide

All of the above were a part of my experience. Yep, a big fat check mark next to each one, but, the caveat for me was

that on an intuitive level, I knew that eventually, my sadness would lift and I would laugh again and even love again. Those who are clinically depressed cannot see that light at the end of the tunnel. Clinical Depression is a much more serious form of the depression that I was feeling over the loss of my husband.

While I knew that people have their bouts with depression over the course of a lifetime, what I am coming to learn is just how prevalent the more serious form of depression is within our society.

Did You Know?

- Depression is more common than AIDS, Cancer, and Diabetes combined
- According to the World Health Organization (WHO), depression is projected to become the second leading contributor to the global burden of disease by 2020
- An estimated 1 in 10 adults in the US report depression, according to the Center for Disease Control (CDC)
- Depression is a common mental disorder. Globally, more than 350 million people of all ages suffer from depression according to the WHO

Depression also damages your self-esteem, confidence, and your ability to accomplish daily tasks. It's as if a dark and gloomy cloud affects how you see the world, yourself, and

your future. The good news is there are some very effective treatments that can help – both traditional and those that are holistic.

So, where does The Law of Attraction fit into all of this? Depression can leave you feeling like a victim. When you are in the muck and cannot see the sun for the clouds no matter how hard you try, it really can feel as though your circumstances are out of your control. However, when you understand and deliberately use the Law of Attraction, you re-claim your power and that can assist all other treatments immensely.

The Law of Attraction states “That which like unto itself is drawn” or more simply, “like attracts like”. It is a Universal Law that is working in your life whether you believe in it or not. The law responds to the vibration you emit and the vibration you emit is triggered by the thoughts you think and the feelings associated with those thoughts. Now, I know you’re probably saying to yourself, “Great! So I’m depressed and I feel like crap and my thoughts are all negative so I am getting more of the same.” And you are correct but here’s the good news: **YOU HAVE THE POWER WITHIN YOU TO CHANGE THAT STARTING RIGHT NOW!**

Just to be clear, I am not saying that you can think joyful thoughts and your depression will be cured overnight. While that may be the case for some, most of us, myself included, tend to work through things a little more slowly. However, I am saying that you **CAN** see improvement if you choose to do the work and stick with it! With that being said, the first step in this process is to **DECIDE to CHANGE!** You always, always have the power of choice and the decision to get well is your choice.

Once you decide to change your next step is to make the commitment to change. Be willing to do what needs to be done to effect the change you wish to create in your life – to lift the depression that is keeping you stuck. Craft your commitment statement in a way that motivates and excites you. Post it in several spots throughout your home, car, office so that you see it many times throughout the course of your day.

When you have made your decision and committed to do what needs to be done, you want to begin to shift your focus from what is wrong to what is right in your experience as of this very moment. Now, I understand that when you are stuck in the muck finding something to appreciate may seem like a monumental task, but trust me when I say there is always something to appreciate! Nothing shifts your vibration faster than developing an attitude of gratitude. When I was deep in the muck after my husband passed, there were many things to be grateful for:

- The love and support of my family
- The love of my children (trust me when I tell you that if I did not have my children to care for, I may have joined my husband. Knowing that they needed me, kept me going when all I wanted to do was be with him)
- The consistent signs I was receiving that proved beyond doubt that my husband continues to live

These are just a few examples of the gifts in my experience and there are gifts in yours too! You may have to dig deep to find them but they are there!

Call To Action

My request to you is to put the below steps into action.

If you are feeling depressed – clinically or otherwise – take these 3 steps to begin the process of shifting your vibration:

Make the Decision – Choose to Change.

Nothing happens without your decision to make a change. If the way you are feeling right now is not acceptable to you then it’s up to you to take back your power. You and only you are responsible for your perceptions. Choose to change how you are going to perceive your situation.

Make the Commitment.

Craft a commitment statement that feels good to you. State your willingness to do what needs to be done to begin the process of healing. For example, you could create a statement like:

“I commit to doing what needs to be done to begin this process of healing my depression. I am willing to explore all possibilities, to get the support I need, to see the gifts in my experience and to love myself and give myself some slack as I go through this process.”

Create a Gratitude Practice.

Every morning, write down 3 things that you are grateful for. You can begin simply with something like being grateful for the air you breathe, or the sun shining, or the roof over your head. Then before you go to sleep, write down 3 more things that you appreciate from the day. Again, they can be very simple, such as being grateful for having a job to go to, appreciating the phone call from a friend, being able to treat yourself to a movie, you get the idea. When you appreciate Spirit, (Source, God, Universe or whatever language speaks to you) responds with more for you to appreciate. Remember, the Law of Attraction is at work in your life whether you believe in it or not. Why not choose to be a deliberate creator, take back your power, and leverage the power that creates worlds?

You are an expression of divinity, an awesome creator. You are **NOT** a victim and you are **NOT** powerless. Choose to claim your power. Take back your life! Do what needs to be done to heal your depression and live the life you came here to live. The time is **NOW!** And if you need support, find the perfect support partner for **YOU!**



Elaine C. Torrance-Gingrich Law of Attraction Coach

If you would like to learn more and work with me one on one I would love to work with you.

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From Spark To Reality

Everything around you started from an idea – a spark of the imagination. Many have come before us and many exist on the planet today, who have decided to throw caution to the wind and take their spark of imagination and create it in our reality.

Look around you and think about the things that started with a spark of the imagination. Electricity, cars, planes, gardening, music, movies, recipes, healing modalities, indoor plumbing and many more.

Even you being here was started with the spark or the idea of having a child. With that your parents created a vessel from which your soul came forth to live.

How many different things around you were once just a spark of the imagination? You have everything in your life today because someone was courageous enough to go for it and create it. Your life is different because of them and the value they brought to fruition.

Here's the thing though – those same sparks of imagination live

We all

within you.

have this capacity within us but many of us ignore it or do

not think our sparks are of value. These sparks that live within us could change the world for the better if we would only let them out. But instead of doing so, we hold them inside under lock and key for fear of what someone might think of them.

We all came to this planet with a soul purpose. When we deny our own sparks of imagination we deny our soul's desire. Every one of us has a gift or talent that the world is waiting for. You may or may not know what your soul purpose is, but it should be your mission to find it and create it. If you don't you are preventing the world from receiving the gift that you came to this planet to give them, and in turn preventing the flow of abundance into your life that comes with living through your soul's purpose.

The biggest thing I can think of in my life thus far is the internet; what on earth would I do without it? This gift has been transformational in many people's lives all over the planet. Think about what would have happened if the person who thought of it never told anyone else about it and kept it to themselves. How different would our lives be now? We would be limited to the local information in libraries or what the media tell us. Now we can find anything we want at the touch of a button.

So what is hood in

brewing under the your imagination?

What ideas do you have? Have you told anyone about them? If not – why not?

What is holding you back from creating it? Do you fear what others would think? Do you fear that you will rock the

Dream

Inspire

Courage

Harmony

status quo too much? Do you think your idea is just silly and while it may work for you – you don't think anyone else would care about it?

Here's the thing – YOU DESERVE to have your gifts or ideas be created and used in this world to better other people's lives as well as to better your own life. There is someone out there that will love your idea and embrace it with such a loving force that you may wonder why you didn't do it sooner.

What would it mean to you to go after your dream and make your spark of the imagination a reality not only in your life but in the life of others? What would your life look like? Would you have more freedom, time and fun?

If you truly spoke up and went after creating what you think would be valued in this world – what would it look like? I want you to really connect to that. Write down any fears that come up, but I also want you to focus on the positive – Where would you live? Where would you travel? Who would you travel with? How much free time would you have? What would you be able to do with your free time? Could you spend more time with your family?

There are many that have gone before you – who had a whim and made it a reality but more importantly they created something from nothing or created what at the time was an off the cuff idea. You don't think that when Henry Ford decided to make the model T Ford that he was not told he was 'out of his mind'? You bet he was! But he didn't care because he believed to his core that it would change people's lives for the better – so he forged ahead and created a big shift in how the average family transported themselves from one place or another.

Henry Ford is just one of many – there is Steve Jobs, Walt Disney, Benjamin Franklin, Thomas Edison and many more.

They all have two things in common: Big dreams and the drive to create it no matter what others thought. You also have something in common with them – Big dreams. At least I hope you do. Some people do not even let themselves dream. To them I ask why not? Does it hurt you to even think about life being better? It can be better but you have to believe it and if you cannot do that then I ask you to find the help to allow yourself-permission to dream again.

Dreaming is an integral part of life. It is what drives us to makes things better because just having the idea of it makes it seem real. If we can't picture it, how can we even have it in our own lives? We just can't – if we don't know what we want. Dreaming is asking for what we want our life to look like in the future. You can either dream and work towards it or you can remain where you are stuck, depressed or filled with anxiety with no hope of getting better – in the end it is your choice.

We live in a society – where FEAR is the driving force. Before we do anything – what do you ask? What if this happens or you develop reasons why you should be afraid of it. Fear keeps you confined locked in a box afraid to move for fear of rocking the boat.

How many countless hours have you spend worrying about that might happen? Or what you need to do to

prepare for what might happen? This is a heavy and time consuming game to play. It not only saps your time – it saps your energy. Fear will drain your batteries faster than running around the block a couple of times because it makes you drag you down.

In order to break free from the FEAR FACTOR, you need to make a conscious decision to not buy into the FEAR and decide to do something different by creating and living by your own rules so that you can embrace your own sparks of the imagination and bring them to fruition so you and the world can benefit from them.

Doing that from a place of Fear is nearly impossible. It's like running backwards uphill with a big boulder behind you. You might be able to do it but at what cost.

You have to decide TODAY whether you are going to continue to live with the FEAR FACTOR – stuck and afraid or if you are going to choose to live a life full of joy and gratitude by creating the rules you feel suit you and your mission to launching your dreams into reality.

Here is the thing about rules that many us may not get. Rules are just other's people's projections on to you about how they think life should be lived. A lot of people play this game day in and day out trying their hardest to fit in with perfect clothes and makeup or we pretend to be someone we are not – all the while denying our true identity from showing itself.

When you play by other people's rules, you allow them to define the constraints that you live within. Your sparks of imagination do not mean much here unless it is something they can harness in their own world. But know even then they make you feel guilty about it because they themselves cannot bring their own sparks on their imagination into fruition.

Why are you willing to let others tell you how to live your life? Maybe you are the one who discovers the cure for cancer or maybe you design the first Jetson style flying car? By keeping your sparks on how to create the world a better place locked away – you could be denying the world the next best invention.

Why are you unwilling to let the true you out?

**KNOW RIGHT NOW!
YOUR SPARKS OF
THE IMAGINATION
DO MATTER.**

We can all agree to disagree but we all are worthy of being respected for our own ideas.


I invite you to step out of the world of FEAR and CONFORMITY into the world where you create the joy and love you deserve by going after your dreams!

•••••

Tami Reagor - Theta Healer
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me one on one I would love to work with you.*
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Lucy In The Sky With Diamonds



The knock on the door echoed and there she was bouncing into my life with a bubble and exuberance for life that was unmistakable and yet simultaneously a cover for a deep, deep, sadness. I felt it in my chest and in my stomach and tucked the realization away; silently thanking the empath within me that had nurtured and molded my capacity to use my own body as a kind of compass, a barometer for emotions. In the first few seconds my inner awareness had shown me the inner split, the core wound, the laughter, the joy, the larger than life personality was a cover for a deep inner sadness and loss, a maladaptive behavior to survive. It was a pattern I recognized far too well from a time long past, for it had also been mine in the twenty years following my gramps passing when I was 14. In an intense mirroring I was witnessing my own reflection of my own soul hole, through different circumstances at the same age.

It has always amazed me how people know instantly when they feel safe and comfortable. There's an odd scent of an awareness that their Soul has been waiting for an opportunity for someone they don't know, to hold Sacred Space so they can just allow their story -all of it's contents - to just tumble right on out. That's how it was, the day I met Lucy anyway.

Lucy didn't have a car of her own, she was in her mid 20's. Her mum drove her to where we had chosen to work together energetically. As I opened the door, there was a giggle in her voice, a hesitation as she stepped over the threshold and waved her mum off and her eyes met mine fleetingly before looking away and down. She was kinaesthetic, a deep feeler, emotional, open with few boundaries, an empath and she chatted non-stop; she was nervous, not knowing quite what to expect and having seen many people previously in the past who dissected her story apart and neatly categorized her. There was a mammoth duality, she radiated the most incredible love, intensely overwhelming and unconditional in its essence but she wasn't comfortable in her own skin. She apologized profusely for aspects of her being, within minutes of meeting me and her body signaled messages to my NLP aware brain and I listened, acutely aware in that instant that she had a story to share and a powerful one at that. She talked lots and I could feel that she was extremely anxious. So I inhaled my breath deliberately, slowing it right down, making it cool and calm and honed my energy, setting an intention of love and openness and a willingness to receive. She responded almost instantly as her breath began to match mine and her talk slowed, to a far less excitable pace.

Lucy didn't want a cup of tea or coffee, so I kept the energy calm as I slowly made myself one and then came to sit by her side. I knew from our previous conversation at introduction that she was interested in new age paraphernalia and was

desperate for a tarot reading but I also knew immediately, that was not where her answers lay. As she reeled off the countless people she'd seen and how they'd impacted upon her life, energy and capacity to trust, I knew instantly that my role was to assist Lucy to trust to go within herself for answers, to learn to listen to her body's communications. It was not about me giving her answers or neatly diagnosing; Lucy was here to experience for herself who she really was, to connect with herself and begin to unravel the ball of experiences that stopped her listening to her own inner truths. Tarot was not on the agenda for now, she needing grounding, to learn to feel safe within her body. To connect to the earth plane to begin to know who she was, not who others had told her she was. I asked her why she had answered the call to work with me because I wanted to gauge some idea of her ego strength. She looked me straight in the eye and told me I was a 'good egg'. I had not been expecting that but I laughed and laughed and laughed, it came in waves and I could not stop it; it shifted the energy instantly and I knew that she needed to learn to trust in relationships for, as she'd already told me, she had been betrayed far too many times...and so we began.

Lucy had had a long and abusive relationship with drugs and alcohol from an early age. She'd met countless people who'd manipulated her, countless people who'd taken advantage of her sweetness, countless people who'd messed with her self perception, countless people who'd analysed and categorized her but very few who'd actually help her begin to see who she really was. She had not felt 'at home' within her body from an early age and had dabbled chemically and increasingly from about the age of 11 to try to escape the pain of feeling so intensely within this world; a reality we empath understand so succinctly.

She had very limited personal boundaries and looked outside of herself to feel the deep soul hole which she felt so intensely. Lucy had a boyfriend who adored her, parents who supported her, a dog who read her emotionally like a book but she was looking outside of herself in an endeavor to stay filled up. She'd experienced bullying at school and beyond into her working years. The dopamine spikes of 10 years of chemical experimentation and endeavor to quell the pain of feeling so intensely as an empath had patterned her into looking externally for instant gratification.

She spoke easily and openly about her life but the more she talked the more obvious it was that her story was almost rehearsed. She'd learnt not to feel it. Sure it explained parts of who she was but she'd told it so many times to so many people that it just kind of rolled off her tongue. I watched her test me, the story building as she checked to see if I pull away in shock. Of course, I stayed firm; a constant energy holding sacred space. That was my role, to create a temenos where the magic of spirit could take over and do the work, bring some pearl of wisdom to the edge of her awareness. Occasionally, it would overwhelm her and she'd look down, caught in the emotions of the moment.

In our first meeting we must have talked, listened and clarified for 45 - 60 minutes. It was a double session because I know that connection and creating that space of sacred unconditional trust and positive regard takes time. She'd shared a plethora of incredibly personal information, some really challenging stuff and it was evident that she'd been betrayed and manipulated in many friendships and relationships; boundaries, this was our first port of call. She talked extensively about her connection to spirit and how drugs had very quickly opened her capacity to channel the divine and how it simultaneously terrified and fascinated her; Lucy needed to experience her body and the messages it held for her in a very safe way. Her sacral and base chakras, in particular, needed to feel safe to heal.

So, I suggested we begin a healing session and see what came up; knowing that she needed to begin to feel within the body. We began with a chakra diagnosis and she took herself to the base chakra where she saw a snake curled up at the base of the spine. Lucy was really surprised by her capacity to see and feel an image within her body, she dreamt with ease but had not expected her own body to talk to her symbolically during everyday walking reality. As she lay on the healing mat, and witnessed this snake just above the coccyx, she noticed that it was a bright shimmering green. It watched her everywhere she went and though she was reluctant to go near it she was amazed by how beautiful it was, how it glistened and just witnessed her. In the timeless state that walks hand in hand with inner work, she spent a long time connecting with her snake, witnessing, watching, allowing bodily sensations, focusing on the image and shifts in its movement and her feelings. She told me, "I know its safe. I can feel its here to protect me but I still don't want to go near it."

Following our healing time within the body, Lucy and I spoke about the relevance of the snake. She had no real awareness as to why a snake would have come, so I offered to share my observations. She was surprised to know that the snake is often connected to being grounded, that its body feels the vibration of the earth - just as her body felt other people's vibrational energy as an empath. Its connection with the earth is an intuitive one, it reads vibration and that was how it communicates and keeps itself safe. We talked at length about the significance of snake as representing kundalini life force and the flow of energy from base to crown; which is often unleashed unwittingly during the taking of drugs. We shared the significance of the colour green as a healing colour and that her own life force energy was waiting to shimmer and sparkle.

That one session created massive shifts within Lucy! I've been working energetically with Lucy for about 5 months now and the changes in her are phenomenal. She is beginning to see just how amazing she really is. She has learnt to clear and protect her own energy to keep herself safe, her relationships with others are becoming stronger, her relationship with herself has improved substantially, she asks questions constantly and enthusiastically, she's learning to embrace life from within and most importantly I have not heard her apologise for her own beingness in ages. Lucy's natural love of life and people is contagious and she recently celebrated almost 7 months of being drug free! It has been the greatest privilege to watch her begin to step into her power and allow herself to unravel the magic of who she really is and begin to develop a strong, real and deeper self-love connection.

Lucy's story is a real one, celebrated with permission; obviously her name has been changed to ensure that she remains anonymous. Karnie is an Energy Alchemist who combines Reiki, Crystal Bed Therapy, NLP and Access Consciousness as healing modalities. She has recently attained her Advanced Diploma as a Transpersonal Counsellor.



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we cope, and we can make the conscious choice of integrating this huge experience into our life rather than pushing it away, avoiding or ignoring it. Finding our feet in such a deep sea of emotions, actions and triggers can be an ordeal, and it can also be a gift. We choose. One of the gifts I discovered is this:

DEATH

Deep Experience Activating The Heart

Every day, I find gifts and blessings on my path, and from day one of this 'new' situation, my biggest treasure is this very clear communication and the connection I have with my soulman. He is right here, in my heart, guiding me, closer than ever before.

Being With Grief

What I learned in my first year of grieving.

In April 2014, my soulman made his transition to the other side of the rainbow very suddenly and unexpectedly. When the news came to me (as he was away on a business trip at the time), I had only clear moments. One of the first things I said was, 'it really is time to live my soul truth now'. My soul truth was and is that there truly is no separation, unless we **THINK** and **BELIEVE** there is. So I made a few choices right away:

I chose **LOVE** over fear

I chose to have a **DEEP EXPERIENCE** over loss, tragedy and suffering

I chose **CLARITY** over shock and confusion

I chose **GRATITUDE** over devastation

I chose **PEACE** over stress

Looking back now, making these choices came to me easily, as it feels like I had trained for this moment for over 20 years. Being with my soulman in this physical life for fourteen years was also training, as he recently asked me (from where he is now) 'how much more training do you want?' Although I'm not quite sure what all this training is for (and believe me, my strong mind would **LOVE** to understand it all!), I go with the flow of every moment, and I keep my heart wide open to hear my soulman's messages and my inner guidance (which might actually be one and the same...).

Over the past twelve months, I have learned a lot of great things about myself, and I am still astounded at rediscovering my own strength, stamina and my ability to love, no matter what. I have learned to deeply treasure my belief, and I have also recognized how important it is to have **SOMETHING** to believe in. May it be religion, spirituality, philosophy or the colour blue - when we truly believe in something, it will add to our core strength of standing strong in any and all situations in life.

Grief comes in all colours of the rainbow, and it can knock us off our feet, for a few moments or for a long time. It is up to us how

Hollywood Moments

Another choice I made was to share my experience with my soul family on facebook, as well as with my physical family and soul family. My facebook community already had a special place in my heart before my soulman died, and ever since April 15th 2014 that special place is one of my most beautiful love spaces in this world. The outpouring of love and support from 'complete strangers' was positively overwhelming, as my kids and I were flooded daily with loving thoughts, prayers and blessings. The virtual connections got so much stronger as so many people gave their love to us, and they still do. We received virtual love 24/7 for weeks and months. This is part of what I call my Hollywood moments, as it came totally unexpected, and it carried us through this emotional storm. In addition, we received so much love in the physical world in many different forms, from family, soul family and again, total strangers. There were miracles every day, small and big, everything we needed appeared out of thin air, magically! At first when I was voicing all this, I began with 'This is unbelievable', until I realized my wording as it **WAS** happening to us (and still is!), so I changed my language and stated 'Hollywood! This is like being in a Hollywood movie, and a good one'.

As I am moving into my second year of being with grief, I can look back on a year full of growth. What I have learned is that tuning into my Self for guidance, support and love is the greatest gift I can give myself. Sharing my path with my soul family so openly provides me with much appreciated extra love, which helps me through the low moments. Living my soul truth gives me the strength to face the challenges on my path with an open heart.

The process of grief continues, a valuable part of my life experience. I am sure I will shift and change over the years, with grief by my side - and that's ok. My motto on this earth walk is **SOUL MATTERS** - so I will continue to listen to my soul.



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Do You Really Know What You Are Putting Onto Your Body?

We have entered an age of unprecedented awareness about what is in our food and rightly so! With so much information readily available, knowing what toxins are contained in food items (e.g. pesticides, sugar, trans fats etc...) there is really no excuse for not making good decisions around our diet.

Conversely, while we are conscious of what goes 'into' our body, many of us are still uninformed of the impact cosmetics and toiletries can have on our health when we put them 'on' our body. With the average person putting around 5 pounds of product on their skin per year, have you ever thought about what is in them and how this can affect you?

Our scented lotions, rich coloured lipsticks and replenishing night creams don't just float around on the outer layer of our skin or hair until it is washed away - it penetrates deeper and deeper into our bodies as we wear it. Unlike ingesting our food where there is stomach containing enzymes to break down toxins, our skin readily absorbs chemicals and other substances deeper into our body through our skin layers, into muscles and fat, and directly into our bloodstream, without being broken down!

Beyond irritations that cosmetics can cause for some people, such as flaky skin or eczema type reactions, the chemicals absorbed by our body through cosmetics have the potential to cause a range of health issues, including:

- Allergies
- Immunotoxicity
- Endocrine (hormonal) disruption
- Developmental/reproductive toxicity
- Irritation (skin, eyes, or lungs)
- Biochemical or cellular level changes
- Irritation (skin, eyes, or lungs)
- Neurotoxicity
- Cancer
- Organ system toxicity
- Enhanced skin absorption (some chemicals actually cause our skin to absorb even more chemicals)

(Taken from Skin Deep, Cosmetics Database website)

So what are the 'nasties' contained in many beauty products that we should be avoiding in order to ward off potentially harmful toxins?

Common examples include:

- Animal products or by-products
- Formaldehyde-donating preservatives
- Alkylphenols
- Triethanolamine
- Phosphates
- Petrolatum
- Triclosan
- Parabens
- Phthalates
- Benzene
- Monoethanolamine
- Polyethylene glycol
- Bisphenol-A
- Hydroquinone

I will leave you to do your research on the above 'toxins' and while I certainly don't profess to be a chemist or scientific expert, my own level of awareness is enough for me to at minimum look at the ingredients on the side of my make-up, skincare and other toiletries.

In addition to the toxins, many types of cosmetic manufacturers have

practices that may not be in alignment with your values, yet you just don't know it. These might be values around the environment, treatment of animals, human rights or other core beliefs. For instance, do you know whether the lipstick you are putting on is tested on animals? Are you sure that the soap your family uses is clear of palm oil (responsible for the clearing of tropical rainforests and habitats for various endangered species)? Did you know that the eyeshadow you are wearing could be contributing to exploit child labourers in Indian mines? If you are vegan, did you know that many of the cosmetics you use may have animal or by-product in them?

So the question becomes, "what do I do to navigate my way through the sea of products available and which ones are certified to the standard I wish to subscribe?" The answer is the same as the approach you take with your food. Check the label, do your research and ask questions. For those of us with sensitive skin, like me, perhaps you have been frustrated when salespeople at the department store tell us we will be fine with the product, then discover we have a reaction to the product, even more frustrating when we are unable to return the it. Finding suppliers who allow proper 'test-driving' is a must. When you are purchasing a product (over the counter or online) ask the question about whether you can return the product and within what timeframe for a full refund.

Over 20 years, I have used the most expensive to the cheapest cosmetics and skincare money can buy. The cheapest is cheap for a reason and promoted allergies on my skin and whilst some people can experience good results, the absorption of the 'nasties' is likely to be higher. At the other end of the scale, whilst some of the fantastic Swiss formulated products were what I found to be my most desired, like many of us, I couldn't sustain the price and always ended up with having to switch to the cheaper and damaging options.

So, what I found was there are options other than over the counter at the big department emporiums that suit my need for quality, as well as price! In fact, many of them are completely online and delivered directly to your door at reduced prices.

Like most of us, my family's health and well-being is my priority. What goes in and on their bodies in my opinion is paramount to a healthy lifestyle. Having switched a few years ago, my family's skin health has never been better; my partner having suffered from eczema and chronic dry sensitive skin his entire life is now free from irritation, my 16 year old daughter has clear acne free skin which has given her confidence in her appearance, one less thing to worry about as a teenager. We now have our 6 year old (having her father's skin) eczema & dry skin condition normalised and she is free from irritation. All in all these benefits make it easier for us to get on with and enjoy our lives with qualities and gives me confidence that the people I have the privilege of sharing this with are better off for it.

Kylie is a qualified NLP Trainer, professional corporate leadership facilitator and transformational coach; having stamina and looking her best is important. After trying Arbonne products through a friend, Kylie happily became an Arbonne Business Independent Consultant and shares this opportunity with interested others. Her business now brings pure, safe and beneficial cosmetics, skincare and a range of wellness and nutritional products to people's lives.

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Forensic Healing Helped Me Get Well

The first time I came across Forensic Healing was on 2nd April 2014, my mother-in-law's birthday to be exact (I've always been good with remembering dates and where I was at certain times). I was perusing the internet, reading various news items, when something caught my eye to the side of the screen, (you know the info that is always advertised for us to catch) just the words "Energy Healing" and a picture of the woman that created this Forensic Healing system, jumped out at me. I went to the site, saw the introduction page and decided to view a 3 minute video.

What is this Forensic Healing System they were talking about? I was getting goose bumps listening to the women that had experienced amazing, hard to grasp, breathless, transformations. They were shown attending a course and seeing live results, then sharing their own testimonials. WOW! Within 30 seconds I knew this was for me. The intense energy vibrations that went through my body, and the jet stream of tears that poured from my eyes, made it clear this was something that struck a chord with me! How, why? I didn't know yet but by my reactions I knew, I needed to know more.

I signed up for an introduction course, found the Forensic Healing Facebook group, connected to the amazing women in the group, and started my journey that has been life changing for me... We all know how important change is to one's physical, spiritual, and emotional soul can be. It's liberating, it's unshackling the chains or baggage, its breath and renewing of you that no one else can imagine. I know, and have always known, that we reach crossroads, for whatever reason that may be for each individual in their life, that helps you make a profound change in your directions or see a clearer picture. I had been unwell for a few years, I thought I had been doing all the right things, but undoubtedly this was my spiritual side(I know my guides) telling me I wasn't!

So What Exactly Is Forensic Healing?

Well in simple terms, Forensic Healing is "the investigation and establishment of facts and evidence about a person's condition with a new holistic healing system to restore purity, integrity, health and wholeness". Forensic Healing is regarded as the deepest, simplest and most effective healing experience to release pain, trauma and stress fast. Forensic Healers help answer long standing questions regarding life struggles for those suffering from chronic physical, emotional, spiritual conditions, behavioural and relationship problems.

Forensic Healing Can Find The Real Cause To Bring Lasting Change

Forensic Healing is known for just how deep and fast an issue can be released. With over 90 healing pathways you can be assured, as we dig deep to help solve even the most challenging physical, emotional, and spiritual conditions. This healing system gets to the core using logic and intuition to help balance relationships, financial blocks, health conditions, or anything that causes stress or pain in your life.

Physical, Emotional, Spiritual Aspects Forensic Healing May Help With

Physical

Forensic healing can address any physical condition from toxicity, to allergies, hormones, hydration, neurology, DNA, genetics and structural problems such as jaw and back problems and toxic environments.

Emotions

Includes healings around loss, self-worth, sacrifice, sabotage, relationship cords and contracts, abuse, belief systems, shock, returning soul fragments, childhood trauma and forgiveness etc... Forensic healing can release and heal very deep emotional issues.

Spiritual

Forensic healing covers all spiritual aspects. This is where the real magic happens and we are ready for the life-changing healings for you the client. We cover karma, negative energies, past-life issues, contracts, curses, aura damage, possessions, attachments, lost souls, kundalini activation, power source, tree of life activation, healing words of power, awakening of gifts and many others.

Forensic Healing was designed using a structured approach to find the who, what, where, when and why of a person's condition. When doing a healing, it's exciting when we figure out the cause of a condition. As in the exact detail, the who, what, where, when and why, would bring about immediate healing.

In a session we begin profiling patterns, collecting evidence about a condition, analysing the evidence and reconstructing the whole story to determine the cause, beliefs, thought and behaviour that has damaged the intelligence of the DNA – the blueprint of life in every cell. We have found that the core problem in all conditions is damaged DNA. Identifying the cause of damaged DNA allows specific healing vibrations to be targeted for reconnecting and realigning the DNA. Balance relationship stress, financial blocks, health conditions or anything that causes stress or pain in your life.

A Focus On Women

Although Forensic Healing techniques are changing the lives of women, men, children and animals, we focus on teaching women. We see the key to progressing our world is through freeing women first – the influence upon children, future generations and men will follow. Our vision is to heal the deep wounds of women, break-through the suppression and negative archetypes that have kept women bound so we can heal the world.

Why Choose Me For Your Healing Experience?

"I Know, Like I Know, Like I Know" (a great statement that Iyanla Vanzant has used and it totally resonates with me) Though I may only have been recognised as an Intuitive Energy Healer for a relatively short time I don't profess to have done a variety of courses or modalities, life is my learning. I am so passionate about the faith that I have in this healing system, and that ultimately gives me a unique heightened awareness of this new found ability.

I've always felt something deeper, a longing, ever since I was a young girl. I've had many spiritual experiences over the years, though I didn't respect the calling of this deep trust.

Forensic Healing has given me this amazing ability to use what I've always felt I had a handle on, our intuition, but at a much deeper level, and now the healing aspect, I'm totally amazed. A sense of wisdom playing a greater role and a longing to accept what I've been told is inevitable as part of my soul's journey. I know my soul is aligning with my personal physical being, like a fork in the road, two paths running parallel coming to that tree in the middle of the road, and now stepping through that tree to continue straight ahead on this spiritual healing road.



Shana Russell - Forensic Healer

If you would like to learn more and work with me one on one I would love to work with you.

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5 ANCIENT *Natural* AND ALTERNATIVE HEALING METHODS THAT ARE STILL RELEVANT TODAY



The term alternative medicine or 'using alternative healing methods' means using any form of medicine that is not practiced by the majority of our doctors today. It is not yet used in our mainstream, western medicine, although as technology is catching up, many forms of alternative healing methods are being adopted by many conventional doctors.

If you are looking for alternative healing methods; here are some for you to try. Many have been used for thousands of years by our ancestors.

1 Traditional Chinese medicine or TCM incorporates a broad range of medicine practices sharing common concepts which have been developed in China and are based on a tradition more than 2,000 years old, including various forms of herbal medicine, acupuncture, massage (Tui na), exercise (qigong), and dietary therapy. It is primarily used as a complementary alternative medicine approach. TCM is widely used in China and it is also used in the West.

Traditional Chinese medicine "believes that the body's vital energy (chi or qi) circulates through channels, called meridians, that have branches connected to bodily organs and functions. Our energy and physical body is connected.

Some of the things TCM is used for are; insomnia and fatigue, loss of appetite, common digestive disorders, constipation and diarrhea, irritable bowel syndrome, chronic headaches, skin disorders, fluid retention, anxiety, depression and stress, allergies.

2 Cupping therapy is an ancient form of alternative medicine in which suction is created on the skin in a localised area. It applies suction to diseased parts of the body using ceramic glass or bamboo cups in order to increase the regional circulation and thereby promote healing. Or you can buy rubber cups that you can use on yourself to relieve those muscle aches. (I use mine quite a bit while I am at my computer). In very ancient times the horns of animals were used for this purpose. This mobilizes blood flow in order to promote healing. Suction is created using heat (fire) or mechanical devices (hand or electrical pumps). The practice dates from as early as 3000 B.C. Evidence has been found in China and in ancient Greece. Hippocrates used cupping for internal disease and structural problems.

Some of the things cupping is used for are; relieve back and neck pain, relax stiff muscles, calm anxiety, fatigue, migraines, rheumatism.

3 Aromatherapy is the use of essential oils used for therapeutic, hygienic and energetic purposes. It goes back to a number of ancient civilizations including the Egyptians, Greeks, Chinese, Indians and Romans who used them in perfumes, cosmetics and drugs.

Using "essential oils" distilled from plants, aromatherapy treats emotional disorders such as stress, anxiety and

depression as well as a wide range of other physical ailments. Oils are massaged into the skin in diluted form, placed in a bath, or inhaled. Aromatherapy is often used in conjunction with other holistic treatments, such as, massage therapy, reflexology, herbology, chiropractic, acupuncture. I love aromatherapy! (In fact it was the first modality I was ever trained in back in 1996).

Some of the things aromatherapy is used for are; burns, depression, dermatitis, nausea, joint pain, muscle pain, headaches, PMS, depression, bites, toothache, insomnia.

4 Dance therapy has been used therapeutically for thousands of years. It has been used as a healing ritual in the influence of fertility, birth, sickness, and death, since earliest human history but, the establishment of dance as a therapy and as a profession occurred in the 1950's. Dance and/or movement therapy uses expressive movement as a therapeutic tool for both personal expression and psychological or emotional healing.

Dance/movement therapy is not like a dance class where you learn steps or routines, instead, it directly focuses on the development of motor skill or physical release for the client.

Some of the things dance therapy is used for are; autism, physical disabilities, addition issues, sexual abuse histories, eating disorders.

5 Feng Shui is an ancient Chinese practice of arranging the home or work environment to promote health, happiness, and prosperity. The history of feng shui covers 3,500+ years before the invention of the magnetic compass. It originated in Chinese astronomy. Practitioners may recommend changes in your surroundings - from the color scheme used in your environment to furniture placement - in order to promote a healthy flow of chi, or vital energy.

Some of the things feng shui is used for are; getting grounded, focusing attention, clearing emotional blocks, bringing on abundance, sleep, balance, breaking through creative blocks.

Sharon White

If you would like to learn more and work with me one on one I would love to work with you.
www.globalhealingexchange.com/emotional-freedom-program



SUPERFOODS

What Are They?

I was wondering the same thing - in terms of a definition - and I had to visit numerous online dictionaries before I actually found one that had a definition. This suggests that the reality of superfoods has not yet gone "mainstream." You, then, are ahead of the general population just by being curious and willing to learn.

You've probably been eating some superfoods regularly but perhaps you didn't realize they are a powerhouse of nutritive support. I'd like to share 21 of the top superfoods for you to consider adding into your lifestyle habits.

Superfoods are nutritionally dense foods whose properties are far superior to other foods. According to thefreedictionary.com: superfoods are "a non-medical term popularized in the media to refer to foods that can have health-promoting properties such as reducing one's risk of disease or improving any aspect of physical or emotional health. So-called superfoods may have an unusually high content of antioxidants, vitamins, or other nutrients."

You can't really have a discussion about superfoods without looking at the ORAC scale. ORAC means Oxygen Radical Absorbance Capacity, which means "a measure of the ability of a food or any other substance to quench oxygen free radicals in a test tube" (6) Many superfoods have been measured in this manner and are high in antioxidant qualities - hence, one of the many reasons they are considered "super" - or superior - in nature.

BERRIES & FRUIT

Acai

This beautiful berry harvested in the Brazilian rainforest, is dark purple in color and is similar in size to the blueberry. High in antioxidants, healthy fats and amino acids, Acai is often found in energy/superfood beverages. Antioxidants are known to counteract oxidation in the cell. Oxidation is accelerated by lifestyle choices of alcohol consumption, cigarette smoking, exposure to the sun, and pollution. While we cannot escape all these variables, we can make wise choices. Acai has an ORAC score of 5500/100 grams.

Avocado

Often considered a vegetable, avocados are actually a fruit. Enjoyed by people across the globe, avocados are high in healthy fats and fiber, are low in carbohydrates and offer the full spectrum of amino acids. They are rich in vitamins and phytochemicals (which keep inflammation in the body under control). Enjoy avocado alone as a snack, as a side to a delicious meal, in a salad or a favorite is guacamole. Avocado is also an excellent addition to your healthy fat smoothie. Avocado has an ORAC score of: 1922/100 grams.

Blueberries

Who isn't familiar with the blueberry? This delicious and sweet berry is high in antioxidants. Blueberries have been shown to protect the brain, heart and liver against oxidative, age related damage. (1)

Easy to enjoy in smoothies, in a bowl with fresh, organic cream or simply by the handful, adding this berry to your diet provides a low calorie, vitamin and mineral rich addition.

And fortunately for blueberry pie or cobbler lovers, it's been shown that blueberries are heat stable, meaning that they do not lose their superfood properties when subjected to heat! (1) ORAC: 6552

Goji / Wolf Berries

These nutritionally dense powerhouse berries are found in China's "herbal medicine valley" and are high in 21 essential minerals, 18 amino acids, vitamin B1, B3 and C as well as protein, fiber and more. (1) An excellent choice to support the immune system, this berry deserves your attention.

The Chinese have used this berry medicinally for thousands of years. Known for the balancing effect on our chi, the goji berry does not warm or cool (traditional Chinese medicine). (2)

According to D. Gary Young: With over 15% protein by weight and one of the highest vitamin, mineral and amino acid profiles of any food I have ever encountered, the wolfberry represents a breakthrough in nutritional medicine. It is more than just a berry or an herb; it is a hybrid between a food, vitamin, herb and medicine, a superfood that represents the future of therapeutic nutrition. (1) ORAC: 25,300

Pomegranate

Pomegranate, that strange apple-like fruit that when you break it open is fully of beautiful, glistening red seeds. The nutrition lives within those seeds and the juice.

Nutrient rich, the pomegranate offers Vitamin C, potassium and B5. With an ORAC score of 2860/100 grams, this fruit is a powerful anecdote to free radicals. (14)

Raspberries

Who would have thought this delicious berry would be high in antioxidants, anti-inflammatory and phytonutrient properties? It's true! Raspberries are also high in fiber, vitamin C and are heart friendly.

High in ellagic acid, a polyphenol, the berries may be effective in cancer prevention; the ellagic acid binds the cancer-causing chemicals, thus making them inactive. They strengthen your veins and circulatory system as well. (19) ORAC: 4900

Coconut

Coconut is amazing in the nutritional support it gives you - not just by eating or drinking, but even using it in your personal care products.

Nothing compares to coconut oil! The flavor is tantalizing, the benefits astounding. Coconut water and coconut milk equally important and a delightful addition to your cupboard.

Rich in fiber, vitamins and minerals, coconut is an important staple in many cultures, primarily Thailand, South and Southeast Asian countries, West Africa, Hawaii and the West Indies. (5)

Coconut Oil

Coconut oil is considered one of the healthiest foods on the planet. Comprised of what is known as medium chain fatty acids (MCFAs), coconut oil is considered a healthy fat, is easily digested and converted to energy rather than fat within the body. (4)

Coconut Water & Milk

According to Dr. Josh Axe coconut water and milk differ thusly: As a coconut matures, more of the water inside is replaced with coconut meat, so mature coconuts tend to be better producers of coconut milk, while younger coconuts (around five-seven months) are the best producers of coconut water. Coconut water is higher in sugar and certain electrolytes, while coconut milk is higher in healthy saturated fatty acids (from coconut oil) and calories. (5)

Coconut water is an excellent snack type beverage loaded with electrolytes while coconut milk is a great addition to soups, a smoothie base, other cooking or baking. Considered a healthy fat, coconut milk has a slower burn rate and holds the feeling of being full a long time.

Here's a favorite coconut milk smoothie recipe for you to enjoy:

- 1/4 - 1/3 can coconut milk
- equal part almond milk (or similar)
- half an avocado
- half banana
- handful of berries of choice
- generous handful of spinach leaves
- 1 T chia seeds

Place all ingredients in a high speed blender and blend until smooth. Add protein powder if desired. If it's too thick, add purified water or a natural juice to desired consistency. A nut butter is also a delicious addition. You can see this recipe has several healthy fat ingredients which will hold you a good 4-6 hours until your next meal.

Mushrooms Medicinal Mushrooms (7)

Medicinal mushrooms are growing in popularity and in people's awareness for their powerful, adaptogenic health qualities. They are a viable source with numerous health promoting/supporting capabilities and again offer high antioxidant activity.

The most prevalent feature of the medicinal mushroom is the polysaccharide. Polysaccharides provide fuel and energy as well as protection for our cells.

The adaptogenic quality of the medicinal mushrooms is hugely important because this innate intelligence means your body will get what it needs. Conventional medicine, drugs - over the counter or prescription - typically have one function. An adaptogen adapts to your specific ecosystem. What this means is both you and I can use the same product and achieve different results simply because our body chemistry requires different things to achieve balance, wholeness, and health. Unlike a drug, they become part of your cell structure. This is truly nature at its finest!

Cordyceps

More expensive than gold itself, this mushroom supports the endocrine system, is a powerful stress regulator, replenishes the adrenals and supports hormones. Excellent for endurance activities, athletes find much support with this superfood. (7)

Cordyceps are rich in antioxidants, improve kidney and lung functions as well as balance. They also enhance both energy and immunity. Cordyceps are also known for their anticancer properties. (22)

Lingzhi / Reishi *Ganoderma Lucidum*

Lingzhi - Chinese - Reishi - Japanese

Known as the King of medicinal mushrooms, the Lingzhi has a 5000 year history in traditional Chinese Medicine and is the most revered and studied of all medicinal mushrooms. It is known as the herb of longevity, immortality and is said to be the symbol for good luck, good health and happiness. Imagine enjoying lingzhi on a daily basis!

Study of the Lingzhi has shown it has over 400 immunomodulation properties; and it increases circulation, promotes cardiovascular function, stimulates the immune system, brings equilibrium to weight management, reduces stress, maintains reproductive health and potency, and enhances sleep. (8)

Most importantly, the Lingzhi is known for its anticancer properties. Loaded with triterpenes and polysaccharides, Lingzhi prevents the spread of tumors. (20) Research has shown Lingzhi to inhibit cancer cell proliferation and kills cancer cells directly. It extends life, reduces side effects of traditional treatment and increases quality of life. (21)

Maitake (*Dancing Mushroom*)

Maitake offers significant immune support, is anti-viral, anti-bacterial, helps the liver, and regulates the Ph within the body. This regulation of our Ph alone makes it an excellent superfood for cancer, as it activates natural killer cells and annihilates harmful pathogens. (8) (9)

Shiitake (*Elixir of Life*)

Known for its culinary deliciousness, it is also a powerful superfood. Used for centuries in Chinese Medicine, this mushroom strengthens the heart, liver, stomach, kidneys, has anti-aging properties, and has a highly bioavailable source of iron. Highly effective in cancer fighting properties and still, leaving that element out, the shiitake far outweighs the typical white button mushroom found in the traditional grocery in the protein, fiber, minerals and B and D2 vitamins they contain. (8) (10)

NUTS & SEEDS

Almonds

The enjoyment of eating almonds dates back to 4000 BC! As science reveals increasing benefits of eating almonds (raw, the nut butter, milk, meal or flour), they are becoming more popular and sought after. A healthy fat, almonds are powerful antioxidants, offer a rich source of unsaturated fatty acids and are an excellent source of fiber. (11)

Almonds provide nourishment to the brain and support healthy gut flora - crucial for digestion as well as elimination.

An easy thing to habituate is to soak five or six raw almonds in a small amount of purified water overnight. In the morning, eat the almonds mindfully to add all their healthy fat and fiber into your day. Don't discard the water! Drink it or simply add it to a smoothie. This practice will help set the stage for healthy digestion throughout your day. ORAC: 4454

Brazil Nuts

Another excellent source of fiber, protein and healthy fats, this nut helps control hunger which in turn will help curb appetite (in a healthy manner), thereby bringing weight into balance.

Brazil nuts offer a plethora of nutrition, including minerals, B complex, vitamin E and selenium. No other food is richer per serving in selenium than the brazil nut. Selenium is an antioxidant, which, as we've established, protects the cell from damage. It is also vitally important in healthy thyroid function. (13)

Chia Seeds

This tiny seed is a powerhouse of nutrition - it is truly a superfood! A healthy fat, chia is easy to add into your diet - add to your smoothie, baking, salads, sauces, oatmeal. It slows digestion, giving it "staying power" and helping you feel full longer.

Chia is rich in Omega 3s and fiber, calcium (bone and teeth health), phosphorus (good for cell repair) and an excellent support for good cholesterol. (12)

Nut Butters

In the interest of space, I'm putting all nut butters in one category. Nuts are a superfood in and of themselves and when ground into a spreadable butter, the delicious goodness can be added to your baking, smoothies, and/or a complement to your sliced apple or celery.

Nut butters are rich in protein, antioxidants, vitamins, minerals and omega 3s. For an excellent nutritional chart on the various nut butters, visit: www.popsugar.com/fitness/Nutritional-Information-Nut-Butters-722886

ROOTS

Ginger

Ginger is a gnarly type root used as both a spice and as medicine. High in anti-inflammatory properties, ginger has been known to help with joint issues (where inflammation loves to make itself known). It is also calming to the stomach, helpful with motion sickness and nausea. Its ORAC measure is 14,840/100 grams, making it an excellent addition to your diet for its ability to combat cell oxidation. (16)

For a fascinating look at all the ways the various countries and cultures of the world use ginger, visit Wikipedia. (15) Ginger is used around the world in beverages, medicinally and in cooking.

Turmeric

Turmeric, a member of the ginger family, is known primarily for its anti-inflammatory properties and curcumin, a major active ingredient with antioxidant and anticancer properties and the primary pharmacological substance supporting the reduction of inflammation in the body.

Turmeric is a personal favorite of mine. Having suffered two concurrent concussions (traumatic brain injury) one year ago, I tripled my use of turmeric to reduce the inflammation in my brain. This was an intuitive process later verified by kinesiology.

In addition to inflammation, turmeric supports the heart, liver, digestion, bowel and skin. It is also said to prevent cancer. (17) ORAC: 127,068

VEGETABLES/GREENS

Kale

A member of the dark green leafy group, there are numerous varieties of kale - my favorite is dino kale. Leafy greens are important in your diet because they are vitamin, mineral and phytochemical rich. Kale helps digestion, detoxification, supports the immune system, vision and has also been shown to reduce the risk of, or even combat cancer. (18) It also aids our vision and is an anti-inflammatory agent.

Ideas on how to incorporate kale into your diet: juice it, add to smoothies, lightly sauté in coconut oil, and make a kale salad (it's delicious with sesame dressing).

Spinach

Another member of the dark green leafy group, spinach offers a plethora of nutritional bang. Readily available in most groceries, spinach supports our vision, is anti-inflammatory, nutrient dense, rich in fiber and omega 3s. An antioxidant, spinach protects us from free radicals.

Spinach is another easy vegetable to incorporate into your lifestyle. Add a few handfuls into your smoothie, add into your scrambled eggs or frittata, sauté in coconut oil and add a bit of organic cream or coconut milk for a delicious side. ORAC: 1513

OTHER

Raw Honey

Have you ever considered that honey may, indeed, be a superfood? Forget the processed honey that comes in a plastic bear squeeze bottle! Look for locally sourced honey, preferably in glass containers. The importance of locally sourced honey goes beyond supporting your local bee keeper. The pollens the bees produce and whose properties are in the honey specifically support you in that same relative environment. It's a great, easy way to combat allergies.

That said, raw, unprocessed honey is an excellent source of enzymes, is soothing to your digestion, strengthens the immune system, supports the respiratory system and of course tastes delicious!

What we've seen here is a repetition of healthy fats, anti-inflammatory support, antioxidants, immune support, and specific system support. I never suggest making huge changes - an attempt to "do it all" at once - as this typically results in overwhelm and ultimately defeat. Rather, begin by making small changes - one or two at a time. Habituate and then repeat the process by making more changes. One day, then, you'll open your cupboard and you won't see the unhealthy foods you'd once thought as "normal" - and your new normal will be clean, healthy choices that better support your body's functions. Never seek perfection, only excellence in the one choice you are implementing.

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OVERCOMING DEPRESSION

In the olden days it was called melancholia, today it is called depression and it is one of the major psychological problems of the developed world. It could be described as a sense of despair or helplessness, a lack of self-esteem with no enthusiasm or interest in the surrounding. Sometimes there are also physical symptoms such as sleeplessness, lack of appetite and a general loss of energy and enthusiasm for life.

Feelings of moroseness, uselessness, lack of energy, inability to sleep, and a poor attitude toward life in general seem to be common amongst many people. Depression causes a pessimistic view of things and most of the time the thoughts that accompany the feelings are completely unnecessary but how do we stop those thoughts.

The reasons for depression are most likely different in each person, often it's a result of circumstances. I remember being told by a counsellor many years ago that the depression I suffered was due to the external circumstances in my life. In other words when everything was going well and I was engaged in life I seemed happy. This made me look at my life and

observe what was happening in the times that I felt depressed. By observe I mean to look at all the aspects, the thoughts the actions or non-actions, the circumstances that surround the diagnosis or the label if you like.

The most beautiful discovery was that everything changes, and that this so called thing that seemed to cripple me at times and indeed stopped me enjoying life was actually manageable and better than that, transformable!

In spite of what a person who is suffering depression may think, it is actually very easy to overcome depression from a spiritual point of view. It is not at all as difficult as some of us imagine. It is actually a matter of perspective or point of view, which is based on the mental disposition. This attitude and perspective is what must be changed. Mind has the mysterious power of magnifying a problem and making it appear formidable and bigger than it is. Do not listen to the promptings of the mind. Reject them ruthlessly and throw them out.

Although spirituality may not be able to cure all forms of

depression completely, it will certainly help. In many cases, developing oneself spiritually can lay the groundwork so that if you are depressed, you may change your view which may allow you to rise above a depressed state of mind. In other cases, it can lift you right out of any depression or despair that you may feel.

If we really start by observing our thoughts we discover that the mind is quite negative at times. In fact I like to explain it from the perspective of states of consciousness. We are either operating from the lower consciousness or the higher consciousness. The lower consciousness is always repetitive, compulsive and destructive and the higher consciousness is always creative, expansive and auspicious. When we start to observe our thinking we will notice the parrot on our shoulder that tells us things are bad, nothing is going to work out, how bad we are and how bad we feel and guess what happens then, we spiral into the feelings and experiences that are created by those thoughts.

Now you may say but how do I get rid of the thoughts? Well I don't think you can but I do know that once I become aware of them, I immediately have a choice as to whether I engage and entertain that particular movie of my mind or whether I re focus and move to something more enjoyable.

Ultimately the journey needs to be from the head to the heart. Our heart is over 5,000 times more powerful than our brain, our heart is trustworthy as is life if we just meet it through our heart with the curiosity of a child and the wisdom of an adult.

Each moment in life is an invitation to fully live and appreciate all the flavours that are offered to us in this journey of being human. The problem is very simple, when experiences that we want and like are presented to us we say yes to them and we experience joy and happiness, but when life presents us with something that we interpret as negative we run away from the experience. We do this by labelling what's going on by interpreting it, by telling a story about it, by justifying, by blaming, by judging etc, when all that is actually needed is to directly experience what is happening in the moment. We need to do this through the sensory body.

So instead of avoiding we allow and say yes to the experience and the wonderful thing is that all feelings and situations directly experienced turn back to the peace and joy we are searching for.

We need to be engaged in life we need to enjoy our physical bodies by inhabiting them and to do this we need to move and we need to have a purpose. The purpose does not have to be huge or difficult, we can start with small things. One thing that can be very helpful is to have a look at things that make you happy. Small things that are achievable, that you can do each day that will help to put a different perspective on your life. Being willing to feel deeper than our stories, deeper than our emotions into the source of our own precious heart is the key to transformation and I have found the key to overcoming depression.

I mentioned earlier the art of observation, this is an important step as it helps us to discover the triggers and once we are aware we can catch ourselves at any point and make a decision to move in a different direction.

In the beginning it's a bit like training the brain, the mind and deliberately choosing to not engage in the thoughts. You see if you really track it, you will discover that there is first of all a thought although it may seem that only the feeling is there. This is why we must really be honest and look deeply inside which may require the help of a practitioner at first.

There is a saying I like to share "To see is to be free" we are all on some level looking for love, freedom and peace and often the journey through depression is the very gateway we need to find this.

Being depressed is okay, indulging in the depression, landing in the layer of self-pity and resisting the deeper feelings is the suffering.

Remember your heart is so trustworthy more that your interpretations will ever be so please allow yourself to sink into the longing into the love that is always here and you will be very surprised at the beauty and life-force that is awaiting you...

On a very practical level some tips for moving from suffering to joy, from existing and just managing life to really living and experiencing are:

1. Move your body, exercise, go for a walk, feel your feet on the earth this will help to move you from the head to the heart
2. Do something that you love every day
3. Make an effort to be present with what you are doing and enjoy it
4. Change your viewpoint
5. Meditate
6. Reflect and observe yourself, your thoughts, your feelings
7. Surround yourself with people who love and support you
8. Start to have a relationship with your heart
9. Spend some time in nature
10. Fall in love with love

I think the deepest cure we can find for our depression is first to accept it rather than be depressed about being depressed and then we can access the love in our hearts. Once we have activated love, we can activate gratitude and from her we can just simply fall in love with love.



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