

Holistic Living

ISSUE 2

By Global Healing Exchange

**LIVING WITH
DIABETES**
A HOLISTIC WAY

**LEARN TO
LOVE
YOURSELF**

**WHAT YOU
DON'T KNOW
ABOUT DIABETES
MAY SHOCK YOU**

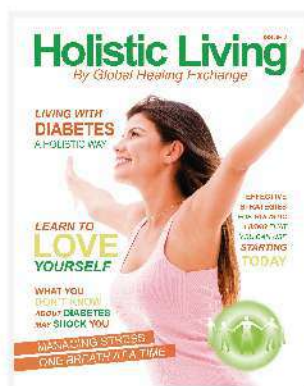
**EFFECTIVE
STRATEGIES
FOR HOLISTIC
LIVING THAT
YOU CAN USE
STARTING
TODAY**

**MANAGING STRESS
ONE BREATH AT A TIME**



HOLISTIC LIVING MAGAZINE

ISSUE 2 SEPTEMBER 2015



HOLISTICLIVINGMAGAZINE.COM
WWW.GLOBALHEALINGEXCHANGE.COM/HOLISTIC-LIVING

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CONTENTS

LIVING WITH DIABETES

SHARON WHITE *page 1*



THE DIET THAT REVERSES DIABETES. NUTRITIONAL KETOSIS FOR DIABETES.

DEBORAH MURTAGH *page 14*

DIABETES AND WHY I'M CONFUSED

CASSANDRA JONES *page 2*



VIBRATIONAL ART. WHAT IS IT?

TRACY ROBBINS *page 4*



3 THINGS YOU CAN DO STRAIGHT AWAY TO RAISE YOUR VIBRATIONS NOW

SHARON WHITE *page 20*



THE CORE IS CRITICAL

MICHELLE OWEN *page 6*



LIVING WITH TYPE 2 DIABETES

JOANNA RUSHTON *page 22*



LIVING WITH DIABETES. FIND THE SWEETNESS IN LIFE.

ANI NERADILKOVA *page 8*



MANAGING STRESS - ONE BREATH AT A TIME

JANE TURNER *page 26*



WHAT ARE GOOD FOODS TO EAT FOR DIABETES.

IRENE VERVLIT *page 10*



TOUCHED BY CANCER. GOING INTO THE VOID. GRIPPED BY FEAR.

PHILIPPA JOY OXLADE *page 28*

CONTENTS

TRUST

WHAT CAN HEAL DIABETES TYPE 2?

JEN HARWOOD *page 30*



BEING WITH GRIEF PART 2: LIFE'S WHAT YOU MAKE IT

BARBARA PATTERSON *page 42*



FRESH ROAST VEGETABLE SALAD

JIMMY BOSWELL *page 32*



BAKED EGGPLANT SNACKS

JIMMY BOSWELL *page 43*



THE JOURNEY OF STEPPING UP & MOVING BEYOND THE COMFORT ZONE

NICOLAS PERRIN *page 34*



THE POWER OF HYPNOBIRTHING

KATIE KEMPSTER *page 44*



CAN THE LAW OF ATTRACTION HELP YOU MANAGE OR EVEN REVERSE DIABETES?

ELAINE TORRANCE *page 36*



RELEASE NEGATIVE LIFE PATTERNS WITH FORENSIC HEALING

SHONA RUSSELL *page 46*



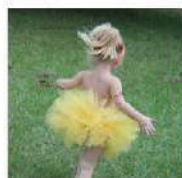
A WISH FOR HOPE

TAMI REAGOR *page 38*



SHAMANIC HEALING- GOING DEEP, DEEPER, DEPEST

JIM GREYWOLF PETRUZZI *page 48*



SWEETNESS HEALS BEYOND THE VEIL

KARNIE KAMELA *page 40*



DIABETES & SEXUAL FUNTION

TARYN HARVEY *page 50*



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Living With Diabetes



Sharon White

Founder of Global Healing Exchange
and Holistic Living Magazine

*Please use the information you
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*This content is not medical advice
and is not intended to replace the
advice of healthcare professionals.*

*Always consult your doctor or other
healthcare professional before
beginning or making health changes.*

*You should never disregard medical
advice or delay in seeking it
because of something you have
read in this magazine.*

There is an epidemic of diabetes in this world. I'm sure it was not as prominent 25 years ago. In fact it was not.

I remember a friend of my mum's had diabetes and I was astounded that someone had to stick themselves with a needle on a daily basis; now it is almost common place.

You don't have to take my word for it. Research shows an increase in diabetes. A recent study, 'A Global Prevalence of Diabetes'¹ shows the projection in the rise of diabetes by the year 2030.

The goal of the mentioned study was to review the current incidence of diabetes and estimate it's prevalence by 2030. Based on the study's findings the total number of people with diabetes is projected to rise from 171 million in 2000 to 366 million in 2030. This is a near doubling of the people worldwide who have been diagnosed with diabetes in only 30 years!

This study shows an amazing rise of people with the disease with very scary statistics.

In addition a recent article in the Belfast Telegraph shows the annual number of diabetes-related amputations in England is now more than 7,000 a year².

Diabetes is a very real problem. For many not only is it a physical issue it is also an emotional rollercoaster ride.

We need to ask ourselves; What is causing it? What can be done about it? Can we prevent it? How can we take back control of our health?

The experts in this magazine will answer these questions for you. Diabetes CAN be managed and in some cases reversed. It will require a lifestyle change but, with the correct knowledge and input, your body can repair.

There is a lot of information in this magazine. Please share with anyone who you know will benefit from this information. This epidemic CAN be reduced when people have the correct knowledge.

¹ Wild et al., American Diabetes Association, May 2004.

² Belfast Telegraph, July 2005.

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Estimates for the year 2000 and projections for 2030, accessed 11th July 2015 from <http://care.diabetesjournals.org/content/27/5/1047.short>

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<http://www.belfasttelegraph.co.uk/news/uk/135-diabetes-amputations-per-week-31374748.html>

A stylized, cursive signature of Sharon White.

Sharon White – Founder of Holistic Living Magazine

Diabetes & Why I'm Confused



Cassandra Jones

Editor at large

Please use the information you learn in this magazine as a guide.

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You should never disregard medical advice or delay in seeking it because of something you have read in this magazine.

When Sharon and I first talked through this edition and our experiences with Diabetes it was spookily similar; when growing up, both of us only knew a couple of people with Type I Diabetes, for me an aunt who'd had it for years and a classmate. Then Type II Diabetes was rare and was still known as Adult Onset Diabetes, rather than the far more familiar Type II Diabetes that we are all aware of today. Today 90% of all Diabetes cases are of course Type II, and it is no longer known as Adult Onset as the incidence levels in children has rendered that naming moot.

So why the confusion? Well, once I started to research the causes of Type II it struck me that the myriad of ways that 'experts' approach the whole concept of diet, exercise and what we should be doing to be healthy was just confusing and contradictory, with the only solid fact that I knew was that being overweight was a major factor in Type II Diabetes. Now let me delve into the source of my confusion, through this we'll touch a little on statistics (my favourite bit) cover off the contradicting evidence and then alight on a possible way forward.

First a brief statistics lesson. You will hear many people talk two key terms in statistics; these are correlation and causation, and they are the basis of a fundamental error that people make with statistics. What is meant by this is, whenever you take a large enough body of data and look for patterns you will inevitably end up with many that correlate, i.e. one thing happens when another does. What you do not get in most, if not all, patterns you see is a definitive level of causation, i.e. one aspect of the pattern was caused by the other. Let me demonstrate; the recent Ashes Cricket series has been broadcast on one Australian TV channel for matches one, three and four, and a different channel for match two. The second match was one that Australia won; here we have a pattern that is correlated, but it is most definitely not a causation...the match being shown on a different channel did not cause Australia to win. Sadly, while this is a humorous example, many people who should know better make the same mistakes but on a far larger scale.

Now back to the confusion; 'Diets' have been around for a lot longer than we think, the one of the first to be popularised was by Lord Byron back in 1820¹, and it feels as though every year since has brought a new fad with it. These include such memorable ones as the "Reach for a Lucky [cigarette] instead of a sweet", the Tapeworm diet and of course the perennial low fat diet.

Of course, the low fat diet is the one that seems to have stuck the most, with many organisations, governments and health bodies all extolling the virtues of a low fat diet as a way to control ones weight and to be a healthier person. There is only one thing that is wrong with this idea, and that is fat consumption peaked sometime in the late sixties and early seventies, has dropped pretty much constantly since then, and only slightly lifted back up in the last few years², and yet people are more overweight than ever before.

¹ Lesley Rotchford, Health.Com, February 8th 2013

² Lesley Rotchford, Health.Com, February 8th 2013

This is a classic example of correlation and causation being conflated. The initial data showed that fat consumption after the Second World War was rocketing up at the same time as people were gaining weight and that just had to be the cause of the weight gain in western society (correlation being seen as causation). Sadly it seems that it wasn't, so if it's not fat that is the cause of the problem, then what is? And this is where the confusion comes in; depending on what data you look at, which aspect of human behaviour you look at, then you will get answers that don't make sense. That just make things more confusing.

Moving on, let's look at the current bete noir of the food industry; sugar. Here the evidence seems as solid as it was for fat. Sugar consumption in the Western world has shot up from around about 10 Kg a year at the turn of the 20th century to near a mind boggling 50 Kg today. As Joanna Rushton calls out in her article "Living with Type II Diabetes" this is 27 teaspoons a day!! There are books being written about the scourge of sugar³, newspaper articles⁴ and yet at the same time in Australia there are also papers that say that sugar consumption has been dropping in Australia since 1995⁵ which contradicts the thought that sugar is the cause of the rising percentage of overweight people in the country. So back to being thoroughly confused.

At this point, we could continue down the rabbit hole like Alice, or take stock of what we do know, and instead of getting wrapped up in incomplete and opposing views, just focus on some key facts. And these are the things we do know:

- Being overweight is a key indicator and cause of Type II Diabetes
- Lack of exercise is a contributing factor to weight gain
- Over eating is a major factor in being over weight

Now these statements aren't earth shattering and are somewhat obvious, but at times in the conversation over diet and health, the obvious gets obscured, lost in the variety of messages. Instead it is best to go back to basics and the place to start is a simple equation; one kilo of fat is about 7,000 calories⁶. So for every kilo that you are overweight at some point you have consumed 7,000 calories more than your body used. This is also true vice versa, to lose one kilo you need to burn 7,000 calories more than you consume.

And that is where you need to start; look at your overall calorie consumption. Look at where those calories are coming from. Focus on the obviously high calorie foods, drop all the sugary drinks, reduce (not remove) items high in fat. Avoid the 1,000 calorie meals. Now add in some exercise to help balance things out. At no point go crazy, extreme changes of behaviour won't stick, the weight will just come back with a vengeance. You have to do this gently and steadily. Oh and ignore so many of the messages...they will just confuse you ☺.

³ David Gillespie, 2008

⁴ Victoria Lambert, The Telegraph, December 11th 2014

⁵ Jennie Brand-Miller, 2011

⁶ Clare Collins, How many calories do you need to lose weight

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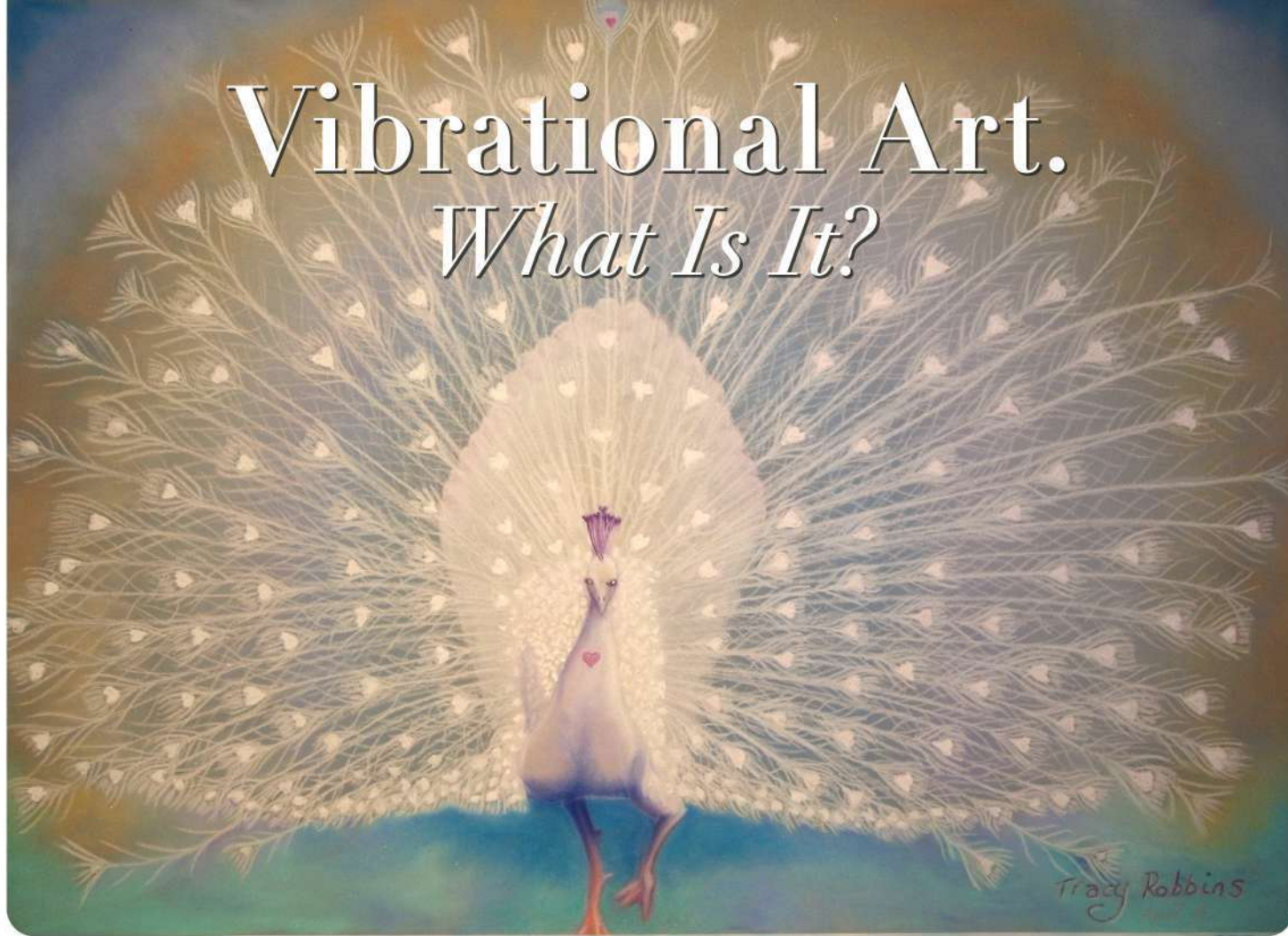
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Cassandra Jones
Cassandra Jones – Editor at large

Vibrational Art.

What Is It?



Vibrational Art is artwork that was created with a healing intention. It speaks to the greater parts of your being, your spirit, your soul and your multi-dimensional light bodies. It has undergone an energetic process that enables it to unlock healing around the intention it was imbued with, working like a key to activate healing and spiritual evolution for your body and soul on multidimensional levels.

Everything we see or touch holds a vibration. Those who are sensitive to these energies can sit on a chair in a park and feel the feelings of the person who left the strongest energy imprint on it. You may have noticed that food tastes better in certain restaurants where the atmosphere is nicer, or when the person preparing it just loves preparing food. In the same way art holds the feelings and emotions of the creator. When the artist channels the artwork, holds a healing intention for it or does energy work on it during or after the painting process, the vibration can have an even more profound effect due to the conscious intention it is imbued with.

How The Artworks Developed

My discovery of vibrational art came about by a sequence of experiences. In Reiki healing you are taught to send healing energies remotely and in some schools they do this by using an object such as a teddy bear to represent the recipient. The recipient can usually confirm receiving the healing frequency at the intended time. The time it is received is not related to the time it was sent, but determined by the moment the recipient opens to receive it, functioning outside of linear time.

I began to channel information via pen and paper many years ago and this became a common way for me to deliver healing. I would draw information, people or objects onto the paper and then send healing energy into it and redraw the result. Though I was able to send the energy directly without the diagram, and even at times was present in the same room with the recipient and able to actually put my hands on, the visual information was so helpful that I often still drew as part

of the healing. I understand now that the drawing itself actually contained important visually activated energy keys.

This naturally developed into healing through painting when I purchased a set of pastels in an art shop and attended a pastel workshop. I was able to perceive the vibration coming from my first artwork immediately. With each painting I produced, I noticed that people were naturally drawn to the artwork that was relevant to their needs without any conscious understanding of what the intention was behind the painting. An example is that people with food or environmental sensitivities were attracted to a piece about oneness and harmonisation with food and environment. Their energy was drawn to the invisible information it contained which matched their personal situations.

The pieces started to come into my head during healing

sessions so I printed them and placed them into the healing table during sessions. This soon became a routine that every client would chose the paintings they were drawn to for use in the healing session. It is similar to using crystals which have specific properties and people are unconsciously drawn to the crystal that is relevant for them.

The next stage was that I became aware that the energy work I was doing in paintings and healing sessions began to hold a memory of a healing path undergone and form a template or code which unlocks a healing process in the recipient. The paintings began to contain layers of multiple healing codes creating a healing formula. So a sequence of individual 1.5 hour hands on treatments formed a single formula in a painting. These work in the same way as Reiki symbols, except where Reiki symbols are simple keys that activate healing, these are multidimensional geometries and somewhat more complicated. The codes are only activated and received if they are relevant to the recipient and they are ready to receive it as the next stage of their healing and spiritual evolution/development. They will know this by how strongly they are drawn to a painting. If they are not drawn, it is not relevant right now.

The Paintings & Healings Are Interwoven

Not only do the paintings now contain these keys/energy encodements but I started to notice them coming into healing sessions as energy templates even without a painting having been created yet.

During remote or hands on healing sessions, different characters from paintings appeared with their formulas when needed, transforming the energies. Often the recipient would perceive and describe them even without previously sighting or being familiar with the painting.

How To Work With The Energies Of The Paintings

What I love about these paintings is that I am creating tools that allow my form of multidimensional healing to take place without my physical presence. Though the energies of the original paintings are very strong, the energies on the prints, canvases and cards are very active and perceptible, especially by young sensitive children.

I recently moved to London and left all my paintings in Australia. I had a canvas copy of Soul Purpose (white peacock) made up for my wall in my new home. As I was carrying it from the post office, I felt nothing. As I uncovered it and put it by the wall to mount, I felt nothing. The moment I put it on the wall I had opened to receive it, it activated and I felt a whoosh as its energy came over me and filled the house. I felt at home. Now I had fully arrived in London.

You don't have to work with the paintings consciously to be receiving the energies, they will work at a pace relevant to you by just being in your environment in the same way a crystal does. However you can use these artworks consciously to progress your spiritual development and evolution additionally as a personal healing processes.

To work consciously with the paintings, sit and be present with them, look at them, open your heart, feel them. Notice all the colours and shapes, feel how your body feels when you take all this information, colour, shape into your consciousness...how does your spirit feel?

How does your heart feel? Allow yourself to be in the energy for as long as it takes to move through you and for you to return to normal.

Soul Purpose

Soul Purpose represents alignment with your soul's purpose. The white peacock is spirit embodied and displayed proudly, held and moved easily by strong feet and legs. The peacock feels your glance and turns to face you, manoeuvring with ease and grace to look you in the eye, his magnificent display moving with him, balanced and symmetrical, even in movement. Hearts (feathers) are produced from his core and replace themselves like the cells of our body, he is the source of divine love.

The energy of this painting reminds you to bring your spirit and full presence into every aspect of your life. By doing this you are aligning and embodying your soul's purpose. Spiritual progression comes with a responsibility that can feel heavy and much bigger than us, as the peacock's tail feathers are much bigger than he is. Ascension also comes with the ability to hold and balance our multidimensional bodies and process knowledge and energy from all these levels at once as in truth, we are one and all at the same time. It sometimes feels difficult to display our true self in its purity in situations where it may be judged or challenged but it is these places that we especially need to hold our spiritual presence and the strength it gives us to meet any challenges that confront us. There is no competition as that which is truly aligned to us will be drawn to us when we are aligned to our soul. That which is not drawn is simply not aligned and therefore not in our highest good or the highest good of others involved.



About "Met"

This painting is about being fully met on all levels of your being... ocean meeting shore, sky meeting earth, star represents spirit being heard and acted on (reflected at her ear), eyes meeting, bodies meeting, masculine meeting feminine and also the cycles of nature, the cosmos and man (which are the same) are reflected in the tidal lines on the shore...The couple is dancing as one (with each other and the whole of life) under the starlight of the northern star. Also called the guiding star and is used to navigate your way on earth by the stars.

To see more art you can visit my website at: www.tracyrobbinsart.com

Tracy Robbins - Vibrational Art Therapist
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THE CORE IS CRITICAL

Core Stability is a frequently used phrase in the health, fitness and the sporting industries. But when I look around at the quality of training that presents itself, I can see that training the "Core" is a very misunderstood subject.

What Is The Core?

If you take away your arms, legs and your head, you are basically left with the core, your back and abdominals. The Core is the only thing that joins our upper body to our lower body. Although the rib cage houses and protects all of the major organs in the upper thorax, it is the four layers of abdominal muscle that support and protect the viscera (organs) of the lower thorax. These four muscle layers wrap around the entire abdomen in multiple directions.

When working properly they also assist in supporting good circulation and healthy organ function. Another major function of the abdominal wall is to stabilise our spine. The Core is the foundation for all our movement.

Layers Of Abdominal Wall

The deepest layer is the Transverse Abdominals. It runs horizontally just like a weight belt or corset and is in fact is our own natural weight belt/corset. With connections to the diaphragm, pelvic floor and low back or thoracolumbar fascia in more technical terms the transverse abdominals are important when it comes to stabilisation of the lumbar spine providing they are functioning.

The next layers of the Abdominal Walls are the External and Internal Oblique Muscles. These muscles run diagonally across your trunk. Their job is to rotate our trunk and assist in side bending movements.

Then there is the Rectus Abdominals, which is the top layer of the abdominal wall. You can often hear this referred to as the "wash board" or "six packs".

This section of the Abdominal Wall acts like a shield to protect our

organs. They are one big sheath of muscle that attaches from the upper ribs and xiphoid process right down to the pelvic bone. It has two different neural functions, driven by two different nerves, so when the upper abdominal moves, the lower acts as a stabiliser and you have the reverse when the lower is being worked or moving. This muscle is commonly trained inadequately and too often with poor quality crunch style exercises.

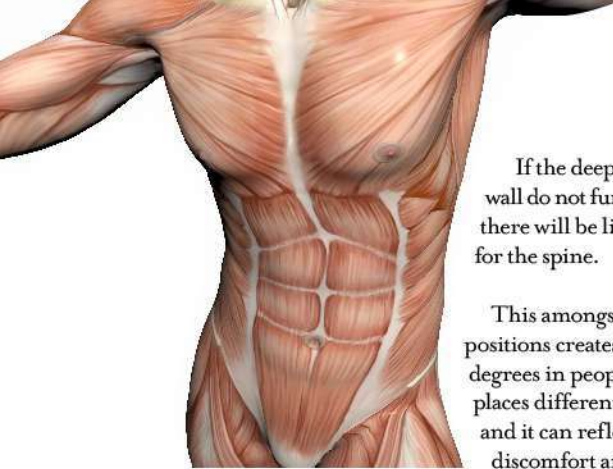
In the Core, the Rectus Abdominals are considered the outer unit of the abdominal wall. When over trained or tight, this muscle can pull people into what's known as flexion, basically a round shoulder, forward head posture.

The many layers of abdominal wall wrap around our trunk in many directions, just like a package that has been wrapped for a long journey.

The core has eight different neural functions and as such this makes it a very complex area. What that means is that there are eight different nerves that facilitate the control and function of the core from the brain.

To train the core/abdominal wall properly you should first be assessed to determine where the weaker portions of it are. You cannot determine a proper course of training and strengthening without a clinical assessment to determine the correct course of action to correct imbalances and apply the right training methods.

In many years of testing abdominal wall function, more often than not I find weakness in the deep layers rather than the outer layers. Of course this is a generalization. Quite often the rectus abdominals (6 pack) although not always strong is stronger than the inner and lower layers that support our spine and pelvis.



If the deep layers of abdominal wall do not function correctly, there will be limited, poor support for the spine.

This amongst other postural positions creates pain to many degrees in people. This in turn places different stress on our limbs and it can reflect the pain or discomfort anywhere, from the

neck, shoulder, hip, knee and ankle; they can all be affected if the spine is not stabilized by the core musculature. You could relate this to the trunk of a tree. If the tree trunk is weak the branches could not get the required support and so they themselves could not be strong.

Once assessed the weak portion of abdominal wall should be isolated to regain neural function (brain body connection) however this is not enough. Once this has been achieved it is extremely important to integrate these muscles into all our functional movement patterns and exercises. In every day life no muscles work alone, they are a system, so it does not work to train them alone. Functional training can be related to big patterns that mimic human movement.

This type of training should integrate the body as a whole and not isolate it into little areas.

The only time muscles should be isolated is where there is weakness. E.g.: Transverse abdominals may be trained alone at first so the brain knows how to control and operate it.

Then it must be integrated into bigger patterns at a level the brain can still control and built up slowly into strength. If you train with more load than the weakness can handle the body will still do the job but something else will end up under load. This creates faulty movement patterns, pain and dysfunction.

We are only as strong as our weakest link.

Things That Can Happen From A Weak Core:

Viserapotosis is an extremely common dysfunction, especially in women. This is when the deep abdominal wall is too weak to support the organs.

The weight of the organs slowly adds pressure to the intestinal tract and then it can prolapse.

This can shut down many functions within the body and is a major form of stress and embarrassment as one can't control their vital functions.

Correcting the muscle imbalance and positioning within the core can really help with this common problem.

Varicose veins, piles and hernia's and poor circulation are other symptoms of weak core musculature.

Back Pain. The most common form of back pain can be traced to muscle imbalance within the abdominal structure.

With proper corrective strengthening exercises you can improve imbalance you can minimize and improve back pain related to core imbalance.

Posture & The Core

There appears to be a real lack of education or understanding of the blueprint of our natural and optimal body position.

How we hold ourselves and move everyday is significant in being pain free, having healthy tissue, joints and nervous system.

Learning the basics of body positioning and how to move and lift efficiently is absolutely essential fundamental knowledge that we should all have from school age. Otherwise we are set up for a lifetime of pain and discomfort.

When I assess most people they have rotated pelvis's, round shoulders, scoliosis in their spines, tight hips or hamstrings usually tightening through core weakness, they sit poorly for hours every day and have no idea where to move, bend and lift from to protect their bodies.

This is not normal but far too common in all areas of life from non-active people through to the very active.

I see these positions starting in early adolescence. Teenagers stooping down as they are taller than their peers, or carrying heavy school bags on one shoulder, playing uni-lateral sports, these positions follow through for many years to come and the earlier they are addressed the better.

Our society is so focused on losing weight that most people will hammer themselves jumping around in group classes, running around the waterfront or in doing boot camps in the park.

Some of these classes are teaching Olympic lifts that require much awareness and skill when people can hardly even hold themselves up properly.

This is madness. Most people are so weak in their stabilizer system that they are just set up for injury when they are doing movement that they cant control.

I believe in empowerment and that everyone from housewife to athlete should have daily tools specific to them to mobilize and move their bodies to keep joints from locking up like a rusty old gate.

If your car had a bent chassis throwing tension into the tyres and wearing them out, you may not be happy but you would pay to have this addressed. This is what is happening to people's bodies but it is less understood.

So many orthopedic injury's and surgeries could be prevented if people took responsibility to learn the tools they need to sustain their own bodies.

Poor body positioning can be easily remedied with the right education, tools, desire and consistency, and could prevent much pain in the future. It is deeply ingrained into people that we fix things when they are broken rather than looking at possibility's to prevent these things happening in the first place.

You don't want to run your body into the ground until it fails before you do something about looking after it properly.

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





LIVING WITH DIABETES.

Find The Sweetness In Life.

Living with Diabetes is a huge challenge in today's society. In fact Diabetes Australia reports 280 Australians develop Diabetes every day. That's one person every five minutes which is about 4% of the population or 1.7 million people.

Diabetes is the fastest growing chronic condition in Australia, increasing at a faster rate than other chronic diseases such as heart disease and cancer.

In the USA diagnosed Diabetes is a total 29.1 million people or 9.3% of the population have Diabetes and undiagnosed is 8.1 million people or 27.8% of people with Diabetes are undiagnosed. That's almost 78,000 people a day!

Worldwide, Diabetes caused 4.9 million deaths in 2014 which means every seven seconds a person dies from Diabetes.

Why? There are quite a few contributors to this number however this article is from a personal perspective and looks at the emotional and energetic components as I later discovered through kinesiology.

Being diagnosed with Diabetes at 12 years old is what introduced me to kinesiology and why I became Australia's youngest qualified kinesiologist at the age of 18.

Let me start with the background and lead up to how I believe it came about.

Background & Environment

My family emigrated from Czech Republic to Australia under very stressful circumstances illegally fleeing a communist regime in 1983. My parents wanted to create a future with choice for their children that wouldn't be suppressed by the communist regime.

Both professional musicians, life in Australia started with them distributing newspapers, whilst looking for permanent position music teacher jobs. Prioritising survival and future ambitions, they wanted my brother and I to have choices they didn't believe we could have in Czech Republic which meant they were not home much.

Home life was quite stressful and I believe a combination of being looked after by my brother (7 years older) who abused his authority, irregular eating patterns, inconsistent routines, pressure in ballet and lack of family support led to Diabetes. Along with the adjustment of being a "different" kid in school, I also never quite adjusted well to bullying and the language barriers in the first few years.

It wasn't until symptoms like excessive urination, thirst and weight-loss became so persistent that I urged my parents to take me to the doctor. We put it off so long but my mother said she'll take me as soon as the school holidays hit, until one Saturday night just before my 13th birthday I ended up in emergency intensive care after vomiting from excessive long term ketosis.

Doctors told me that I was just one hour short of being in a major coma that may not have seen me survive it. My situation had gone so far and could have been prevented if detected earlier.

The diagnosis was an opportunity for my whole family to come back into balance as a family unit and to create much healthier lifestyle such as regular eating patterns and a much healthier diet. We also began to explore TM meditation as a family meditating daily together for years and things started to heal. My parents were so desperate to see my health reverse and so was I.

My mother was so dedicated to my needs and introduced me to a Kinesiologist. The results we got from kinesiology inspired me to learn touch for health at 14 years old. After more courses I started practicing on everyone and anyone I could.

Within the first few months of seeing a kinesiologist I was definitely back on track, reduced my insulin and was obsessed with learning more and more about the body, energy and how I can help others heal.

Emotional & Behavioral Contributors To Diabetes

Outside of the poor choices people make like poor eating habits, no exercise, excess sugar in the diet and alcohol consumption, I believe there is an emotional and energetic cause in every illness and I've discovered through my own health and working with clients these factors below:

Anger & Resentment

In about 20 years of clinical practice and self-development I discovered that the energetic nature of Diabetes is all about not being able to process anger and resentment. Not having a healthy relationship with boundaries for self-care or creating allowable sources of sweetness and nourishment into life. Hence "loss of sweetness" in life is common. Inability to "stomach" or "digest" these emotions, (from a kinesiology perspective) live in the gall bladder and liver organs and wood element. The result is unused, unexpressed energy being shunted to other organs and meridians. In my case the earth element which is the stomach and spleen element suffered the blows from the liver and gall bladder suppressed energy.

I was so disconnected with any anger or rage but knew that it was there very deep down yet I had no way of accessing it. I learned how to hide and suppress it so much so that I could not identify with it at all.

Unless anger and resentment is appropriately expressed the body cannot heal. I had no relationship with either. I learned that my mother and her father had major issues with anger and expressing it. I was so angry that my parents left me with a terrible brother and took us to a country where we had no-one. I was devastated to leave my grandmother behind. I never felt these emotions at the time.

Need For Approval

I became so good at suppressing myself. Why? I was very suppressed by my brother and grew up with an unhealthy need for his approval. All I cared about was whether he liked me or not and my self-esteem was caught up and scarred with his opinion of who he said I was which at the time was ugly and nothing.

Today he is a very different person, however, that damage was done.

Being bullied at school, I never felt good enough in any situation so my need for approval was also very exposed there.

Take On Too Much Responsibility

I also discovered that juvenile Diabetes can be the pattern of children who take or are given too much responsibility at an early age or "parent" the parents or other siblings.

I wanted so desperately to please and be loved that I only wanted to help my parents and not cause more stress.

They already suffered greatly with my brother who did not handle our emigration well. He turned to drugs, stealing and all sorts of other trouble. I witnessed regular screaming matches and abuse from him

toward my parents. He would then take some of that out on me. I ended up just trying to look after everyone and was always "in the middle".

I never really learned how to take care of me as I was over empathetic and always concerned with trying to make everything better at home.

It is absolutely essential to learn how to put the self first and dare to nurture and nourish the self, none of which was modelled nor something I knew how to do.

Self Esteem

As mentioned earlier my self-esteem was not healthy. I developed secondary issues and an eating disorder in my 20's which actually ruined my health even more. I developed another immune problem, a hypo thyroid problem where I was no longer producing T4 cells. I started to gain a lot of weight and was overweight.

That's when I learned I had to listen to myself. I asked the doctors to give me 6 weeks to turn my health around before putting me on lifelong medication as I was willing to do anything not to have to take more drugs for the rest of my life.

I made some choices about lifestyle and negative emotions and people I was keeping company with. I started to meditate and my thyroid rebalanced. I stopped bending over backwards for everyone else. I recognised that I was over eating because I was looking for energy. I wanted back the energy I was giving others.

Six weeks later my T4 count was back to normal and I have never had a thyroid problem since. It took a few years to lose the weight, however, that happened after I integrated deep belly breathing and breath work into my life.

Coming Back To Balance

Diabetes is all about keeping in balance and kinesiology has helped me understand and identify what is going on. The key is to keep very balanced.

• I believe that self-love, finding sweetness and allowable sources of nourishment are essential in balancing life with Diabetes

• Learn how to take courageous responsibility for the self, regardless of what others need is essential

• Creating a healthy relationship with anger and frustration. Use it as a guide to show you that perhaps your boundaries or values have been compromised

• Practice healthy boundaries and learn how to say no instead of being a people pleaser

• Meet our own needs for nourishment

• Learn how to ask for help, your needs and what you want

• Find a kinesiologist who can help you understand your body

• Learn to breathe

• Meditate or create time for reflection and just listen to the inner voice


• Get as much body work as possible and ground yourself. The trauma is always in the body and needs release.

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





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What Are **GOOD** **FOODS** *To Eat For* *Diabetes?*

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Estimates and projections suggest an epidemic expansion of Diabetes incidence. There are about 347 million people worldwide who have Diabetes. This Non-communicable disease (NCDs) according to the WHO is increasing at alarming levels globally. Diabetes is predicted to become the 7th leading cause of death in the world by the year 2030. There is unequivocal evidence that unhealthy food and non-alcoholic beverage marketing is related to obesity. More than 2 in 3 adults are considered to be overweight or obese. We are no closer to a cure for Diabetes, although this disease is at epidemic levels and millions of dollars are spent in research.

Although there is good evidence that a large proportion of cases of Diabetes and its complications can be prevented by a healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco, this evidence is not widely implemented.

People with Diabetes, no matter what type, have too much glucose in the blood, although the causes may differ. Glucose is vital to health because it's an important source of energy for the cells that make up the muscles and tissues. It's also the brain's main source of fuel. Too much or too little glucose is dangerous. So, in order to keep glucose levels in the blood in a healthy range, the hormone insulin is produced in Beta Cells in the pancreas.

For people with Diabetes, the glucose stays in the blood instead of being turned into energy. This is why blood glucose levels are higher in people with Diabetes. High blood glucose can cause short and long term damage to the body.

When weight is gained hormones produced by the extra body fat start to need more insulin to process blood glucose effectively. Eventually the need for insulin may be so high that the pancreas cannot supply enough of it. The result is Diabetes.

There are different types of Diabetes; all types are complex and serious. The three main types of Diabetes are Type 1, Type 2 and Gestational Diabetes. Type 2 accounts for around 90% of all Diabetes worldwide. The combination of massive changes to diet, the quality of the food that lacks essential nutrients due to depleted soils and the food supply, combined with massive changes to physical activity with more sedentary work and less activity, means most populations are seeing more Type 2 Diabetes. Women with Gestational Diabetes are at an increased risk of complications during pregnancy and at delivery. They are also at increased risk of Type 2 Diabetes in the future.

Symptoms

Symptoms include excessive excretion of urine (polyuria), thirst (polydipsia), constant hunger, weight loss, vision changes and fatigue. These symptoms may occur suddenly.

What Are Common Consequences Of Diabetes?

Over time, Diabetes can damage the heart, blood vessels, eyes, kidneys, and nerves. Diabetes is a leading cause of blindness, amputation and kidney failure.

So What Can You Do?

Even though there's no Diabetes cure, Diabetes can be treated and controlled, and some people may go into remission. For a person with Diabetes, the main focus of treatment is to control the amount of glucose in the body so that blood sugar levels stay as close to normal as possible.

People with Type 1 Diabetes need insulin shots as part of their care plan to control their blood sugar levels. Some people with Type 2 Diabetes can control their blood sugar levels with a healthy diet and exercise. However, some people with Type 2 Diabetes will need to include Diabetes pills, insulin shots, or both in their Diabetes care plans.

Change is challenging, but being diagnosed with Diabetes that requires a particular change in lifestyle and in dietary habits can be challenging for some individuals. For the change requires an acceptance of the situation firstly. The purpose of making changes is to add pleasure to your life, so see what changes you can make today that will add long term benefits to your life. This is empowering yourself. There are simple things you can do daily, that make a big difference.

Healthy eating does not mean depriving yourself of the foods you love or staying unrealistically thin, but rather about developing a well-balanced, satisfying relationship with food. Your food choices have the biggest impact when it comes to Diabetes. But what does eating right for Diabetes mean? You may be surprised to hear that your nutritional needs are virtually the same everyone else: no special foods or complicated diets are necessary.

A Diabetes diet is simply a healthy eating plan that is high in nutrients, low in fat, and moderate in calories. It is a healthy diet for anyone! The only difference is that a person with Diabetes needs to pay more attention to some of the food choices, most notably the carbohydrates eaten.

A healthy diet along with an appropriate exercise plan is crucial for an enhanced primary health plan in Diabetes management. Consuming a small serve of low glycaemic index (GI) carbohydrate based food at each meal, eating regularly throughout the day (to keep blood glucose levels consistent), focusing on foods low in fats (in particular, saturated fats) to reduce heart disease risk, including fibre-rich foods, and drinking enough water are the main areas to focus on. Most people with Type 2 Diabetes need to reduce their weight (body fat), hence overall kilojoule balance is also an important factor.

The key to controlling blood sugar with diet is controlling the portions and timing of the meals. Eat a wide variety of delicious foods as a diabetic from each of the food groups.

Starches

A diabetic must control the total amount of carbohydrates eaten. Carbohydrate-containing foods raise blood sugars. Starches act as one of the primary sources of carbohydrates in the diet. Limit your daily intake to six to 11 servings based on your calorie needs, according to the National Institute of Diabetes and Digestive and Kidney Disorders, or NIDDK. Eating more high-fiber starches can help you maintain better control over your blood sugar. Fiber in food slows digestion and the release of sugar into the bloodstream. Delicious diabetic starch choices include whole wheat bread and pasta, brown rice, bulgur wheat, millet, barley, rye, whole-grain cereal, corn, potatoes, winter squash, and popcorn. Legumes: Beans (black, pinto, kidney, garbanzo, white, etc.), lentils, and peas.

Fruit

Fruits also provide carbohydrates. Limit intake to two to four servings a day, according to NIDDK. Fruits like oranges, grapefruit, oranges, lemons, berries, melons and sweet limes have properties like insulin, which help to control blood sugar levels naturally. Include apples, oranges, pineapple, mango, bananas, plums, peaches, nectarines, berries, melons, unsweetened canned fruit, unsweetened dried fruit and fruit juice. Eating more whole fruit instead of juice will help better manage blood sugar because of the fiber content.

Milk & Yogurt

In addition being sources of protein and calcium, milk and yogurt also contain carbohydrates, limit intake to two servings a day. Low-fat and nonfat milk and yogurt items make healthier choices. Too much saturated fat in the diet increases blood cholesterol levels and risk of heart disease. Milk and yogurt choices include skim milk, 1 percent milk and nonfat, sugar-free Greek yogurt.

Nuts

Include a handful of nuts to the diet and control blood glucose levels. Although high in calories, nuts like almonds, peanuts and walnuts are good sources of fiber, vitamin E and magnesium, which regulate blood sugar levels efficiently. Nuts also contain healthy fats that are good for heart health in diabetics.

Sweets & Desserts

Stevia a naturally sweet plant is shown to be an excellent substitute of sugar in diabetics. It stabilizes blood sugar levels by increasing insulin resistance, inhibiting absorption of glucose and promoting health of the pancreas. When adding a sweet or dessert to the diet, it should replace another carbohydrate-containing food. Eat the sweet with a meal to prevent surges in blood sugar.

Non-Starchy Vegetables

Non-starchy delicious vegetables are low-calorie, nutrient-dense foods include leafy greens, carrots, radishes, cucumbers, eggplant, onions, peppers, zucchini, celery, broccoli, cauliflower, cabbage, spinach and green beans.

Meat & Meat Substitutes

Meat and meat substitutes do not contain carbohydrates, but provide protein, zinc and iron. Limit intake to 110 g to 200 g a day, according to NIDDK. Meats can also be a source of saturated fat, and lean meats make healthier choices. Delicious lean meat choices include skinless poultry, fish, shellfish, ham, pork chops, top sirloin and lean ground meat. Delicious low-fat meat substitutes include egg whites, egg substitutes, tofu, low-fat cheese and nonfat and low-fat cottage cheese.

Saturated Fat

Limit saturated fat is found in animal foods like fatty meat, milk, butter and cheese. Vegetable fats that are saturated include palm oil (found in solid cooking fats, snack foods or convenience foods) and coconut products such as copha, coconut milk or cream. Avoid processed, fried and battered foods. Avoid the use of processed deli meats and sausages.

Herbs & Spices

Add herbs and spices for flavour, variety and health benefits to meals. Allicin in garlic and onions has an anti-diabetic effect. Adding about half a teaspoon of cinnamon per day can result in significant improvement in blood sugar, cholesterol, and triglyceride levels as cinnamon improves insulin sensitivity. Holy basil in people with Type 2 Diabetes showed a positive effect on fasting blood sugar and on blood sugar following a meal. Gingers gingerols, can increase uptake of glucose into muscle cells without using insulin, and may therefore assist in the management of high blood sugar levels. Trigonelline in fenugreek seeds is known to reduce blood sugar level. Curcumin, found in turmeric, has been shown to boost blood sugar control. Both Asian and American ginseng may help lower blood sugar in people with Diabetes.

Lifestyle Changes

There is good news you can make a big difference with healthy lifestyle changes. The most important thing you can do for your health is to lose weight, this is easier if exercise is undertaken. For good health, about 30 minutes of exercise every day. If this is not possible, then this time can be divided in 3 x 10 minutes sessions. Aim for moderate intensity. This means you should still be able to talk as you exercise without becoming breathless. You can break up exercise throughout the day. Here are some suggestions: Walking, Water Aerobics, Swimming, Dancing, Gardening, Golfing, Weight Training, and Tai Chi. Reduce sedentary behaviours by being active in as many ways as possible throughout the day.

Small Changes Equal Big Results

It's not too late to make a positive change. Eating right and physical activity is vital to control Diabetes. The bottom line is that you have more control over your health than you think.

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THE DIET THAT REVERSES DIABETES. NUTRITIONAL KETOSIS FOR DIABETES

The most important way to manage diabetes is through proper nutrition; however, if you want to reverse this disease and reduce or even eliminate diabetes medications, then it could be advisable to avoid the American Diabetes Association dietary guidelines, and turn away from commonly prescribed diets that have made diabetes much, much worse.

A growing body of scientific data is pointing towards a diet that has the potential to reverse Type 2 Diabetes, and even reduce drug dependence for Type 1 Diabetes: The Ketogenic Diet. More than just a diet, using fat to fuel the body instead of carbohydrates has scientifically proven to improve biomarkers of age, optimise weight loss and reverse many chronic diseases, including some cancers. Not only does the ketogenic diet offer a potential cure for diabetes (diabetes + obesity), the positive side-effects of this lifestyle choice are numerous. Big claims? Indeed, however, new long-term research into this way of eating is shattering old-school paradigms on nutrition and is changing the way we view and approach our modern diet.

The ketogenic diet has been around since the beginning of time and is an important part of our evolution, without the ability to burn fat instead of glucose as fuel, many people would have starved to death. Ketosis refers to the fuel source your body survives on. The standard western supermarket diet is high in carbohydrates and as your body absorbs these carbohydrates they are converted into glucose (sugar), these glucose molecules are then transported into cells by insulin to fuel each cell in your body. When we reduce our carbohydrate intake to a minimum (usually 5 to 10% of daily caloric intake) there is no longer enough glucose to fuel the body, so the body very cleverly goes looking for a second fuel source. It turns to stored fat cells and/or dietary fat, and the liver converts this fat into ketones. Ketones then become the primary fuel for each cell in your body. This is called fat-adaptation, and the clinical term for this is

to say you are in a ketogenic state, or your body is in nutritional ketosis. And the side-effects can be extremely positive.

What Is Nutritional Ketosis?

The term nutritional ketosis was coined by Dr. Stephen D. Phinney some thirty years ago to clarify confusion, particularly amongst physicians, between ketosis induced by carbohydrate restriction and ketosis caused by the absence of insulin in Type 1 diabetics, which leads to ketoacidosis. Ketones in extremely high levels can be a toxic byproduct of fat metabolism; however, in very low doses they are also a useful substrate for healthy fat metabolism and weight loss. There is no more risk of ketoacidosis in healthy individuals by inducing nutritional ketosis, as there is inducing diabetic coma in healthy individuals. A healthy body will keep these levels in a healthy range.

Some argue this is humans' natural state; babies are born in ketosis and breast milk is ketogenic. Paleolithic man did not have access to grains and sugars like we do today and their natural diet would have been low in carb (carbohydrates) and higher fat. It is our modern diet of high grains and sugars that have led to higher glucose levels and insulin. When carbohydrate intake is restricted, the need for insulin reduces and it is much easier to manage blood sugar levels.

Nutritional Ketosis For Diabetes?

A comparison of the American Diabetic Association diet (which is a lower calorie, low fat, moderate carbohydrate diet) to a low-carb, high-fat ketogenic diet took a group of participants, with either Type 2 Diabetes or insulin resistance (pre Type 2 diabetes), and then randomly assigned individuals to one of these two dietary protocols

over a three month period. After three months the assessment determined there to be a significant difference with the low-carb ketogenic group demonstrating a significant drop in their hemoglobin A1C or overall blood sugar reading. And a far greater portion of the low-carb ketogenic group (44% vs 11%) were able to discontinue one or more of their diabetes medications and lost 5.5 kg compared to 2.6 kg.

Another study published in the Journal of Nutrition and Metabolism in 2005 followed 21 participants with Type 2 Diabetes over a 16 week period on a low-carb ketogenic diet. The study concluded that the low-carb ketogenic diet improved glycemic control in patients with Type 2 Diabetes to a point that diabetes medications were discontinued or reduced in most participants.

So yes, there is a lot of research into the effects of the ketogenic diet for diabetes to prove it is worth trying. Even for Type 1 Diabetes. My advice? While the ketogenic diet has such a positive impact on blood glucose and insulin levels, it is still important to be under close medical supervision as your requirement for medications can change very quickly. So ensure you seek thorough advice by an expert in this field.

Neurological Benefits

The ketogenic way of eating also provides enormous levels of satiety (fullness after a meal), as the body becomes deeply nourished when we eat this way and therefore our brain isn't constantly looking for nourishment. High carb diets make you hungry.

Another benefit is that obtaining a ketogenic state optimises brain function. In fact, this diet has proven to reduce symptoms of neurological disorders such as Parkinson's disease, Alzheimer's disease, brain cancer, autism and multiple sclerosis. It has long been used to treat childhood epilepsy; ketosis has been clinically proven to significantly reduce seizures.

The Paradigm Shift Away From Low Fat Diets

It is obvious to see that the low-fat/high-carb diet has truly been one of the biggest dietary blunders in history; it has led to unprecedented rates of obesity, heart disease and chronic illness. Simply put — we were wrong! Fat doesn't make you fat or unhealthy — carbohydrate (sugar) does. For most of us, the suggestion that high-fat diets may actually be healthy seems totally contradictory to everything we've been told about nutrition, as experts have endorsed low-fat/high-carb for over 60 years. But it's time every health professional took the time to research thoroughly the evidence that has been brought to light. It takes a brave clinician indeed to change their opinion and admit we all had it very wrong, but we must.

There Is Hope

Sweden has become the first country to officially reject the low-fat/high-carb diet and has publicly announced new dietary guidelines to support low-carb/high-fat nutrition advice. The Swedish Council on Health Technology Assessment provided a two-year study analysing 16,000 nutrition studies published through May 2013. So there is hope that other countries may eventually change. The first to lead will be countries that allow science to prevail over politics. However, it is a known fact that currently politics wins over science!

The Cholesterol Myth

The leading question is "what about cholesterol, won't this cause heart disease and cause heart attacks?" While this is still a mainstream attitude by most health professionals, the answer is no, dietary cholesterol has no impact on the body's cholesterol levels. So next time your doctor suggests you lower your butter intake, ask them if they, in fact, mean you should lower your sugar intake. The cholesterol myth is that dietary fat causes heart disease; however, this is a hypothesis that to this day has never been scientifically validated!

Ketosis For Weight Loss

Without being aware, most people today have become carb sensitive. Our blood sugar levels are on a constant rollercoaster resulting in highs and lows in energy; if you are a mid-afternoon napper or snacker, you will know what I mean. But high blood sugar also contributes to many chronic degenerative diseases, including heart disease. Other symptoms of carbohydrate intolerance are bloating, sleepiness after eating, physical and mental fatigue, depression and fat storage. Due to a life on the high-carb diet, carb sensitivity is now a common problem. The ketogenic diet provides the solution.

Over the past decade I have spent 80% of my time in nutritional ketosis; I am living proof that a long-term ketogenic diet works. It is while I am in this fat-adapted state that I perform at my absolute best. When I started I was insulin resistant with high LDL cholesterol, chronically high cortisol and my weight constantly fluctuated. I craved sugars and carbs and would fall asleep mid-afternoon. Over a decade later after my lifestyle change, I have a BMI of 21 and a biological age of a woman 10 years younger, all my biomarkers have normalised and for a woman in her forties my weight hasn't fluctuated more than a few kilos in years. So if you are struggling to maintain your energy levels across the day, or struggling with your weight, consult an expert in nutritional ketosis to see if it's right for you.

After coaching thousands of people from all around the world through these types of programmes, I personally believe this approach to eating is valid of investigation to see if it's right for you. At my clinic we offer either online self-taught programmes or professional eight week coaching packages whereby almost daily contact is offered, so clients stay both motivated and inspired to achieve their goals. There is a healthy way to approach this diet and a very unhealthy way, so ensuring your body gets the nutrients it requires while on this protocol is the key for long-term success.

Deborah Murtagh has over 20 years clinical experience in natural medicine and whole food coaching. Deborah founded Whole Food Secrets, which also offers a range of online programmes dedicated to traditional foods coaching, and ketogenic dietary protocols for athletes, weight loss, cancer, diabetes and chronic diseases. www.wholefoodsecrets.com

DISCLAIMER: This article is not intended to replace professional advice or offer dietary guidelines. Please consult your healthcare professional

Deborah Murtagh – Wholefood Expert
If you would like to learn more and work with me one on one I would love to work with you.
www.wholefoodsecrets.com



Choco Coconut Energy Truffles

I do not know where to begin raving about how healthy these are. They are also a raw food, so all the nutrients and enzymes are not destroyed during cooking.

They are so easy to make and make the best alternative to sugary muesli bars and best of all, children love them and they are gluten free!

•••••

- 1 cup almonds *
- 14-18 organic pitted dates
- 1 cup desiccated organic coconut
- Pinch salt
- 3-5 tbsp virgin cold pressed organic coconut oil
- ½ to 1 cup organic high quality cocoa powder

1. Place all the ingredients into a food processor and whizz until fine. Add more dates if it doesn't form a ball when a teaspoon full does not hold when squeezed together.

2. Once whizzed well, take spoonfuls and roll and press into a balls. Roll and squeeze coconut on the outside to coat and refrigerate.

3. Cover and refrigerate for at least an hour, or overnight.

4. Store in container in fridge with baking paper between fingers or freeze for long term storage.

•••••

**Almonds should ideally be soaked in water with a dash of salt overnight, then drained well, dried in a clean tea towel. Then dehydrate them in a low fan oven, below 50°C until dry and crisp. Once well dried store almonds in glass jars.*

Deborah Murtagh
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Happiness is the New Black!

It seems like most people are in the pursuit of happiness. You're not alone if you hold fast to beliefs that life will be better and you will be happy *when* you:

- Get a better job
- Lose weight
- Find your soulmate
- Get that "thing" we've always wanted
- (What's missing in your life, that keeps you unhappy?)

We tend to not think about our lives as *they are now*, in terms of happiness, appreciation or gratitude – something's always missing or not quite right, so how can we be happy now? *Just give me that one thing, and then I'll be happy...*

However, research conducted by Shawn Achor, TED Talks superstar (11+ million views), Fortune 500 corporate trainer and author of *The Happiness Advantage*, suggests that **happiness is a prerequisite for what you want in life**. If you're going to succeed... attract the perfect mate... achieve your goals... or experience an abundant and fulfilled life, *you have to be happy first*.

While we're all born happy, as adults we often have to retrain ourselves to be happy.

If you're happy, your radiant smile and happy vibe will attract "the one." You're more resilient. You take better care of yourself. You're more confident. You are free to shine. You have the energy to take on your challenges, *with plenty left over for your dreams*. You are in the "flow and ease" and life conspires to help you.

Kim Serafini, founder and CEO of MindPower Technology, believes it's time for a personal change revolution: her mission is to enable people to be happy now... *right now*... and use that happiness as a catalyst for personal greatness.

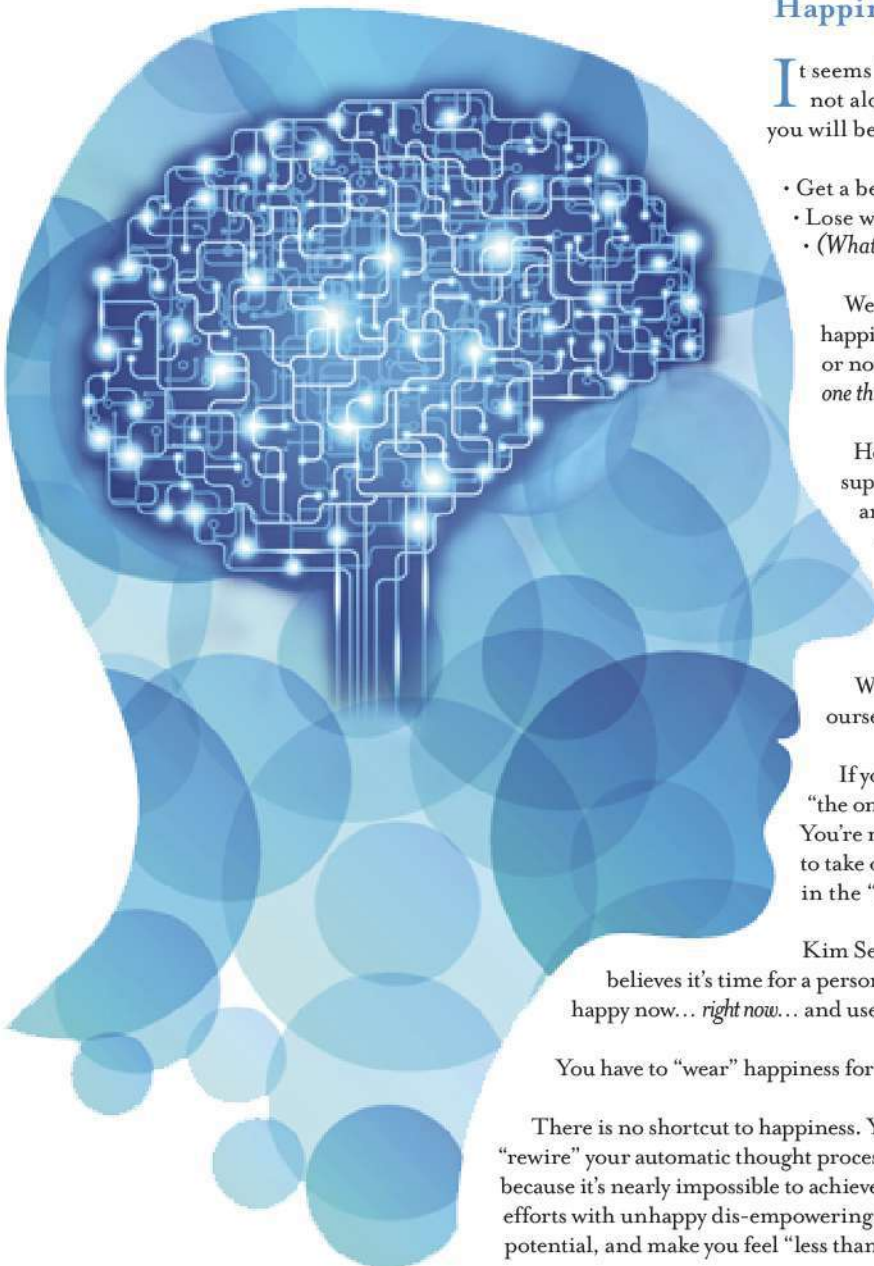
You have to "wear" happiness for the world to see, in order to get what you want.

There is no shortcut to happiness. You can't flip the switch and suddenly be happy. You have to "rewire" your automatic thought processes so that *happiness becomes a habit*... and it's essential to do so because it's nearly impossible to achieve success if you are your own worst enemy and sabotage your efforts with unhappy dis-empowering and self-limiting thoughts that focus on problems instead of potential, and make you feel "less than."

The fast track that begins with a decision to be happy, and develops through consistent daily practice.

Happiness requires a few tools:

You need a way to stop the negative mental chatter that chimes in at the most unwelcome times to remind you of your perceived shortcomings, problems and limitations... and *develop the habit of happiness-based mental chatter* that reminds you of your achievements and talents, potential and capacities.



You need a way to “change your mind” by realizing that the ideas presented by this negative chatter are just opinions. Opinions can be changed and your mental chatter can take on a happy “you can do this!” tone.

You need a way to turn “I’m not good enough” to a happiness-based, “I can learn anything I need to, so I can succeed.”

You need a way to turn “I can’t do this” to a happiness-based, “I can do this and it will be fun!”

You need a way to appreciate what you have, even if what you have currently falls short of what you want.

When you decide to be happy no matter what, you’re going to see an upturn in your life experiences.

But... you need time repetition for new neural connections to form and strengthen. There is no shortcut, but there is a fast track.

What’s the fast track? Technology.

How about an app that provides a real-life, simple solution to cultivating happiness and requires *no work*? I realize it sounds like wishful thinking but by design, technology is meant to make our lives easier. What we once thought of as impossible is now commonplace, so why not apply technology to personal change?

Kim’s background in change management, sports therapy and positive psychology led her to develop an approach that works faster and more effectively than the traditional ways.

Technology simplifies and accelerates the process of creating happiness-based neural pathways. You’ll quickly develop positive and empowering thought habits and beliefs that spark creativity and spur you to take inspired action that yields amazing results.

The technology-based approach works because it quickly accesses the other-than-conscious mind to eliminate any conditioned resistance to these positive ideas. When you encounter resistance (“Oh, that’s a lovely concept but it doesn’t apply to me!”) you have to practice even longer and harder until the idea becomes part of your belief system.

And that’s the problem most of us face. We’re too busy, too stressed and too reactive to life’s challenges to consistently take the time to work on ourselves (even the term “work on ourselves” creates resistance, *because who has the time or energy for still more work?*). Many of us will start a journal only to stop writing within a month. Or we’ll take up a meditation practice that suddenly seems to take up too much time. Or we’ll go to a seminar, get fired up and... that’s pretty much all!

The reality is that we need a way to cultivate happiness now, taking modern life into consideration: conveniently, quickly and in a way that makes consistent practice practical and fun.

Kim’s 21st century approach introduces a fast-paced and entertaining mobile app that literally “takes the work out of self-work” through its daily micro-practices. Each MindPT Session – a short multi-media presentation – is a gorgeous moving vision board of stunning images and empowering messages based in neuroscience and positive psychology in a format that is, in a word, FUN.

No more staring at vision boards; no more saying affirmations; no

more journaling and no more self-assessment exercises! Naturally, if you want to continue with these practices, you can, but just like the typewriter, they are impractical only because of the time and effort required. Let’s face it... if people actually used these traditional methods long enough to experience lasting results, there would be a whole lot less complaining going on!

The MindPT way is the fun way to create happiness that is not dependent on some outer force.

Even better, the app becomes more emotionally engaging when you activate the custom features that allow you to upload your self-images, name and personalized statements.

MindPT is a pocket personal trainer for the mind that removes the “I don’t have time” or “this is work” excuses and promotes consistent daily use. Watch at your convenience anytime during the day for just minutes (3-5 minutes, once or twice a day) to experience an immediate increase in happiness and confidence that carry you through the day. Your improved mood influences your choices, behaviors and interactions with others and over time, the lasting effects of increased happiness will grow exponentially to transform your automatic thinking to exactly that of a person who is doing what you dream of doing.

When you direct your mind, your body (behaviors) will follow!

Kim Serafini and her team are dedicated to promoting world happiness through a simple, engaging and fun app that anyone can use. This groundbreaking technological approach to personal change addresses the needs of the modern stressed-out, busy person who is looking to improve their life quickly and effectively. Imagine the magnitude of the ripple effect as people become happier and less stressed... beyond the improvement in their own lives, into improvements in their families, communities and countries...

Ask yourself... how happy are you, right now? Would even a small increase in happiness make a difference? What could you do, right now, if you were happier? What could change, if you were happier now?

Happiness is the new black. Wear it, embody it, live it... and live your best life!

To your happiness,

Jarmila Gorman
MindPT Chief Communications Officer,
www.mindpt.com

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Kim Serafini - Founder and CEO of MindPower Technology

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3

THINGS

YOU CAN DO

STRAIGHT AWAY TO RAISE YOUR VIBRATIONS NOW

Are you happy with your life? Are you attracting the things in your life that you really want? Are you saying affirmations daily, looking at your vision board, and still not getting any results?

The law of attraction states, that for you to attract the things that you want, you must be at an equivalent vibration to be able to allow in what you are asking for. Or more simply put, like attracts like.

So to simply ask for what you want is not enough; you must elevate yourself and your vibration to a point where you 'feel' like you're already there, like you already have what you desire!.

A very important thing to understand is this. You are not a physical being in a physical universe. You are an energetic/vibrational being in an energetic/vibrational universe. Everything is a transmitter and a receiver of energy. Whatever you are putting out, you will get back.

For example if you want more abundance, you cannot create abundance from a space of scarcity or lack. You get abundance by emitting an abundant energy. An abundant vibration is not always the easiest vibration to hold when you don't feel abundant.

So HOW can you achieve an abundant vibration?

Train your perception to focus on abundance everywhere around you; observe nature to learn the lessons it has about abundance. Everything in nature happens effortlessly and the manifestations of abundance are everywhere. Look at the trees to observe an abundance of lush leaves and fruits, blowing in the wind. Look in the sea to see the abundance of fish swimming, look at the skies to see the birds flying.

In your home notice the beautiful things you have around you that you may take for granted. Do you have a comfortable bed to sleep in safely at night? Do you have clean water to drink that comes straight from a tap? Do you have photos of your beautiful friends and family on the walls? When you look at those images, do you feel the love that those people feel for you? There is abundance everywhere when you really look.

Notice what you are focusing on. Are you focusing on abundance or lack of abundance?

If you want to create more health, focus on the positive feeling you're getting from your body.

For example, ask; how strong is your body? What great things does it do for you? Do you move with ease? Do you enjoy your legs working when you go for a walk? Do you enjoy smelling beautiful flowers? Do you love the taste of your favourite foods when your tastebuds are working for you? Do you appreciate your body as it heals and replaces cells without you needing to think about it? Your body does a great many things for you, so start to tune into yourself and begin to notice and be grateful.

Notice what you are focusing on now as you read this... are you focusing on health or lack of health?

Once you really 'get' the fact that your vibrational self attracts 'like' or in other words it attracts the same vibrations you are giving out, it becomes clear that if you want to experience something different in your life, you must change the signals you're putting out. Again simple but not easy.

So what can you do? Do you know how to raise your vibrations?

When saying your affirmations make sure that you FEEL like

you have abundance, health, love or whatever it is you are wanting to attract. Remember a time that you had or felt these things and FEEL the feeling that you had then. Hold that feeling in your body for as long as possible and practise/visualise it daily.

Ask yourself these questions. When you are abundant what things will you have in your life? Will it be a new car, job, business, healthy body, LOVE or something else?

Why not take a brand new car for a test drive to FEEL what it is like to drive a new car, or go cuddle a puppy to FEEL the unconditional love they give you. Remember a time when your body was feeling healthy, or you had a job you just loved. Practise that feeling. Practise the FEELING you want to have in your life right now.

So what is it you're working towards? Is there a way you can experience the feeling of having your dream right now?

Here are 3 things you can do straight away to start raising your vibrations NOW

1. Become consciously aware of your thoughts.

Your thoughts become your reality. Start being proactive and notice what you are thinking about. Retrain your thoughts. Put some cues around your environment to help you. Put things around your house that make you think about the positive things you want. This works, (it is why many people still use vision boards). If you catch yourself with a negative thought, STOP and REFRAME that thought into a positive thought.

2. Make meditation a regular practice in your life.

Visualise your goals vividly for at least 20 minutes per day. When visualising make sure you can feel strong emotions. An emotional shift indicates that you're broadcasting a new signal. The longer you can hold this new vibration, the faster your reality will shift.

3. Become aware of the vibrational levels of your acquaintances, friends, and extended family.

Start spending time with people that make you feel the way you want to feel. If you want to feel abundant spend time with people who emit an abundant vibration. If you want to feel love, spend time with people who emit love. People are a huge influence on us so make sure you are influenced in the way you want to feel.

If you decide to put these strategies into your life, I would love to hear how they worked for you.

I work with clients to help them achieve the life they want. If you are interested in working with me, please contact me. I look forward to working with you and helping you achieve your dream life.

Sharon White – Subconscious Mind Expert

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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LIVING WITH TYPE 2 DIABETES

Type 2 Diabetes is looming as the biggest epidemic and public health issue in human history. Close to 300 million people are affected worldwide and another 150 million forecast to be diagnosed by 2030.

Dr Mark Hyman uses the term “diabesity” to describe the continuum of health problems ranging from mild insulin resistance and being overweight, to obesity, and diabetes. Diabesity is the underlying cause of most heart disease, cancer, dementia and premature death in the world.

Whilst Type 2 Diabetes is commonly associated with being overweight please don't think that you're immune to the “disease” just because you might be thin. High insulin levels are a precursor to inflammation, high blood pressure, poor sex drive, increased risk for cancer and depression, and you don't have to be overweight to be suffering from any one of them.

It's at this point that I'd like to reframe the word “disease” and categorise Type 2 Diabetes as a symptom or the body's state of dis-ease due to lifestyle choices, after all even science shows diabetes and obesity is 100% preventable and reversible with comprehensive nutrition and lifestyle modifications.

It is also important that we are clear on what dietary choices contribute to diabesity and contrary to what many people are still told by their doctors, it is not through the consumption of quality, cleanly sourced saturated fats and grass fed animal based products. All the metrics related to diabesity, such as high blood sugar, high cholesterol, high blood pressure, inflammation, and clotting, are being scientifically linked to the consumption of processed carbohydrates, grains, added sugar, and denatured vegetable oils and trans fats.

Added sugars being the greatest concern, particularly high fructose corn syrup that can cause fatty liver disease independent of excess weight, obesity, or Type 2 Diabetes. Since fructose is handled by the liver in the same way the liver handles alcohol, excess fructose produces similar symptom's as alcohol abuse: hypertension, high triglycerides, low HDL, obesity, cirrhosis and insulin resistance.

According to sugarscience.org an independent research facility set up by a team of health scientists from the University of California, San Francisco (UCSF), 74% of all packaged food contains added sugar and 36% come in the way of liquid sugar through soda's, sports drinks, cordials and fruit juices, with growing evidence that is it the most dangerous way to consume added sugar.

Depending on your drug of choice (which soda /pop you drink), it's easy to down 9 -14 teaspoons of sugar in a single 330ml soda – over twice as much sugar than in an apple, only with no fibre, vitamins, minerals or enzymes to help metabolize the sugar.

The average Australian consumes 192 teaspoons of sugar a week, that's 960gr of sugar per week, a little over 27 teaspoons a day. The World Health Organization recently published their guidelines for sugar intake and recommended that reducing one's daily intake to 25gr or 6 teaspoons a day would provide significant health benefits.

When you look at how much sugar is in everyday foods that are considered “healthy”, its no wonder people are so challenged with reducing his or her intake. Take Kellogg’s raisin bran crunch, which has 20 grams of sugar per serving (1 cup). That’s 4 tsps. of sugar and who seriously sticks to the 1 cup serving size? An average bowl of cereal is about 2 ½ cups, that’s 10 tsps. of sugar before you add in the sugar from the lactose in the milk that goes on top. Not to mention the very addictive quality of sugar that stimulates a dopamine response in the brain with every bite and you have a recipe for a habit that the food industry have made near impossible to quit.

With all this said I have helped numerous clients and families reverse their diabetes, restore healthy liver function and stabilize their blood sugars by focusing on simple nutritional and lifestyle changes.

Here are some of the recommendations I start coaching my clients on along with some examples:

- **Quit the sugar:** if you can’t go cold turkey then gradually reduce it on a weekly basis. For example if you take 3 tsp. of sugar in your tea or coffee then reduce it by increments of ½ tsp. so 2 ½ tsp. in each cup each week until you’re taking none. If you start your morning with a glass of OJ, a piece of toast or a bowl of cereal, then start the day with a couple of boiled or scrambled eggs with toast and gradually replace the toast for some steamed vegetables and tomatoes and ditch the OJ. If lunch tends to be a sandwich then drop the bread and have more of the filling, be it chicken and salad or ham, cheese and salad or tuna and salad. If dinner is usually pasta with some sugar laden sauce then choose some clean pasture fed meat or chicken or fresh fish with fresh vegetables and or salad.

Choosing liquid sugars and processed carbohydrates full of empty calories and devoid of nutrients, creates high insulin levels, eventually leading to insulin resistance and Type 2 Diabetes. Whole, unprocessed real food balances your blood sugar, reduces inflammation and oxidative stress, and improves your liver function. Keep it simple and choose a rich variety of colorful fruits and vegetables, plenty of omega-3 fats, coconut oil and olive oil, nuts, and seeds. Choose clean pasture fed meat and poultry and fresh wild caught fish. Whole, real foods turn on the right gene messages, promote a healthy metabolism, reverse insulin resistance and diabetes, and prevent aging and age-related diseases like cancer, obesity and heart disease.

- **Get the right movement** - Repetitive movement such as running or aerobics can lead to muscular imbalances and related injuries. Contrary to popular belief, weight resistant or anaerobic exercises are more effective at burning fat than aerobic or cardiovascular exercises. It is well known that muscle weighs more than fat, and that anaerobic exercise, like resistant weight training, increases your muscle mass which in turn increases your resting metabolic rate, which results in weight loss. Resistant weight training, when performed correctly, lowers cortisol levels (the body’s stress hormone) and increases your repair, growth, reproductive and ant ageing hormones. Excessive aerobic exercise for prolonged periods however increases cortisol while decreasing your repair, growth, reproductive and ant ageing hormones. This increases

the overall stress levels of the body, destabilising blood sugar levels, promoting insulin resistance, which inhibits the body’s ability to lose fat. Women especially become even more efficient at holding fluid and storing fat when they are stressed!

- **Learn tools to manage your stress:** Exposure to periods of prolonged stress actually elevates blood sugar levels, increasing levels of insulin. Cortisol becomes pro inflammatory and suppresses the immune system. This drives metabolic dysfunction that leads to the energy slumps followed by the sugar or carb fix, followed by the energy slump and this yo-yoing eventually leads to weight gain, insulin resistance, and eventually Type 2 Diabetes. The links between stress, weight gain, mental disorders, and blood sugar imbalances show that managing stress becomes a critical component for reversing obesity and diabetes. Taking a yin yoga class or learning to meditate is just a couple of examples for what is available to you to help elevate stress levels.

- **Sleep your way to health:** Research shows that sleep is the chief anabolic (healing) force available to a person. It’s free and when both the quality and quantity is in balance then you have the healing advantage no money can buy. Insufficient quality and quantity of sleep will elevate cortisol levels, impacting the ability to stabilise blood sugar levels that can lead to insulin resistance. Going to sleep by 10 pm and rising by 6 am or with the sun has a positive effect on every system of the body, especially the hormonal system. For a better night’s sleep, minimise your exposure to bright lights, especially fluorescent lights and EMF’s for at least 2 hours before bed. Light stimulates cortisol production, which suppresses the release of melatonin (the body’s sleep hormone). If you don’t have dimmer switches, Use candles or lamps with low wattage light bulbs. Avoid stimulants like a workout, caffeine, sugar, alcohol, and nicotine or action/thriller movie too close to bed as they all stimulate an increase in cortisol levels.

- **Drink adequate amounts of quality water between meals.** Water provides the energy and information required for all biochemical reactions to take place. Water is therefore a vital component to reversing insulin resistance and maintaining overall hormonal and metabolic balance. The ideal amount is based on your body weight. This formula comes from the research by Dr. Batmangheildj in his book, Your Body’s Many Cries for Water. Calculate $0.033 \times \text{kg}$ (your body weight) = the amount in litres you need to be consuming per day, before you take into account exercise or consumed stimulants that dehydrate you like coffee, tea, sugar, alcohol, soft drinks and processed foods.

If you are interested in working with Joanna check out her upcoming retreats:

NURTURE ME: October 16 – 18th, 2015. Awaba Retreat, Palmdale

NOURISH ME: November 20 – 22nd, 2015. Awaba Retreat, Palmdale

Joanna Rushton - Energy Coach

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

www.mylifedelicious.com.au





BAKED EGGS WITH TUSCAN HERBS

Jo's tips: One of the best Sunday brunch dishes EVER! I just love the flavours.
I use my naturopath's organic Tuscan herbs (Ovvio), which are amazing.

INGREDIENTS

2 eggs
1/2 avocado (sliced)
1 tbsp. of hand torn basil leaves

1/2 red onion (diced)
1 cup of pureed tomatoes
1 tsp. of Ovvio Tuscan herbs

1 clove of garlic (chopped)
100g of shaved leg of ham
Celtic sea salt and cracked pepper to season

METHOD

Pre-heat oven to 220 Oc.

Butter a ceramic baking dish and line with shaved ham, onions, tomatoes, garlic, Tuscan herbs and a splash of water Season well
Cover with baking paper and foil and bake for 15 minutes at 120 Oc

Remove from oven and remove cover

Create 2 small wells and crack an egg into each

Re-cover and continue baking until eggs are cooked with a soft yolk finish

Serve with sliced avocado on top and fresh basil

Joanna Rushton - Energy Coach
www.energycoachinginstitute.com



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MANAGING STRESS – ONE BREATH AT A TIME

We need to go right back to the fundamentals of breathing and pausing regularly throughout the day to re-engage our parasympathetic nervous system that gets overridden when stress takes a hold on us. The parasympathetic nervous system creates the ideal conditions for our body to stay well, with routine activities like digestion, growth, and repair ticking over nicely, as we go about our business with a slowed heart rate, lowered blood pressure, and a heightened sense of wellbeing and calm.

It's our sympathetic nervous system that's in play when we're in a stressed out hyperactive state. It gives rise to the classic fight or flight scenario. It raises our blood sugar and heart rate, narrows our blood vessels, and activates our immune system, which enhances our clotting capacity and blunts our pain perception. Basically the sympathetic nervous system ensures that the heart madly pumps blood to the muscles in order to get energy to where it's needed as fast as possible in the event of an emergency. It does this by flooding the body with adrenaline which increases blood flow, and cortisol which increases the level of sugar in our blood.

The problem here is that the stress response activates inflammation in our body because of the processes that go on to mobilise sugar for energy, and it automatically switches off any non-essential activity that could drain the energy stores that are needed to survive the imminent danger it perceives we're in. These non-essential activities include things like digestion, growth, and reproduction. Of course there are obvious problems with this given the chronic high levels of stress that many people live with these days. It's no good for us at all to have energy diverted away from these processes indefinitely.

Ultimately there's a maladaptation at play here, because unlike animals who only activate the stress response when there's clear and present danger, humans not only switch the stress response on in relation to run of the mill non-life threatening circumstances, but also in relation to thoughts, memories, and emotions.

When we consider what's actually happening in our body when we push the stress button, it's obvious that we need to get a handle on this if we want to live to a ripe old age and enjoy the journey in the best health possible.

But too many of us lead the kind of stressful life that means we're chronically experiencing increased blood pressure, which leads to hypertension that sets us up for serious damage to our blood vessels. This damage includes the build up of plaque, which poses the real risk of the plaques in our vessels breaking off and travelling to our brain in the case of a stroke, or our heart in the case of a heart attack.

What many people experience ongoing is a series of mini stress events. Firstly the stress response results in the fat cells releasing energy, then fat gets stored back in the cells when the perceived danger has passed, and so on throughout the day. All of this activity is not what our body needs in terms of maintaining the degree of homeostasis required to maintain good health.

The bottom line is that in addition to playing a major role in depression and sleep deprivation, chronic stress also makes the control of blood sugar more difficult. Type 2 Diabetes is the canary in the coalmine in terms of the modern western diet coupled with the levels of stress many of us live with. And there's also the fact that we operate from our brain's limbic system when we're stressed to consider as well. The limbic system is all about reflexes and short-term survival. So there's no higher order thinking or executive decision-making going on when we're not able to access our brain's prefrontal cortex because of the way the stress response plays out. This means that our ability to maintain a healthy perspective on things and problem solve goes out the window when we're stressed, so

there's another really good reason to develop strategies to manage stress as soon as possible.

Living with chronic stress is like swimming in a rip in the ocean. We're culturally programmed to value action and staying busy, but action in a rip equates to struggle, and the struggle will wear us out eventually. On the other hand, if we dive under all of the activity by breathing deeply and bringing our self into the present moment, we'll sense a point where we can be still feel into our core. That point is the portal that will take us back to calmer waters.

Eating in a way that supports our body, exercising, sleeping well, having a healthy mindset, and pausing between activities during the day, are all behaviours that are going to predispose us to being calmer.

The most precious thing that is always available to help us here is breathing. When we're relaxed, we tend to breathe slowly and deeply, rather than taking the kind of quick shallow breaths we take when we're stressed. Deliberately making time to pause between activities and just breathing deeply will make an almost immediate difference to the quality of your life. Simply focusing on your breath and slowing it down sets up a feedback mechanism that tells your body and your mind that everything's okay. That way your body won't be on standby for an emergency with the sympathetic nervous system engaged or semi engaged all of the time.

At the end of the day it's in everybody's interest to cultivate as many self-care and coping strategies as we can. It's all about noticing the things that we are already doing that help us to relax and cope with life's ups and downs without using our stress response as a default strategy, and doing more of those kinds of things. Breathing mindfully, journaling, meditating, exercising, taking a long hot bath, talking concerns over with friends, are all examples of effective coping strategies that I urge you to nourish yourself with.

These kinds of activities, backed up by an attitude of self-care will slowly but surely reprogram your brain and your body to have a much more healthful response to any stress you're exposed to, and more importantly, to replace your sympathetic nervous system with your parasympathetic nervous system as your default setting so that you don't generate unnecessary stress for yourself. The great irony here is that we are our own worst enemy in relation to ramping up our stress levels with mindset patterns like perfectionism and overthinking. I'll be writing on mindset in the next issue of Holistic Living. There's a lot that can be done to improve the quality of our life by become aware of and taking action on issues around mindset.

But for now, let's collectively bring down the amount of stress in the world – one breath at a time.



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.
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TOUCHED BY CANCER. GOING INTO THE VOID. GRIPPED BY FEAR

Part 1 of 3

To avoid - The act or practice of withdrawing from something.

Q: How often do we do this?

A-void-dance - The dance of Life versus death that takes you to the brink of the void (a new phrase coined by me)

Q: I wonder how many of you have visited the black void?

After 15 years of desperately trying for a baby and undergoing my last failed IVF, a miracle happened; I fell pregnant naturally at 44. My husband John and I were ecstatic, but then the world dropped out from beneath us when I was diagnosed with choriocarcinoma – a rare, aggressive form of uterine cancer. The spread of my cancer was relentless; further fuelled by the infertility drugs still circulating in my body.

At that point I danced at the mouth of the black void and this is the main reason I feel compelled to share my wisdom through my story. I know that there will be many people who are facing fear head on, whatever the cause maybe and searching for a way out of the black void. I wish to be a 'little white light' within the black so you can see that there is always hope.



So onto the story behind the wisdom (know that what you think the story is, it rarely is)... On the day of my diagnosis I walked from the specialist's office refusing immediate chemotherapy. He refused me a second opinion and I was just not ready to take full responsibility to shoot myself. I did not care that on the way out he told me he would not continue to be my doctor, I am an Aries and strong minded and needed time to think. So with my fearful husband beside me, loving me but not knowing what to do, we walked together both bonded in our individual fears. John feared losing me and I feared the losing of me spiritually.

Pushing decisions onto patients is wrong. I wasn't able to assimilate it all. The turning point was the denial of that second opinion and the doctor just expecting me to agree to 8 pages of disgusting side effects of the chemo. How many people get bullied by doctors playing on fear to sign their life away? You are so vulnerable at this time and they know this. You essentially agree to mustard gas toxins being infused throughout your body causing instant sterility and instant menopause. How could I sign my soul's desire away when I had yearned for a baby for all these years? Everything seemed so unjust and unfair. I needed to run and cry and hope that everything would go away.

Q: If faced with a gaping void-like situation of this intensity, what would you decide and why?

The thing is I knew it wasn't my time to die, but it would be so easy to die and it seemed such a peaceful place to go to. Choosing life would be the hardest road and I felt so trapped in the cycle of fear, dilemma, life versus death versus sterility versus death that it actually kept me in a feeling space of life. It is a weird feeling. It must be so peaceful if you know it is the right time and you do not have to fight.

Q: Time. So what is time? Is time just a label? It just is, isn't it? When is the right time and how do we know?

So what could I do as I apparently had limited time? I decided to apply my academic background in Nursing and Midwifery, I was well aware of the toxic side effects of chemo, but I needed to make good informed decisions quickly, proactively and with good research. So I called every connection I had and went to see a wonderful lady (Jane) who had helped many Cancer sufferers and happened to be married at the time to a doctor. This seemed a fortuitous combination so I headed their way. I felt he was impartial and understanding and confirmed that I deserved a second opinion; which I knew anyway. It fuelled me to go and find a specialist who would do an operation

instead of the chemo, so in my eyes I could, avoid the chemo with a Hysterectomy but forgo ever having a child. I was forced into a 'lose- lose' situation, there was no win and I realised I was bargaining with the inevitable. Choose my life over any other's.

I found a way to manifest a doctor to do a hysterectomy but that came to a halt when he bottled out and said I would need chemo afterwards anyway. There just seemed to be no way out.

Q: Who would you go to as a confident and impartial advisor?

Two days later, whilst looking in the mirror, I had an early morning warning of the severity of my condition. I saw a 'thick grey auric veil' all over my head and face and my heart sank, I knew what it meant. You see, I know a grey aura means that 'the veil of death' is hanging around. Spiritually I was being alerted to the severity of my situation for a reason - I was supported and I needed to 'get real'. I was being told that my life was precious and it was up to me to embrace myself. I knew I could not avoid this warning; it was my 'Hello Philippa'.

After my self-created week-long cool down period in December 2008, my blood tumour markers were soaring, resulting in a lot of pressure from the medics to get onto the chemo quickly. I was admittedly in complete melt down, overwhelmed, suffering intense fear of the chemo (a trigger from past genetic memories) and my unknown future. However, I returned to my first specialist asking if he would care for me and start the chemotherapy; I was like a lamb lead to a spiritual slaughter.

Even at this stage it was important to maintain a sense of presence so I asked many questions to understand as much as I could, plus I muscle-tested to check things out. During the chemotherapy I channelled to the Cosmic Beings of Colour from which my book and cards were created (I will talk more about the magic of colour in part 2).



By turning my thinking around to what I could do from what I couldn't do instantaneously helped me to make better, conscious health choices and I was able to complement my orthodox medical experience with holistic therapies, to give myself the best all round outcome I felt I could - because I deserved it.

By turning my thinking around to what I could do from what I couldn't do instantaneously helped me to make better, conscious health choices and I was able to complement my orthodox medical experience with holistic therapies, to give myself the best all round outcome I felt I could - because I deserved it.

Q: How would you manage to maintain positivity at a challenging time?

Fear is a heavy energy and manifests itself in our auras first, then becomes physical reality. My fear was not new but was raising up and now rampant. My whole digestive system was twisted with an abundance of acidic feelings, and I saw a large area of horrible psychic grey-yellow in my stomach; it made me even sicker. This intense internal yellow energy highlighted to me, that my power centre was on high alert and under extreme stress, relaying psychically that I really needed to watch what I ate and drank, as

this negative energy was acutely affecting my digestion and if it became chronic it could affect my hormones, renal, adrenal and thyroid function, liver and pancreas too.

I started probiotics, reduced my sugars, meat, bread and any acid forming foods to reduce my mental and emotional stresses. I drank herbal non caffeine brews, nettle infusions and enjoyed snacking on seeds and nuts. I organised spiritual healing quickly (Reiki is brilliant for realigning energy and relaxing you) and I also had Access and Bars to calm my overly active brain. Meditation was the 'GO' creating a peaceful and positive space inside and around. A gratitude diary was amazing to do as it really lifts your spirit by just writing the word 'Thank you'.

In the midst of chemo my good friend asked "Why have YOU got cancer Philippa?" which was a great question as I had asked myself that exact question; WHY? As getting cancer really pissed me off!...

The gift of this part of my journey was learning to transmute the negative to create positive change. I offer my affirmation to you and it can be repeated x3 x3 a day

'I am an amazing powerful rainbow being of light, filled with hope and Joy'

.....TO BE CONTINUED

Q: Upon reflection what learnings did you glean from my account?

Q: How can you be more present and proactive in your body and life?

(In Part 2, I will share how working with colour, cards, crystals, your genetics and patterning can affect your life right now.)

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Philippa Joy Oxlade - Spiritual Success Mentor

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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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WHAT CAN HEAL DIABETES TYPE 2?

Having recently read Louise' Hay's definition of Diabetes, I was intrigued by her emotional definition of the disease and recommended affirmation. I then took her definition further and applied it to The Greatness Principle and reflected on what would a person's life and relationships look like if they were living with Diabetes Type 2.

(From Louise Hay's "Heal Your Body": "Diabetes (Hyperglycemia, Mellitus) - Probable Cause: Longing for what might have been. A great need to control. Deep sorrow. No sweetness left. Affirmation: This moment is filled with joy. I now choose to experience the sweetness of today)

Longing For What Might Have Been

When people are in the headspace of longing for what might have been, they are distant, not fully engaged in life as they are sad about the future they would, should, could have had. They are permanently distracted in their minds, running the projected future that they are so attached to and so connected with. What does that do to a person and their most valuable relationships around them? It makes them hard to connect with. It's hard to give support to these people as they are constantly rejecting support, encouragement or ideas for a new life or circumstances because they deeply lament for what they feel they lost and are not interested in creating a new future.

A Great Need To Control

Simply put, control kills intimacy. When people are in control mode, only surface level relationships and connection is possible. Yes, people will be in their life because they are either a) related and can manage your need for control b) they work for you so accept that's what you do at work. Unfortunately though, the great need for control makes the 'controller' become not safe to open up with. People don't share their deep secrets or personal things about themselves to controlling people as that level of sharing and vulnerability could be used against them in the future when the controller wants to control!

Deep Sorrow

People that are experiencing deep sorrow feel very sad, lonely, and disconnected and also a little lost. Most of us have had something happen in our life where we have experienced deep sorrow. It's ok to experience it, however, it's not ok to LIVE in deep sorrow. I see this many times in my work where a business leader has completely and utterly failed in their work/business and they can't get over it. They live in their failure, their deep loss (financially, emotionally, spiritually and now with diabetes, physically). I've also seen it at a personal level with clients, for example,

after 15 years of marriage, the husband, who was deeply sad about the wife he had chosen, (she was an angry woman who verbally attacked him constantly over those 15 years, whom he loved with all of his heart and he didn't want to divorce) developed diabetes in his late 30s. He lived in an internal world of deep sorrow instead of enjoying the marriage and life with his wife.

No Sweetness Left

One of the coping mechanisms for people who find no joy or sweetness in any corner of the world is that they find things that make them feel good such as food, alcohol or drugs (life's artificial sweeteners). Being very overweight, having addictions to alcohol or drugs can create a behaviour, attitude and world that can be very isolating, difficult and lonely. When that's going on, the willingness to be open and vulnerable with others is very low. So with Diabetes Type 2, there is breakdown and illness in the cells and inside the body, as well as fair amount of breakdown in the person's ability to relate and connection to the outside world.

So What Can Heal Diabetes Type 2?

Yes, this is actually a good news article... and that is that Diabetes Type 2 can be overcome and it doesn't have to be a lifelong curse. What's the solution? Are you ready... one must stop being a lone wolf, to stop trying to dictate how everything in the world must happen... it's about trusting yourself, your life and others and to stop being so afraid of your potential and your future. If you, or if someone that you know has Diabetes Type 2, then get excited because there is help and that is... COURAGE. Courage to dream a new life, courage to change your life and courage to ask for and ACCEPT support.

With the work I have done in the last 17 years with leaders in business and life, it is teaching and inspiring people how to build a circle of support so they can be great. If you have the courage to stop lamenting your past, being sad, being a big control freak and using artificial life sweeteners like sugar, alcohol or drugs, then you can have GREAT health, a GREAT Life and a GREAT experience of being on the planet. It comes down to having compelling vision for your life and then selecting the right people to support you until you have it. For more information about The Greatness Principle visit Jen at The Greatness Principle online.

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.

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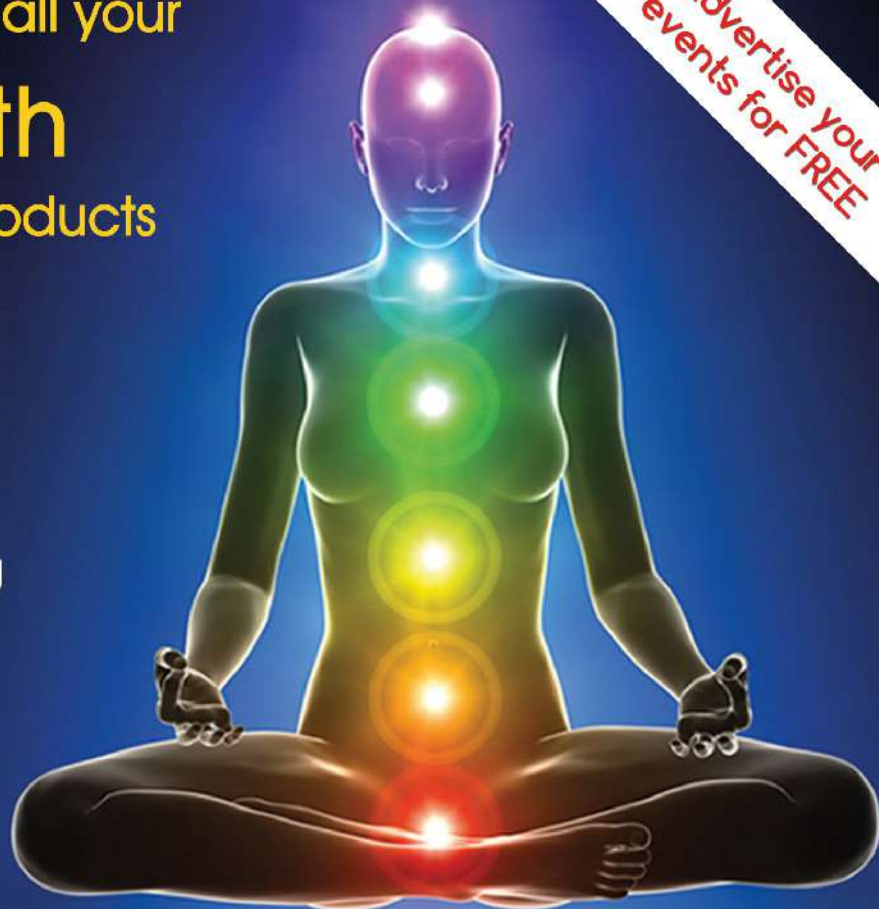
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Recipes from Jimmy Boswell
www.tasteofhome.co.nz

Fresh Roast Vegetable Salad

This recipe can be served as a side with cooked meats. Its also a great dish if you are having someone over that is a vegetarian. Leave out the feta to make this vegan.

Ingredients

- 3 medium beetroots
- 2 parsnips, woody core removed
- 1 cauliflower, florets only
- 1 tsp salt
- 5 garlic cloves, bruised with the flat edge of a chopping knife
- 100g feta cheese, crumbled for serving
- Small bunch fresh mint, roughly chopped for serving
- 2 medium carrots
- 2 courgettes
- 6 tbsp olive oil, divided
- ½ tsp fresh ground black pepper
- 3 sprigs fresh thyme
- 1 tsp smoked paprika

Method

Preheat oven to 200 C (400 F)

Wash and roughly chop the beetroots, carrots, parsnips and courgettes. Roughly chopped gives the dish a rustic look.

In a large bowl, toss together the cauliflower florets and veggies with 3 tbsp olive oil, salt and pepper to season, garlic and thyme, leaves removed from stem of one sprig.

Drizzle base of an oven proof roasting dish with the rest of the olive oil and position the remaining 2 sprigs of thyme on the base. Arrange vegetables in the dish so that they're roughly evened out across it.

Roast in the middle on the oven until carrots and beetroot are just fork tender, about 20-30 minutes. Remove from oven and leave to cool. Once cool, serve on platter with generous sprinkling of smoked paprika, crumbled feta cheese and fresh mint.

Serve as is or with leftover cold cuts as a summer fresh brunch or dinner.

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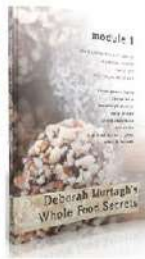
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The Journey Of Stepping Up & Moving Beyond The Comfort Zone

Just imagine your life is like a glass box. You can see outside it yet when you approach the perimeter you feel a restriction, a block moving forward, yet you can't see it. For some, living life within the glass box creates an experience of predictability, comfort and security. Depending on how each individual sees him or herself and the world; perhaps going beyond this perimeter is not relevant? Do they have an awareness that a perimeter exists? From my perspective this would be like living in a prison that none of the inmates knew existed. If the inmate had no reference point of anything else or different, would the inmate have a desire for change or something more? Perhaps not ... let's explore more and see how this relates to you.

The glass box represents your comfort zone, which cannot be seen but most definitely felt. When was the last time you pushed the envelope a little bit more than usual? What sort of feelings did you experience in your body? I'll share first, before you get to reflect, I remember when I was a child aged 7 and was asked to deliver my oral speech to the class. This was the scariest thing for me at that time. Firstly I would suck my energy within me hoping that I would be invisible to the teacher. My breath would be slow, silent and shallow just like an animal sensing that a predator was nearby. When I was called to speak in front of the class, I would feel anxiety, stress, worry and terror. My

voice would freeze, my body shake, and my hands perspired as I clenched my fingers together. The speaking experience was nerve racking. This personal example although 'extreme' illustrates what unfolds when going beyond the comfort zone.

The prison represents the mind. How does your mind feature? Is it open, flowing, trusting with a smattering of discernment or is it rigid in nature? Is your mind open to new possibilities? How do you perceive new possibilities in your life? Do you see them as an exciting new way life is presenting itself to you or do you see it as stressful, dangerous, potentially

painful or scary experience? The mind has constructs that dwell within it which create a self-fulfilling prophecy. What are these constructs? Well, a construct is a perspective, belief or way of seeing or defining anything in life. It's your relationship with this 'thing' that creates the experience you have.

So your glass box is directly influenced by your mind, which is either an invisible prison or a supportive servant. If the mind is like a prison then the glass box feels stuck and impenetrable. What this means is that breaking free from the comfort zone will be super challenging. What this looks like is a life that is safe, predictable and comfortable. Yesterday feels like today and today will feel like tomorrow. The feelings, experiences, people, circumstances and events will feel all very similar. There can be a sense of stuckness, staleness, frustration and irritation that is felt below the comfort and predictability. Below these feelings exists a sense of hopelessness or helplessness; feeling powerless to achieve destiny and greatness. I have personally experienced feelings of sadness and anger with an unconscious desire to be rescued by someone or something outside of me.

Let me share another personal story to bring to life this perspective. My transition experience from working full time in the corporate banking world to being a sovereign, free, empowered change maker went through several shifts over a 10 year period. One of the challenging moments was when I fully let go of my full time paid position to focus purely on being a transformational coach without any security through the form of a wage. It was one of those days when the physicality of 'me' could not explain or remotely understand what unfolded. I had just flown back from San Francisco after supporting an inspirational speaker with a series of events in the US. I had only been back in the country for 2 days and I recall feeling like my energy flow had been completely shut off. My ability to focus, to be productive and work became impossible. To my ego's dismay & concern; I left that role at the end of the week and had 2 people replacing me which all happened within 48 hours of 'the decision' being made.

I still marvel at the orchestration of events that occur when the unfoldment of destiny is in place. Finding 2 people to replace me, to conduct a full handover and for me to feel completely in the unknown within 48 hours felt extraordinary. I remember sitting on the grassy knoll at South Bondi beach, in Sydney, feeling perplexed, concerned, surrendered and open to the next steps. The lesson was that I was unconditionally supported by a soul driven choice that allowed me to move more powerfully into the direction of my true calling and legacy.

So what happens if you refuse, deny, avoid or cling onto your past and your comfort zone? A tremendous internal struggle and battle will endure. This reminds me of a client that had a tremendous battle between staying in a high paying finance role that she hated, or to follow her heart and create art, teach art and be surrounded by beauty and design. The client's challenge was based around the concern of being a starving artist. Not succeeding, failing, falling short and fulfilling the beliefs of her family.

These beliefs went along the lines of, "Get a secure, safe and stable job that pays great money. Being an artist is not a real job and won't provide you with the security and resources you need to live a comfortable life." Underlying her choice was the battle between being accepted, loved, validated and approved by her family OR standing in her power and aligning to her values to make a decision that was coming from her heart and destiny. I can relate to this dilemma. As a

child my choices all revolved around the need for safety, to belong, to be accepted, to feel loved and to have a sense that I am okay. How can we transcend this inner battle?

The problem with having a prison of a mind and a glass box that feels impenetrable is that personal expansion; new experiences, excitement and the fulfillment of the hero's journey are denied. As you expand, you have access to more energy. Your ability to create is amplified because distorted energy constructs that were creating a limited reality experience are released, making this energy now available elsewhere. Below is a roadmap on moving beyond the glass box.



Firstly, to be aware of the real underlying drivers of all choices, provides freedom through the full spectrum of possibilities. Instead of choosing the same thing over and over again hoping for a different result; a sense of appreciation and love can be experienced by observing the driver of the choice. As Einstein said, we must elevate our consciousness to be able to receive solutions to our current problems.

Secondly, to be able to shift perspective from the personality to soul, will grant you access to an empowered experience of all limitations that exist within the comfort zone. Instead of buying into the comfort zone perimeter and feeling trapped; you can see the limitation for what it is, which is an experience. You move awareness from making these limitations something wrong with you to 'it's an experience.'

Thirdly, to make a whole hearted decision of what you would absolutely love and be open to moving beyond your comfort zone to experience it, is essential to welcome in any new experience.

I believe that we are the heroes of our life. Life is waiting for each of us to pick up the gauntlet to step up, to be seen, to challenge the status quo and express who we are to the world. By constantly exploring & challenging your comfort zone, you give yourself permission to welcome in new possibilities into your life that previously was considered impossible.

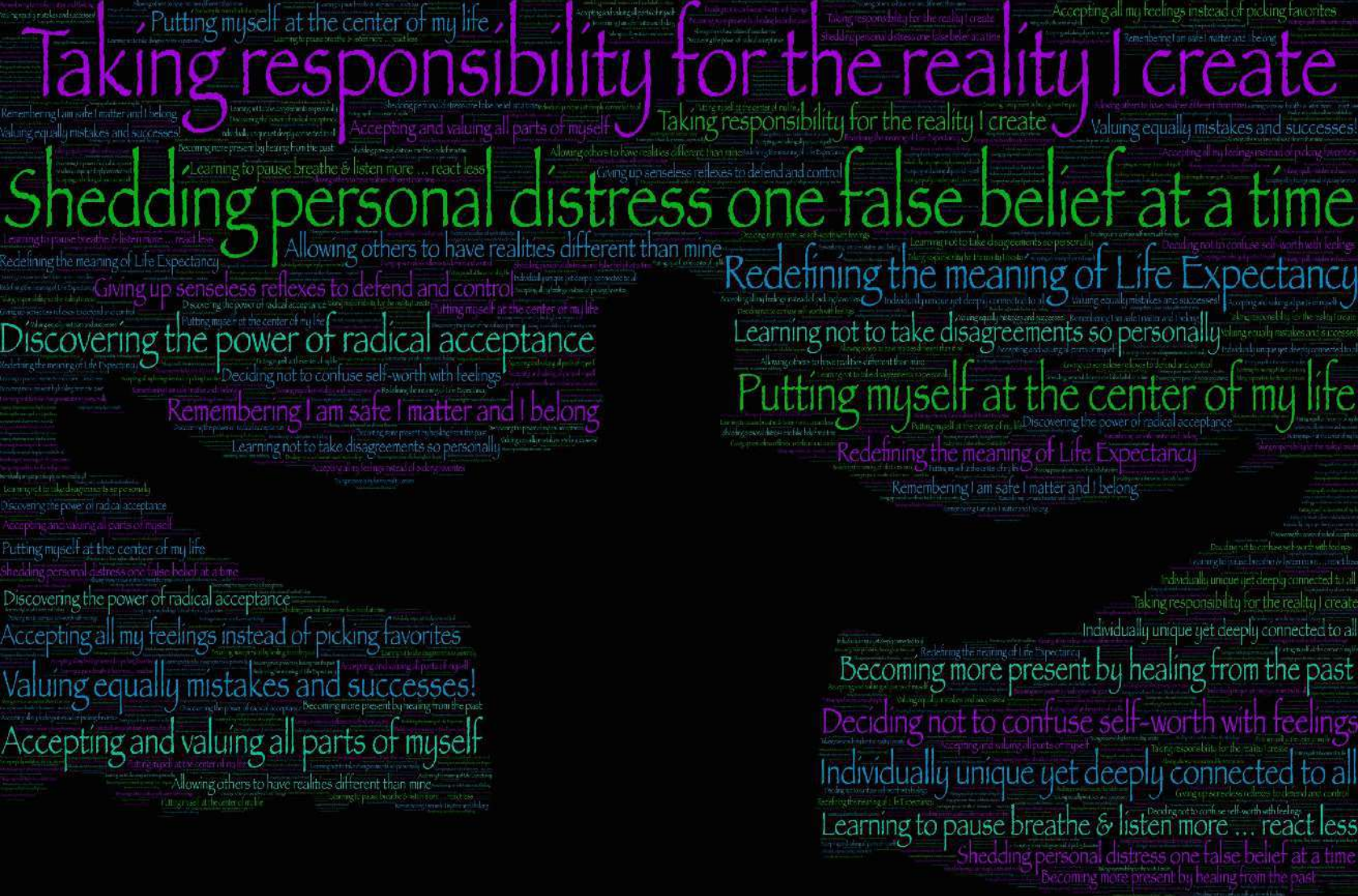
Live with purpose, meaning and focus. To choose a life that connects to your passionate inner message, to align to courage and to consistently make choices while being in the unknown is a miraculous way of experiencing life. If you are a leader, coach, healer and transformational expert then being able to master moving beyond your comfort zone is a crucial skill to embody within you. If you're choosing to live the best life ever, to follow your dreams and to be an inspiration to those around you then I'd love to invite you to "Step Into Your Greatness – The 10 Day Challenge". An opportunity to move beyond your comfort zone through a new paradigm structure that will hold you through the 10 steps of moving beyond what is possible to receive new results in your life. Instead of skidding in the same spot; choose new possibilities for you & your life/business.

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





Can The Law Of Attraction Help You Manage Or Even Reverse Diabetes?

You know that a healthy attitude and positive mindset can have a positive impact on your physical health. Science is proving the mind/body connection and there is plenty of research to back it up. However, for a conscious creator, can deliberately leveraging the Law of Attraction affect our physical body? The answer is YES!

The Law of Attraction, simply states, like attracts like. Like vibrations are attracted to each other. If you are vibrating perfect health, then you are a match to experiencing perfect health. If you are experiencing anything less than perfect health, then there is a kink in your vibrational signal.

You have the power to choose your thoughts, whether positive or negative, and this has an impact on your physical health. By opening your mind to what is possible, you can

enhance the phenomenal healing abilities of your own body. You are aware of the reality of the “placebo effect” in modern medicine. This is a powerful demonstration of the importance of the mind in the physical recovery of the body. Now, this is not to say that allopathic medicine doesn't play a crucial role as well – particularly in managing Diabetes – but when you leverage the power of vibration with conventional or alternative medicine, healing can be accelerated. Remember, what you believe you can achieve and if you believe you can heal Diabetes then you can!

Here Are Some Simple Tips To Activate The Vibration Of Optimal Health:

1. Appreciate the wellness that is already present. Your body is an amazing being with an amazing ability to heal itself. Instead of placing your focus on what isn't working the way you wish, shift your focus to what IS working well and celebrate that. Remember, what you appreciate appreciates. By appreciating the wellness that is already flowing within you, the Law of Attraction will bring more wellness to appreciate.

2. Celebrate your "wellness tools". This tip is all about shifting your perception around the tools you use to monitor your blood sugar and the current medicines you may be required to take. If you are taking medication to lower your blood sugar levels, celebrate your lower sugar readings. Choose to see your meter as a means of measuring your progress towards optimal health. The more you can focus on the positive aspects, the easier it becomes to stay in a positive/-feel good vibration. You want to take every opportunity to think and feel better knowing that with every positive thought and feeling, you are bringing yourself in alignment with the optimal health you desire.

3. Discover the "gift". In every experience, there is a gift to be had. What is the gift in the experience of Diabetes for you? What are you being asked to look at? What thoughts are in need of shifting? What beliefs did you hold that are no longer serving you and need to be released? For example, in *Heal Your Body* by Louise Hay, she lists the probable cause for Diabetes as a "longing for what might have been. A great need to control. Deep sorrow. No sweetness left." In *Use Your Body to Heal Your Mind* by Henry Grayson, PhD., he suggests a six question process that will help to identify what the body is trying to tell you through the symptom or illness. Here are those questions:

- Why might I need this symptom/illness and why now?
- What do I hope it will get for me?
- What will it get me out of doing?
- What emotion or need is it expressing for me?
- What is the metaphor being expressed through this symptom/illness?
- What is the family, tribal, or cultural belief involved with this symptom/illness?

Of course, once you've answered these questions, the next step is to make different choices around the answers you've uncovered.

4. Commit to resolving the issue. You want to commit to creating a more healthy way to deal with the issue(s) that surfaced during your questioning process. For example, if you discovered that you developed this illness to receive love and attention from your family, you may want to come up with another healthier way of receiving that love and attention instead of becoming ill. Perhaps you discovered that you needed to slow down but you hold the belief that if you don't do it, no one else will. This belief limits you and isn't serving you. You want to shift that belief to one that serves and supports you.

5. Create optimal health affirmations. Affirmations are statements that state what you desire to create in your life. I am a firm believer in affirmations with one caveat, you must believe what you are saying or at least be willing to believe in the possibility of them. While there are those who advocate the "fake it 'til you make it" approach to affirmations, I am not one of them. For me, I need to at least believe that what I am saying is possible so you want to word the affirmations in a way that you can stand behind them. It helps me to think of them more as an affirmative prayer which allows my mind to get behind the statement more readily. Some affirmations that I like are:

- I am whole and healthy
- My wellness increases daily
- My body knows how to heal
- I am filled with vibrant wellness

Create the ones that feel good to you and most important is to have fun with the process.

6. Write your wellness story. This is a fantastic vibration activation tool and one I use quite frequently. Create your own optimal health story. This is your opportunity to tell your health story as you want it to be. How do you feel as an optimally healthy person? What activities are you engaging in? What foods do you eat? Give yourself permission to let your imagination run free with this process. You are aiming for a story that lasts at least 17 seconds when you read it. If you can write one that lasts for 68 seconds, you are golden. Here is what Abraham (as channelled by Esther Hicks) has to say about 17 seconds:

"Just to get your attention we want to give you some physical comparison; 17 seconds of pure thought is equivalent to 2000 hours of action. If you are working a regular 40 hour a week job, that is about what you work in a year. 17 seconds equals 2000 action hours. If you can cross the 34 second mark, you can multiply your action by ten, 20,000 action hours. If you can cross the 51 second mark 3 times 17 you can multiply by ten again, a 200,000 action hour equivalent. If you can cross the 68 second mark – now that is just over a minute of pure con-contradicted, non-diluted thought it is equivalent to over 2 million action hours."

When you put these tools to use, you are leveraging the power of the Universal Laws and taking back your creative power. Just like gravity, the Law of Attraction is at work in your life whether you believe in it or not. Why not choose to be more deliberate in the vibration you offer and create the life you desire instead of creating by default? Attract the wellness that is your birthright. Choose to leverage the power of YOU!

Elaine C. Torrance-Gingrich Law of Attraction Coach

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www.avalonianmoon.com





A Wish For Hope

Born into this world as a child, with imagination and dreams, full of hope, you ran and laughed as you thought about all of the fun things you will do in your future. You are going to be a bus driver, a singer or an artist. The hope of a bright and fulfilling future keeps you going, you dream about how awesome life as an adult is going to be.

But as you get older what happens? Some people would say reality sets in. I don't believe it is reality so much as your hope that things could be different dries up. Without hope, your drive to make things better starts to shrivel up. Instead of hoping for a bright future, you just strive to survive day in, day out with no hope that the future could be different.

As a child, you are less exposed to the despair of the world you live in. You watch cartoons about magical places or a place where there is always a happy ending. You take these cartoon stories into your world and you play out the same scenarios knowing that everything will work out and everyone will be happy and full of joy.

As you age, what you watch changes. You are more exposed to the hope robbing media outlets. It sucks at your soul, all the violence, bloodshed, suffering and poverty. It turns your childhood dreams into a reality that is full of lack, fear, anger and despair. Instead of pursuing your own childhood hopes and dreams, you gravitate toward others in the world of entertainment that seem to have beat back the darkness of the

world and have found success. You try to live through their success, so you can feel what it is like to have your own dreams come true because in your own life, the idea of getting ahead and achieving your dreams has become a pipe dream. Your heart and soul may still call for it, but do you even hear it?

As a child, I was a dreamer. There were many times when I was caught staring out the window into my dream world during class. Being caught meant that my parents were often alerted to my transgression into my dream world. I remember being told, "Dreams are just that dreams – they are not reality and are not meant to be".

Being told that my dreams are not reality slowly drained out the hope that my life could be different. Instead I was destined to be like everyone else, following the same path. Did it matter that it did not make my heart sing? Nope. It was instead about being able to live in a dog eat dog world. Where everyone did what they needed to do to survive. For me that meant going to college and getting a "job", instead of finding and living my soul's purpose.

As the years went on, I found myself lost. I was working a job that paid the bills but there was still this hunger inside. I could feel that I was supposed to be doing something bigger with this life. I did not understand then that this was my soul's calling, tugging on my heart's strings. But yet I continued to ignore it and did what everyone else did and was grateful for it. Inside I felt like I was being torn up. I fed the hunger in other ways, exercise, food and whatever else would take the hunger away for a second. Did I have any hope that I would ever find out what the true hunger inside was? Unfortunately not.

I followed the path of least resistance into the abyss. I went to work, ate, watched TV, slept and looked for love. Everything seem to be on the right path, but it wasn't. As I delved deeper into this hopeless world, it started to take its toll on me. My anxiety began to increase 10 fold. I was gaining weight and losing my energy. I was losing hope that I could feed the hunger inside. Even with that fear, I was still afraid to move as I was fearful that the world around me would come crashing down.

I continued on and eventually my lack of hope for a better future coupled with my desire to please everyone, started to affect every aspect of my life in a not so pleasant way. The biggest thing that started to happen was my health started to spiral down a deep tunnel of despair. I didn't understand it, I exercised and I ate healthy but still my life was crumbling under the weight of unexplainable health issues.

I was tied in knots with the fear of the world that might come to my doorstep or the fear of journeying to other places and what may happen when I left my safe sanctuary. Before becoming sick hope was low, but when your health takes a nose dive hope goes out the window. In the end, my life was unraveling around the thought of not having one thing. The one thing that allows the world to continue to turn and think things will get better, not just for you, but for the rest of the world as well. What is that one thing? HOPE. You hope that there will be world peace and that future generations have it easier than you.

For yourself, you hope that you can turn your life around and make your dreams a reality where abundance flows freely, your health is stellar and you have great success.

Being tied in knots and without hope, is the true path to despair. It sucks your soul dry. When you were a child, you hoped that the world would become a better place but what you really held onto was your hope of what your life would look like. Maybe your childhood was full of laughter or maybe it wasn't, but you held onto the hope that things could be different for you.

Hope is the driving force behind everything. Without it, you have no drive to make any changes. You suffer through what it is. All the while, you are dying inside and life gets harder and harder to live through.

Hope is not an illusion. Hope is in your heart. If you allow yourself to listen for it, you may feel a glimmer of its beat just below the surface. Know that it is there and it is waiting for you to re-discover it and welcome it back into your life.

With hope all things are possible. You can have and do anything once you push past the fear that is holding you back. Hope is the motivator that makes it all a possibility.

You deserve to have an awesome life full of love, peace, abundance, health, happiness, joy and bliss. You are supposed to live life to its

fullest, exploring every nook and cranny that you find interesting, new places and new ways of doing things. Most importantly, exploring your deepest, feeding the hunger inside that is telling you that your life is supposed to be so much more.

You must step out from under the thumb of fear and step out on your own to explore who you really are, as a unique individual. You have a special gift to share. You have a soul purpose. This is the life you were meant to live and in doing so create the life you dream about.

But the world is full of sadness, despair and anger. How could I be so selfish to do that for myself while others suffer? You came to this world as a divine being who deserves all life has to offer. Dwelling on the world's suffering only holds you back. What if your talent would help some of those people change their lives for the better. What if you were able to save just one? Would that not be enough for you to decide to grab life by its horns and use your unique talent? Just think how different the world would be today if Henry Ford, Walt Disney or Nikola Tesla didn't follow their dreams and aspirations. These three and many more have changed our world forever.

All you need to do is take your ideas, no matter how small and the world could become a better place for your actions. Think about what life would be without heat in the car during winter (Margaret Wilcox: Car Heater) or the fear of someone being stuck in high rise during a fire (Anne Connelly: Fire Escape) or having an injury that required stitches in unsanitary conditions (Florence Nightingale: Sanitary Nursing). What if you could bring joy and laughter to people like Nancy Johnson who invented the process to make ice cream or how about Ruth Wakefield who inspired us with the 1st ever chocolate chip cookie.

All these people have gifts and they did not let anything stand in their way of making them a reality. Yes people laughed at them or told them it could not be done but they pushed on knowing that this is what they were meant to do. They did not allow sickness, lack of funds, fear or anger get in their way. They pushed those aside, held on to their hope, and hit the ball out of the park.

You too have this same spark inside. It lives deep within you, it's your shining light. Its light may be dim but it is there waiting to be discovered, but in order to reach it, you must first embrace hope within your heart. I promise you it is there, if only you would allow yourself to connect to it. Maybe thinking about it brings up emotions, let them out, cry, scream at the top of your lungs or stomp your feet. Holding it in only dampens the light within you and spoils the gift of hope. Allowing hope in at first maybe scary. If you find this waiting for you, think of your childhood and feel the hope you felt as a child. Was it scary then? If not, why is it scary now?

Hope lives within you. It whispers in your ear for you to love and respect yourself and plants the seed of knowing that you deserve to be happy, loved and full of health, joy and bliss. It waits in silence until you are ready to hear its blessing. Do you hear it calling you?

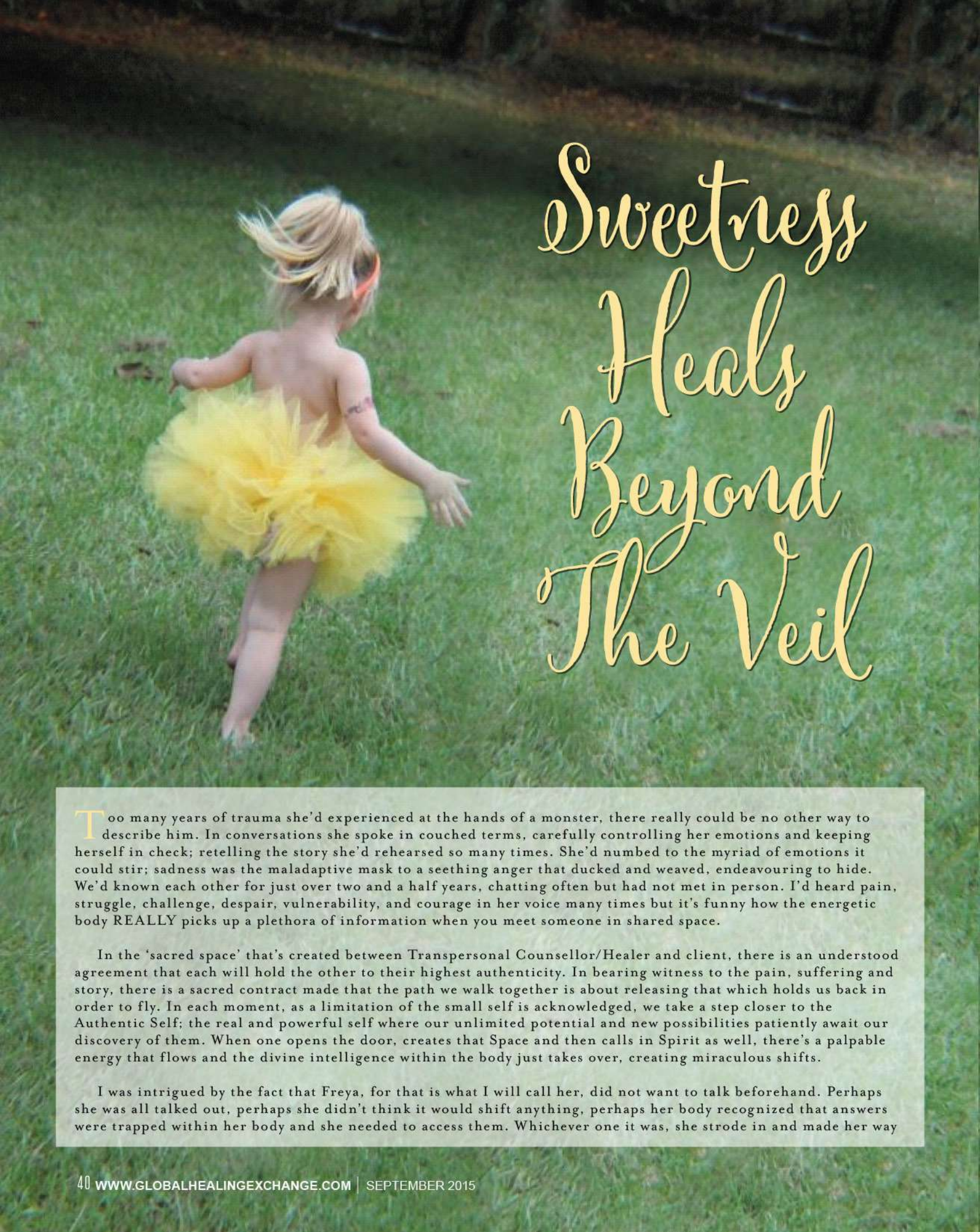
What would allowing hope into your life allow you to have? Health? Abundance? Success? You can have all those things, but it starts with the one thing that makes all things possible – HOPE.

Tami Reagor - Theta Healer

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www.wellbeingis.com





Sweetness Heals Beyond The Veil

Too many years of trauma she'd experienced at the hands of a monster, there really could be no other way to describe him. In conversations she spoke in couched terms, carefully controlling her emotions and keeping herself in check; retelling the story she'd rehearsed so many times. She'd numbed to the myriad of emotions it could stir; sadness was the maladaptive mask to a seething anger that ducked and weaved, endeavouring to hide. We'd known each other for just over two and a half years, chatting often but had not met in person. I'd heard pain, struggle, challenge, despair, vulnerability, and courage in her voice many times but it's funny how the energetic body REALLY picks up a plethora of information when you meet someone in shared space.

In the 'sacred space' that's created between Transpersonal Counsellor/Healer and client, there is an understood agreement that each will hold the other to their highest authenticity. In bearing witness to the pain, suffering and story, there is a sacred contract made that the path we walk together is about releasing that which holds us back in order to fly. In each moment, as a limitation of the small self is acknowledged, we take a step closer to the Authentic Self; the real and powerful self where our unlimited potential and new possibilities patiently await our discovery of them. When one opens the door, creates that Space and then calls in Spirit as well, there's a palpable energy that flows and the divine intelligence within the body just takes over, creating miraculous shifts.

I was intrigued by the fact that Freya, for that is what I will call her, did not want to talk beforehand. Perhaps she was all talked out, perhaps she didn't think it would shift anything, perhaps her body recognized that answers were trapped within her body and she needed to access them. Whichever one it was, she strode in and made her way

straight into the healing room with a sense of purpose and directness. She laid down and immediately surrendered. I didn't need to slowly take her into an altered state, she was there almost instantly, as though her body had been awaiting this opportunity to shed the illusions which kept her trapped and she was releasing all she could. I felt pain instantly within my head and as I shared this, she began talking about one of the more brutal times he'd hit her.

My body acts like a barometer of my clients during healing and I often receive a synchronistic experience of what is occurring for them. I've learnt to divide my awareness between my body and its signals and theirs in the process. Often my clients follow this lead and are able to divide their awareness too. This Ego strength, is crucial to healing, for it means that the client can learn to become the witness of their process and also their Ego's games afterwards, rather than cycling the story. Detachment, without disengaging is a powerful key to changing the Soul Blueprint of one's life.

I felt my throat close as she began to cry and shared this observation. Between sobs, she shared the memory that had already arisen in her awareness of being choked and feeling herself 'fighting for her life'. As we deepened the awareness of feelings within her body, Freja began describing the terror of being isolated and beaten, of wondering if she'd survive, of being simultaneously belittled and verbally abused and the presence of a massive fog that left her feeling confused. Shame, humiliation, degradation, fear, terror, uncertainty, all rose and cleared in that space.

She described in detail, and felt within her own body the physical and emotional pain and suffering she had endured, as it began releasing. It was beyond anything any living Soul should ever have to experience. She sobbed throughout the entire process, deep in the state change of allowing her body to clear old memories and deep wounds and I quietly reassured her that she was doing well and was perfectly safe now; I was beside her and would stay with her, making sure she was safe.

Each time the sensations within her body moved and we began accessing them, the divine intelligence within her completely took over. Her Higher Awareness knew exactly what she'd held onto and exactly what she needed to access and release; despite being very challenging and requiring enormous courage, it flowed with a grace and beauty that was astounding. The body's wisdom and capacity to know exactly what it needs is SUCH a profound Miracle to witness.

Freja was determined to remove as much as she could, she verbalized that she'd waited a long time for someone to hold space for her like this and she was going to let go of as much as she could. I had never witnessed the level of determination with which she spoke at this point and I knew we had truly accessed her Authentic Self. The empowered voice of the Soul was so different to the smaller voice of the socialized self that I had witnessed previously. Her entire being knew she

was on the cusp of a breakthrough and she was NOT letting it slide!

There is always a gift in clearing and creating space. Nature abhors a vacuum, so when we make space, we allow the new and fresh and vibrant to rush in. Freja had one more challenge to face. In the process of the trauma and abuse, Freja had lost a child and this was a hurt that tore her to the depths of her Soul. She blamed herself and felt enormous guilt at the child's passing; she knew intuitively it was a girl.

My inspiringly brave client, actually works as a Medium and so her process was quite different from that of mainstream clients. As the pain and struggle left, and the last cord of challenge with the abusive ex was cut, the child was able to be present and begin the crucial healing process. In her Mind's eye, she saw the child place her little hands over her heart to repair a heart hole, and it was overwhelmingly beautiful ~ a transgenerational healing beyond time and space! Rather than being the source for suffering and continuing the abusive implants, her child became a resource for healing and altering the Blueprint of Freja's Soul.

Freja still has work to do, she is continuing to build relationships with Trust. She is learning to re-parent herself in ways that were denied to her. She is learning to develop her Ego strength and communicate with herself in ways that are life affirming. She is learning to build a solid relationship with herself that will allow her to build stronger Community with others. She no longer focuses on the loss of her child but rather on having found the child that she wants to communicate beyond the veil with and being given a purpose for embracing and allowing that gift. Life's sweetness has opened exponentially for her.

Soul Healing is deep, deep work! Shaman's of old referred to our altered states of being as 'Non-Ordinary Reality' and said that it was more powerful and real than our everyday waking existence. The reason for this is it allows us to access our subconscious, which in turn houses our hopes, fears, greatest struggles, illusions and simultaneously the highest potentials that we have so often buried far too deeply. Freja's healing, and awakening of her Authentic Self, is a chance for her to readjust the lens of the Blueprint of her Soul and create a reality that is altogether different and more empowering than the one she was currently living. Her closing words to me, upon sharing my writing, sum it ALL up: "Sometimes what we perceive is the wrong choice, is actually the choice that gifts us life and freedom." The Soul knows a wisdom far beyond our limited perception; and so it is.

Karnie Kamala - Transpersonal Counsellor & Crystal Healer

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Life Is What You Make It

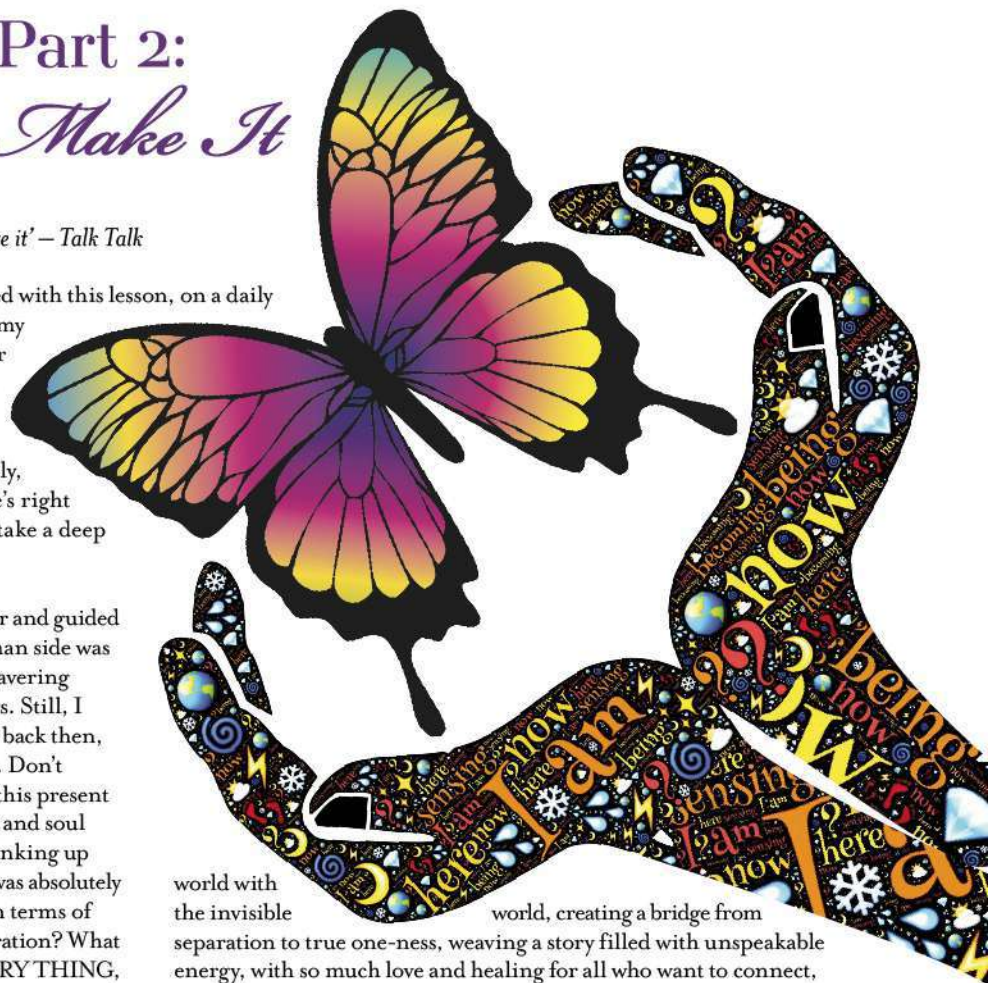
"Baby, life's what you make it — don't backdate it" — Talk Talk

As a widow in my second year, I am constantly presented with this lesson, on a daily basis, moment by moment by moment. Looking at my beautiful children every day, I am reminded of their father who now lives on the other side of the rainbow. The human side of me sometimes wants nothing else but to break down and sob, give up and give in and lament the loss of my soulman. And then my soul side kicks in, holding me gently, hugging me tightly and whispering in my human ear 'he's right here, my love, in your heart'. And I straighten my back, take a deep breath and continue to flow with this life I have chosen.

When my soulman made his transition, my soul took over and guided my human vessel through the situation that arose. My human side was astounded at the sheer beauty that was present, at this unwavering strength and outpour of love from my Self and from others. Still, I stand surprised and in awe of what was shining so brightly back then, and she has anchored herself strongly in the here and now. Don't backdate it... Yes and no. I get that we are meant to live in this present moment, and that the past is the past. And yet, linear time and soul time are two completely different 'things'. Consciously drinking up the strength again now that appeared in a moment when it was absolutely needed keeps me going and fills my cup. When we think in terms of past, present and future, don't we practise the idea of separation? What if there truly is no past and no future, and all we have is EVERYTHING, all at the same time? It is mind-boggling to me to even think about this, and yet – it feels so right. So what exactly do I make of my life when ALL of it is in me, around me and surging through me All The Time? Expansion comes to my boggled mind. Expanding my consciousness beyond the experiences I have made so far, the memories I have collected and the 'stuff' that I have learned. Combined with trust in myself (check!), trust in life (check!) and trust in my path (working on it).

Finding words for the unspeakable has always been something I have loved, and it feels like I am re-activating that innocent child of five years of age who was pure and clear, without so much conditioning and rational thinking. She looked at the stars and screamed with delight when a shooting star was visible. She danced in puddles, she enjoyed being in the rain and talking to the worms that wriggled out from beneath the earth. Baby, life's what you make it – yes! She understood this and made the best of every moment. She taught herself reading at the age of five, because she wanted to learn more words and more words and more words, so she could express herself better. Then the first experience of human separation happened, when her mom and dad got divorced and she didn't see her dad anymore. I cannot remember at all how I dealt with the situation; there is a huge blank space before me when I focus on it. And yet: does it matter? Yes and no... that child is now forty-five years old and has walked a courageous path all her life. She was raised to be an independent thinker, to be an independent person, to make her own decisions and to stand strong and with her shoulders straight in any stormy situation.

The sum of all these experiences helped her-me to let my soul take over when the 'worst of the worst' happened. Here I am now, writing about it. Finding words for the unspeakable, re-connecting the visible



world with
the invisible

the invisible world, creating a bridge from separation to true one-ness, weaving a story filled with unspeakable energy, with so much love and healing for all who want to connect, guided by my soul and my soulman, who truly is by my side every single moment of every single day. He walks with me through the ups and downs, through human drama and soulful joy, through strong connection and weak connection. And he says to me 'baby, life's what you make it'. He called me baby when he was still in human form, and he called me 'my love'. While writing these nick names, my heart sends a little piercing pain, so I can feel that as well, the longing to hear his human voice calling me 'my love'. Most times, I don't miss my soulman, as I just know he is inside my heart. And then again, I miss him so strongly that it physically hurts not being able to touch him and see him. All the while knowing he is right here, right now, smiling while I stumble around for the 'right' words. We have been one from when we first met, even though our human parts thought different. We both felt it, and that bond was/is/will be there infinitely. So yes to 'don't backdate it', as there is nothing to backdate, as it is all here, within me right now, as vast as the universe and even vaster (is that even a word?).

Tuning into myself to get to the core of 'it' all is becoming more and more of a routine for me. I'm sure I have done it all my life; the difference now is that I am doing it consciously, so I can drown out the noise from the outside world when it becomes too loud. I am in this world for a reason, and the reason is to live this life as best as I can. I'm giving it my best shot, so yes: baby, life's what you make it – celebrate it, anticipate it, yesterdays faded... (look up those lyrics, they are awesome!).

Barbara Patterson - Conscious Awareness Teacher

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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BAKED EGGPLANT SNACKS

In Sicily eggplant is one of the most eaten vegetables. Match it with some cheese and other topping and you have wonderful yummy snacks.

In the south of Italy pizza topping are kept to just a few ingredients so the individual flavours can be experienced and this recipe is an example of this.

If you want longer versions cut the eggplant long ways and follow the same process detailed below.

Ingredients

- 1 large eggplant
- 1/2 tbsp coarse salt
- 1 tbsp olive or coconut oil
- 1 400g (16 oz) fresh tomatoes or canned diced tomatoes, juice removed (for canned tomatoes)
- 100g (4oz) about 5 spring onions (green onions), white parts only
- 1 clove garlic, crushed
- 1 tsp fresh thyme
- 1 tsp fresh oregano
- 1 tsp smoked paprika
- 100g (4 oz) fresh mozzarella
- A few shavings parmesan
- A few sliced olives
- Fresh chopped basil leaves

Method

Slice the eggplant into 7mm (1/4-inch) thick slices. Place them on a flat surface and sprinkle with coarse salt. This will draw out some of the moisture that is in the eggplant. Let sit for 20 minutes. Preheat oven to 190 C (400 F).

Pat the slices dry on both sides with paper towel, place in a single layer on a baking sheet lined with foil, and bake for 15 – 20 minutes, until tender on the inside, but still holding together.

In the meantime, make the tomato sauce: chop the onions and garlic separately. Heat the olive oil in a sauce pan over medium heat, add the onions and cook for 5 minutes. Add the garlic and cook for 1 minute, until fragrant. Add the chopped tomatoes, herbs, season with salt, pepper and the paprika, and simmer for 15 -20 minutes, until it has thickened.

When you are ready to top the eggplant preheat oven to 190 C (400 F). Slice the mozzarella and olives into very thin slivers. Spread 1 tbsp tomato sauce on top of each eggplant slice, add a sliver of mozzarella, a few parmesan shavings, a few olive slices, and freshly cracked pepper. Bake 5 to 10 minutes, until the cheese is melted and golden.

Top, garnish with some fresh chopped basil and serve warm.

Recipes from Jimmy Boswell
www.tasteofhome.co.nz





The Power Of Hypnobirthing

Why holistic birth practices can assist the transformation of the current paradigm of birth.

The experience of childbirth inherently has the potential to be joyful, ecstatic, profoundly connective, and it has the power as a rite of female passage to transform and enhance women's lives indelibly.

When childbirth is mentioned in most circles, the common initial reaction is the notion that it is an intensely painful and stressful event and that a woman should do everything in her power to simply "get through it". This is largely due to the influence of Western media where pregnant and birthing women are most often portrayed as "out of control", helpless and in need of a doctor and drugs to save her from an abominable experience!

The primal and powerful initiation that is natural childbirth has been disrespected and largely undermined in our society today by these attitudes and portrayals. Ancestral birth wisdom is encoded in every woman at a deep cellular level, but in the modern world of obstetrics and maternity care, this wisdom has become fragmented, displaced and is indeed in danger of being lost. The nature of modern birth practices, especially in Australia's current model of maternity care, reflects birth as a highly medicalised event that is unfortunately being met with increasing levels, and types, of medical interventions.

The deviation of birth from that of a normal physiological process is failing to empower women to birth confidently, with a high degree of autonomy and is denying the next generation of young women and families the access to the transformative power of natural birth.

The misconceptions of birth have conditioned recent generations of women to largely fear the process of birth and to an extent surrender their power in birth, most often to their caregivers. If you have the belief that birth is painful, difficult and that you need help to "get through" it then, without a different education and mindset, this is likely to be the experience you will manifest. It is important to explain here that fear is widely accepted as the enemy of the birthing environment.

The presence of fear, elicits a powerful physiological effect on the birthing mother. The sympathetic nervous system responds via activation of the flight/fight mechanism and releases catecholamine's (adrenaline and noradrenaline) into her system. These "stressor hormones" whilst beneficial in the later stages of labour, during early labour can interfere with the natural flow of birth whereby they act as an antagonist to the predominant hormone of labour "oxytocin." It is through the pulse like release of oxytocin in normal physiological birth, that the muscular contraction of the uterus is initiated and sustained in labour.

Read more about the hormonal physiology of labour at Your Hormones are your Helpers - by Sarah Buckley (Fantastic article by our own Australian medical expert in the hormones of birth)

At the most basic level, for a mother to have the best opportunity to birth comfortably and without intervention, she needs to feel private, unobserved and most importantly safe. If she is experiencing high levels of fear, these needs are most likely not being met. Just as a mother cat would not birth her kittens in the presence of a predator, the fearful birthing mother flooded with catecholamines, can now experience tension and pain, and a consequent slowing down of her labour process. When this occurs in a medical setting, this can invariably mean immense pressure to accept birthing interventions, and to adhere to an often unreasonable hospital timeline of birth. The natural birth she had hoped for is now very likely to be impacted ...If only she had been more prepared!

Cue Here The Power Of Hypnobirthing!

Hypnobirthing Australia™ is the world's fastest growing childbirth education program that prepares mothers and their birthing companions for birth without fear and tension. When a mother and her birth companion are able to approach their birth without fear and with knowledge, good support, and tools for the birth – then their birthing can be a positive and life affirming experience.

The combinations of self-hypnosis, relaxation, affirmation, visualisation, active birth and breathing techniques are fundamental to the holistic experience of Hypnobirthing Australia™, and is able to transmute conditioned fears and prepare the mother with confidence to birth in a calm and sovereign way. This is regardless of whether she has chosen to birth in a hospital, at home, in a birthing centre or even if she is having an elective or emergency caesarean. Expectant mums learn to trust in the normal physiological process of birth, in themselves, their bodies and their babies. Birth companions learn how important it is to create and nurture sacred space for their partners so that they can birth feeling safe and supported. They are empowered to play an integral role in helping their partner to relax at the time of her labour, offering physical touch, positive reinforcement, asking questions of medical caregivers and advocating for their partner. Hypnobirthing parents are also educated to be able to adapt and use critical thinking techniques to make informed choices no matter whatever turn their birthing journey takes.

The 'hypno' part of 'Hypnobirthing' refers to the hypnotherapy component of the program. Throughout the course of the classes, fear releasing hypnosis and positive conditioning exercises are taught, which can greatly facilitate a mother's ability to enhance the release of beta-endorphins at the time of her birth. Beta-endorphins are natural pain relieving hormones, and are said to be up to 40 times more powerful than morphine!!!

Through consistent hypnotherapy practice and conditioning, the mother learns to surrender to her contractions (known as surges in Hypnobirthing) and becomes both emotionally and physically present to her labour experience, she is then truly able to direct the course of her own birth. Relaxed emotional presence in the body means that both the primal or reptilian and limbic parts of the brain are working in harmony, this allows a woman to feel calm and safe even in the midst of the strong sensations of labour. This level of empowerment is then likely to reduce the need for interventions during birthing.

There are simply so many benefits to families using Hypnobirthing techniques to optimize their birth experience and evidence shows that:

- The first stage of labour can be shortened by several hours;
- Labour fatigue is greatly reduced for the mother;
- Postnatal recovery time is faster and maternal satisfaction rates are higher;
- There are significantly lower induction and caesarean rates;
- There is substantially less pain relief administered;
- It creates a more integral role for the birthing partner;
- There is a higher success rate for breastfeeding;
- And it greatly reduces the need for medical interventions; including augmentation, assisted delivery via forceps or ventouse, episiotomy and caesarean delivery.

Key to assisting the shift in the current model and experience of birth is that parents who have completed the Hypnobirthing Australia™ program, gain access to current and evidenced based birthing information, which assists them to confidently vision the birth experience they desire and to communicate this vision effectively with their caregivers.

Parents who haven't had the experience of a Hypnobirthing education often report feeling overrun and powerless at the time of previous births and reflect that they wish they were more informed. Knowledge is power and especially when navigating the current system of birth in Australia, it is paramount parents are informed as to their rights and choices in childbirth.

I believe it is every woman's birthright to be able birth in the environment and in the manner she chooses and that babies deserve to be born in a space of love, and this is why I am so passionate about imploring parents to seek out independent childbirth education, namely Hypnobirthing!

Elena Tonetti Vladimirova, leading Conscious birth expert and water birth advocate from www.birthintobeing.com has a poignant message that sums it up well...

"When the consciousness of birth shifts from anxiety and fear to love and safety, then we will truly have a chance to reach our greatest potential. We can regain our authentic power, clear the pain of our ancestors from our system, and set the stage for our children to step into their lives as peaceful, empowered guardians of Earth."

Katie Kempster is a Hypnobirthing Practitioner and Childbirth Educator, Birth Doula and Energetic Healer from Harmonic Hypnobirthing on the Northern Beaches and Central Coast of NSW.

Katie Kempster - Hypnobirthing Expert
If you would like to learn more and work with me one on one I would love to work with you.
www.harmonichypnobirthing.com.au





RELEASE NEGATIVE LIFE PATTERNS WITH FORENSIC HEALING

Patterns reveal themselves in everything. They can be found everywhere in the world around us in nature, art, relationships, finances, health and spiritual conditions. How we identify the predominant negative patterns that can hold us back in life and keep us from moving forward, actually allows new patterns to be created. These difficult patterns to overcome, which can be negative in your life, may seem like the hardest patterns to change. Overall you can usually pick up on the patterns that govern how you live your life.

- Do you find challenges you have in relationships by repeating the same experiences?
- Are you forever financially battling to make ends meet?
- Do you display signs of ups and down in your health, no matter what you do?

Universally speaking, NegativeLife Patterns have been designed so when you eventually grasp the understanding that these continual patterns cause you much pain by hanging on to them, your inner being will guide you to redirect or change your life so it will become much more fulfilling.

These continual negative life patterns cause the stresses that can have the most impact on your health. You can be doing everything possible to maintain a healthy life, yet so much emotional stress can immobilize you so that you cannot function normally.

Understanding your Negative Life Patterns and the Emotions associated with them can change your life to one of feeling free and peaceful.

Let me share with you a healing I did last evening on my mother and the Negative Life Patterns that came up for her.

My mother is 82 years old, she is very active, still of sound mind, some days can be a little rusty on the aches and pains, has always been into holistic therapies, even as a young child, we were brought up with using natural products as much as possible. She does not to this day, use a daily prescribed drug for any ailment, she has used the odd antibiotic and pain killer over the years, but can quite happily say she is not dependant on any form of medication to survive!

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My Mother's Healing Session

My mother was in a lot of pain, her neck and the ability to turn her head to the left was quite painful. She rated the pain as a 9-10/10. The pain was radiating up her neck and over the top of her head. Negative Life Patterns revealed of being 'trapped' and 'worthless'. And the emotions triggered them were 'resentment' and 'forgiving'.

My mother explained, as a young woman (17) she was still living with her family (one of 5 other children) she had a job, but was forced to hand over her pay to her parents each week and only ever given pocket money. She was trapped in this situation and this continued until she left home and got married! She always resented her father for this, which gave her the feeling of being worthless. There was no value on her contributions as she was not entitled to have her own money. Looking back over her life, and whilst married to my father she maintained a "her and his" money attitude, she worked, earned her own income, but always held and spent freely for herself. They shared equal responsibilities financially, though she valued things greater in a material way because she would resent having to give away money when she had earned it herself. The underlying issue was that if she didn't have these feelings of unworthiness (because she had to give her money to her father), she would have been less inclined to put a value on material possessions over and above anything else, throughout her life. On checking with her progress the next day, my mother said she had no pain whatsoever, was able to turn her head and felt totally pain free!

With Forensic Healing we must follow a protocol that incorporates the necessary paths and asking questions that your body will reveal to me, (via kinesiology or muscle testing) as the conduit of the energy healing.

Here's an example of some of the Negative Life Patterns we use and their descriptions.

Distrust: You have struggled to trust others as you have felt so betrayed that trusting is very challenging to do.

Guilt: You have felt guilty about situations. You agree to do things only because you feel obligated and you think it is the 'right' thing to do.

Trapped: You have felt stuck in your life. Others have trapped you into circumstances you do not want.

Worthless: You have felt that you have never been validated as a person. People have put you down and made you feel inferior or not good enough.

So no matter your age, and using my mother's healing session as an amazing insight, she has 82 years of experiences and patterns that as she said didn't recognize the emotions behind the Negative Life Patterns and was not sure how to overcome these. Forensic Healing is deeply and uniquely powerful, it's a source magnified by the results a client gets, no matter how subtle or enormous that may be.

Why You Should Choose The Forensic Healing System...

- Forensic Healing uses Healing Secrets to activate spontaneous healing forces
- Words of Power are used to close down negative forces and open positive energies
- We follow a protocol of Opening and Closing statements to bless, access higher sources and guidance etc
- The Client plays an active part in the identification of life patterns and the emotions that run them
- Identifying the clients age where the impact with programs, beliefs and patterns occurred
- Embeds Law of Attraction to enhance life changes
- Exposes how are relationships leave imprints on ourselves and others
- Addressing all healing pathways - energetic, physical, emotional and spiritual
- As a Forensic Healer I know exactly what to do- step by step for any condition
- Understanding the patterns of clients who heal easily and the clients who don't
- As a therapist we too are healed with the client, creating good karma and attracting what we need to make your healing experience successful
- A feeling of passion and excitement solving life problems
- I genuinely care about your progress as a therapist

Release those Negative Life Patterns, and you let go of the blocks that allow your true self to be free and live in your full potential. If you are wanting to experience a completely new aspect in energy healing I would love to share how Forensic Healing can be memorable and life changing for you.



SHONA RUSSELL - Forensic Healer

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





SHAMANIC HEALING

Going Deep, Deeper, Deepest

It is a real pleasure to have been invited by Sharon White to be one of the contributors to Holistic Living Magazine, and connect with all the readers - the reason for Holistic Living.

While this issue focuses on a Diabetes theme, I am going to take a broader, more holistic approach to my first article here. I intent to speak about shamanic healing arts as I have been taught them and how and when they are best used to provide deep healing in ways most other medicines, Western or energetic - cannot.

I will touch on ways shamanic healing can be used to bring healing to major diseases, like Diabetes, as well. And, finally, I will share a little about my work and myself so you know a little about my teachers, which will give you, my readers a basis to consider what I share. I would also invite you all to suggest future topics, comment on my current topic and just connect as

we take this part of the healing journey together.

Buckle up, friends, and let us take a little journey into shamanic healing and medicine now. Starting at the very beginning, let's define shamanic medicine and healing as I know it and have practiced it for some time. So... what is a shaman? Have a little fun here and don't read further until you look at how you would describe a shaman. Take your time, I'll wait.

Good work. Here is 'shaman' as I know the meaning. Shaman is one who has learned many traditional medicine ways and has spent a long time working in the deepest, most difficult

places of mind, body and spirit. Shamans were often called in when all else had failed or when a case was so complicated someone with diverse healing skills and deep understanding was needed. Often the shaman goes into the darkest places to find answers and will sometimes guide the patient there to find the energy needed to heal. There were never a lot of shamans and they often lived lives separated from most people.

Shaman is one of those words that has been so misused over the ages that it has lost most of its meaning. Other medicine people and energy workers may learn some basic shamanic techniques but this, respectfully, does not make them a shaman. In fact to be considered a shaman, or medicine person or healer needed to be titles given by the communities they served.

This has changed somewhat over time, as there are so many more people now and so many ways we need healing help. Yet the basics remain, being a shaman requires a long period of time of learning and experiencing and the temperament and spirit required for the work. By defining shaman in the traditional indigenous way, we have also defined shamanic medicine. It is the medicine and healing work where going deep, deeper, deepest into a person, their spirit or their past is needed.

Let's talk a little about Diabetes now and how energy medicine can help with healing, and specifically how shamanic healing can help. I have worked with a number of people with advanced Diabetes, since this is one of the diseases my Native American elders often focused on, since it is rampant in many native communities. As I travelled around the globe learning from elders of various cultures, I found Diabetes and heart disease very pronounced in many of their communities.

Those are also diseases on the upswing in many Westernized communities as well. Why is this? There are many reasons - some physical, some diet choices, but some are also metaphysical and spiritual. To deal with one of these chronic diseases, like Diabetes, requires an understanding of their spiritual and energetic basis and an ability to work on the causes with diverse alternative medicines.

Before going any further with this I must confess I am not a fan of chemically created pharmaceutical medicines. These medicines are too often created to cure, not heal - that is; alleviate pain. Sometimes there is a need to lessen pain and then a 'medicine' to accomplish this may be warranted, but I prefer finding a natural plant-based medicine.

That confessed, what are some of the spiritual causes of Diabetes? Many of my teachers of different cultures delved into "how is your spirit diseased, which appears in your body?" questions. Two Bears, my primary teacher for years, saw a major cause of the Diabetes that so plagued his people as the inability of the body to process sugar properly caused by lives not sweet enough in their living. He well knew that diets too rich in sugar also contributed greatly, but he saw this as a response to the physical and spiritual life condition, rather than a stand-alone cause. He also saw insufficient exercise and unhealthy living conditions as causes. I remember the first person with advanced Diabetes he spoke to and asked me to stay and listen. He was a man, 38 years old, who also had heart disease and blood disorders. As Two Bears spoke with him he blurted out, "What good to live. I want to be so much more. But I can not."

Over time Two Bears, with my small contributions and support, worked with this man - whom I will call Tom. For almost two years as I remember it. First he worked with Tom on meditating and connecting to source and to his cultural past. Telling stories and working with crystals and nature.

This may sound simplistic, but being in a place where healing is welcomed in is critical to shamanic practices. Then he got Tom to work with some plant medicine and gave him some herbal drinks and food. These helped Tom lessen his physical consumption of sugars and raise his spiritual energy. Adding sage and other cleansing herbs allowed Tom to consider going deeply into his psyche for shamanic healing approaches and spiritual awareness.

I watched Two Bears work energetically with Tom for several hours as he took him on a spiritual journey of his and his people's past. And then guide him to places where there were 'sweet options for life' as he called them.

The plant medicine as combined with crystal work, energy work, nature healing, feather healing and deep journeying to places that are fearful to go, but necessary for one who sees no point to life. This combination of spirit and energy medicine was the 'shamanic prescription' for Tom. I began learning and practicing the shamanic spirit guiding during this process to add to my plant, crystal, ceremony and energy work - slowly and carefully, with Tom's permission and Two Bears amazing teaching as always. After 2 ½ years Tom was considered 'healed' by Two Bears. Healing Tom would need to accept and work with every day for the remainder of his life. I saw the tests Tom had taken at the hospital near the reservation shortly afterwards. There was no sign of Diabetes, his heart was greatly improved and the blood disorders gone. Over the years I have seen results like this in towns, cities, villages and jungles conducted by medicine people and shamans where the need and causes are deep.

I hope this helps with a feel for true shamanism. It is not the sort of thing you can take a few courses, or even spent months in the jungle with an elder, and become a shaman. Or even a medicine person. You can learn many things to help others, but not truly use the deepest medicine.

Not much time to speak of my road - but enough. I have worked with healers and indigenous elders for 30+ years, learning plant medicine, animal medicine, energy work, learning and conducting healing ceremonies - and delving deeply into shamanic medicine.

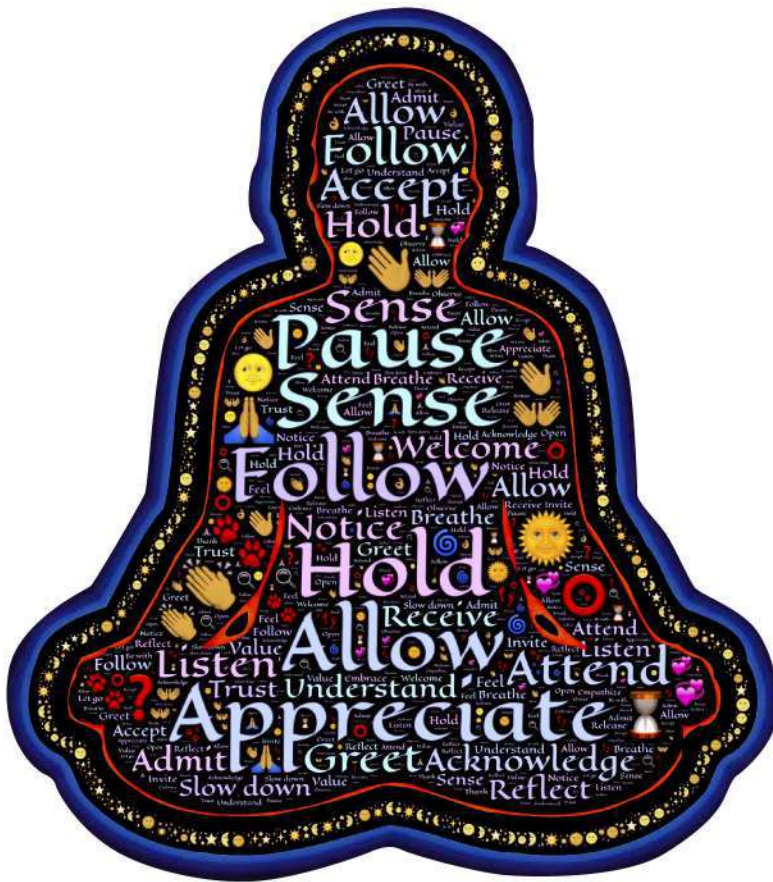
My teachers were Lakota, Wiyot, Blackfoot, Mayan, Aborigine and African as well as metaphysical healers and alternative healers. I have worked with clients locally and around the globe via Skype. And I am honored to have been taught these arts over such a long period of time and asked to use the skills I have learned by my peers and communities.

Looking forward to hearing from you and continuing the journey together.

Jim Graywolf Petruzzi - Shamanic 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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Diabetes and Sexual Function



When I heard that the theme of this month's publication was about people living with Diabetes, I immediately thought of the many hundreds of men I've met during my work on Men's Health campaigns. Back then, I was a PR consultant interviewing men and their wives on how they managed their sex lives when there was sexual dysfunction. Although most of the men were in their 60's and war veterans, many others were suffering with impotence (incapacity to sustain an erection) due to a particular illness or disease.

Since then I've been fascinated with studies into particular disease states and their inherent affect upon our sexuality. Nowadays as a Tantra Sexuality Practitioner I've noticed that more men and women are seeking out Tantra as a means of therapy to not only support erectile dysfunction (ED as it is commonly known) but also as part of disease management and complete lifestyle change.

According to latest figures cited in Diabetes Australia, around 1.7 million people have Diabetes with 280 new cases every day. Diabetes is the fastest growing chronic condition in Australia, burdening the Australian Healthcare system, costing around \$14.6 billion. This disease is increasing at a faster rate than other chronic diseases such as heart disease and cancer. There are two types of Diabetes; Type 1 Diabetes is an auto-immune condition in which the immune system is

activated to destroy the cells in the pancreas which produce insulin and is not linked to modifiable lifestyle factors. There is no cure and it cannot be prevented.

Type 2 Diabetes is a progressive condition in which the body becomes resistant to the normal effects of insulin and/or gradually loses the capacity to produce enough insulin in the pancreas. Type 2 Diabetes is associated with modifiable lifestyle risk factors and has strong genetic and family related risk factors. As Type 2 Diabetes is often progressive, most people will need oral medications and/or insulin injections in addition to lifestyle changes over time.

I hear the frustration that many of my clients have in relation to conversations with their doctors. Often men say they feel too awkward or embarrassed to ask their doctor for some

information about sexual concerns. Also, given that doctors aren't psychologists, they don't always make the time for an in-depth holistic approach incorporating a general chit-chat to put their patients at ease. Those people who consider Tantra are usually at the end of their tether, jaded when faced with the prospect of taking prescribed ED drugs for the rest of their sexual days and nights; with depression often symptomatic due to fear around failure in the bedroom.

Everyone wants to have a good sex life right up until the end of life – after all, this is what having a 'quality of life' is about.

The link between sexual dysfunctions is often a direct response to the physiology of one's body and inherent lifestyle, hence why Diabetes often correlates to decline in arousal for both men and women. Generally from the research I've been able to source, it seems that there's still little known about women, however the problems are often around poor management of their Diabetes which may lead to issues such as frequent bouts of thrush. They may occasionally present to their doctor with vaginal dryness, pain during sex, not feeling orgasmic due to decrease in sexual desire. When menopausal, women may see a change in their insulin dosage, which could also impact upon their sex lives.

As for men, they usually make up the majority of my clients in accordance to dysfunction because when there are physiological complications arising from Diabetes, there is little blood flow to the penis – hence poor erections make penetration unlikely. Men with Diabetes may lose some sexual desire when their blood glucose levels are high.

This is where Tantra often helps. A session is centred on the man re-connecting with his energetic body. Sexual energy is our life source, and the portal for arousal and desire, so although in the physical body an erection may be difficult to sustain – arousal and orgasmic states are most achievable and often more highly satisfying for both the man and his partner. So, what are some of the other supportive measures that can be taken? My own studies into men's health and subsequent experience in psychology, Tantra, body meridian therapy - energy and touch, have shown that in the majority of situations (say 95%) where there is sexual abstinence due to Diabetes, some function is restored through deep, somatic therapeutic practice.

Jacob* has been coming in to see me regularly for over the past three years, and upon writing this I asked for him to comment on what Tantra and change in lifestyle has meant in the management of his Diabetes.

"I have been a type 1 diabetic for over three decades so I have come from the days of urine testing only to continuous glucose monitoring and insulin pump. I have never let the disease stop me from doing anything – my philosophy is that you live your life with Diabetes, not allow it to run your life. I have run marathons and travelled the world plus work in high-pressured jobs so I live this philosophy. The one thing I have found though, is that no matter how good my diabetic control, yes it affects my sexual function which has seen a decline in the past 12 years. I have to say that most diabetic specialists, educators, endocrinologists etc. have no concept of what this means to an individual. Their view seems to be that if you have good blood pressure, eyesight etc. you should be grateful and don't worry about a sex life. New technology (pumps, CGMs) is certainly a boon although it requires some understanding, but none of this has focussed on an important lifestyle issue – sex! Tantra supports my sexuality in a way that sustains arousal

and an occasional erection, even though there's no sexual penetration. I get to feel like a man; I get to feel alive!"

In growing numbers, men and women are rediscovering the key to alleviating and sometimes healing or simply managing ailments is through reconnecting with their bodies. Often when the situation seems so dire and mainstream medical and pharmaceutical options aren't completely satisfying, I ask men and women to stop and reflect back over their lives and contemplate where they've neglected to confront other areas of dissatisfaction. We are all more likely to do this when faced with disruption to our sexual, sensual lives. Making love is an act of intimacy so sublime that to be distracted and diseased can impair our sense of self-worth and ruin relationships.

It's not surprising then that through tantric bodywork and chakra clearing (energy centres within the human body), confidence slowly builds. When vitality increases, self-esteem and arousal returns. This is inspiring for many men who may suffer in silence, although women (wives, girlfriends and lovers) also feel the impact that ED has upon their partner.

Tantra is a fundamental practice in that it may assist in healing the psyche as well as our physical bodies. I say to those who are ready to commit to their first session that if keen to re-connect with their body, they will regain a normal sex life; albeit a more passionate and deeply connected one. By making lifestyle changes such as regular meditation and walking outdoors connecting with nature, the body will respond in kind.

You don't really need to understand the art and science; merely trust the process as you experience change through touch, breath, mindfulness (approaching life in the moment with positivity) and dedication.

Tantra takes the individual through these practices so that it becomes embodied and part of their consciousness. As sexual energy is allowed to emerge through the body, connecting from the genitals up into one's heart-space, there's an underlying sense of peace and acceptance of the disease state. This opens up an opportunity to rewire the response to feelings of arousal and connection; creating more meaning in the capacity for one to feel balanced and aligned with other forms of pleasure.

As we become aware of the many modalities supporting humans in their healthcare practices today, it's exciting to bear witness to the increase of people seeking what I believe is more mainstream preventive healthcare. Many ancient cultures have upheld such basic shamanic (Earth based, ritualistic) and Tantra practice away from bustling cities, and always with amazing life changing results. We are increasing our dose of natural remedies once again, because city living is clearly placing an incredible amount of stress not only on our health, but on our relationships and the way we find little time to really honour and embrace our sex lives.

Tantra may take some time to master, but like with anything that challenges us, it's your body and your sex life that benefits!

Taryn Harvey - Sacred Sexuality Expert
If you would like to learn more and work with me one on one I would love to work with you.
www.tantricsexualhealing.com





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