

Holistic Living

ISSUE 4

By Global Healing Exchange

LOWER *YOUR*
CANCER
RISK

WHY *NUTRITION*
IS SO *IMPORTANT*

CANCER
THE MIND –
BODY – SPIRIT
CONNECTION

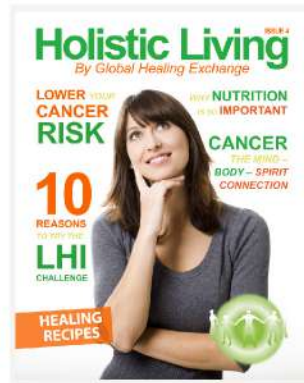
10
REASONS
TO TRY THE
LHI
CHALLENGE

HEALING
RECIPES



HOLISTIC LIVING MAGAZINE

ISSUE 4 MARCH 2016



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

Editor in Chief
Sharon White

Editor at Large
Cassandra Jones

Assistant Editor
Sharnie Williamson

Designer
Francisco Mendoza III

If you want to advertise your business, product or service with
Holistic Living Magazine please contact us at
sales@globalhealingexchange.com

CONTENTS



UNDERSTANDING & EXPLORING CANCER

SHARON WHITE *page 1*



WHEN CANCER COMES TO VISIT

JIM GREYWOLF PETRUZZI *page 12*



CANCER. SOME INTERESTING STATISTICS

CASSANDRA JONES *page 2*



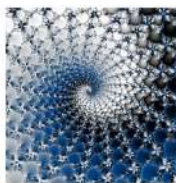
LOWER YOUR CANCER RISK

IRENE VERVLIEET *page 14*



MY PERSONAL JOURNEY OF WORKING WITH PEOPLE DEALING WITH CANCER

ADRIAN HANKS *page 4*



CANCER & EMOTIONS

SHARON WHITE *page 16*



CANCER, THE MIND - BODY - PAIN EQUATION

ROBERT KIRBY *page 6*



TRY OUR 4 WEEK LHI CHALLENGE AND MAKE 2016 YOUR HEALTHIEST YEAR YET

JOANNA RUSHTON *page 13*



WHY DIET IS MORE IMPORTANT THAN EXERCISE ALONE IN BURNING FAT

MALCOLM MCLEAN *page 3*



FORENSIC HEALING & CANCER

SHONA RUSSELL *page 20*



ROASTED PUMPKIN GARLIC SOUP

JIMMY BOSWELL *page 10*



EATING HIGH VIBRATIONAL FOODS FOR BETTER HEALTH

MARIA BENARDIS *page 22*

CONTENTS



DAKO OF CRETE

MARIA BENARDIS *page 24*



WALKING THE ROAD OF CANCER. THE DREADED C WORD!

KAREN QUANT *page 33*



STOP & START AGAIN! A STRATEGY FOR CANCER

JEN HARWOOD *page 26*



STAYING AHEAD OF CANCER – TIME TO CHANGE

JANE TURNER *page 40*



CHALLENGE YOUR STORY!

ELAINE TORRANCE *page 23*



5 MOTIVATION TIPS CREATIVE ENTREPRENEURS LIVE BY FOR SUCCESS

ANGIE SINGH *page 42*



CANCER HAS NO BOUNDARIES

CLAIRE FLYNN *page 30*



CAN FOOD FIGHT CANCER? – STARVING CANCER THROUGH NUTRITION

DEBORAH MURTAGH *page 44*



NOURISHING CHICKEN SOUP WITH FRESH SHIITAKE MUSHROOMS, BROCCOLI & CORN

BELINDA, THE ORGANIC COOK *page 32*



ANTI-INFLAMMATORY FIRE FIGHTER

DEBORAH MURTAGH *page 46*



SO WHAT IS TRUTH? WHAT IS YOUR TRUTH?

PIP OXLADE *page 34*



SUPERFOOD SALAD

DEBORAH MURTAGH *page 47*

I AM

RENEW YOUR SOUL'S PURPOSE

TAMI REAGOR *page 36*



GRIEVING WITH AN OPEN HEART: LOVE MATTERS

BARBARA PATTERSON *page 43*



DON'T MISS any of our Holistic Living issues!

Each one is bursting full of **HELPFUL INFORMATION.**

Subscribe NOW!

SUBSCRIBE

Every new issue delivered **FREE FORVER**

Understanding & Exploring Cancer

I wanted the theme to be about cancer in this edition of Holistic Living Magazine. With so many ‘famous’ people dying recently of it, I know it is a very hot topic and many people live in fear of having it.

Like with any illness, there are things you can do to help lessen your chances of cancer ‘visiting’ you. Now it is true many of us have cancer in our family and have a predisposition to it (we are taught), but is this really true?

We used to think that we could not change our genes, but the study of epigenetics says differently. Believe me, trying to explain this in an article is nearly impossible as it is pretty complex, but do your own research. Epigenetics does say, certain circumstances in life can cause genes to be silenced, or expressed over time. In other words, they can be turned-off (becoming dormant) or turned-on (becoming active).

Be curious and open to the fact that it may be possible to change your genes.

Another factor we could look at is the environment that cancer thrives in. Otto Warburg was the man who discovered the cause of cancer, he was awarded the Nobel Prize in 1931 for his work. He discovered the CAUSE. What does that mean? If there is a cause there must be a solution, right?

His work came to be known as the “Warburg Effect” or the “Warburg Hypothesis” which basically says, that cancer cells live off sugar (glycolysis) and that cancer cells also thrive in an anaerobic environment.

He made it clear that the root cause of cancer is oxygen deficiency, which creates an acidic state in the human body. His belief was that cancer itself cannot exist in an alkaline environment. Again what conclusion could you draw from this? Foods and drinks that are alkaline are beneficial for helping to remove (or stave away) cancer from the human body.

So if you have cancer, or believe that you are highly likely to get it, wouldn’t it be sensible to change your eating habits to add more alkaline foods?

We all know our attitude, mindset and emotions have a role to play in disease as well. Many studies show that our thoughts effect our cells, which in turn effect our health.

According to Louise Hay, causes of symptoms is a good place to start if you are looking for healing. Illness however mild or severe is an indicator of your emotional state, caused by your thoughts and focus.

She States The Emotions That Contribute To Cancer Are:

Deep hurt. Longstanding resentment. Deep secret or grief eating away at the self. Carrying hatreds.

In traditional medicine our options are few. We know that chemotherapy kills cancer cells but we also know that it also kills healthy cells and lowers our immune system, so is this a good solution?

Whatever treatment you choose is completely up to you, whether you try holistic medicine, traditional medicine or a mix of both. I believe knowledge is power and our intention with this magazine is to give you options that you can research yourself and find the information you need on a deeper level. We are all different and not one way of healing will suit everybody.

Throughout the magazine you will be able to read different perspective from different holistic practitioner.

Enjoy.



Sharon White – Founder of Holistic Living Magazine

WWW.GLOBALHEALINGEXCHANGE.COM | MARCH 2016



Sharon White

Founder of Global Healing Exchange
and Holistic Living Magazine

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

*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.*

Cancer. Some Interesting Statistics

Cancer as a disease cannot be classed as one of the young or the old, it occurs pretty much to anyone at any time. To illustrate this point, and somewhat as a proxy, we can use the Causes of Death data that is available from The Flowing Data team, led by Nathan Yau, and I strongly encourage you all to look at what is a very fascinating interactive chart. The data is based on causes of death in the United States, but is still indicative of when cancer deaths can occur and shows that the rate of occurrence is highly variable between males and females and the age of death.

As the chart shows, children are highly susceptible to succumbing from cancer in comparison with other diseases and causes, drops for both sexes during early adulthood and then rises to peak at around about 60 for women and 70 for men. And as the commentary on the page says:

“Keep in mind that this shows percentages and not absolute counts. So while the percentage for cancer decreases with age, it doesn't necessarily mean that people grow impervious. It's much more likely that with age comes higher susceptibility to other diseases.”¹

Which makes the recent Queensland Cancer Council press release all the more disturbing; “Cancers more than triple in Queensland over 31 years”². The release went into a lot of detail about the types of cancers experienced by citizens in Queensland along with highlighting the highly variable survivability rates that cancer suffers experience. In itself the release doesn't tell an untruth, the number of diagnoses of cancer in the state have jumped from 8, 8274 cases in 1982 to 26,335 cases in 2013, but there is something underlying that is a little more interesting than the headline number.

And the interesting point is that in the same time period, the population of Queensland has gone from 2,424,586 people in 1982³ to 4,651,912 people in 2013⁴, only a near doubling. Now allowing for a slightly higher population increase of people over 45, which could account for some of the difference, there is still the question of why the incidence rate has tripled, instead of the doubling you'd expect.

Could external factors such as diet, exercise or the twin scourges of alcohol and tobacco be possible causes? Interestingly for Australia, the consumption of alcohol and tobacco over the last two decades has seen a precipitous fall; adult smoking rates have nearly halved between 1991 and 2013⁵ and alcohol consumption has also fallen from a high of over 12 litres per person to under 10 litres per person⁶, which makes the increase even more intriguing.

Of course there is direction from the likes of the American Cancer Society that better diet and increased exercise are two major ways to decrease a person's cancer risk⁷, but as we have already shown in earlier issues, diet and exercise are both poor and limited in the western world.



Cassandra Jones

Editor at large

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

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.

¹ Yau, N, Causes of Death

² Queensland Cancer Council, February 15th 2016

³ Queensland Government, Historical tables, demography, 1823 to 2008 (Q150 release)

⁴ Queensland Government, Estimated resident population by local government area (LGA), Queensland, 2004 to 2014p

⁵ The Department of Health, Tobacco key facts and figures

⁶ Australian Bureau of Statistics, Apparent Consumption of Alcohol, Australia, 2013-14

⁷ American Cancer Society, Diet and Physical Activity: What is the connection?

So could it be that this major increase in the incidence of cancer in Australia, and arguably elsewhere, is due to factors such as poor diet and a lack of exercise? Or are there still other factors in our lives and environment that are unbeknownst to us and are the root cause?

References

American Cancer Society, Diet and Physical Activity: What is the connection?,

<http://www.cancer.org/cancer/cancercauses/dietandphysicalactivity/diet-and-physical-activity>, accessed 5th March 2016

Australian Bureau of Statistics, Apparent Consumption of Alcohol, Australia, 2013-14,

<http://www.abs.gov.au/ausstats/abs@.nsf/Latestproducts/4307.0.55.001Main%20Features62013-14?opendocument&tabname=Summary&prodno=4307.0.55.001&issue=2013-14&num=&view=> , accessed 6th March 2016

The Department of Health, Tobacco key facts and figures, <http://www.health.gov.au/internet/main/publishing.nsf/content/tobacco-kff>, accessed 6th March 2016

Queensland Cancer Council, Cancers more than triple in Queensland over 31 years,

<https://cancerqld.org.au/cancers-more-than-triple-in-queensland-over-31-years/>, February 15th 2016, accessed 29th February 2016

Queensland Government, Age and sex indicators by local government area (LGA) (a), Queensland, 30 June

2014p,<http://www.qgso.qld.gov.au/products/tables/age-gender-indicators-lga-qld/index.php>, accessed 6th March 2016

Queensland Government, Estimated resident population by local government area (LGA), Queensland, 2004 to 2014p,

<http://www.qgso.qld.gov.au/products/tables/erp-lga-qld/index.php>, accessed 6th March 2016

Queensland Government, Historical tables, demography, 1823 to 2008 (Q150 release),

<http://www.qgso.qld.gov.au/subjects/demography/population-estimates/tables/historical-tables-demography/index.php>, accessed 6th March 2016

Wikipedia, Health effects of smoking, https://en.wikipedia.org/wiki/Health_effects_of_tobacco#Cancer, accessed 29th February 2016

Wikipedia, List of cancer mortality rates in the United States, https://en.wikipedia.org/wiki/List_of_cancer_mortality_rates_in_the_United_States, accessed 29th February 2016

Wikipedia, Long term effects of alcohol consumption, https://en.wikipedia.org/wiki/Long-term_effects_of_alcohol_consumption#Cancer, accessed 29th February 2016

Yau, N, Flowing Data, Causes of Death, <http://flowingdata.com/2016/01/05/causes-of-death/>, accessed 29th February 2016

Cassandra Jones
Cassandra Jones – Editor at large



MY PERSONAL JOURNEY OF WORKING WITH PEOPLE DEALING WITH CANCER

Between 1998 and 2002, I worked at the Yarra Valley Living Centre, more commonly known as the Gawler Foundation, after its founder, Ian Gawler, who himself was diagnosed with cancer and went through his own personal journey of healing himself.

People from every state of Australia (and from overseas) came to attend programs and retreats and I was honoured to meet hundreds of wonderful people. One of the main features at the Gawler Foundation was the ten day 'Cancer Retreat Programs', which happened, on average, about once per month; with up to 40 people attending each program. Generally, half of these would be people dealing with cancer and the other half were their carers or support people.

On these ten day programs, there were several main features that were shared, taught and encouraged. These were: the practice of meditation, a good (vegetarian) diet, good nutrition, a sense and practice of good health and well-being and a very positive mind-set. Lots of fun and laughter was also encouraged!

I was initially employed as the organic gardener to look after the vegetable gardens, orchard and other parts of the 100 acre property, however, I soon found myself involved in many other roles other than gardening. I deepened my own journey into working with people dealing with cancer each week as I got more involved with the programs. One of the highlights for me, and there were many, was to build a big bonfire down by the river under the magnificent Manna Gums for each program and facilitate an evening of ceremony, which often included singing, didgeridoo playing, fire twirling, story-telling and some sort of letting go or cleansing processes for all of the guests.

Other highlights over the years were working on a children's program, facilitating meditation sessions, sharing insights and

education on organic gardening, food and nature and offering didgeridoo healings. Being on the Management Committee for a couple of years and being in the company of, and being a student of several internationally renowned teachers, such as Ian Gawler, Caroline Myss, Rabbi Laibl Wolf and Sogyal Rinpoche, was a wonderful way for me to get a deeper understanding and education about meditation, cancer and other related topics.

Over this period of time, I became a vegetarian, learned how to meditate more deeply, took on more of a leadership role in my work and learned how to be more compassionate, patient and understanding of people's needs, challenges, fears and concerns. It was during this time that I started my study to become a holistic counsellor, psychotherapist and trainer. I knew that I wanted to work with people and the three and a half years at the Gawler Foundation was a good platform to do this.

Even though I did not have any physical cancer to deal with in my own body, I became very aware of aspects of my life that needed changing or healing. By addressing many of these issues and challenges I feel that I averted or prevented myself from getting ill.

For me, the lessons I learned from other people going through their own journey with cancer gave me the insight, courage and determination not to go there myself. Prevention became my tool. Over the years I have studied, worked with and gained much more understanding of dis-ease. Now, at the age of 52, and 14 years after leaving the Gawler Foundation, I still choose to live a life that involves a good healthy, mostly organic vegetarian diet, regular meditation, drinking lots of alkaline water and having lots of joy and fun and a very positive mind-set. These things are the key to my health and well-being and it is partly what I like to teach and use as an inspiration when working with people who wish to improve their life-style.



What I have come to understand about cancer is that it is very individual for each person. Each person has their own unique journey with it and hardly ever is the journey or the results or end game the same. I have seen very aggressive cancers heal fast and other so called minor cancers take people over the threshold into death. I have witnessed people laugh, cry and scream at their cancer. I have even laughed and cried with them myself. Cancer is not always a curse, it can also be a blessing and can help people to change their lives for the better, physically, emotionally, mentally and spiritually.

One of the things that I liked about Ian Gawler's approach and philosophy was that it is good to die well. Part of the retreat work for the participants was to be prepared for their death; whether that was going to be a short or a long time in coming. Getting things into order and preparing for our death makes sense to me and whilst at the Gawler Foundation I was given a huge lesson in this from a young man of seventeen.

This young man arrived at the foundation after being diagnosed with cancer and given only a short time to live. He was a fun, intelligent and 'enlightened' soul. He seemed to have worked through the fear of death and was focused on dying well.

During the last few weeks before his death he gathered a few mates and male relatives and built and designed his own funeral ceremony. Right up until the day of his passing he was active, even with his frail and failing body, with his mates on the snow or out on his motorbike.

His funeral was conducted as he instructed, with music and his mates on their motor-bikes following his father's ute down the road with him inside the coffin on the ute tray.

I was privileged to receive a small container of his ashes several days after the funeral and found the right moment to scatter them around the tall majestic Gum trees down by the river at the Gawler Foundation, where he and I often sat and talked.

There were many other special people that became my 'teachers' over the several years of me being there, with Ian Gawler being one of them. His focus and drive and sense of purpose are the things that I remember most and these have been something that I have learned to instill deeper into my own work. I remember times when I would sit and watch Ian facilitating a group and feeling the longing to do the same myself. This became a reality for me with Ian bringing me in to facilitate some meditation sessions and other group work for the people attending the retreat programs.

My view on cancer now is that it is something to be aware of and not fearful of and something that can arrive in anyone's life uninvited at any time. However, I also believe that by living a life with several key principles and daily actions, such as meditating, having a good healthy and nutritious vegetarian diet, being physically fit, drinking lots of good fresh (alkaline) water, having a positive mind-set and having lots of joy, fun and laughter in one's life can help to prevent it from arriving.

Adrian Hanks is a Master Coach, Teacher and Author and works with people to support them in living a much richer and fulfilling life.

Adrian Hanks – Life Mastery Coach

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

www.AdrianHanks.com



CANCER,

THE MIND-BODY-PAIN EQUATION

I first witnessed the successful alternative treatment of a serious illness way back in 1978, and it literally blew me away.

I had heard about a husband and wife medical team: Carl and Stephanie Simonton, and knew that they were cancer specialists who had pioneered a 5 day cancer treatment program. Denounced by many as rebels, mavericks and heretics, the Simontons were truly cutting-edge. As a young man starting out in psychosomatic and psychodynamic transformation, I was inspired by their courage, and their work opened up a whole new world for me.

The Simontons identified a key link between emotional trauma and cancer. They stated that the single biggest emotional factor which was common across all cancer patients, was that they had each suffered a significant loss in the 6 to 18 months before their diagnosis. However, it was not the loss itself that was the critical factor, but the way it was perceived by the individual. If the person responded to the event with a deep sense of hopelessness or "giving up", this caused the patient's body to suppress its immune system and they were more susceptible to producing abnormal cells.

The Simonton method integrated powerful visualisation together with a very healthy diet, counseling, and meditation. Participants were asked to picture themselves as a knight on a white horse. They imagined that they were holding a sword and killing their cancer cells; empowering their immune system to overcome the enemy. For a number of patients, this focus on visualisation and emotional support enabled them to significantly out live their initial prognoses, and their quality of life was considerably enhanced.

The Mind-Body Connection

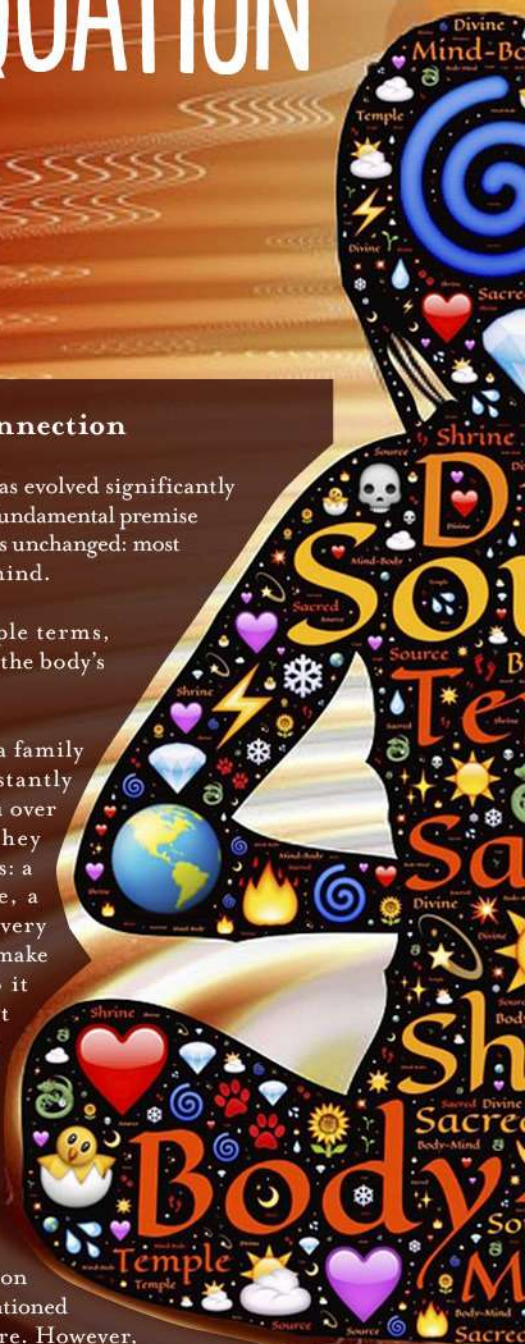
The Simonton method has evolved significantly over the years. However, the fundamental premise underlying their work remains unchanged: most disease originates from the mind.

Let me explain in simple terms, how emotional pain affects the body's healthy functioning.

Let's suppose you have a family member or boss who constantly criticises or suppresses you over a long period of time. They could do this in subtle ways: a comment here and there, a certain disapproving look every time you eat too much or make a mistake. Or, they could do it in humiliating and overt ways, putting you down in front of other people and making you feel small and worthless.

This is known as invalidation.

In many cases, invalidation can come across as well-intentioned concern about your welfare. However, intuitively you know the difference: invalidation makes you feel "bad" about yourself.



Over time, constant invalidation can cause us to contract our muscles. We hold our body in particular positions so that we can 'protect' ourselves, and this causes constant stress reactions in our bodies which can make us sick and eventually (over many years) manifest in the form of chronic pain.

The poison that lies within invalidation is that after a while, without realising it, we start to believe the invalidating statements. They become deeply entrenched and we give our power away. We lose contact with our self-love, and we start to habitually betray ourselves and the vibrant potential locked up inside our souls.

Break Free From The Invalidation Cycle

The problem is that you may love the person who is invalidating you. However, as hard as it may be, you need to cut the emotional cord between you and them. The culprit may be threatened by your greatness or might be co-dependent and scared that they're going to lose you if you pursue your own dreams. This is your life:

It's yours to claim and, if you stay in this toxic environment, your health, vitality and dreams will all be jeopardised.

Healing The Pain Of Invalidation & Embracing The Mind-Body Connection

Over the centuries, a number of doctors and spiritual teachers have studied and enriched our understanding of the powerful connection between the mind and body. Here is a helpful summary of the main ones. They've each written a number of books which are fascinating and shed light on our health and happiness in a holistic way.

Dr Wilhelm Reich – Character Analysis and Life Force

Dr. Reich was the creator of Character Analysis and discovered Orgone Energy. This is also known as Universal Energy, Life Force and the Energy of Life.

Reich contended that as human beings who have been hurt and betrayed at some point in our lives, we all have a raft of "character defences" that we have set as a form of armour, in order to survive in the world. He stated that underneath all of these defenses is a blind, murderous rage and hatred. When this is suppressed and left unresolved, it causes a complex tangle of psychosomatic illness and pain, including serious illness. Reich said that 7 segments of energy needed to be opened in the physical body before emotional negativity

could be released and the energy of life, restored.

His methods are facilitated today by trained Reichian therapists and some Core Energetic, Bioenergetic and Somatic therapists. It remains a deeply powerful option for people who want to take their power back and restore their emotional and physical health.

Dr. John Sarno – Emotions & Pain

Dr. Sarno is a famous back pain specialist from New York. He was as conservative a western medical physician as you can get. Then he noticed certain inconsistencies in the treatment of back pain.

His theory is that pain stands as a "distraction" which helps us to repress deep, unresolved emotional issues. Effectively, the mind distracts us from unconscious emotional pain by withdrawing circulation from certain areas of the body. The resulting pain and chronic illness can lead to life threatening illness.

Sarno states that chronic pain is most common in people who are perfectionists or people pleasers or both. His solution is to get patients to identify the unconscious anger, shame, guilt and self-hatred that they have been avoiding. When the patients perceive their illness and symptoms for what they are, the symptoms no longer hold any purpose and the physical symptoms disappear.

Eckhart Von Hochheim and Eckhart Tolle – Attachment is the source of all pain

In the 13th Century, Meister Eckhart, world renowned mystic and theologian, declared that detachment is the highest state one could achieve. Our attachment to this temporary, physical world is the cause of all pain, suffering and illness.

His answer to the suffering of humanity is that we must learn to detach ourselves from the outer world. He explained that this could only happen if we emptied our hearts and souls of all the turmoil and worry. In doing this, we would then be able to access our divine "inner most being": Our souls would be ignited, and by leading from this place, we could share our soul's greatest gifts and talents with the world.

Similarly and more recently, Eckhart Tolle focuses on the ego's attachment to the mind, and how this forces us to live in the pain of the past which we then project into the future. He teaches us eloquently about the "Power of Now," and how it is only in the present moment can we live a life of fulfillment, high energy, optimum health and creative expression.

Honouring The Bridge Between The Body & The Mind

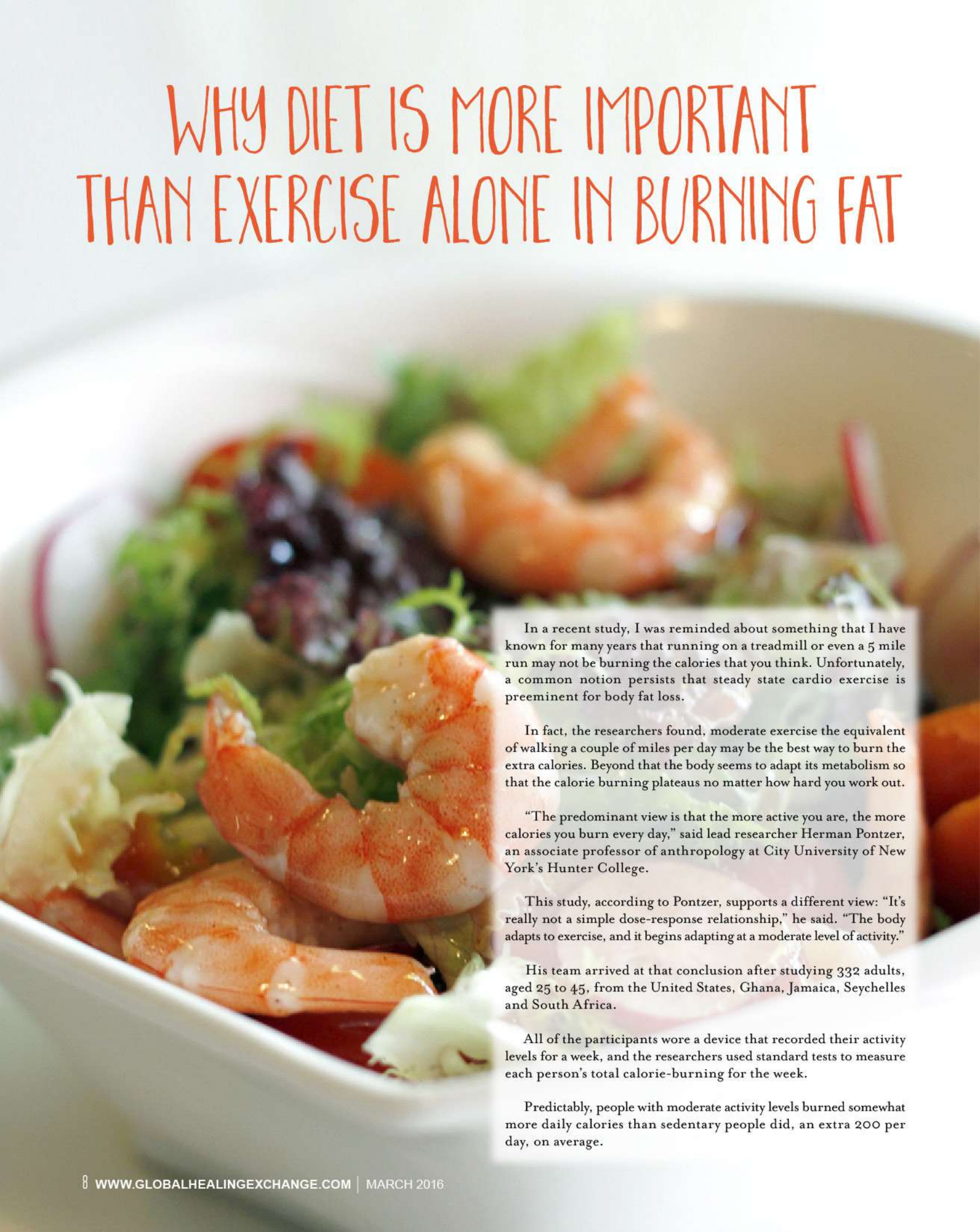
I believe all of these great teachers have given us a piece of the pie that is part of the bigger picture. The starting point for maintaining optimum health and preventing disease, is knowing and accepting that we are all perfect in our imperfections. The source of all creation is unconditional love, and by recognising that our emotional pain deserves to be held to the light and healed, we can all take the first critical steps to restoring and retaining wholeness and balance within ourselves.

Robert Kirby – Mind/Body Transformation & Integration Expert
If you would like to learn more and work with me one on one I would love to work with you.

www.coreenergetics.com.au



WHY DIET IS MORE IMPORTANT THAN EXERCISE ALONE IN BURNING FAT



In a recent study, I was reminded about something that I have known for many years that running on a treadmill or even a 5 mile run may not be burning the calories that you think. Unfortunately, a common notion persists that steady state cardio exercise is preeminent for body fat loss.

In fact, the researchers found, moderate exercise the equivalent of walking a couple of miles per day may be the best way to burn the extra calories. Beyond that the body seems to adapt its metabolism so that the calorie burning plateaus no matter how hard you work out.

“The predominant view is that the more active you are, the more calories you burn every day,” said lead researcher Herman Pontzer, an associate professor of anthropology at City University of New York’s Hunter College.

This study, according to Pontzer, supports a different view: “It’s really not a simple dose-response relationship,” he said. “The body adapts to exercise, and it begins adapting at a moderate level of activity.”

His team arrived at that conclusion after studying 332 adults, aged 25 to 45, from the United States, Ghana, Jamaica, Seychelles and South Africa.

All of the participants wore a device that recorded their activity levels for a week, and the researchers used standard tests to measure each person’s total calorie-burning for the week.

Predictably, people with moderate activity levels burned somewhat more daily calories than sedentary people did, an extra 200 per day, on average.

But more intense activity brought no additional benefit, at least as far as calories.

Pontzer stressed that exercise has many benefits for a person's health in general. "There's nothing in this study that suggests exercise is anything but good for you," he said.

But if your goal is weight loss, exercise alone is unlikely to cut it. And that message, Pontzer noted, is not new.

"We know that diet changes are the most effective way to lose weight," he said. "This study adds another piece of evidence to support that."

Two researchers, who were not involved in the study, agreed that exercise alone isn't enough.

"The reality is, exercise by itself is not great for weight loss," said Dr. Timothy Church, a professor of preventative medicine at Pennington Biomedical Research Center, in Baton Rouge, La.

Mind you, exercise does boost weight loss, provided it is combined with dietary changes. The big problem is most gymnasiums focus on cardio as a form of fat loss. This is why just focusing on a workout around the treadmill or some similar device don't work. And I often see people struggling in the gym slogging away at a sub optimal steady-state pace for 45 minutes gaining a bit of a sweat and then topping off at the cafeteria and because diet hasn't been part of the plan putting on more calories and they burnt.

Cardio certainly has its place in every fitness program, but it should be a part of a balanced program including cardio, strength training, and a healthy diet.

The key to losing body fat and keeping it off is changing one's diet and lifestyle and embracing strength training. Lean muscle is the driving force behind your metabolism and the only way to increase your metabolism or burn more calories at rest, is to increase lean muscle through strength training. For the women that are afraid to get "too bulky" from strength training that is simply a myth.

Research shows that building and maintaining muscle can speed up metabolism. This research goes on to say that "muscle burns ten to twelve times the calories per pound each day that fat does. You're boosting your metabolism not just during exercise but all day."

The key to fat burning is adopting the correct diet preferably a ketogenic one coupled with resistance training. The benefits of a ketogenic diet is that not only will it burn fat on its own but it will lead to total body reshaping. A ketogenic diet targets fat deposits.

The best weight loss program for most people is one which they can maintain long term, and which addresses the root cause of the weight gain. This is where a ketogenic diet is most helpful. The diet addresses, and in most cases, fixes the underlying cause of weight gain: a hormonal imbalance.

Why Chose A Ketogenic Diet

Notice that I did NOT say that people gain weight because they don't exercise and they eat too much. Instead, the lack of energy to exercise and overeating are symptoms of an underlying hormonal imbalance in the way the body uses insulin.

In other words, if your hormones, and specifically your blood sugar and insulin, are out of whack, you will be more likely to experience extreme hunger and overeat. You'll gain weight, and energy levels will be lower, which will make exercising seem more of a chore.

As the ongoing arguments in the various "best weight loss program" camps can attest, yes, other factors are involved, but the primary fat storage hormone in the body is insulin, and I think it's the best place to start to address a weight problem.

To put it simply, the best weight loss program is one that manages insulin. Let's see how insulin works and why it's so important to control it.

Insulin is a hormone which is released in the body in response to blood sugar fluctuations. (Blood sugar is also called blood glucose, as glucose is the primary sugar used in the body). When blood glucose increases, insulin is released by the pancreas to move the glucose from the bloodstream into the cells where it can be burned for cellular fuel.

More importantly, if glucose is available for the cells to burn, they will burn it first, before they burn stored fat. Keep that in mind. If the body cells are already full of glucose and can't take in any more, the body converts any excess energy into fatty acids, and stores them in the fat cells.

Now, normally, the body would later access this stored fat for fuel when food becomes unavailable. However, if insulin levels have become chronically high, the fat stored in the cells can't be broken down for fuel. In other words, high insulin levels will keep the fat stored, and the body will be dependent on glucose only for fuel.

Since the body can't store much glycogen (glucose stored as groups of molecules) and it can't get to its fat stores because of high insulin, it becomes very dependent on the glucose energy coming in from food.

Carbohydrate intake on a ketogenic diet is low, which allows the cells to retain their sensitivity to insulin. Your hormones stay in balance, hunger is diminished, and the cells can burn fat for fuel, which provides more energy. The body can access its stored fat, you lose weight, and you have lots of fuel for activity. Exercising becomes fun, instead of being a chore.

So if you are intent on reshaping your body, in other words getting rid of the surplus adipose tissue or fat and have enrolled at your gym without making the lifestyle changes to your diet you probably won't reach your goals. 90% of people who go to a gym these days fail to achieve their goals and give up, hence why the churn factor is so high in gymnasiums today.

It is a sad reflection on what could be such positive outcome, so make sure that if your intention is to lose weight, understand it's all down to burning fat. Adopt a ketogenic diet and focus on resistance training.

Malcolm McLean - Ketosis Specialist
If you would like to learn more and work with me one on one I would love to work with you.
www.ultralite.com.au



ROASTED PUMPKIN GARLIC SOUP

It's chilly, raining and I am in the kitchen cooking. Have some chicken stock on the simmer. Just about to roast 1/2 pumpkin, about 1kg, 1 whole head of garlic and will make Roasted Pumpkin with Garlic soup.

The mix of spices in this recipe gives it a mellow Indian taste.

INGREDIENTS

- 1kg (2.2 lb) pumpkin I use crown
- 3 tablespoons olive oil
- Fresh ground pepper
- 1 tablespoon olive oil
- 1/2 tsp each ground cumin and cardamom
- 3 cups chicken or vegetable stock
- 1/2 teaspoon fresh chilli, crushed (optional) or 1/4 ground chilli powder.
- 1 head garlic
- Salt
- 1 onion
- 2 stalks celery
- 2 medium carrots
- 1 tsp turmeric

METHOD

First thing to do is cut the pumpkin into medium wedges, skin on. I don't cut them too small as I am roasting them without peeling, to get a bit of extra flavour in to the pumpkin while it roasts. Toss in olive oil, season with salt and pepper in a roasting tin.

Cut the top off a head of garlic and drizzle a little oil over the cloves, wrap the garlic in tin foil and add to the pumpkin. Roast at 200C for 30 minutes or until the pumpkin is soft.

About 5-10 minutes before the pumpkin is cooked, coarsely chop the onion, celery and carrot and fry over a medium heat until the onion is translucent. Add the ground cumin, cardamom and turmeric and fry briefly. Add the stock, salt and pepper to season and chili (if you like a bit of heat in your soup). Bring to the boil and then reduce to simmer for 15 minutes.

Once this is simmering remove the pumpkin and garlic from the oven and let cool till it's cooled enough to handle. Remove the skin from the cooked pumpkin and then squeeze out the roasted garlic and add to the soup along with the pumpkin. You may need to add some water at this stage to just cover the vegetables. Simmer for another 5 minutes.

Once cooked, blend in batches and adjust the seasoning to taste if needed.

I serve with some sour cream and chopped chives or parsley.

Recipes from Jimmy Boswell
www.tasteofhome.co.nz



VIBRATIONAL HEALING & ESSENCES

Offering private consultations & group facilitation both in Australia & internationally



Nurture your self with Rose of Raphael products ~ vibrational essences made from flowers, crystals and codes to balance the energy of the endocrine glands and hormones. The Rose of Raphael healing system works on a deep cellular level effecting the whole individual, physically, mentally, emotionally and spiritually.

For information about Kaliana and her work visit:
www.roseofraphael.com.au

SPECIAL OFFER

20% OFF

**ROSE OF RAPHAEL
ONLINE PRODUCTS**

**JUST ENTER CODE AT CHECKOUT:
HOLISTICMAG-APR**

* Offer ends 14/04/16.
Discount does not apply to freight.



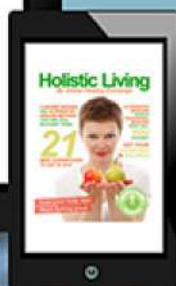
Rose of Raphael
Vibrational Healing & Essences

0421 117 562

f Find us on facebook/roseofraphael

**Get Your Holistic
Business Seen
Globally**

With Holistic Living Magazine



Email: sales@globalhealingexchange.com

When
CANCER
Comes To Visit



I have had more experience with cancer than I ever expected, or wanted. But we can't choose what comes into our lives, we can simply decide to deal with it or not. I have not had cancer, but many people in my circle of family and friends have had cancer experiences, especially many of the women who have had breast cancer. I have brought shamanic healing energy to those who wished to receive it and care-giving energy only to those who did not. So I will speak to cancer from a shamanic perspective and from the perspective of one with close experiences with cancer.

So, here we go, with some questions many ask. How do we battle cancer when it comes into our physical being? What are the best ways to fight this fiendish opponent? Can we win the war with cancer or only expect to win some battles?

The media, advertisements, drug companies and other sources talk about fighting cancer and how you must battle it with all your strength. But still, how best to do this?

My advice, at this point in our talk together, is to stop fighting cancer as an enemy. Forget about going to war or into battle with some enemy without. Quit asking if you can win the war. Instead, begin to go into your heart and spirit and start to understand the cancer within you. For some, this is easier than others. And I know it is easier to say than to do. But it is the way to begin to see the best way ahead for yourself as you work with the cancer affecting you. For those shaking their heads and mouthing "crazy nut job" as you read this, hang with me a little longer. You can always judge me later.

Any disease we humans can contract becomes a part of us. The spiritual, shamanic means to deal with it is, as I said, accept it as part of you, work alone or with a spiritual guide to feel and understand it and then connect with your 'inner doctor' (your spirit, heart, soul, whatever term you use) to understand the best way forward. Cancer is an especially pertinent disease to use this process and to treat shamanically. Cancer cells are in each of our bodies and sometimes begin to mutate and become the 'cancer' disease we all know. No matter what means we use to treat it, if it goes into remission, it still remains with us. I will give an example of this in a moment.

If we go "into battle" or try to "fight" cancer, we are setting ourselves up for failure. If we begin to make decisions about how we wish to be treated based on understanding the cancer as part of us, we have a much better chance to work with it in a way it again becomes just more cells in our body. Not only is this so physically, but mentally and emotionally, we are better prepared to deal with these mutating cells more energetically and with less fear. Fear that becomes a true enemy if we let it control us.

Like all diseases that become a problem for us, cancer is a symptom of deeper issues. It is these issues, the true causes of cancer, or heart disease or diabetes, etc., that we need to explore and understand. Often, by doing this, we can eliminate the disease or greatly lessen its effects.

Where do these thoughts come from? First, from teachings given to me by many indigenous elders over the years and by some alternative healers I have worked with. Also, oddly, from some Western medicine doctors who are beginning to look at how we deal with and treat cancer. And, secondly, through my own experiences and work as a shamanic practitioner and an intuitive psychotherapist. Ugh! Titles. I hate them, they label me and others, but sometimes are needed for clarity. I consider myself a human being who has been taught many healing ways

and is honoured to use them when asked. See? Too long and clumsy.

I have seen many people decide the cancer they battled was too strong for them and so they stepped off the physical world rather quickly. I have seen others I have worked with understand and accept their cancer and live longer, healthier lives. The decision is for each individual to undertake. There are no givens and no silver bullets. And I have also been taught that, at some time, it is our turn to surrender our physical body and return to our energy/spirit form. When this time comes, some disease will take us off. That is the circle of existence. But eliminating these areas, I have seen the peaceful work with cancer yield much better results than fear and fight.

My wife prior to Sue, my current partner, Bonnie, contracted cancer of the breast at 45. She was given a year to live. She mixed strong mental and spiritual work on her cancer and Western medicine. An odd mix, but it worked for her. To an extent. She and I sat and talked at length. Our daughter was still in high school and Bonnie said, "I don't accept this. I will work with my body, cancer and all, and live another 20 years". She had surgery, chemo and radiation at that time, methods I saw take a huge toll on her. Her choice. And... she lived for 20 years with the cancer dormant. Not 'cancer-free', that is another disservice the medical community does for us. We are never cancer free. And someone who has their cancer cells become malignant is never again free of them. But we can work to have the cancer become passive again. After 20 years, the cancer again appeared, the same type. She again went to Western medicine, which was a huge challenge for me since I know so many shamanic healing techniques I could have offered. But her choice. After 3 years she decided it was enough and quit all medicines and treatments, allowing us 10 months with her not as affected by the horrible effects of chemo and drugs. In fact, more and more researchers are finding that chemo and drugs are not only ineffective, but can cause more harm than cancer (i.e. - see Dr. Hardin B. Jones and others).

Other people have come to me in huge fear and panic and have told me they will lose to their cancer and die soon. Some cite their medical doctor's predictions, another huge disservice of some. Some of these I have worked with using journeying, dark soul escape, spirit medicine and other shamanic techniques taught to me in the jungles and forests of Central America and they have managed to accept and work with their cancer. Most of these patients are still alive and minimally affected by cancer. Some died of other causes and a few could not hold their belief in these methods. Others, including a close relative, decided their doctors were right and the end was near, and so it was.

Bonnie, shortly before she passed over, shared with me that the chemo, surgery and drugs were not a good choice, but she was good with having made it. She was very pleased she had chosen to walk from them and have some quality of life at the end. She apologised to me for not allowing me to bring my spiritual medicine to bear. This was not necessary or part of what we needed. We both talked that through and made peace with it.

Know and understand your cancer. Feel and accept it. Work on losing fear. Then choose the tools you need to address it. And, most importantly, address the underlying causes.

Jim Graywolf Petrucci - Shamanic Practitioner

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

www.facebook.com/JimGraywolfPetrucci



LOWER YOUR CANCER RISK

Use Food As Medicine

According to Anand P. et al.(2008) 'Only 5–10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90–95% have their roots in the environment and lifestyle.'

Nutrition plays an important part not only in the prevention of cancer, but also in its treatment. Inadequate or poor nutrition provides a favourable environment for cancer to grow and develop. By consuming nutrient dense foods and changing the body's environment, you deprive cancer of the nutrients it strives on. Thus, good nutrition supports the immune system, starves cancer cells and provides micro and macronutrients.

Nutrition and physical activity are the two most important aspects that can be modified to prevent cancers occurrence.

A healthy diet does not guarantee a life free from cancer. Other risk factors such as genetics, spirituality, and lifestyle are involved in cancer development. The following recommendations can help reduce the risk.

Eat a well-balanced diet. (Memorial Sloan-Kettering Cancer Center, 2010) Whenever possible select food that is locally grown free of hormones, pesticides, herbicides and antibiotic residues. Eating food grown without pesticides may protect against unhealthy cell changes associated with pesticide use in animal studies. When selecting food, select quality, balance, moderation and variation. Select the food of highest quality, all natural, biologically grown, fresh, unprocessed, non-irradiated, and without synthetic chemicals. It is also beneficial to avoid frying, broiling, and microwave use.

Consider The Following Dietary Suggestions

Add healthy choices to your diet.

Eat foods rich in antioxidants such as berries. Blueberries are packed with anthocyanins, which reduce inflammation and are one of the most powerful antioxidants. Strawberries are rich in antioxidants such as vitamin C and ellagic acid. Other types of berries, all rich in flavonoids, are raspberries, blackberries, and cranberries. (AICR, 2015)

Eat cruciferous vegetables that are powerful protective foods containing Indole-3-carbinol (an indole) and sulforaphane (an isothiocyanate) that have been researched for anticancer effects (Hayes JD et. al. 2008). They are also rich in nutrients, including several carotenoids(lutein, beta carotene and zeaxanthin); vitamins C, E, and K; folate; and minerals. Include the following cruciferous vegetables: 'Bok choy, Broccoli, Brussels sprouts, Cabbage, Cauliflower,

Collard greens, Horseradish, Kale, Radishes, Turnips, Watercress, and Wasabi' (National Cancer Institute 2012).

Eat cruciferous vegetables that are powerful protective foods containing Indole-3-carbinol (an indole) and sulforaphane (an isothiocyanate) that have been researched for anticancer effects (Hayes JD et. al. 2008). They are also rich in nutrients, including several carotenoids(lutein, beta carotene and zeaxanthin); vitamins C, E, and K; folate; and minerals. Include the following cruciferous vegetables: 'Bok choy, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Collard greens, Horseradish, Kale, Radishes, Turnips, Watercress, and Wasabi' (National Cancer Institute 2012).

Eat beta-carotene containing foods, they are an immune system booster and protect cell membranes from toxin damage. Include green leafy vegetables such as spinach, Swiss chard, apricots, beet greens, Kale, Mustard Greens, Collard Greens, Turnip Greens, Swiss Chard, papaya and Pak Choi (Memorial Sloan-Kettering Cancer Center, 2015).

Lower the intake of saturated fats (ACNT, 2010).

Eat lots of vegetables, and fresh fruit (Mayo Clinic, 2010) more than 5 cups a day. They contain Vitamin C, to support immunity, and provide antioxidant activity. (Bone, K, 2010) Eat whole fruit rather than drinking fruit juice. Whole fruit reduces calories, adds fiber, and increases feelings of fullness.

Include vegetable juices for its nutrients and antioxidant activity (Bone, K. 2010).

Include whole grains, and legumes (ACNT, 2010).

Add garlic, onions, and mushrooms (ACNT, 2010). In the International Journal of Cancer 2006, the study by Gonzalez CA, et. al. they investigated the effects of nutrition on cancer. In the study, higher intakes of onion and garlic were associated with a reduced risk of intestinal cancer.

The Cancer Council (2010) recommends increase the intake of protective Omega-3 fats found in oily fish like Atlantic salmon, swordfish, sardines mackerel, and canned fish such as sardines, salmon and tuna also including flaxseed oil, sesame and pumpkin seeds.

Eat dietary fibre it is important for a healthy digestive system and overall health (The Cancer Council, 2010).

Drink clean pure water or unsweetened beverages (Memorial Sloan-Kettering Cancer Center, 2010).

Eat Shitake and Ganoderma mushrooms (Bone, K. 2010).

Include both black and green teas in the diet as they help protect against cancer (University of Maryland, 2010). Green tea is an antioxidant and may selectively inhibit the growth of cancer (National Cancer Institute 2010).

Eat fish (preferably oily) they contain healthy omega 3 fatty acids at least two times per week such as Salmon, sardines, swordfish, gemfish and Spanish mackerel (Cancer Council, 2015).

Things To Avoid:

Limit sweet foods and drinks as sugar increase the release of insulin and suppress the immune system.

Avoid fried, greasy, creamy or rich or spicy, refined foods. (Memorial Sloan-Kettering Cancer Center, 2010) junk foods (ACNT, 2010).

Avoid Trans fatty acids (Trans fats) that are found in foods that are made with or cooked in partially hydrogenated fat. Hydrogenation is the changing of a liquid vegetable oil into a solid. Some crackers, potato chips, baked goods, deep-fried fast foods and margarines contain trans fats. Swap all Trans fats for healthy fats like olive oil, avocado, raw butter, and coconut oil.

Avoid xenoestrogens (ACNT, 2010).

Avoid processed meats. This includes items such as bacon, ham, salami, sausages, frankfurts. Processed meats are high in salt and fat they also contain additives and preservatives (Cancer Council, 2016) and nitrates.

Limit the consumption of red meats. Eating red meat exposes us to dietary carcinogens such as N-nitroso compounds and heterocyclic amines (WCRF, 2007). Choose leaner cuts of meat and remove visible fat.

Avoid alcohol as this increase the number of free radicals (ACNT, 2010).

Stop smoking. (Memorial Sloan-Kettering Cancer Center, 2010). Cigarettes, according to The Cancer Research United Kingdom (2014), contain many different chemicals that damage cells' DNA. They further confirm that 'smoking is by far the biggest preventable cause of cancer.' Therefore, if you are still smoking, consider stopping for your health and the health of the people around you.

Reduce exposure to environmental carcinogens, toxic substances, and radiation (PSR, 2016).

Life Style

Choose the healthiest lifestyle options possible, to empower yourself and reduce your risks.

Maintain a healthy weight through a combination of a healthy diet and regular exercise (Mayo Clinic, 2010). Consider adding meditation to your routine still the mind and reduce stress (Mayo Clinic, 2010).

Include more physical fun such as dancing, aerobics, swimming, tai chi, walking, and yoga. Give yourself lots of breaks throughout the year so you have fun things to look forward to. Above all enjoy what you do and live life to the fullest.

Reference

- American Institute of Cancer Research, (AICR) 2016, accessed 5/2/2016 www.aicr.org/foods-that-fight-cancer/foodsthatfightcancer_berries.html
- Cancer is a Preventable Disease that Requires Major Lifestyle Changes Pharm Res. 2008 Sep; 25(9): 2097-2116. Anand P, Kunnumakara A.B., Sundaram C., Harikumar K.B., Tharakan S. T., Lai O.S., Sung B., and Aggarwal B.B. accessed 5/2/2016, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>
- ACNT, 2010, 'Herbal Advance Treatments Advanced 1 - Life Stages Module notes', 2010, ACNT
- Bone, K. 2010, 'Cancer Support, A Comprehensive Review of Natural Options', MediHerb In Clinic Seminars.
- Cancer council, 2010 'Cancer-prevention meat-and-cancer - Statement' accessed 3/2/2016 at <http://www.cancercouncil.com.au/1752/cancer-prevention/diet-exercise/nutrition-diet/other-foods-nutrients/meat-and-cancer-3/#7tGMsL6WkMoquzBZ.99>
- Cancer council, 'Omega-3 Fatty Acids, Fish and Cancer Prevention - Position Statement' accessed 3/2/2016 at www.cancercouncil.com.au/682/cancer-prevention/diet-exercise/nutrition-diet/other-foods-nutrients/fish-omega-3-and-cancer/#MeLmBKozwqEOHwDt.99
- Cancer council, 2010, 'Selenium and Cancer', accessed 25/6/2010 at <http://www.cancercouncil.com.au/editorial.asp?pageid=2351>
- Cancer council, 2010, 'Soy Foods and Cancer' accessed 25/6/2010 at <http://www.cancercouncil.com.au/editorial.asp?pageid=368>
- Cancer council, 2010, 'Fish, Omega-3 Fats and Cancer' accessed 25/6/2010 at <http://www.cancercouncil.com.au/editorial.asp?pageid=266>
- Cancer council, 2010, 'Fibre, Wholegrain Cereals and Cancer' accessed 25/6/2010 at <http://www.cancercouncil.com.au/editorial.asp?pageid=363>
- Cancer council, 2010, 'Physical Activity and Cancer' accessed 25/6/2010 at <http://www.cancercouncil.com.au/editorial.asp?pageid=930>
- Cancer Research UK, 2015 Causes of cancer, 201 accessed 11/2/2016, www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer
- Cancer prevention with freeze-dried berries and berry components, 2007, GD Stoner, LS Wang, N Zikri, T Chen, SS Hecht... - Seminars in cancer ..., 2007 - Elsevier
- Cook, T. 2010, 'Cancer Support, A Comprehensive Review of Natural Options', MediHerb In Clinic Seminars.
- Gonzalez CA, Pera G, Agudo A, et al. Fruit and vegetable intake and the risk of stomach and oesophagus adenocarcinoma in the European Prospective Investigation into Cancer and Nutrition (EPIC-EURGAST). International Journal of Cancer 2006; 118(10): 2559-2566.
- Hayes JD, Kelleher MO, Eggleston IM. The cancer chemopreventive actions of phytochemicals derived from glucosinolates. European Journal of Nutrition 2008; 47 Suppl 2: 73-88.
- National Cancer Institute, 2010, 'Tea and Cancer Prevention: Fact Sheet' accessed 25/6/2010 at www.cancer.gov/cancertopics/factsheet/prevention/tea
- Mayo Clinic, 2010, accessed 27/6/2010 at www.mayoclinic.com/health/cancer/DS01076/DSECTION=alternative-medicine
- Memorial Sloan-Kettering Cancer Center, 2010, 'Adjuvant Therapy for Breast Cancer' accessed 25/6/2010 at www.mskcc.org/patient_education/_assets/downloads-english/11.pdf, 1275 York Avenue, New York, New York 10065
- Memorial Sloan-Kettering Cancer Center, 'Beta-Carotene' 2015, accessed 2/2/2016 www.mskcc.org/cancer-care/integrative-medicine/herbs/beta-carotene
- Memorial Sloan-Kettering Cancer Center, 2010, 'Smoking Cessation' accessed 9/9/2010 at <http://www.mskcc.org/mskcc/html/2532.cfm>
- Physicians for Social Responsibility, 'Cancer and Toxic Chemicals' accessed 9/2/2016 at www.psr.org/environment-and-health/confronting-toxics/cancer-and-toxic-chemicals.html
- WCRF/AICR Expert Report, Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective.: World Cancer Research Fund; 2007.
- University of Maryland, 2010, 'Green Tea' accessed 25/6/2010 at www.umm.edu/altmed/articles/green-tea-000255.htm

Irene Vervliet - Naturopathic Doctor

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

www.facebook.com/IVervliet



CANCER & EMOTIONS

When looking at disease in your body, it is not easy to pinpoint just one factor. When healing from any disease, especially cancer, you need to look at it from a holistic level.

You need to look at the physical, emotional, spiritual, mental aspects of yourself. Cancer, or any other disease, can occur when and one (or more) of these aspects are out of balance.

In my opening article of this magazine, I speak briefly about epigenetics, cell oxygen levels, alkalinity and mindset. These are just a few factors we can look at.

Looking at our mindset and emotions plays a small role in being able to overcome this awful disease. This is the area in which I work with my clients.

Our emotions affect our body at a cellular level. Many studies conclude this fact. We all know that when we look at our mindset, the way we wake up in the morning will affect our whole day. Sometimes, when we are busy, we may wake up and dread the day ahead, saying something like, "This whole day is going to be awful" and so it is!

We all know that if we are feeling unwell, we have 2 choices: act like we have man flu (sorry men) and succumb to the sickness; or, rise above it, go to work, do what we have to do, not feel our best to get through the day. What do you think is the factor which makes the difference? Yes that's right, mindset!

Now I am by no means saying that cancer or getting well after cancer is this simple, but I used this example to help you to see that mindset can help us at a simple level, when we are looking at getting through our day when we have a cold. So if it is true for a cold then at a small level it will have a factor in more serious diseases too.

So What Do I Mean When I Talk About Mindset?

Here are two examples:

If you have a **fixed mindset**, you will believe what you have been taught, that cancer is bad, that you are going to feel really sick, that you have to have chemotherapy and that you will probably die.

Now I wonder what would happen if you had a more **flexible mindset**? A mindset of change, open to the possibilities that cancer has a message for you, cancer is a gift that can help you change your lifestyle to a healthier, balanced way of living. Open to the fact that if you balance your physical, emotional, spiritual, mental aspects, you can indeed be cancer-free.

Many people have healed from cancer so, if it is possible for them, it is possible for you too.

When you change your mindset, you can change your whole life (this is why I love working with my clients in this area). You will be able to stick to an alkaline diet because you know it is making you healthy, you will rest because you know your body needs it, you will get enough sleep because you know that when at rest your body repairs itself, you will meditate because you know it is a great way to relax the mind and get in touch with your subconscious, you will be able to deal with your emotions as you know they are currently keeping you stuck.

This brings me to my next point of holding onto negative emotions.

Holding On To Negative Emotions

With my clients, I like to use this analogy: you will have seen a young child in a shopping centre that was being told-off by a parent. You will have noticed that the child was not feeling powerful in that situation, as the parent was towering over the small child and pointing their finger at him/her. In that moment, the child realises that if they answer back to their parent, they will get into more trouble or even smacked, so the child holds their emotions inside. You may see the child clench their fists, go red, hold their breath and physically swallow the words they want to say. In that moment, the subconscious mind has come up with a strategy to keep that child safe. It realised that this is the way he/she can deal with anger. So next time the child is angry and they don't feel powerful, the strategy comes into play and they swallow their emotions again and this goes on and on during their whole life, until they realise there is a different way to react. That strategy served them in that moment, but is it still serving them now as an adult? How do you think that child feels, empowered or powerless? Do you think that the cells feel like they are being fed or shutdown?

Now this is how it works with EVERY emotion in our body, whether it is a 'good' or 'bad' emotion (I believe all emotions are 'good' emotions because when we listen to them, they give us a message).

Now I am sure all of us have strategies that no longer serve us in our life. Holding onto these emotions and stories from the past affect us on a physical level and cause dis-ease in our body.

I wonder what that adult is now like who swallowed all of their emotions as a child. Do you think that not speaking up for themselves is serving them in their life right now? How do you think that not speaking up for themselves is affecting them on a cellular level? Do you think that their cells will feel happy about being suppressed, or be feeling frustrated and upset? Do you think coming up with a different strategy that makes them feel powerful, will serve them better?

Releasing negative emotions, stories and programming is an amazing way to start feeling better to affect the cells of your body.

Check out the study by Dr Emoto on the study of how words affect water (we are made up of 60% water). He claimed that human consciousness has an effect on the molecular structure of water. He explored beliefs that water could react to positive thoughts and words, and that polluted water could be cleaned through prayer and positive visualisation. www.masaru-emoto.net/english/water-crystal.html

In summary, mindset and clearing negative emotions and stories play a role in getting rid of disease in the body, including cancer. You need a holistic approach. Working on the emotions and mindset alone, if you are still eating toxic foods, putting toxic chemicals onto the skin and living a very stressful life may not be the best choice for you. You need to find what fits you best. Everything works together and I think the key is finding a balance for you. I hope some of the points in this article resonate with you, whether you have cancer or not. The principles are the same regardless of the title we give the dis-ease.

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.

www.yourmindworks.com.au



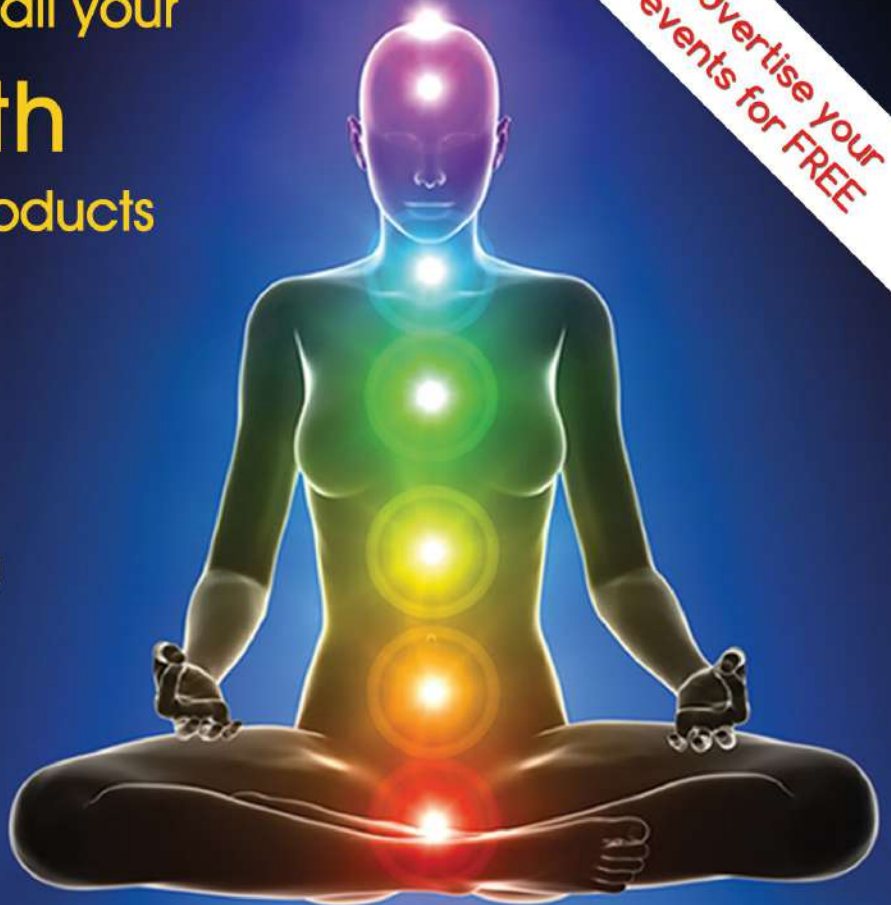
The online "go-to" place for all your

Natural Health

events, practitioners and products

Advertise your events for FREE

- 1 Economical Upgrades
- 2 Featured Listings
- 3 Gain 3x the exposure
- 4 FREE EVENT advertising
- 5 GLOBAL audience



The **NATURAL MEDICINE**
Resource & Events Directory

www.natural-medicine.directory

Supported by
NATURAL MEDICINE

ESSENTIAL READING



Ask about our discounts for health professionals
Subscriptions available online

www.naturalmedicine.org.nz



TRY OUR 4 WEEK LHI CHALLENGE

And Make 2016 Your HEALTHIEST YEAR Yet

What if I shared with you the greatest kept secret to experiencing permanent weight loss, increased energy and the dropping away of common symptoms like bloating, constipation, gas, bad breath, indigestion, heart burn, food allergies, sugar cravings and emotional or addictive eating?

You'd probably think I'd gone mad, as most of you know I'm the last person to buy into the latest diet fad or exercise gimmick! So what do I believe could possibly achieve such lasting results?

Well, what if I replaced every acronym that the food industry has ever come up with to market the latest and healthiest food recommendations, you know the ones FF (fat free), SF (sugar free), LS (low sodium), LGI (low glycemic index), LF (low fat) and the list continues with the acronym that holds the winning formula for achieving all these results. Are you feeling just a little bit curious now?

Ok, here it is, the only diet acronym you ever need to remember, LHI Low Human Intervention! I'm totally serious, think about it. If we followed this as the latest healthy food recommendation, we would in actual fact experience lasting positive changes in all areas of our physical, mental, emotional and spiritual health.

I invite you to follow my 4-week LHI challenge and see for yourself. It won't just be your body that thanks you but Mother Earth too.

The rules are simple; all you need to do is avoid all foods that have been overly interfered with by human processes!

Ok that's the simple part and now for the easy part! By following the lists below you will find it's easy to stay away from the foods that have been overly processed beyond the point of healthy?

I Have Given You 3 Lists:

- Ten inspiring reasons why you should give the 4 week LHI challenge a go (print it off and put it on your fridge as a friendly reminder)
- Top tips to give you a winning start
- Foods to eat and foods to avoid

10 REASONS TO GIVE THE LHI CHALLENGE A GO:

1. To prove to yourself you can!
2. You will build awareness for what constitutes as LHI foods versus, highly processed and nutritionally deficient foods.
3. You will start to experience the subtle difference in how your body feels and functions when eating foods that are wholesome, alive, and nutritionally dense, versus foods that have no life force (energy and nutrition) left in them.
4. You will be on your way to achieving your ideal weight.
5. You will feel lighter physical and emotionally.
6. You will experience more energy.
7. You will improve the function of your liver and digestion while symptoms like bloating, gas, and indigestion will drop away.
8. You will think more clearly.
9. You will be able to overcome sugar cravings and comfort eating.
10. You will be helping to sustain the environment and become a caretaker of our mother earth.

Top Tips To Help You Stay Committed To The Challenge:

- **Listen to your body and what it is "feeling".** It will tell you what it needs and it's often not what you "think" its needing. For example, do you really think your body would tell you that it feels like a Coca Cola or a coffee for a pick me up? Would that not simply be your head over-riding what your body is trying to communicate to you, that you're in need of some 'real' food to replenish and sustain your energy.
- **Don't skip breakfast.**
- **Make sure all meals, including breakfast have all three food groups'** carbohydrate, protein and fat in it and are in the ratio that best suits your body. You can experiment with this over the 4 weeks to find out what amount of each food group feels right to have at each meal. For some, it can be the same ratio at each meal for others it may vary throughout the day. Again, check in with what your body is feeling after each meal to understand what you need less of more of and not what your head thinks it wants!
- **Drink plenty of quality water** between meals $0.033 \times \text{kg}$ (your body weight) = the amount in litres you need to be consuming and that's before you've exercised or consumed stimulants that dehydrate you like coffee, tea, alcohol, soft drinks and processed foods.
- **Plan ahead.** Create a week's meal plan and shopping list by following the foods to eat and the foods to avoid listed below.

- **Make sure your pantry has all the essentials for creating an easy meal in minutes** and book in for my next "Done in 15" cooking demonstration

- **Make double for dinner and take to work for lunch.**

- **Travel with a healthy snack** that's easy like some raw organic nuts and an apple.

- **Avoid drinking alcohol on an empty stomach,** always have some quality fat like a piece of cheese, some nuts, chicken liver pate or avocado to slow down the insulin response.

- **If the food wasn't around when your great grandmother was alive don't eat it!**

- **Spend 2 minutes each day in love and gratitude** for all that you are, all that you have and all that you wish to become

HHI (High Human Intervention) Foods To Avoid:

- The 4 white devils (white flour, Pasturised dairy, sugar and table salt)
- All soft drinks
- All Soybeans and soy products
- All boxed cereals
- All commercially produced vegetable oils like canola, corn, safflower, sunflower, soy and grape seed
- All pre-made frozen meals
- All low fat products
- All fast food outlets
- All canned foods
- All commercially made cakes, pastries, biscuits, crackers, chips and crisps
- All commercially made dips, spreads, sauces

LHI (Low Human Intervention) Foods To Enjoy:

- All organic or free range fresh meat poultry and dairy
- All fresh seasonal fruit and vegetables
- Non-gluten grains – brown rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat
- Raw nuts and seeds
- Cook with quality fats such as organic butter, ghee, coconut oil and palm oil
- Use olive oil, flaxseed oil for salads
- Try young Thai drinking coconuts for smoothies
- For sweeteners use—stevia, molasses and honey
- Explore flavors using common herbs that support various functions such as digestion, the metabolism, the immune and nerves system – basil, garlic, cinnamon, carob, cumin, dill, ginger, mustard, oregano, parsley, pepper, rosemary, tarragon, thyme, turmeric.
- Use quality salt – Celtic or Himalayan

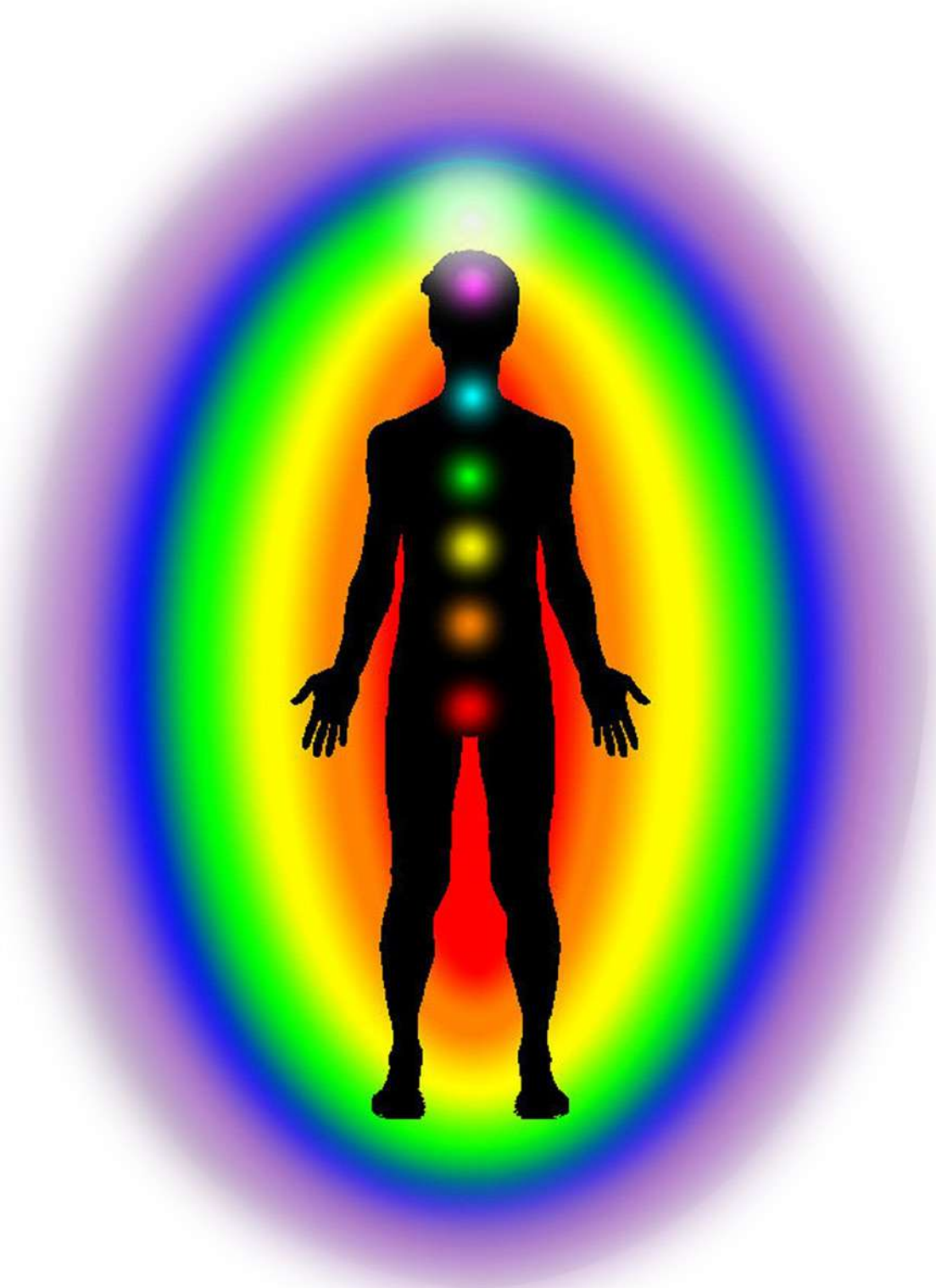
Have Fun Feeling Lighter, Healthier and Energetic.

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.energycoachinginstitute.com





Forensic Healing & Cancer

I would love to share everything I can about Forensic Healing to the Universe. When asked to write about this month's discussion on cancer, it immediately brings up the one aspect that I learnt doing this course. If someone is going through this disease, it's best not to work on the disease itself but work on healing the energy. Why may you ask?

Well, as we all know, energy is everything and everything is energy. With energy healing we are helping the body's own healing mechanisms to heal themselves, first finding the cause, releasing, then healing following a designed protocol. This is one definite area that is suggested we not put energy into, as this may cause energy of this disease within the body to flow and expand! We want healthy healing to flow through the body, not something that is diseased that can then move and continue its damaging effects.

Forensic Healing does not diagnose diseases. We can work on clearing any negative paths, blocks and help the body to regain the calm, balance and peace so that we may function wholly, synergistically as the body is meant to do.

“CANCER IS A WORD NOT A SENTENCE”

How many of us have been touched by cancer, I guarantee nearly every person on this planet, has either themselves experienced (me included, early stage cervical cancer at age 21) have known someone (father, mother, siblings, grandmothers, aunts, uncles, friends) the list goes on, that has been affected by this disease.

A disease is an abnormal condition affecting the body of an organism. It can be interpreted to be a medical condition associated with specific symptoms and signs. External factors such as infectious disease, or it may be caused by internal dysfunctions, such as autoimmune diseases. Basically, disease is more defined as an imbalance in your body and its environment. 'Disease' is often used more generally to refer to a condition that causes pain, dysfunction, distress, social problems and/or death to the person with the condition. - Forensic Healing Physics Manual

I want to share the general information about Forensic Healing and what this amazing modality can do. There are many modalities available that people can now take upon themselves to be responsible for their health by seeking more methods where alternative changes can assist you in dealing with a disease. Whether that be a disease of the mind, body or soul.

In this moment and time that we are alive, our foods, water and environment plays a huge role in how we carry this vehicle, our body, that is made to last the expectancy of 'our' journey. We can grow our own fresh foods, we can choose the foods we eat, we depend upon the purity of water that Mother Nature provides us (then we have to rely on how to keep our water fresh and pure through treatment processes). Our environment around us within the air we breathe, the contaminants we take (by our own sources or those that we cannot control) into our lungs. With our mind, if we live in fear, complain, make judgement on others or even ourselves, have negative thought processes, do not appreciate the beauty and splendour that surrounds us in our day-to-day life. These can lead to your personal energy creating those unbalanced, inharmonious imprints and so your body lives off that imprint, and that's all it knows.

Within the Physics component of Forensic Healing, we cover aspects such as Dehydration, Toxins, Physical Trauma, Structural, Jaw(TMJ), Nutritional, Disease, Allergy, Genetics, Hormones, Environment, DNA, Neurological and Body Systems. Now I'm not a specialist in any of these fields, but I've been privileged to train and learn how Forensic Healing addresses the connection of a person's energy by being the conduit to simply work with intention of a person's condition to reveal the traumas, blocks, conditions they have.

What Can Forensic Healing Do For You?

Forensic Healing is powerful! I love that it has been created so you are 'digging deep' in a detective type system. As a practitioner with a client (either one-on-one or via distant healing), we become a conduit, a clear connection to all that exists. We ask all source energy, all enlightened beings to allow us that the healing that the client has put their intention into, be for their highest of good. Connecting with your energy field, we use energy shifts or muscle testing (kinesiology) and your body reveals the information that we ask of it. This being a series of precise questions that the client can acknowledge. Sometimes if it's connected to a past life issue (ancestral) they may not be able to comment, but their body's energy field holds that information. Being open and having a clear intention on addressing their condition really allows for Forensic Healing to work its magic. It's an amazing structure of direct simple, palpable and spot on revelations. We do a profile, collect, analyse, reconstruct and recycle the evidence.

When using the Forensic Healing system, it triggers the conditions to rise that have been well hidden. We develop a story, which will reflect an ongoing trauma, or condition in their life. We follow a healing pathway designed for that condition where the client may need to engage in physically (i.e. standing for "Shaping The Future Pathway" or "Power Charge Pathway" repeat statements that they imagine, feel, see and all have amazing powerful results).

Why The Forensic Healing System Works...

- 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 client's 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

May you always know that there is light at the end of the tunnel, that Love will guide you along the way, that everyone's journey is sacred and unique. Let me be a light to help you on your path and with the benefits of incorporating the Forensic Healing system into your life can be profound and empowering.

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.shonasoulsonynergyhealing.com





EATING HIGH VIBRATIONAL FOODS FOR BETTER HEALTH

In ancient Greece they practiced 'wisdom healing': using food to nourish the mind, body and soul. "Let medicine be thy food and food thy medicine". 'Nature itself is the best physician.' – Hippocrates. Some of this wisdom is explored in this article.

In ancient Greece there were many who lived to over 100 years old. Why is it that in today's technologically and scientifically sophisticated society, many people cannot achieve longevity?

The ancient Greeks introduced the world to the concept of energy (from the Greek word "energia") and its effects on humans, animals, plants and one's health. We are all connected spiritually by energy, whether we choose to believe it or not. The ancient Greeks would preach that 'we are all one' "love is the cause of unity of all things" – Aristotle. We all form a part of the circle of life that revolves in a circular motion with no beginning and no end, particularly when it comes to cooking and eating and respecting our food and where it comes from. The ancient Greeks knew that if the food they were cooking had good energy and brought "agapi" (unconditional love), their dishes would be masterpieces, and masterpieces they were.

We are all made up of energy and we therefore require the consumption of energy in the form of food, air and water for sustenance and good health. In tandem we require an environment and thoughts made up of good positive vibrational energy. The ancient Greeks would "think good thoughts", live life with agapi, meditate, pray and practice affirmations to assist with this process.

There are many methods for raising our vibration to connect to ourselves, nature and God. This includes eating highly nutritious energetic foods and eliminating unhealthy thoughts and relationships. Eating high energy foods help us reach higher consciousness and to better connect with our higher source; Universe/God. This is one of the reasons why many ancient philosophers and healers were vegans and vegetarians such as Plato and Pythagoras.

When eating fresh fruits and vegetables off the plant, tree or vine the vibrational energy benefit of the food is high. When you eat organic food directly from the plant the plant is rich in nutrients from the sun. Most fast food restaurants, large grocery food chains, even middle of the line eateries offer food that is of a very low energy vibrational quality thus not adding any valuable nutrients to the body. Eating high amounts of these foods can result in sickness, obesity, stress, and other health issues. Eating food that has conscious, good vibrational energy does not nourish you only physically but also spiritually and harmoniously.

Many of us have lost touch or forgotten the nutritional benefits and healing qualities of food and opt to solely rely on conventional medication for healing. Instead, we should be looking at supplementing these conventional methods with holistic approaches, such as eating the right foods for our particular ailment, and using methods such as naturopathy, massage, music, dream therapy, salt therapy, music therapy, sun therapy, chakra therapy, light therapy and color therapy, as they did in ancient Greece.

A way to attain a place of agapi and to lift energy is to adopt an agapi and eco (not an ego) approach to cooking. An eco-approach takes into consideration the environment and other people. It reminds us that we are not alone and that our choices have consequences not only on ourselves, but on the environment and other people. When we are free from ego when cooking and come from a state of agapi we lift the vibrational frequency of our ingredients and dishes and we begin to add a healing element to our dishes. Food that is prepared by loving hands adds to the good energy of the dish. Prepare food slowly, lovingly and peacefully.

Many other rituals from ancient Greece continue to be practiced today to lift the energy vibration frequency of food before it is consumed. There are many songs and dances performed during preparation and cooking time, dishes are kissed and dishes are blessed. Ingredients are not merely something we consume to sustain us; it is something deeper and more spiritual. But, above all, the Greeks show gratitude by giving thanks to God for his guidance and for the wonderful food they are about to enjoy. Gratitude, truth and love have the highest energy vibrations.

For good health eat an abundance of food with high vibration energy and nutrients such as organic nuts, fruit, vegetables and fresh herbs. Keep to a minimum foods such as meat, poultry and sugar and foods that are highly processed, microwaved, chemically altered, genetically altered (GMO), contain chemically additives or have being mistreated by a person. They have little or no good vibrational energy and nutrition to add to your body. Plutarch tells us: 'Man is by nature not a carnivorous animal'. 'It is not natural to mankind to feed on flesh, we first of all demonstrate from the very shape and figure of the body. For the human body no way resembles those that were born for ravenousness'. 'Shall we reckon a soul to be a small expense.' 'Animal food is injurious: it clogs and confuses the mind' and the 'mind weak and feeble'. It operates unfavorably on character'. 'If

we must eat flesh let it be with sorrow and pity; not tormenting and abusing the poor animal before taking its life. Animals have senses'. 'Who knows the bodies of animals may contain the souls of deceased men.' When we eat animal meat where the animal has not been treated with respect or not slaughtered with respect we are also placing the energy of pain into our body. Blessing the meat is imperative.

To lift the energy vibration of your food give thanks and bless your food before eating and even while preparing and cooking it to decrease the negative energy vibration left on these ingredients when eating it is also important to create an ambience of peacefulness. Think positive thoughts and pour your own energy into what you are eating.

SUMMARY OF SOME HIGH & LOW ENERGY VIBRATION FOODS:

High

- Fresh certified organic fruit and vegetables food (especially greens and living grains such as sprouts)
- Natural supplements e.g. spirulina
- Herbal Teas
- Herbs and spices
- Pure or filtered water - reverse osmosis or freshly collected spring water are the best choices
- Healthy oils e.g. olive oil, and coconut oil
- Eating raw food, dehydrated and lightly steamed food e.g. anything in its uncooked, minimally processed raw, sprouted and organic state
- Nuts and seeds
- Fermented Foods
- Raw chocolate
- Raw honey & maple syrup
- Legumes
- Grains such as buckwheat, brown rice, amaranth, and spelt

Low

- Genetically modified (GMO) food, and conventional food that has been treated with chemicals and pesticides
- White rice and flours
- Sugars, sweeteners (artificial etc)
- Coffee
- Sodas
- Alcohol
- Meat, fish and poultry
- Processed, packaged, canned and fast foods
- Unhealthy oils e.g. canola, cottonseed, margarine, and vegetable oils
- Frozen foods
- Pasteurized cows milk, yoghurt and cheese
- Cooked foods, deep fried foods and microwaving food

And finally an affirmation to help guide you to make healthy eating choices: I eat high energy vibration food that nourishes, nurtures and supports my body and soul.

Maria Benardis - Intuitive Chef

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

www.mariabenardis.com



Dako Of Crete

This dish is perfect as a mezze (appetizer) or a salad. It originates from the island of Crete. Dako or barley rusks are twice-baked breads and are available from Greek delicatessens and Greek bakeries and cake shops. In Greek cooking we eat them on their own or add them to salads. We also crumble them and use them instead of breadcrumbs. If you cannot find barley rusks then use two thick slices of a whole grain bread and slowly bake the bread at a low temperature until it dries out and hardens.

INGREDIENTS

- 2 cloves garlic
- 2 large barley rusks
- 2 large ripe tomatoes
- Sea salt and cracked black pepper, to taste
- 4 tablespoons extra virgin olive oil, plus extra to serve
- 3.5 oz. (100 g) Greek feta, crumbled
- ¼ teaspoon dried wild Greek oregano
- 1 tablespoon fresh mint, chopped (optional)

METHOD

Take the garlic and rub the rusks with them. Place the rusks on a serving platter.

Cut the tomatoes in half and grate the cut sides into a bowl. Discard the outer skins. Season the tomato purée with sea salt and cracked pepper and stir through the olive oil and mint.

Spoon the tomato mixture on top of each barley rusk, then scatter over some of the feta followed by the oregano. Finish off the dish by drizzling over some olive oil.

Allow the rusks to stand for at least 5 minutes so that they soak up all the wonderful juices and soften a little. Serve.

Recipe from the book:

Cooking & Eating Wisdom for Better Health (Balboa Press)

Maria Benardis - Intuitive Chef
www.mariabenardis.com





DON'T MISS any of our Holistic Living issues!

Each one is bursting full of **HELPFUL INFORMATION.**

Subscribe NOW!

SUBSCRIBE

Every new issue delivered **FREE FORVER**

POSITIVITY BY Global Healing Exchange



Positivity magnets were designed to inspire you on a daily basis to live your BEST LIFE and are infused with Reiki to give you POSITIVE ENERGY in your home.

Every time you see them, (when you go to the fridge) they will inspire you to live a healthier life. They are also great for helping children think positively!

The magnets will inspire;

- **Your mind** - to think healthy thoughts – Positive thoughts create a positive me
- **Your body** - to love yourself just as you are – I am amazing just as I am
- **Your spirit** - to remember to love – I am love, I am loved
- **Your life** - to remember to enjoy it – My life is filled with joy

We believe life is about having FUN and being as positive as possible.

***The magnets come in a set of 4**

AU\$15
+ Postage

<http://www.globalhealingexchange.com/product/positivity-magnets-reiki>



STOP & START AGAIN! A STRATEGY FOR CANCER

My mother, Cath, was diagnosed at the age of 56 with Multiple Myeloma: a rare form of cancer that affects the bones. None of my family knew anything about this weird type of cancer. We didn't know what it was like and what it was going to do to my mother's body and life in general. We freaked out over the word "CANCER" and when we saw the full body bone MRI X-Rays, everyone, including mum went into emotional meltdown about the unknown and the fear of CANCER.

Cath was given 'about 6 months to 2 years to live' and I for one am very glad that both Cath's GP and oncologist declared that because it gave Cath (and us) a race to run.... together. She didn't want to die and we didn't want her to either. We all decided to work together and the game plan was as follows:

1. Find out what Multiple Myeloma was and how it was being treated in Australia at the time in 2006;
2. Find survivors, and find out what symptoms and side effects we were going to deal with;
3. Implement a new communication strategy for all of my family members;
4. Support Cath and make sure we didn't suffer in our work, relationships and our own families due to the very real urge to over support her; and
5. Support and acknowledge Dad (Bob). He was in charge of this family plan and he had the final say on his wife's welfare, what happened in their home and how we operated as a family around mum.

Sounds simple enough? The first two were easy. Within a few weeks we had information, people to talk to, hospital support groups and online forums to glean insights and information. We found out who was the best in the country, which patients had lived or were still the longest living and what level of research this particular cancer had going for it. The findings were not very encouraging, still, we needed a benchmark and reality to deal with.

The third part of our game plan was a new way of communicating. Instigated and invented by Bob, we all agreed to play the game of STOP and Start Again. There would be many times where emotions would over run and destroy conversations and had the real danger of killing a relationship. Someone would get angry, get way too sad, say depressing things or over react to a basic situation. We are an extraverted family and Bob wanted to ensure that he and his four grown children and their partners created a stable, calm space for Cath to deal with her cancer and most especially for the family to stay together. He didn't want anyone saying something or doing something they would regret later. So when any conversation or situation started to go 'off the rails' and get out of line or out of hand, anyone (even the person in the middle of it that was causing the drama) could say... STOP, let's start again. WOW! Because there was an agreement and understanding of the game, many conversations just stopped dead in their tracks and hugs were given. I assure you, there were lots of tears, sadness and anger and frustration and craziness in and around Cath and in the family. It just was never allowed to destroy relationships due to the intensity cancer and fear can create.

The fourth strategy was tough. It's easy to be the martyr and be the one that is looking after the sick/dying and stop paying attention to your own life. The only person that had the right to do that, in our family, in my opinion was Bob. Over time, he cut back his full time job to part time. Then to casual to then he fully retired so that he could take Cath to chemo, manage the house, deal with palliative home care and take her to hospital many times. His whole life was Cath, and they both wanted to make sure that all of us kids didn't sacrifice our careers, marriages, families or businesses because she was dying. What happened though is that we all individually decided what we needed to do, contribute and have in our lives to support Cath as a person, love

our mum and also to deal with the fact she was dying. My sister lived 14 hours' drive away and she had two small kids. She and her husband agreed that she would drive to Cath and Bob's house with the kids every 6 weeks to visit, help Dad and let the children get to know their grandmother. My brother, who lived 2 hours away did many weekend visits to help Dad around the house and talk to mum about his work as she liked problem solving with him. My other brother lived in the same town as Cath and Bob and would visit, call, drop the kids over and, well I lived in a different state and was over 2000km away. I decided that I needed to be local, so I moved states and cities and found a house nearby so I could be close. When someone has cancer and they are going to die and you know it, you've got to do what's best for YOU! Don't change your life or do anything that you think they would like. Nope, that's not the best way to support someone with cancer. Your job is to love them AND love yourself. You are going to continue on living and you want to have the best life possible. Your cancer patient wants that for you too.

The last part of the plan was to support Bob and we made him the leader. At work, Dad was the leader. He was amazing at work with his team and customers. Although, when it came to running a house, washing machine, vacuum cleaner, dealing with doctors, palliative care, a very sick wife that nearly died 3 times, went to the hospice 4 times and took 6 and a half years to die, Bob had very little experience. All of us, who were less emotionally impacted than Bob by Mum's cancer and illness, could have very easily commented, criticised, demanded or over-ridden our father's choices and decision as he may not have (in others' opinions) been making the best decisions for Cath. What we didn't know is that he and Cath talked ALL the time at night when we had all gone (because she slept a lot during the day) and in the mornings when she was in pain and he'd lie next to her holding her gently, so as to not hurt her even more. They would discuss everything and they were choosing together. It was her life, it was their marriage and it was their journey.

By the time Cath died from her cancer, it was 6 and a half years later. She lived so long because she had a support team around her that helped her in all areas of life. She managed to score 2 new clinical trial drugs, she was a major contributor to the Cancer Compass Forum when it started online in 2006. Cath and Bob founded a local cancer support group which is still running 10 years later and all of her children and grandchildren (as well as Bob) are all connected to each other and still talk to one another. Is the dynamic different? Yes. However, we managed to keep the family connected and not have the family bond savaged by the fear and destruction cancer can cause.

So If I can give you one thing from this article, and I hope you take more than just one.... if cancer has come into your world, be ok to change the rules of how you live, how you related to your family, how your family will talk about you and cancer and what's going on and get support. As a daughter who had a mother with cancer, I needed support just as much as my mother needed support. Reach out and talk about what's going on so you can be present to the people you love at all times.

Jen Harwood - Community Builder

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

www.jenharwood.com



CHALLENGE YOUR STORY!

Stories are the thoughts and beliefs that we convince ourselves are truth. We all have stories about the past, the present or the future. They can be about things we should do, what is possible, what other people could do, or who other people are.

Stories are generally untested, un-investigated theories or assumptions that provide definition or meaning to the aspects of life. The problem is that most of our stories are just assumptions handed-down from generation to generation.

When we experience stress, there exists an underlying attachment to an untrue thought or story. Instead of attempting to uncover the cause, we try to change our stressful feelings by looking outside of ourselves. It is very easy to get swept away by overwhelming feelings. However, these stressful, overwhelming feelings are our Inner Goddess/Adonis gently reminding us that we are getting caught up in our stories!

Depression, pain, fear, doubt and worry are gifts that tell you to "take a look at what you are thinking right now. You're living in a story that is no longer serving you." When we get caught in the dream or the illusion, we try to alter and manipulate the stressful feeling rather than attempt to uncover the thought behind it. That's why I say that any negative emotion is an indication that there's a thought that you may want to uncover and shift. Inquiry and investigation of any thought that no longer serves you will always lead you back to happiness and who you really are.

If you touch a hot stove does anyone have to tell you to move your hand? Do you have to decide? No! When your hand starts to burn, it moves. You don't have to direct it. The movement is automatic. In the same way, when you begin to question any thought or story that is untrue and realize it is causing you pain or discomfort, you will move away from it.

This isn't rocket science. Before the thought or story, you were not suffering. With the thought or story you are suffering. When you come to the realization that the thought or story no longer serves you, you can release it, go back to not suffering, and return to happiness.

Self-inquiry is the way to end all suffering and to experience peace, even in a world of apparent chaos. Above all else, self-inquiry is about realizing that all the answers you will ever need are inside of you and are always available to you if you are willing to give up your story.



Call To Action

My coach's request to you is the next time you are feeling negative emotion, take yourself through this inquiry process:

- What is the underlying story that is playing?
- Is this story really true?
- Does this story serve me in any way?
- What would I like to change about this story?

Once you've discovered what the story is, how it serves you now, and what you would like to change about it, then it's time to write your NEW story as you want it to be.

However, I do understand that sometimes in the midst of great contrast uncovering your story may not seem valuable. I challenge you to keep an open heart. Every contrasting experience has something to teach and while you may not be able to change the inevitable outcome, you can certainly change how you choose to perceive and, therefore, react to it. If this still feels challenging to you, then I invite you to schedule a Possibilities Session with me, my gift to YOU, and let's explore the possibilities together!

Elaine C. Torrance-Gingrich Law of Attraction Coach

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

www.avalonianmoon.com





Realise your potential with the

Essentials Presenters & Instructors Sequence

Presented by Shaun Sargent - CEO of Aura-Soma • Byron Bay, Australia • June 16th - 20th, 2016

The Aura-Soma® Colour-Care-System® is a non-intrusive, self-selective soul system. Combining the energies of colour, plants, and crystals, these vibrational tools can support all levels of our being, bringing harmony and balance within the subtle fields promoting wellbeing and a joy for life.

The Essential Colours of Aura-Soma take these principles to the next level by bringing the trilogy of colour, number and the acoustic wave of colour, expressed through the vibration of sound thus promises to awaken us to a new possibility for ourselves. Once the sensation of colour is experienced, then the whole system of Aura-Soma opens up for us to really find out who we are, what we can offer to the world, and what awaits us should we choose it.

Discover the power of your personal colour code
www.aura-soma.net

- ~ Experiential and practical, enables a deep level of nurturing
- ~ An opportunity to meet the deeper parts of yourself
- ~ Support for daily living
- ~ Understand the different levels of your being and how they can be supported with fragrant energetic products made from organic or biodynamic herbs and plants, crystal essences, colour and light

A magnifying glass is held over a newspaper page. The lens is focused on a large, bold headline that reads "CANCER HAS NO BOUNDARIES". Above the headline, there is a dotted line and some blurred text from the newspaper article. The background shows other parts of the newspaper, including a small article on the left with the words "sher, a whitt", "has sued", "of Texas", "ing her,", "at led", "also", "ins" and another article on the right with the words "The State", "The State", "The State".

CANCER HAS NO BOUNDARIES

It seems to be more common today than ever before that more family members and friends seem either to be diagnosed with Cancer, or know someone who has been unexpectedly shocked with diagnoses, that Cancer has taken over their bodies. You can be young, old, a mother, father, sister, brother, daughter, son from any walk of life. It can sometimes be genetic. So what is going on? Why has there been so much research and charity events raising massive amounts of money to help cure Cancer and there are more Cancer patients

than ever before? You get where I am going? I'm not telling you anything you don't really know. However, what I am telling you is the truth and often times we don't want to look at the truth. We fear truth and believe way too much in conventional medicine.

Today's lifestyles have a lot of pressure and stress to be whom and what we think we must be. Are you really living the life you want? It is easy to develop bad habits and hold old childhood wounds of

shame, resentment, hatred or not feeling good enough, too busy pleasing everyone else and putting yourself on the backbench. And, through it all, we never think, "If I continue holding onto these thoughts, feelings and behaviours, I'll get Cancer". I am talking about some of your deep subconscious beliefs that you may not even recognise, or be in denial of. Can you create your potential illness? Of course you can! Sometimes, shit just happens. We also underestimate the power of the mind and how we can create illness and how we can also heal or cure illness. Life gets busy, we are living our lives, having good times, bad times, growing, learning having children, getting married, working a 9-to-5 job or developing a career of some sort.

No one asks for Cancer and no one deserves it Period! If you are amongst those who do get Cancer and people tell you that you have created it by how you think or that it is your fault which stemmed from your bad behaviours, that is totally unfair.

However, now that you have had the diagnosis that you have Cancer, you want to have some information to help you deal with it, right? You want to check your mindset. You would also want to check your daily food intake and, lastly, you would want to be touched with 'hands on healing'. I will go over these few healing methods with you now.

Your Mindset

What do I mean about a mindset? The dictionary defines mindset as: a fixed mental attitude or disposition that predetermines a person's responses to and interpretations of situations. It refers to habits of mind formed by previous experience, an intention or inclination, your outlook. So, how do you approach "bad news" when you get it:

- Do you tense your body, sore jaw, wring hands;
 - Do you want to hide away and not talk about it;
 - Do you want people around not to talk to; and/or
 - Do you pretend nothing is happening and go into denial?
- What is your way of handling a life-changing situation?

Mind Power

Accept it fully!

It is ok to admit you are in fear, sit in the emotion that you are feeling, it is ok to be there for a little while. Make sure it does not consume you for too long, know when to move out of that state. Each day take a step forward and start doing what needs to be done.

Your loved ones are going to be your biggest supporters, they will also need to know how to figure out the best way they can be there for you. They are part of your team. Talk to them about how you feel and how you are fully taking this on. Reassure each other at times to remind you of your braveness and how you are not allowing the fear to consume you. You are all in this together, loving and supporting.

Always have a support team of friends that make you laugh and lift you up, sometimes you may just want a shoulder to cry on or a big hug. I loved laying in bed with my girlfriend all day just chatting and eating jelly babies. Whatever your emotions you need to release them whether you are sad, angry, frustrated or happy.

Visualise yourself getting better and better every day!

Many years ago I read a book of a young boy who used loved star wars,

he said when he had Cancer he used to play star wars games inside his body. He said the spaceships were fighting inside his body, blowing away all the bad Cancer cells. Visualising is a great technique to use, as your subconscious mind does not recognise the truth, so it will believe whatever you decide to put into it.

Healthy Foods

Your health and wellbeing is of the upmost importance. Mind, body, spirituality and sexuality are all energies you want to balance and integrate with any prevention or healing of illness. Good healthy fresh foods will help balance your pH levels. There are so many super foods that are great for helping fight Cancer. I suggest you find an expert in this field to help assist with good healthy eating.

Healing Hands The Power Of "Touch"

We underestimated the healing powers of touch. Remember as a child or when your own children fall over and scratch say their knee, what is the first thing you do? You put your hand on the wound, it feels better with your hand on it than off it. You are transmitting healing energy from your hand into the wound. If you have a sore tummy and you place your hands on your tummy, it does the same thing. When you cuddle someone it seems to take away all the stress and tension you just felt. Touch more often, hug more, hold hands. Get yourself some Reiki session with a qualified practitioner.

Reiki for pain control has been in many studies, even though Reiki has not been scientific proven in healing Cancer, it has helped control pain with people with advanced Cancer, in a Canadian study in 2003. It had a significant pain reduction after treatment with this group. More studies are needed and required for natural therapies over all. Good healthy living, overall, are only going to help Cancer patients live a quality and happy life. Balance is the key, a great mindset, healthy eating, plenty of touch and lots of laughter with great friends and family around you.

In the last copy of Holistic Living Magazine, I wrote about the healing power of Orgasm. I suggest you grab yourself a copy of the edition and read it. Breath work and Orgasm are great for any illness and your overall health and wellbeing.

Prevention is the best. Look at your body as a temple and treat it with all the best nutrition you can. Be kind to yourself and think good thoughts, learn to love you, remember this is your life, and live it how you want to, not how others would like you to live. Enjoy your body, love the skin you are in and make sure you take good care of it. Do some self-development work and be a better person tomorrow, than who you were yesterday. We are all here together and we are all alive and living until our last breath.

Sending all my love and healing to everyone out there with Cancer today.

In loving memory of my brother David that passed away to brain Cancer 5 years ago.

Claire Flynn - Relationship & Intimacy Coach

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

www.claireflynn.com.au



Nourishing Chicken Soup With Fresh Shiitake Mushrooms, Broccoli & Corn

Here is a special little soup I created for a client that needs nourishment and recovery foods for a long stint with chemotherapy, pulling in all my food as medicine notes and experience cooking for different medical conditions, I came up with this little gem that the family also enjoy.

*** Note for this recipe: it helps to have chicken broth already pre made, I make mine well in advance and freeze in portions and freeze for later use. ***

INGREDIENTS

- 800g organic chicken breasts
- 1 lemongrass stick
- 300g organic broccoli, cut into florets
- 8 fresh shiitake mushrooms, sliced finely
- 1 litre homemade chicken broth
- 1 fresh corn husked
- 1 teaspoon fresh ginger grated
- 1 fresh lime, juiced
- 2 tablespoons tamari

METHOD

In a large pot, add hot water and the lemongrass stick, infuse for 5 minutes, add the organic chicken breasts and poach for approx 12-15 minutes, checking at 12 minutes and making sure the thick part of the breast is cooked through.

Once done, drain the chicken and lemongrass into a spider/sieve and reserve the water for use later.

Leave the chicken to cool slightly then, when it is not too hot to handle, start to shred into manageable pieces, the chicken should be very moist, that's why overcooking is not advised you need to check at 12 minutes when poaching.

Using the same cooking pot add the chicken broth and start to gently simmer, add the fresh shiitake mushrooms and ginger and cook for 3 minutes until the shiitakes are softening. Add the corn cobs, fresh lime and tamari, taste and adjust for your palate. Simmer for a further 5 minutes. Lastly, add the shredded chicken and the raw broccoli and cook for a further 5 minutes. Then add some of the reserved poaching chicken water to get the right consistency.

Enjoy by itself or with some biodynamic brown rice.

Nutritional note about shiitake mushrooms – They are 6,000 years old and have been used in Asian countries as medicinal food for centuries. They are also sustainable, as they are forest farmed, although, you will be hard-pressed finding certified organic ones in Australia. They are used frequently for cancer patients to boost immunity. Shiitake mushrooms contain all 3 B vitamins (B2, 5 and 6), vitamin D and manganese, and are a good source of dietary fibre. They are very soft to handle and to retain all these phytonutrient properties make sure you don't overcook them. We like to add them to soups and also gently fry in coconut oil for stir fries and fantastic with scrambled eggs!

Belinda The Organic Cook
www.theorganiccook.com.au

the organic cook
personal chef service



Join A Community of Like Minded Holistic Practitioners

who are changing the world!

like-minded practitioners



**Gain Knowledge From Experts You Trust.
Feel The Connection.**

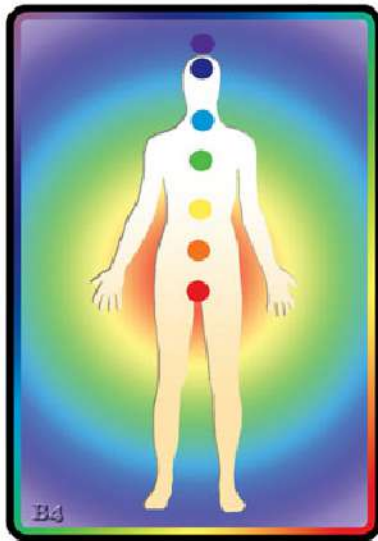
Free 7 Day Trial Offer!

Inside, sample our "members only" articles, podcasts, webinars and eBooks PLUS get special access to our VIP members only Facebook community; network and cross-promote with other like minded practitioners!

Join our community and become a member today!

Get Started! It's Free!

SO WHAT IS TRUTH? WHAT IS YOUR TRUTH?



Part 3 of 3

Q: Is your life based on lies, sufferance and dramas?

Through hearsay and media hype you will have heard things like: 'Cancer & Melanoma will kill you quickly. Breast cancer kills women. Prostate cancer kills men. Cancer is a cruel disease. It will come back!'....

.....Shall we cancel these? 'Yes'....Done!

Ok but is this really true!?!.....Really?

How about we take a look at cancer from a spiritual perspective and imagine what the consciousness of this organism would feel like and what it could say if we could hear it.

(This is why I love being an intuitive, because I get to look outside the box and ask myself these kinds of things).

So.... 'Why does cancer grow? Does it really want to kill its host? Really?'

I must explain that, yes, I am giving cancer a consciousness consideration by addressing it energetically; but this isn't as mad as it seems. The cancer I developed in 2008 was named Clara and I looked upon her as a temporary lodger that was moving out. **I loved her.**

The fact is that all living things breathe, eat, grow, poop and eventually die and this process means that on some level, everything living must be connected in a conscious way, right?

As an intuitive, I have noticed that when I tune into the energy of a cancer, it gives the impression of being helpful. That could be true, I guess, because cancer has a fungal-type energy that likes acidity, acting like a sponge busily absorbing up toxins which resonate and align with it.

We know that for living things to be able to grow and live within

an oxygen rich environment, the environment needs to be alkaline, unlike anaerobes, which prefer a more acidic environment.

As humans, we must maintain an alkaline environment with good oxygen and food to create a healthy mind, body and soul, as opposed to being stressed, angry and polluted.

'Why' Does Cancer Grow In Some People & Not In Others?

Have you ever wondered about why all cells apparently have the potential to be cancerous but mostly never are?

We will have heard about natural remedies such as Cannabis oil or Black salve being credited for their positive results with cancers, also miracles which some may have witnessed first-hand.

So what constitutes such an event outside of the medical model? Magic? Fate? Luck? Divine intervention? The truth.....?

I would love you to read about Vianna Stibal's journey through cancer. Vianna is the Founder of Theta Healing, which is the amazing technique I am now a Certificate of Science instructor of. Please see her book entitled 'Theta Healing – Introducing an Extraordinary Energy Healing Modality' through Hay House. Also watch Sally's Testimonial on YouTube where Sally expresses her gratitude, with medical documentation to Theta Healing® for helping her with her cancer.

Orthodox medicine can work, but it is grossly lacking in a whole approach; and I am qualified to say this, as I have shared my account of my medical journey with 'Clara' the cancer and hear how I created a positive environment to overcome the darkest days of my life. I know how powerful the mind creates and how powerful love is in the healing process.

If our decisions are based on what our mind believes to be true, then what happens when we realise that our life has been based on lies, fears, doubts, hearsay?

Well we can choose to keep feeling annoyed, upset, aggrieved, angry, and resentful or we can say NO MORE! As a truth seeker, we apply the power of love and with action we can choose to take charge of ourselves through effective communication.

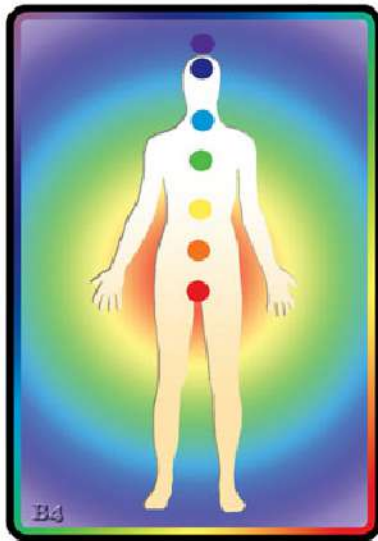
How Did I Reach This Place Of Awareness?

I refer to myself as a **Spiritual Success Mentor** since coming out the other side of cancer with experiences from the cocktail of orthodox and spiritual medicine combined with a background as a holistic motivator, healing practitioner, facilitator, teacher and student of life ex Registered Nurse and Midwife; but to be honest, I am a successful being of light and that's the main thing that matters to me, as I am doing my best to be, the best that I can be right now.

My passion is life, and the greater good. I have perpetually studied health, people, biology, philosophy, sociology and various healing modalities since leaving school.

I have always loved to assist others in one way or another. I guess it was in my genes as my aunt is a spiritual healer and both my Grandfather and Father were Chiropodists. I am a real person who has faced many ups and downs including a leg

SO WHAT IS TRUTH? WHAT IS YOUR TRUTH?



Part 3 of 3

Q: Is your life based on lies, sufferance and dramas?

Through hearsay and media hype you will have heard things like: 'Cancer & Melanoma will kill you quickly. Breast cancer kills women. Prostate cancer kills men. Cancer is a cruel disease. It will come back!'....

.....Shall we cancel these? 'Yes'....Done!

Ok but is this really true!?!.....Really?

How about we take a look at cancer from a spiritual perspective and imagine what the consciousness of this organism would feel like and what it could say if we could hear it.

(This is why I love being an intuitive, because I get to look outside the box and ask myself these kinds of things).

So.... 'Why does cancer grow? Does it really want to kill its host? Really?'

I must explain that, yes, I am giving cancer a consciousness consideration by addressing it energetically; but this isn't as mad as it seems. The cancer I developed in 2008 was named Clara and I looked upon her as a temporary lodger that was moving out. **I loved her.**

The fact is that all living things breathe, eat, grow, poop and eventually die and this process means that on some level, everything living must be connected in a conscious way, right?

As an intuitive, I have noticed that when I tune into the energy of a cancer, it gives the impression of being helpful. That could be true, I guess, because cancer has a fungal-type energy that likes acidity, acting like a sponge busily absorbing up toxins which resonate and align with it.

We know that for living things to be able to grow and live within

an oxygen rich environment, the environment needs to be alkaline, unlike anaerobes, which prefer a more acidic environment.

As humans, we must maintain an alkaline environment with good oxygen and food to create a healthy mind, body and soul, as opposed to being stressed, angry and polluted.

'Why' Does Cancer Grow In Some People & Not In Others?

Have you ever wondered about why all cells apparently have the potential to be cancerous but mostly never are?

We will have heard about natural remedies such as Cannabis oil or Black salve being credited for their positive results with cancers, also miracles which some may have witnessed first-hand.

So what constitutes such an event outside of the medical model? Magic? Fate? Luck? Divine intervention? The truth.....?

I would love you to read about Vianna Stibal's journey through cancer. Vianna is the Founder of Theta Healing, which is the amazing technique I am now a Certificate of Science instructor of. Please see her book entitled 'Theta Healing – Introducing an Extraordinary Energy Healing Modality' through Hay House. Also watch Sally's Testimonial on YouTube where Sally expresses her gratitude, with medical documentation to Theta Healing® for helping her with her cancer.

Orthodox medicine can work, but it is grossly lacking in a whole approach; and I am qualified to say this, as I have shared my account of my medical journey with 'Clara' the cancer and hear how I created a positive environment to overcome the darkest days of my life. I know how powerful the mind creates and how powerful love is in the healing process.

If our decisions are based on what our mind believes to be true, then what happens when we realise that our life has been based on lies, fears, doubts, hearsay?

Well we can choose to keep feeling annoyed, upset, aggrieved, angry, and resentful or we can say NO MORE! As a truth seeker, we apply the power of love and with action we can choose to take charge of ourselves through effective communication.

How Did I Reach This Place Of Awareness?

I refer to myself as a **Spiritual Success Mentor** since coming out the other side of cancer with experiences from the cocktail of orthodox and spiritual medicine combined with a background as a holistic motivator, healing practitioner, facilitator, teacher and student of life ex Registered Nurse and Midwife; but to be honest, I am a successful being of light and that's the main thing that matters to me, as I am doing my best to be, the best that I can be right now.

My passion is life, and the greater good. I have perpetually studied health, people, biology, philosophy, sociology and various healing modalities since leaving school.

I have always loved to assist others in one way or another. I guess it was in my genes as my aunt is a spiritual healer and both my Grandfather and Father were Chiropodists. I am a real person who has faced many ups and downs including a leg

RENEW YOUR SOUL'S PURPOSE

Born into this world as a tiny babe, soft, curious and filled with a knowledgeable soul.

You grow and, as you do, you are filled with beliefs about life that may not fit your initial grand vision of life as a soul in a new body.

You learn about what to be afraid of. How to live life according to the rules of the land and your parent's thoughts and beliefs around life.

Over time, they can crowd out and take-over the innocent joyful and happy beliefs you brought with you into this new world journey.

As an adult, you wonder why you feel off. You did everything everyone told you to do, went to college, got a job, got married and so on. It is how everyone told you to do it, yet you have this nagging feeling that this is not what you came here to do.

But what do you do now to somehow fill the raw gap inside begging for something different? Do you drop everything and go for the gold, or do you just struggle along because that is what everyone else is doing?

You know you are not alone in this, right? There are many others just like you, who came here with a grand mission and in growing up, they lost their way and now just like you, and they feel the call of their soul to do something different.

How Can So Many Of Us Get So Lost Along The Way?

As babes, we are seen as blank slates to be programmed with the rules and beliefs needed to be a good person. Very rarely do parents allow their children to show them their true selves before they are trying to dictate how you should live and see the world around you. They tell us their stories which for better or for worse plants beliefs into our subconscious mind that may go against the beliefs we brought in with us. In time, many of the beliefs about our gifts and purpose are buried by the beliefs of our parents and how society thinks the world should work.

Here's the thing though, you were freaking awesome the day you were conceived. The soul that occupies your body has always been great and having a new body to occupy doesn't change that. While babies are seen as blank slates, the truth is we all come with a gift and a purpose.

In order to really be who you truly are, you have to shed the beliefs



given to you as a child, so you can start to recognize who you really are as a soul living on this planet for a higher purpose.

How does one do this? Well I will get to that in moment, but before I do, I want to make sure there are no hard feelings, anger or resentment towards your parents for setting you up to follow a path that was not yours to live. I know it is not easy to, but you have to understand that your parents are just repeating what was taught to them as a child. They too came in with the same softness, joy and profound sense of purpose but, just like you, it was whitewashed so that they could either fit in with society or go after something that their parents thought would make them a good person.

Also a lot of what your parents taught you was based on what others were telling them to do to raise "good little law abiding children". But really it is about making sure everyone is the same. Sameness provides comfort for those that are uncomfortable with non-conformity.



We did not become an ever-changing world where new things are discovered every day by being the same as everyone else. Instead it took people with big dreams to push past the farce of society's status quo game. They stood by their dreams and let no one deter them. To name a few - Nickola Telsa, Henry Ford, Steve Jobs and Walt Disney. Each one of them pushed past society's beliefs about the world to create that which their soul called for.

What if within you, your soul knows how to build the next big thing that will change people's life for the better? Who knows, well only you, because it is your own special gift. Oh and before I forget, your gift doesn't need be grand. Size does not matter, if your gift changes one person's life for the better, it is just as special as it would be if it helped 1,000 people. Why? Because you cannot put a grading system on something that is unique to you, no one can compare it because there is nothing to compare it to, it's just you.

It's time to get to know the true you. This may sound scary. But let me say this, while you may not yet recognize that person, you were once this person before you became who you are today. So what are you afraid will happen if you allow your true self to rise to the surface?

Need some help clearing beliefs or fears that no longer serve you, I recommend that you try Theta Healing® which will help you not only clear the beliefs but download the feelings of what it is like to live life as your true self. This way it does not feel so strange as you break away from society's rules and live the life that you came here to life.

Ready to figure out how to feed your soul's yearning this without stumbling around for years wondering when you are going to trip over that thing that will make you remember why you came here in the first place?

Mediation is key. If you need help slowing down the hamster wheel in your head, try this:

- 1) Don't meditate in silence. Give your brain soothing sound candy to enjoy to soften the "you should be doing something else" voice.
- 2) Give your hands something to do with crystals, coins or anything else that fits easily in your hand that you can subconsciously play with. This gives your conscious mind something to do while allowing your subconscious mind to be accessed easier.
- 3) Don't lie down in bed - Your body thinks bed equals sleep. Instead lay on a wood floor or mediate sitting up. Try these out and see if this helps you start to find your meditation sweet spot.

After meditating, ask yourself the following 3 questions:

- 1) If I could do anything I wanted in the world, what would it be?
- 2) What do I love to do that's fun?
- 3) What would life look like if I allowed myself to do those 2 things?

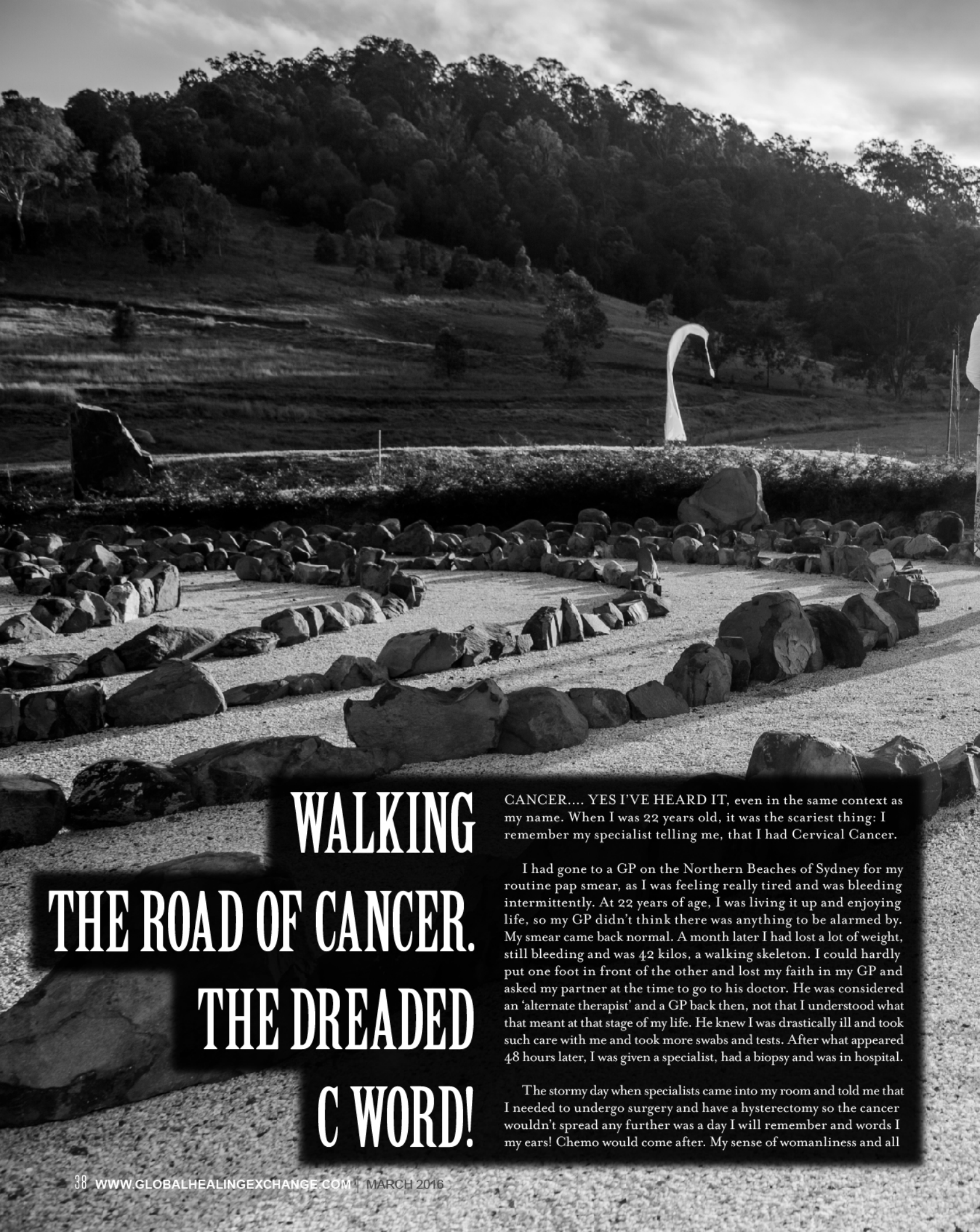
Be gentle with yourself in the process. Trust yourself enough to allow the answer to come through. Every time you do this exercise, you will get clearer on what is your purpose in life. Take what you learn and figure out how to incorporate it into your life

Do what works for you. Do not be afraid to ask for help in getting clear on who you really are. Lastly be patient with yourself. You have lived for a number of years since being a babe, so it will take time to get back to your old unique limitless self.

So for now I leave you, your soul calls us out for you to love and recognize who you really are. Do you have the courage and fight in you, to sit with yourself quietly to discover the beautiful soul that lies within and the beautiful gift that it is waiting to be bestowed upon the earth?

Tami Reagor - Theta Healer
If you would like to learn more and work with me one on one I would love to work with you.
www.wellbeingis.com





WALKING THE ROAD OF CANCER. THE DREADED C WORD!

CANCER.... YES I'VE HEARD IT, even in the same context as my name. When I was 22 years old, it was the scariest thing: I remember my specialist telling me, that I had Cervical Cancer.

I had gone to a GP on the Northern Beaches of Sydney for my routine pap smear, as I was feeling really tired and was bleeding intermittently. At 22 years of age, I was living it up and enjoying life, so my GP didn't think there was anything to be alarmed by. My smear came back normal. A month later I had lost a lot of weight, still bleeding and was 42 kilos, a walking skeleton. I could hardly put one foot in front of the other and lost my faith in my GP and asked my partner at the time to go to his doctor. He was considered an 'alternate therapist' and a GP back then, not that I understood what that meant at that stage of my life. He knew I was drastically ill and took such care with me and took more swabs and tests. After what appeared 48 hours later, I was given a specialist, had a biopsy and was in hospital.

The stormy day when specialists came into my room and told me that I needed to undergo surgery and have a hysterectomy so the cancer wouldn't spread any further was a day I will remember and words I my ears! Chemo would come after. My sense of womanliness and all



things feminine were being challenged for me at such a young age.

By the time the information was given and the forms filled out, I felt the room spinning and I felt the most alone I have ever felt in my life. I had no family near me, as they were overseas but, within that silence of my hospital bed, I felt the superficialities of life come crashing down around me. I felt a Presence whom I will call 'God' within me. I touched SOURCE deep within. There was a moment in that deafening silence that my body filled with such light, warmth and sound that I could feel SOURCE spiralling from my solar plexus centre outwards and then back in and around my whole body. It felt like every cell was alive and ready to be healed. My solar plexus was filled with 'Presence' so loud it was not going to be silenced. I felt the pulse of CREATION in my body and there was no denying what I felt and heard. The words "Little One, you will be healed" came from within me, not outside of me.

In that moment, I knew with such grace, determination and surety that I would not sign the papers for the hysterectomy or chemo. I decided to remove as much of my cervix as possible to enable me to still carry children.

Whilst everyone thought I was crazy, I persisted that I was going to be alright. I had been given guidance that Spirit had given me the resources to learn and would show me what I needed to do, in order to change my life.

My life had been one that was not authentic to me. I was the consummate good girl and was indispensable to the men, in particular, in my life, as I thought that would make them love me. I thought if I dressed sexy enough and learned tricks of manipulation to control their love, I would receive love. A dysfunctional belief pattern that I had learned and took on as my own. The belief that if you give love, it had strings attached and can be used later when needed.

I was dying inside. I made choices based on others' needs and not my own. I gave my body no consideration in my world. It did not occur to me that it could speak to me and that I should look after it.

After coming out of surgery, I was told that my specialist visits would be fortnightly, then monthly, then every three months, working back up to yearly again. This took a period of 2 years to achieve. In that time, I recommitted to looking after myself and started the healing journey of learning about Holistic Therapies, Meditation, Art Therapy, Energy Healing, Feng Shui and many other therapies. I quit the relationship I was in, handed in my resignation from my corporate job. I took time to read, meditate and create a new life, start afresh, so to speak.

I allowed my soul to envision a new life and for it to emerge from my unconscious. I decided to look at the spiritual dimension of my life and use the gifts I was born with and which unfolded really quickly when I decided to take responsibility for my life. My intuitive abilities, clairvoyance and other psychic powers helped me understand more clearly my responsibilities to myself. As a result, my vitality, willpower, self esteem and confidence enabled me to feel safe, so enabled me to connect to my inner source of strength as well as looking after my body healthily with exercise and eating organic high vibrational foods.

Fast forward 31 years and I am in a soulful relationship with my husband, have 3 beautiful sons for whom I feel blessed every day. They are a gift! I don't look back! There is only the present and my life is a gift! There is no cliché!

This article is written for my own inspiration and for you, whilst not advocating Holistic Therapies for all to choose instead of the medical profession, it is a choice and when we have choice, we have responsibility and no one except yourself is responsible for it. Whether on a mind, body or spirit level, educate yourself and learn about your own boundaries vital for your emotional and spiritual health.

Realising that I AM ENOUGH just as I am and that I LOVE myself without expectation now is something I work on every day and helping other women learn how to create sacred space and sanctuary for themselves in their lives and homes, honour their inner calling and bringing them to 'Boori', my own spiritual haven, to immerse themselves in the reverence of nature, is the most inspiring journey I can share along with them and knowing that it is only with loving ourselves that we can learn to love others.

Karen Quant - Master Teacher Interior Alignment & Creator Boori Boori

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

www.karenquant.com.au



TIME FOR CHANGE

STAYING AHEAD OF CANCER - TIME TO CHANGE

Cancer is a topic that brings up all kinds of feelings for me, from sadness, to fear, anger, regret and more. Amongst other things, I lost my mother to breast cancer a number of years ago. What I want to share with you here are a couple of very powerful but simple interventions you can bring to the fore right now to improve your own chances of staying ahead of cancer.

If you're not already convinced that this is a fight worth having, I want you to consider the fact that, according to the World Health Organisation, cancer is now the world's number one killer, having surpassed heart disease in 2011. It strikes me as paradoxical that we live in a time when there has never been more known about this disease and, therefore, if logic were to prevail, more opportunities to avoid it. So given that cancer has shot ahead of heart disease, I want to share what I think is actually going on here.


My sense of this is that many people default to the path of least resistance because there is so much conflicting information out there. The path of least resistance, essentially, involves hoping for the best. And if the best doesn't pan out, then the path of least resistance involves jumping on to the conveyer belt offered by the 'cut, poison, and burn' approach of conventional medicine.

Now don't get me wrong, there are definitely times when I would take myself to a conventional doctor. In fact that's exactly what I did when I recently broke my ankle. But there are other times when I would definitely cast the net further afield. Needless to say, cancer is one of those times. I feel this way because I see the intersection of the interests of patients, doctors, pharmaceutical companies, and governments as being highly problematic. This issue is a whole can of worms that I don't have space to fully open up here. So for now what I'm going to focus on is empowering you to take proactive steps to minimise the likelihood of ever having to make decisions around

survival in the face of a cancer diagnosis.

Firstly, I invite you to take a look at what you can do in relation to the food you eat. I know that people who subscribe to a magazine like this will already be aware of the benefits of eating an antioxidant rich, plant based, whole food diet. So I'm going to drill-down into the 'why' of this proposition to provide added motivation for you to be hyper-vigilant in relation to what you put into your mouth. Basically, it just makes sense to maintain a diet that doesn't result in your body becoming excessively acidic because it's well known now that cancer cannot survive in an alkaline environment. The problem is though, that most of the food that most people base their diets on these days, does result in their body becoming excessively acidic. The kinds of foods I'm talking about here are the common staples like meat, grains, and sugar. Not to mention the way the processing methods used to increase the shelf-life, economy of scale, and addictiveness of the products on supermarket shelves, turns otherwise healthy ingredients into unhealthy food. And it's not only the chemical additives that are problematic here, but also the processing methods themselves that result in the production of advanced glycation end products or AGEs. These toxic substances lead to oxidative damage to our cells and, therefore, accelerate the aging process, and the development or worsening of many degenerative diseases.

One of the core principles the human body operates on is homeostasis. To this end, when our blood starts to become too acidic, a process to transfer the acidic substances into our cells kicks in to ensure that a healthy level of alkalinity is maintained in our blood. The problem is that this in turn causes our cells to become too acidic and therefore toxic, which leaves them vulnerable to damage at all levels, including at the level of our DNA. This is a big problem because the resulting 'abnormal' cells are the ones that grow indefinitely and without order. This is essentially how cancer plays out in the body.



Food can be either friend or foe in relation to our quest to stay well. Gerson Therapy for example is a detoxifying nutritional program that many cancer survivors attribute their survival to. It's based on the understanding that the body can be cured by removing toxins, boosting the immune system, and replacing excessive salt in the cells with potassium. For this reason, Gerson Therapy involves a strict diet, dietary supplementation, and enemas. This is something I personally would look into myself, if I ever had to weigh-up my options in relation to a cancer diagnosis.

What I want to touch on briefly now, before I wrap this article up, is the impact of external environmental toxins known as xenoestrogens. The bottom line here is that you should limit your exposure to these substances to the very best of your ability at all times. I say 'to the very best of your ability', because these man-made synthetic chemicals that mimic the action of the female sex hormone estrogen are in all kinds of places that you might never have expected to find dangerous substances. For example, xenoestrogens can be found in the building products used to construct the houses we live in, and the offices we work in, as well as being in some brands of carpets, furniture, cosmetics, cleaning products, feminine hygiene products, plastics, tap water, electronic devices, and the list goes on.

So given that our body needs to exist in a state of homeostasis, and given that our hormones in particular rely on balance to do their job well, adding chemical estrogens into our system can't possibly be a good idea. Hormones are incredibly potent natural chemicals that can work in a concentration as small as one part per trillion. In other words, it only takes one molecule of a hormone in a trillion molecules of blood to have an effect. The scary thing is that synthetic chemicals are defined as being at 'safe' levels in terms of parts per million by governments in many first world countries. This is a problem because these 'safe' levels could in fact result in xenoestrogens being

introduced into your body at a concentration thousands of times higher than your natural hormones work at.

We're wading into highly contested territory here, and you might have heard arguments to the effect that these toxic chemicals aren't a problem because they're easily flushed out of the body. But clearly the truth is not nearly as simple or as comfortable as this. The fact of the matter is that these chemical toxins are stored in our fat. So people with an excess of visceral fat in particular are literally bathing their organs in a sea of pollution if they're exposed to a heavy load of xenoestrogen on a daily basis.

The female breast is an obvious area of fatty tissue that's worth considering here. It seems pretty clear that environmental xenoestrogens are contributing towards the staggering statistic that one in eight women will experience breast cancer at some time in their life.

So here's what you need to do to minimise your exposure to xenoestrogens.

- Avoid synthetic hormone supplements and oral contraceptives.
- Avoid plastic and plasticisers containing BPA, Phthalates, DEHP, a PVC.
- Avoid preservatives and parabens used in foods and cosmetics.
- Avoid pesticides.
- Avoid unfiltered tap water.



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



FIVE MOTIVATION TIPS CREATIVE ENTREPRENEURS LIVE BY FOR SUCCESS

Some of us are naturally creative peeps. Ideas, new designs, and projects come naturally to us. We are more focused and productive but, for others, it can be a challenge to access the left side of the brain. Some of us really need a big push in starting something, it can seem like really hard math and, before you know it, we are sitting in overwhelm. For some of us, we have to work harder in germinating creative thought, finding motivation to get started. I will share with you five simple tips to boost your energy get your excitement and inspiration back. The truth is, with a little practice of new habits, anyone can facilitate creativity like Steven Jobs.

1. Take Time For Deep Thought

Give yourself the time for daydreaming. Allows good measure of time to ponder, connect with your big picture and thoughts, meditate and visualize, let your thoughts go crazy, create this world in your mind where pointy circles exist, don't hold back, just allow it to come.

It may also be helpful to create a dream room or space. Walt Disney had such a room where he would visit several times a day, to create his magic. Take a walk, surround yourself with nature, be it the bush, or beach. Go somewhere where you won't be disturbed by technology or people, make sure you have a notepad and pen to write down your brilliant ideas, new product names, or concept of a new design.

Thomas Edison would nap several times during the day, it allowed him to relax while germinating new ideas.

The shower is another great place to put on those thinking caps.

2. Challenge Yourself & Think

I don't know about you, but I seem to be more productive under pressure. There has been a few occasions where I've been challenged to think on my feet and, for some reason, I come up with some outstanding ideas.

My motivation and inspiration hits a whole new level when I know someone is counting on me, to my surprise, I whip up really great stuff, great blog pieces, new program names and projects.

I once pitched a program to a potential prospect I hadn't even created. Content and modules came out of nowhere and I found myself explaining the program in great detail which, to my surprise she said yes, meaning I now only had only 72 hours to put a program together and delivered! It was the most exhilarating and productive 72 hours ever!

I pushed myself to take action and, the good news is, I successfully delivered on time. The best part was, I now had my very first online mini-program. Something I planned would take 90 days to complete, happened overnight.

If you know you work better under pressure, or with a limited time frame, get out of your comfort zone and give yourself a challenge. You will be amazed at how productive and what creative work you come up with. It's a great way to take massive action.

3. Dream Big & Be Extraordinary

One of the best ways to invite creativity is to dream like the sky is the limit! I'm talking about thinking outside the box kind of big!

Think of something you perhaps thought is wacky, or crazy and take yourself up on the challenge. You never know how far that crazy thought will take you, this way you will still achieve more than the ordinary. What do you believe is impossible or outside your world of comfort? Now take the first steps to making it a reality. It's that simple.

4. Be Yourself. Add Your Personality

The most successful entrepreneurs are great at what they do, because they don't hide their scars! They share it and show the world they too are real people. They have a past and an inspirational story. People like connecting with real authentic people, so add your own flavor to your products and brand, it's a whole lot easier doing it as yourself.

5. Just Do It!

Like the Nike Slogan says, just do it! Don't over think what you have to do and talk yourself out of it, because we all know which the easier option is. Too many times we fail to start because we start to think about how long it's going to take. What if it doesn't work out? What if I'm a total failure? Instead, what you can do, is think of the next steps in small bite size actions you can do to get there. This way, you will kick overwhelm in the backside, and get closer to your goal.

CONFIDENCE
WORK
SUCCESS
TEAMWORK
MOTIVATION
INTELLIGENCE
CREATIVITY



Angie Singh - Hypnotherapy, NLP & Coach

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

www.angiesingh.com



Heartfelt Relationships

with
Robert Kirby

Learn how to attract the love you deserve and get the lover you want!

Are you single and looking for love, or in a long-term relationship and wanting to rekindle the connection?

For many of us, we look outside of ourselves for happiness. We think that if we change our circumstances, appearance or partner, things will be different- better. Instead, we play out the same patterns, arguments and insecurities. If we're looking for love, we keep attracting the wrong kind of partner over and over again. If we're in a relationship, the same arguments and critical behaviours keep cropping up.

Not surprisingly, the intimacy wanes. Passion fades. Your mind swims and you think: "Is there something wrong with me? Are we just not right for each other?"

As strange as it sounds, attracting a committed, loving and beautiful partner starts with you. Taking your current relationship to a beautiful and honouring space of equality and intimacy starts with you.

In this powerful FREE 2-day "Heartfelt Relationships" workshop with Robert Kirby, you will:

- Let go of feelings of guilt, shame, unworthiness and feeling "not good enough"
- Heal the blocks that have been stopping you from attracting the relationship you deserve
- Discover the powerful secrets to igniting soul connection, true passion and intimacy
- Raise your vibration, which will make your energy magnetic and irresistible to anyone who crosses your path
- Learn how to resolve arguments in a loving and open way

To secure your free spot, go to relationships.robertkirby.com

2016 Dates

Each workshop runs over a weekend at Level 2, 99 York Street, Sydney. Each day runs from 9 am to 5 pm.

The dates for 2016 are:

2-3 April 2016
23-24 July 2016
3-4 December 2016

18-19 June 2016
17-18 September 2016

FREE course
valued at \$1997



Can Food Fight Cancer - Starving Cancer Through Nutrition

Research confirms that food has the ability to heal or harm our bodies. Many doctors however, were trained to believe that environmental factors like diet didn't play a major role in disease prevention or treatment.

Today scientific evidence points towards something quite astounding; not only may nutrition play a key role in the prevention of diseases such as cancer, it may also play a critical role in how our body fights the disease. Research indicates that diet contributes to 25-30% of cancer-related mortality and other studies suggest certain foods are capable of starving cancer cells to death.

Over the past few years I've been working with cancer patients, coaching them through a dietary protocol called the ketogenic diet. It is this dietary approach that is getting a lot of attention in cancer therapy and research today. In laboratories all over the world studies are being performed to test the theory that this diet may starve certain tumours by cutting off the energy supply, glucose, to cancer cells.

In specific types of cancer, such as brain tumours, early results and clinical observations indicate that a ketogenic diet has the potential to be more effective than traditional treatments such as chemotherapy. The current research is still in the early stages and there is little long term scientific evidence to support this, but clinical studies suggest in some cancers it may stop the progression of tumours, inhibit metastases, and kill cancer cells.

So What Is A Ketogenic Diet & Could It Hold The Key To Better Cancer Management?

A ketogenic diet is a high fat, adequate protein and low carbohydrate approach to eating. The ketogenic diet has been around since the beginning of time and many traditional cultures lived healthy, long lives on this protocol. For the traditional Inuit, diet was governed by food availability, so they ate very little fruit and vegetables and primarily survived on protein and fat. These Inuit were thought to have one of the lowest rates of heart disease and cancer in the world, debunking the link between dietary fats and heart disease.



The standard western supermarket diet is high in carbohydrates as found in grains, sugars and most processed foods. As your body digests these carbohydrates they are converted into glucose, (sugar), then glucose molecules fuel each cell in your body. When we reduce our carbohydrate intake to a minimum (usually 5-10% of daily caloric intake) there is no longer enough glucose to fuel the body, so the body seeks

out a secondary fuel source, which is fat. Stored fat cells and/or dietary fats are then processed in the liver into ketones and these ketones become the primary fuel for each cell in your body. This is called fat-adaptation, and once this occurs your body enters a ketogenic state and is in nutritional ketosis. The side-effects of this state can be extremely positive.

The term Nutritional Ketosis was coined by Dr Stephen D. Phinney some 30 years ago to clarify confusion amongst physicians around ketosis induced by carbohydrate restriction, versus ketosis caused by the absence of insulin in type 1 diabetes (which leads to ketoacidosis).

Ketones in extremely high levels can be a toxic by-product of fat metabolism. However in very low doses they are a useful substrate for healthy fat metabolism and weight loss. There is no more risk of ketoacidosis in healthy individuals by inducing nutritional ketosis, than there is in inducing a diabetic coma through extreme blood sugar levels in healthy individuals. A healthy body will keep these levels in a safe range.

Sugar, Ketosis & Cancer

Cancer cells do not have the ability to adapt to using ketones as fuel, so if glucose is no longer a source of fuel for these cells, they can literally starve to death. Hence the ketogenic diet has sparked enormous interest in cancer research.

We still don't know how cancer kills us exactly, but what we do know is that it depletes us of glucose (sugar, our fuel source). Cancer loves sugar; it robs your healthy human cells so it can use this energy to stimulate tumour growth. Once cancer is riddled throughout a body, it can virtually starve a patient to death, which may be why we see people wasting away with cancer.

Ask any oncologist if their cancer patients are sugar addicts. The problem is that it is not the patient themselves who desire the sugar; it is the cancer in their bodies. By cutting off the sugar supply to glucose dependent cancers, the theory is that this could lead to the death of the cancer cells.

Key Dietary Requirements Of A Ketogenic Diet

When beginning a ketogenic diet it is usually recommended to start with a fast of 1-2 days. Fasting therapy also has its merits and I would recommend you investigate these benefits. For now suffice to say that intermittent fasting is part of Whole Food Secrets ketogenic dietary protocols because it helps stimulate the production of ketones.

In cancer patients, up to 90% of your daily requirement in calories comes from healthy fats. While this sounds like a lot, keep in mind that fats are nutrient dense. There are a number of delicious ways to enjoy healthy fats such as dressings; hollandaise, mayonnaise, salad oil dressings, homemade chocolate with cocoa butter and coconut oil. In the average person about 10 to 14 servings (tablespoons) are desirable each day.

Beneficial Fats In A Ketogenic Diet

- Coconut oil
- Olive oil
- Avocado
- Macadamia nuts and oil
- Flaxseed oil
- Ghee (clarified butter)

Carbohydrates are restricted to lower glycaemic foods and in small doses making up to 10% of your daily energy intake. Small amounts of proteins make up to 20% of your daily intake.

I have coached many cancer patients through my cancer ketogenic dietary protocol with great success. It is quite a technical nutritional approach though, which requires an experienced person to ensure they reach optimal ketone to glucose ratios, while maintaining an alkalised state, which is also important for cancer.

What About Meat & Dairy?

Some types of cancer can adapt to obtaining fuel from glutamine or glutamate which are non-essential amino acids found in protein. These two amino acids are interchangeable, one converts into the other and our body has the ability to produce it even without dietary sources.

Glutamate is not only beneficial, it's essential for life and the most abundant neurotransmitter in the brain. Glutamate works as a type of stimulator in the brain, and in excess, is linked to ADHD, autism, migraines and chronic inflammation. Like any stimulant, too much of it is like drinking too much coffee and it poses problems to balanced brain functioning.

Glutamate is also known as the 'feeding pump' to certain cancers and can help the spread of metastases. Once it takes hold of these tumours, it has demonstrated to spread aggressively. This is not to say that we should avoid glutamate or glutamine completely, but a diet low in foods abundant with these proteins could be beneficial. Fortunately, a healthy and balanced ketogenic diet can easily cater for this.

Foods High In Glutamate & Glutamine

- Monosodium glutamate (MSG, flavour enhancer 621, yeast extract)
- Soy
- Eggs
- Wheat gluten
- Many protein powders such as whey and anything hydrolysed
- Meat & fish
- Dairy casein
- Various types of seeds & nuts

All foods high in glutamate should be consumed in moderation, however many of these foods may also contain anti-angiogenic properties and may be beneficial for fighting cancer as well. This is why so many people are confused about which dietary approach to take and guidance is required.

Angiogenesis & Anti-Angiogenic Foods

Another important approach to nutritional cancer therapies is understanding angiogenesis. Angiogenesis literally means blood creation. In science, the term angiogenesis refers to the body's ability to grow new blood vessels as required and to restore them to normal levels when they are no longer required.

We are each born with approximately 60,000 miles of blood vessels, enough to circle the earth twice. As adults, blood vessels don't normally grow except in a few situations. In women blood vessels grow each month to form the lining in the uterus and during pregnancy, they form the placenta connecting mother and baby. When the body is injured, blood vessels have to form a scab to heal a wound and it does this through angiogenesis, with the body releasing angiogenic stimulators to induce growth of new blood vessels to heal and protect a wound. Once healed, angiogenesis will release anti-angiogenic inhibitors

to prune back the excess growth of new vessels to the 'baseline' they operated at prior to injury.

In at least 70 known diseases however, there appears to be defects in the system where the body can't either stimulate growth of new vessels, or prune back excessive growth and angiogenesis gets out of balance. In cases where there is insufficient growth, diseases such as coronary heart disease, stroke, hair loss, and wounds that don't heal occur. In the case of excessive growth, we see endometriosis, arthritis, psoriasis and cancer.

Worldwide there is a large movement toward anti-angiogenic drug therapy, which basically act to block what researchers believe to be the root cause of how cancers grow. However, what researcher William Li has found, is that Mother Nature left a myriad of natural anti-angiogenic drugs in fruits, vegetables and herbs and some are even more potent than some cancer drugs. These foods could be the most potent way of preventing cancer before it starts, as well as a valid addition to cancer therapies.

In his research Dr Li has also discovered that in combination, these foods seem to have a synergistic effect in anti-angiogenic potency. These anti-angiogenic foods should become the foundational diet for anyone with cancer.

Anti-Angiogenic Foods

While most plant based foods contain anti-angiogenic inhibitors, some have been clinically researched as particularly potent.

- Squid/calamari
- Turmeric
- Lentils
- Red wine and grapes
- Soy
- Kale
- Cooked tomatoes (add olive oil to increase potency)
- Garlic
- Parsley
- Berries
- Tea
- Spices and herbs
- Cruciferous vegetables

Combined with a ketogenic low glutamate diet, this becomes a powerful dietary program that is easy to fit into your lifestyle and is a joy to eat. It also has additional side effects of boosting energy and mental clarity, which has to make life a little easier.

SOURCES

www.ted.com/talks/william_li?language=en#t-782887

www.canceractive.com/cancer-active-page-link.aspx?n=3117

DISCLAIMER

This article is not intended to replace professional advice or offer dietary recommendations. 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



Anti-Inflammatory Fire Fighter

INGREDIENTS

- 2 cups macadamia or other natural nut milk
- 1 frozen banana
- 1 tbsp coconut oil
- 1 tsp ground turmeric or 1 small fresh
- 1 cm cube ginger root
- Pinch freshly grated nutmeg
- 1 tbsp raw honey
- 1 tsp ground cinnamon or 1 stick

1. Place ingredients into your blender and whizz on high for 2–5 minutes until hot.

VARIATIONS

- Add vanilla extract to taste
- Add a pinch of white pepper to taste
- Add 1–2 green cardamom pods



Deborah Murtagh – Wholefood Expert
www.wholefoodsecrets.com





SUPERFOOD SALAD

INGREDIENTS

- 3 cups of mixed lettuce leaves
- 1 small red onion, half mooned and finely sliced
- 8-12 strawberries, quartered
- 2 fresh apricots, pitted and diced
- ½ cupful fresh organic blueberries
- 6 cherry tomatoes, quartered
- 1 pomegranate, used the seeds and juice
- 2 tbsp goji berries, soaked in hot water to soften
- ¼ cup sunflower seeds (sprouted is even better)

Place the lettuce and onions into your serving bowl and toss.

Layer the strawberries, apricots, blueberries and tomatoes on top and sprinkle the pomegranate seeds, goji berries and sunflower seeds on top.

Combined with a ketogenic low glutamate diet, this becomes a powerful dietary program that is easy to fit into your lifestyle and is a joy to eat. It also has additional side effects of boosting energy and mental clarity, which has to make life a little easier.

DRESSING

- 40mls Pomegranate molasses
- 40mls flaxseed or hempseed oil
- 40 mls Organic Apple Cider Vinegar

Deborah Murtagh – Wholefood Expert
www.wholefoodsecrets.com



GRIEVING WITH AN OPEN HEART:

Love Matters

Grieving is something we all do throughout our lives: grieving the loss of our health, our loved ones, animals, jobs, chances, relationships, expectations not fulfilled. Mostly, we do it in a by-the-way-style (maybe half-consciously, but usually subconsciously), as today's society asks many things of us and grieving is not one of those things. We are under constant pressure to function at work, at home, in relationships, in health. What happens when we lose any of these functions? Does society offer us any means of support? Are we held by a loving structure around us or are we feeling all alone, left to deal with the grief without any help?

I believe it is, at all times, good to be aware of where we stand on our path; and now is always a good time to stop and look around, taking a conscious inventory of how we are, what we feel, what our surroundings are like, what our support network looks like and especially the amount of love we feel each and every day. Making this inventory a regular practice can help us stand strong when grief hits us, in fact, let's integrate grief consciously into our personal portfolio of everyday emotions and feelings. What exactly is grief for you? How is it connected to your core 'factors' of love and fear? What is your relationship with grief, can you feel it, express it, voice it and deal with it? When did grief first walk into your life and how did you cope? Are you avoiding grieving? Your life has taught you many valuable lessons, and when grief comes knocking on your door, your own experiences are wonderful tools that can be of great help when you choose to activate them.

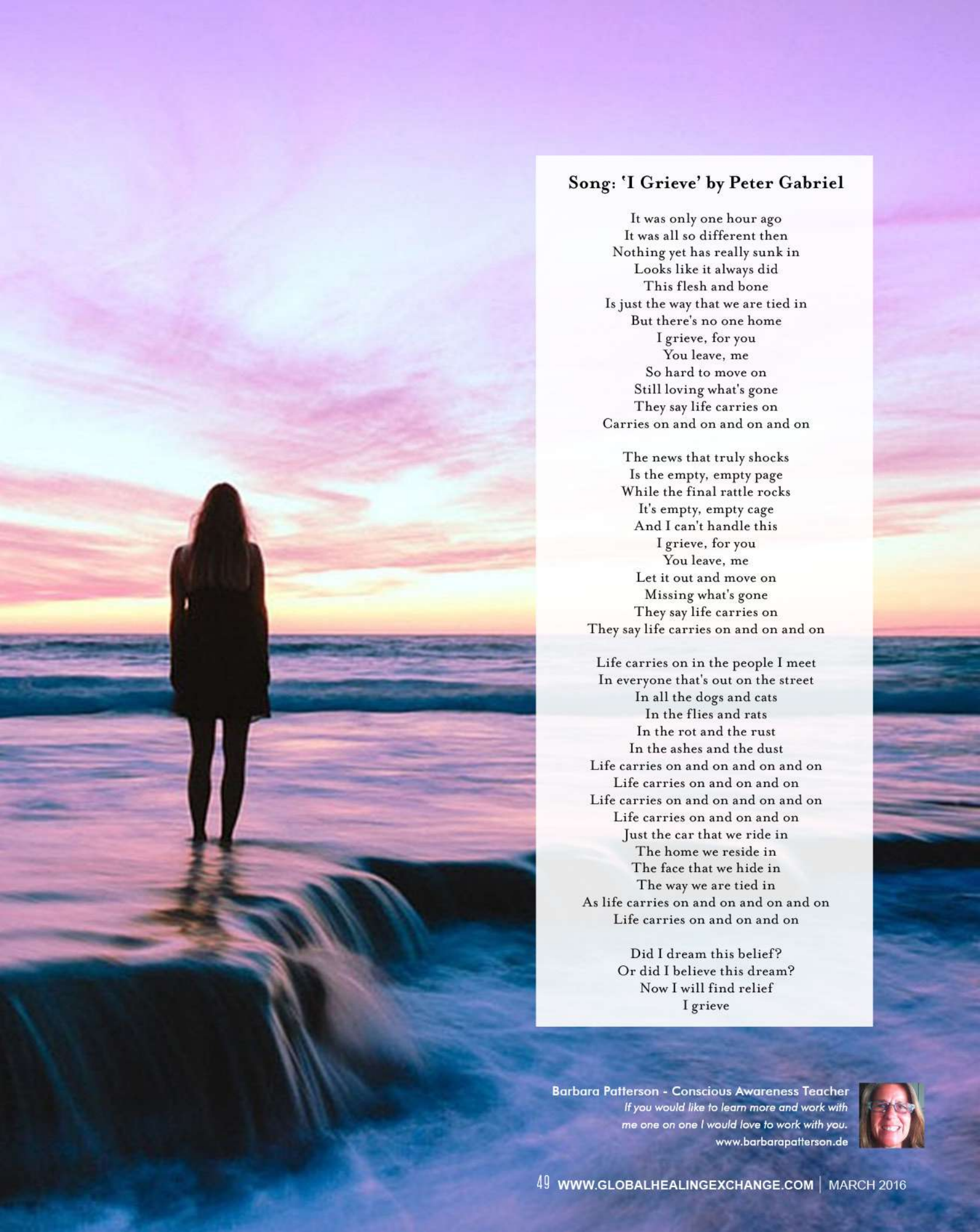
The DEATH (Deep Experience Activating The Heart) of my soulman two years ago in April offered me a chance to consciously open my inner toolbox and activate each and every tool I have ever learned, so I could greet grief with an open heart. Since then, grief is my companion, we meet often and I dare say grief is a really good teacher in my life. My main tools are love and gratitude, and I have no exclusive rights on them, so please check your inner toolbox and invite these two to walk with you every moment of every day, no matter if you are actively grieving or 'just' living your life. Finding gratitude in dark moments can be the magic spell that lifts us out of feeling depressed, sad and fearful. The tiniest flower can trigger gratitude in me, a hug, the thought of having a roof over my head and hot water for my shower. When we manage to weave love and gratitude together, we can keep our heart open and breathe light into any situation, even if it is just for a moment. How can you get into a state of love right now? Take a moment, close your eyes, and feel the love that is in you.

Another important detail to remember when facing a life challenge: we are responsible for our own life and for the choices we make. It might not be easy to keep this awareness active when we are faced with grief of any kind, yet it is vital that we do remember. It is very tempting to hand our responsibility (and our power!) over to the circumstances, or to anyone outside of ourselves. But what does this blame game do? Does it help us being grounded in love? Does it aid us in coping with our grief? Or does it feel stale and unproductive, keeping our focus away from ourselves and from the solutions we want to find? We can always make a different choice, about everything. Once we realize we are focused outside of our responsibility for SELF, we can make a different choice and come back to our core. Choice, responsibility for self and love are so closely connected; yet we do tend to separate these 'issues' as we have been conditioned to live in a state of separation.

What have we found in our inner toolbox so far? Love, Gratitude, Conscious Awareness, Breathing, Choice, Responsibility for Self and Gentleness. John O'Donohue has said it perfectly: 'Be excessively gentle with yourself'. When we can take a deep breath and apply any of these tools, magic happens: the magic of connection to our core, to our heart and soul. We amp up our shine immediately, and our whole system reacts in the most positive way. What is so positive about grief you might ask? Well, from my own experience, I can say that active grieving keeps me healthy, relaxed, rested, connected and happy. If and when I avoid or ignore the waves of grief coming towards me, I feel depressed, down, angry, separated. Grief can be a very theoretic concept, and it can also be a very lively and warm experience. It is about loss, yes, and it is also so very enriching to grieve with an open heart. When we allow the possibility of grief actually being a helper in our lives, we are healing already. We grieve most what we love most, so when we grieve, we also activate the love for what or who we have lost. Everything is intertwined, and the essence of it all is still love.

Today, I encourage you to embrace your grief with all your love, rather than avoiding it. And please be excessively gentle with yourself while you grieve. Grief matters. Love matters. Soul matters. YOU matter. Sending you hugs from my heart to yours.

'The patient of tomorrow must understand that he, and he alone, can bring himself relief from suffering, though he may obtain advice and help from an elder brother who will assist him in his effort'. – Dr, Edward Bach, 1931



Song: 'I Grieve' by Peter Gabriel

It was only one hour ago
It was all so different then
Nothing yet has really sunk in
Looks like it always did
This flesh and bone
Is just the way that we are tied in
But there's no one home
I grieve, for you
You leave, me
So hard to move on
Still loving what's gone
They say life carries on
Carries on and on and on and on

The news that truly shocks
Is the empty, empty page
While the final rattle rocks
It's empty, empty cage
And I can't handle this
I grieve, for you
You leave, me
Let it out and move on
Missing what's gone
They say life carries on
They say life carries on and on and on

Life carries on in the people I meet
In everyone that's out on the street
In all the dogs and cats
In the flies and rats
In the rot and the rust
In the ashes and the dust
Life carries on and on and on and on
Life carries on and on and on and on
Life carries on and on and on and on
Life carries on and on and on
Just the car that we ride in
The home we reside in
The face that we hide in
The way we are tied in
As life carries on and on and on and on
Life carries on and on and on

Did I dream this belief?
Or did I believe this dream?
Now I will find relief
I grieve

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.*
www.barbarapatterson.de



Rainbows

EMPOWERING WOMEN

confidence freedom dreams respect

It doesn't matter where you are in life everyone has had emotions whether it's good or not so good. As you develop through your life the emotions build up and become stronger with each activity that causes the emotion. With my proven 7 step solution to Emotional Freedom I can and, I will, facilitate your freedom through my rapid success technique which you will learn at my Events. These will allow YOU to use them as required for the rest of your Emotionally Free Life that you will be in control of and not controlled by them anymore.

This is the key to emotional freedom and whether you think you are already Emotionally Free or not, everyone will benefit from this event in both their business life and personal life. Stand in your TRUTH and re-connect with your inner self and let your light shine. After all you are worthy of everything you dream of and deserve a life of health, wealth and well-being in all areas of your life.

www.rainbowsempoweringwomen.com



MindPT
MINDPOWER TECHNOLOGY

**ARE YOU READY TO FEEL HAPPIER,
MORE CONFIDENT AND MORE
MOTIVATED ABOUT YOUR GOALS?**

MIND POWER TECHNOLOGY

Personal Training for the Mind

When the human brain is positive, you're 3x more creative, intelligence rises, and productivity rises by 31%.

— *Shawn Achor*
New York Times bestselling author of Before Happiness and The Happiness Advantage and Harvard University happiness expert



Your time is limited so MindPT offers "bite-sized" personal growth lessons in the form of user-friendly personal power videos featuring the collective wisdom of the world's greatest transformational teachers in the convenience of a mobile app, or for a larger visual feast, on your desktop.

It's an online and mobile personal change resource where you can check in 24/7 and benefit from MindPT on your own schedule. Holistic Living Magazine has made their own copy to help you keep healthy and feel AMAZING.

Get Yours Now



DON'T MISS any of our Holistic Living issues!

Each one is bursting full of **HELPFUL INFORMATION.**

Subscribe NOW!

SUBSCRIBE

Every new issue delivered **FREE FORVER**

WORD SEARCH

H P N Z Q A X X K N S W A E S
 E Y E O F V I O O A U R Q C S
 A Q P C I S T I S T O M T A E
 L B D A E T T A O M E R R E N
 I H S Y R I A H A A D D R P T
 N Y P A R E H T O N P Y H R I
 G M I T R W H R I L T O P E F
 R R U W I E F T E D I I Q N B
 E N E H R L K T F S E S X N R
 T A K A P L L D I E T M T I S
 A C P E Y N E G A S S A M I B
 W Y E M C E M I N D S E T A C
 P L U V H S H T L A E H V O K
 S D X R J S S B R B U Q A F Z
 C K H Y D R A T I O N T M S N

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> aromatherapy | <input type="checkbox"/> hydration |
| <input type="checkbox"/> fitness | <input type="checkbox"/> massage |
| <input type="checkbox"/> holistic | <input type="checkbox"/> nutrition |
| <input type="checkbox"/> innerpeace | <input type="checkbox"/> therapy |
| <input type="checkbox"/> mindset | <input type="checkbox"/> diet |
| <input type="checkbox"/> sleep | <input type="checkbox"/> health |
| <input type="checkbox"/> wellness | <input type="checkbox"/> hypnotherapy |
| <input type="checkbox"/> detox | <input type="checkbox"/> meditation |
| <input type="checkbox"/> healing | <input type="checkbox"/> rest |
| <input type="checkbox"/> water | |

BECOME A MEMBER



EXCLUSIVE LAUNCH OFFER

Join the
Global Healing Exchange
Community for Monthly
Payments of ONLY \$19.95

VISIT:

www.globalhealingexchange.com

FOLLOW US ON...   

BECOME A MEMBER

This membership is a unique opportunity for you to learn from the very best healers I can find. Learn what they know and put the tools they teach you to work in your everyday life so you get to live the healthy life you want.

YOU RECEIVE:

- ✓ Webinars, Podcasts, Articles featuring a range of holistic experts from nutrition, hypnotherapy, meditation, kinesiology, naturopathy as well as a many other forms of healing.
- ✓ Exclusive online membership providing you with member competitions and access to the private facebook group.
- ✓ Access to our membership area so you can get information any time you want.
- ✓ Access to special offers and giveaways.
- ✓ Up to 30% discount on expert therapy services as featured on webinars.

**JOIN US FOR ONLY \$19.95 MONTHLY
YOUR FIRST MONTH IS ONLY \$9.95**

JOIN NOW! 

www.globalhealingexchange.com/join-us



GlobalHealingExchange
GlobalHealingExchange
Empowering people for holistic living