

Holistic Living

ISSUE 10
By Global Healing Exchange

**KETOGENIC
EATING** *FOR*
**OPTIMAL
HEALTH**

**RELAXATION
TECHNIQUES
THAT WORK**

**STRESS
LESS**

WHY *IS*
**RELAXATION
IMPORTANT?**

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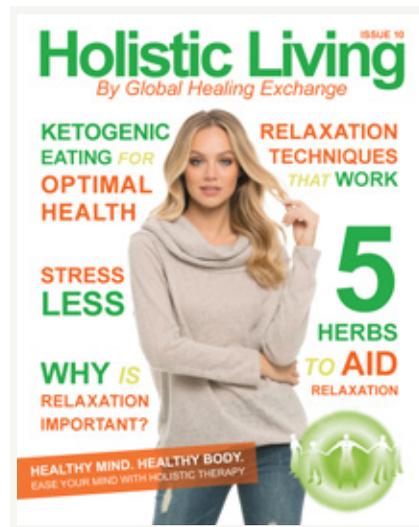
**HERBS
TO AID
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HOLISTIC LIVING MAGAZINE

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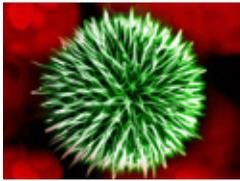
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Sharon White

Founder of
Global Healing Exchange and
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WHY IS RELAXATION IMPORTANT?

Holistic Living Magazine has covered big topics like cancer, diabetes, autoimmune disease, and I was wondering if relaxation was a 'BIG' enough topic.

I never know what the next subject will be until I am prompted by the universe and suddenly I am aware of the topic. I have been thinking about this subject a lot and realised how big it truly is. When you look at the chronic diseases we have already covered in previous editions and you get to the root cause, stress is often an underlying condition.

Emotionally we are stressed and this manifests in our physical body. What is the antidote for stress? You have guessed it, RELAXATION.

It seems simple when you express it this way. So, why do many of us have discomfort with relaxing? When we understand stress is the root cause and relaxation will help us; why don't we just relax daily to avoid creating disease? There are so many answers to this question and you may want to read our magazine on self-love to answer some of these. We often sabotage ourselves throughout our life. Some of us do this more than others, and in certain areas we all do this.

We have been so conditioned in today's society to be busy. Our body has a chemical stress response. It is natural. When we are in a state of stress, adrenalin is produced by the adrenal glands. Back in Caveman times, we used it to either run after an animal for food, or flee from animals that were a danger to us. After this burst of energy we would sleep, relax and rest our body.

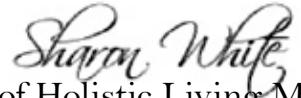
Unfortunately many of us can't just simply take a nap during the day after an adrenaline rush, so our stress levels build. When we are constantly busy, we remain stressed; our stress levels continue to elevate, therefore our production of cortisol (stress hormone) levels rise. As our cortisol rises, this affects other hormones in our body too. One of the other hormones it affects is melatonin (sleep hormone). This means we stop sleeping properly, which also puts our body into stress mode.

You can see this creates an ongoing chain reaction that can cause disease in our body if we do not break the cycle.

Relaxation helps to break this cycle. Fortunately, there are many ways to relax.

You can work with a subconscious mind therapist like myself who will help you understand your triggers; what makes you self-sabotage or unable to relax and find ways for you to start taking care of your body. You can have bodywork done regularly, rest your muscles and produce some happy hormones to help reduce stress. You can walk in nature, practise yoga, sing, read a book, go dancing, or meditate. All of these activities will assist you into a calm state; produce hormones that will have positive effects of your health, lowering other hormones from an elevated state. Read this magazine and learn from our many experts to learn a variety of stress management and stress relief techniques. Learn how you like to relax and once you have found the thing for you, do it often.

Enjoy.



Founder of Holistic Living Magazine

RELAXATION WHY DO WE NEED IT?



Cassandra Jones

Editor at large

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Full disclosure, I've just spent a week in Thailand relaxing by a pool, not checking email, or fielding phone calls and totally and utterly ignoring the myriad of meetings I should be having. I feel wonderful.

At this point I'm guessing you won't be best impressed with the article so far... but it does bring into sharp relief as to why so many of us feel it is necessary to take a week vacation to relax! It does seem that many of us seem like gerbils on a never ending, never stopping treadmill. We are so conditioned to be on 24/7, dealing with every little and large crisis as soon as they start brewing, that we never have time to relax in our day to day lives.

Personally I know I've let myself become like this; badge of honour to have a very empty inbox and being the go to person for every question that needs answering. I also know that this doesn't make me happy. It doesn't give me overwhelming enjoyment in my work; it just seems I'm going through the motions and not really helping others or myself.

So instead of being able to relax and be mindful on a day to day basis I take myself off to Thailand, as if that week off will actually solve my day to day riddle of stress and unhappiness. It has helped, as it gave me time to reflect on the outstanding articles that are in this edition of Holistic Living Magazine. One article that has kept coming back to me is Finding USAWA on Mt Kilimanjaro by Dr. Barathan. This article has really resonated with me; her feelings are very much my feelings. Even to the extent of reading some of the books by authors she mentions, some of which have really got me thinking.

Like why am I behaving like a Duracell bunny forever on the go, never having time for myself? Why do I invest myself in work in a forlorn attempt to give myself meaning? What is wrong with being me and that being enough?

I know that this will take time to change, adjust to a new, more self-contained reality. I know that it will take effort to not be always 'on' for work and the people I work with. I know that it will be a big adjustment for me. I also know that a great place to start for me has been reading all the articles in this edition, and I'm sure that it will be for you too.

Happy reading, and happy relaxing.

Cassandra Jones
Editor at large

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RELAXATION, NLP & HYPNOTHERAPY

What is Neuro-Linguistic Programming (NLP) and how can it help with relaxation?

Neuro – Refers to our nervous system. The nervous system is the part of us that coordinates our actions by transmitting electrical signals to and from different parts of our body. This is how our body responds to our life experiences.

Linguistic – Refers to language and how symbols, words, pictures and metaphors, affect us. When we work to change our behaviour, we use words and images to affect our nervous system in order to create change.

Programming – Through NLP we use, words, images, pictures, symbols and experiences to

reprogram the subconscious mind to help us achieve the things we want in life.

In summary; we use language to reprogram the electrical automatic responses in our body to produce a different outcome.

You can see how NLP effectively helps us to change our thoughts and our behaviours. It can help us to understand why we do what we do. It can help us to make changes to the things we currently do that no longer serve us in our life. It is extremely popular in many areas of life for many people. It is used in education, coaching, therapy, sports, performance and the corporate world. It can help anyone if they want to change. It helps

to grow the neural networks in our brain.

What does that mean? Think of your subconscious mind as a record. Think about the grooves going around on that record (for the younger people reading this who have never seen a record – Google it).

As we go about our daily lives, the record keeps on going round and round. Every time we do something the grooves on the record get deeper and deeper. (Our neural pathways to these behaviours get stronger and stronger). We don't think about most of the things we do, the subconscious mind just does them for us. The subconscious mind is the record that drives our day to day life.

But think about this. We all do things that we don't want to do. Some may overeat, some may say negative things about themselves, some may bite their nails, pick their nose, (you get the idea). These are behaviours that don't serve us in life. A learnt behaviour from years ago that we are doing daily, driven by the old record. These things can be changed using NLP.

This is where I bring in hypnotherapy. We have all heard the self-hypnosis CD's with the 'relaxing music' to help reprogram our behaviours, so we can live the life we want, rather than the life we don't want. Relaxation is a part of hypnotherapy. The brain is unable to be reprogrammed to make positive changes while in a state of stress.

So when your brain is in a relaxed state using hypnotherapy, it is easier to reprogram your subconscious thoughts and behaviours using NLP. This makes sense right?

So what does this have to do with relaxation? Well, many of us have not programmed ourselves to relax when we need to. When you read my article opening this magazine you will see how our body reacts to the stress response and why we need to relax

after the adrenaline is released, to return our body into a healing state.

Relaxation supports a state of healing. When your body is relaxed and calm, it is responsive to positive things in life coming towards you as well as being in a state where your body is able self-heal. So if you want to create a more positive, healthy life, relaxation is key. It is important that you find some time each day to relax, as not doing so can have serious consequences on your well-being. Just 5 or 10 minutes of relaxation per day can have a positive impact on your overall level of health, happiness & performance. Your mind and body both need time to regenerate, so give yourself that gift!

I want to give you a couple of simple ways to start reprogramming...

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KETOFAST YOU GOTTA EAT FAT TO LOSE IT *12 week program*

If you have ever struggled with your weight or are interested in starting a keto lifestyle, you need to watch this video!



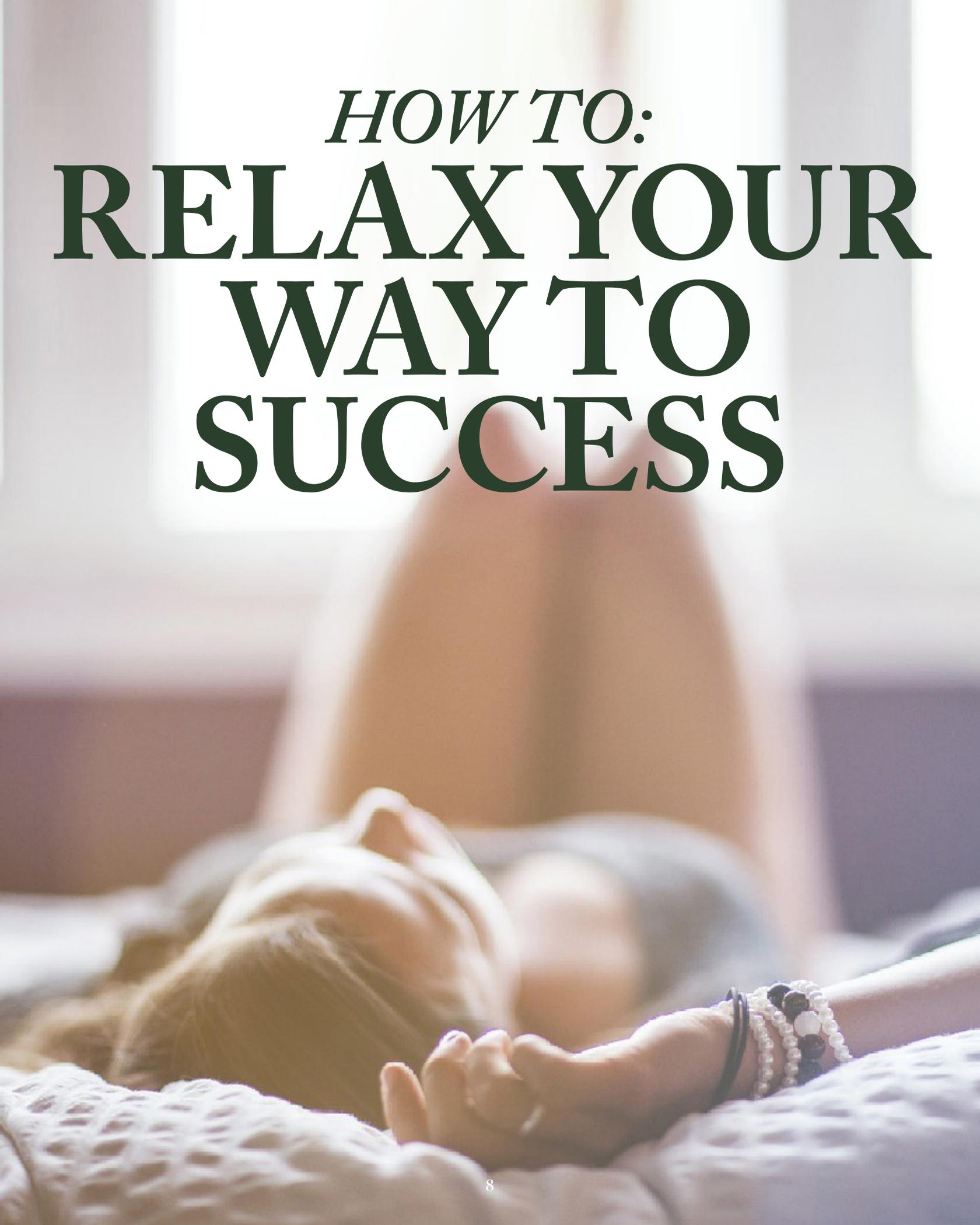
KETOFAST combines intermittent fasting and ketogenic eating which together help re-train your body to start burning fat as its primary fuel source. To make your experience easy and stress free, you will receive daily meal plans and quick and easy to prepare recipes using real foods, as well as shopping lists which you can view from your computer or mobile device.

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A person is lying on a bed, their hands clasped together in a relaxed pose. They are wearing several bracelets on their left wrist. The background is softly blurred, showing a window with light coming through. The overall mood is calm and peaceful.

HOW TO:
**RELAX YOUR
WAY TO
SUCCESS**

If you speak with “highly productive” and successful individuals (or are on your way to becoming more of one yourself), a common denominator is a high work ethic, determination and mental discipline. Too often these days however the sacrifice by those achieving or seeking this type of success is either a compromise of personal life (zero life/work balance) or long-term taxing of the body which only becomes fully evident years down the track. The ideal scenario to truly be “highly productive” AND well-functioning is the long-term care and preservation of the machine delivering the productivity (your body) as it needs to have equal opportunity to relax as much as it works. It is all about balance. Understanding stress and the mechanics behind body “recovery” can help us fast track the body back to a relaxed state FAST and achieve success with more ease and for longer.

So, Is There A FAST Way To Relax?

Eating organically, exercising, good hydration and adequate sleep all play an important role in keeping the body free of extra toxins and assist in the recuperation from the demands of modern living - we all know this. But what if I were to tell you these factors are not the complete picture?

What if your body isn't assimilating the water and nutrition you are eating (or supplementing) and can't sleep deeply due to hidden adrenalization?

The latest advanced research we are finding in the Kinesiology community is that stored emotional stress and trauma may be triggering off adrenal responses that block the assimilation of nutrients and water in the body; in real world terms: greatly impairing our efforts to combat stress, accomplish total health and be highly successful.

In a state of stress, a specific set of neurochemicals, hormones and bodily responses are active and an opposing set is

employed when the body is in a relaxation phase of function. So, when experiencing stress/trauma (or the perception of these), the body goes into a state of flight, fight, freeze or survival, the effects of which need to be processed and equally countered to restore the system to homeostasis (or ideal bodily “norm”). If, however, the unprocessed emotions or traumas (aka what is initiating adrenaline release) become embedded or “stored” in the body, similar stresses can and often will perpetually re-trigger internally resulting in the body being in a constant state of survival. In this state of being the nutritional support and other measures we are taking to stay in the game and be successful become ineffective and often void.

As we clock up our days, weeks, months and years the impact of this “build up” becomes more and more debilitating. “Pushing through” comes at a cost and is not the ideal solution.... putting ourselves into a state of pause and RELAXING daily is the key to success now and for the long-term, it IS a physiological necessity if our output is high.

A stress or trauma could be actual or perceived ranging from childbirth, accidents, injuries to burns/body scars or anything which is a threat to life or as simple as work demands, recurrent road rage or even the alarm clock blasting in your ear each morning.

What Is Happening When We Are Stressed?

From a Kinesiological perspective, a neurological cascade occurs and the resultant activation of certain muscles can create maladaptive compensations which have an adverse effect on the whole body. Of observable interest are the muscles of the...

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We take our body and its amazing way of functioning for granted so much, we move our extremities automatically. We hold our body automatically, not consciously keeping the spine straight, or putting one foot in front of the other in a focused way. We automatically breathe – often times these are shallow breaths we take, rather than inhaling deeply to fill our lungs with precious oxygen. We eat and drink automatically, healthy stuff or not-so-healthy stuff. The list goes on and on. We are so used to our body doing its work that we forget how much better we could serve it with our awareness, and how big the rewards can be in return.

Many people tend to hold their breath when in a stressful situation, and only when the body needs air they breathe out on autopilot before starting to breathe ‘normally’ (= shallow) again. Depending on the situation, the monkey-mind might get really loud also, making it seemingly impossible to relax at all. This deep-breathing thing might need some time to do the trick, and it is so worth practising it. To calm the mind, we can vary our breathing – we can breathe in through the nose, and out through the mouth, blowing the air out audibly. By giving our monkey-mind something to do, it can concentrate on directing the breath, rather than hopping about thinking a gazillion thoughts in five seconds. When we are in sync with brain and body, we usually calm down automatically, and fast. Once the monkey-mind has mastered the nose-mouth-technique and starts galloping again, we can change our breathing. Breathing in through only one nostril, closing the other one with one finger. And breathing out through the mouth. Focusing on the in-breath ONLY going in through one nostril occupies the mind... Swapping nostrils can further help focusing on just breathing. And after having breathed in through both nostrils singularly, we can focus on the in-breath coming through both nostrils again. Sounds complicated? Try it out, and have some fun with it!

Another tool we can use for relaxation no matter where we are or what situation we are in is to chant a word or a sentence. It can be a mantra, it can be any word, or it can be just one letter. In my work with children, I call this their personal magic spell that will help them to calm down fast. The simpler the phrase/word, the more effective, as repetition might tire the mind, and it might simply switch off – which means we can relax. Maybe you already work with affirmations and mantras, or you have done in the past and simply forgotten about it. Re-examine the words and phrases you have used, and see if they still work for you. Or find new magic spell that helps you to come back to calm. Sometimes, a heartfelt ‘fuck,’ (repeat as often as necessary!) does the trick, and sometimes a phrase like ‘I am calm, so calm’ eases our stress levels.

There are so many ways on the path to relaxation, and the above-mentioned are two that I can recommend from my own experience. Since I found my magic spell thirteen years ago, the monkey mind switches off immediately when I am in bed and I say it in my mind. My whole system has learned to follow that magic spell, as I have taught my body-mind system that when I use that phrase, I mean that I want to go to sleep. And it works every time.

Once you’ve tried out the breathing techniques, and the chanting/affirmations – why not combine them? Our mind wants to be productive and learn things. The whole system benefits from this curiosity and thirst of knowledge; and what’s better than teaching ourselves good stuff that might even help the people around us, with us being in a regular state of conscious relaxation?

Wishing you lots of fun with finding your personal magic spell and practising it!



BARBARA PATTERSON
Conscious Awareness Teacher

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RELAX BABY!!!

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It is now widely recognized that babies are intrinsically affected physiologically and energetically by the multi-sensory experiences provided for them in their mother's womb. This means that if mum is able to enjoy a predominantly calm and relaxed state of being during pregnancy, then her baby will benefit from the calming influence of such feel good hormones as endorphins, serotonin and oxytocin.

Dr Sarah Buckley writes in her book "Gentle Birth, Gentle Mothering."

"The experiences that will begin to fire and wire your baby's brain start in your womb, with the physical sensations that provide the earliest learning. These include being physically supported by the womb and amniotic fluid, being kept warm by your body warmth, being gently rocked as you walk, being exposed to different tastes from your diet via the

amniotic fluid, hearing your voice and voices of other family members, and feeling calm and settled when you are calm and settled. Conversely, high levels of stress during pregnancy can fire and wire your baby's brain for dysfunctions in learning and over-reactivity to stress".

It is important to add that some stress during pregnancy is normal, however chronic or sustained stress causing high levels of cortisol and a predominance of the catecholamine hormones, adrenaline and noradrenaline, permeating the maternal-foetal system can negatively impact a woman's pregnancy and have been associated with complications such as preterm birth, low birth weight, and even sleep and behavioural disorders in young children.

It is therefore so very important for mothers to learn how to relax during their pregnancy and especially to have the confidence and ability to

transfer these relaxation skills into her labour and birth experience.

The Benefits Of Relaxation In Pregnancy Include The Following;

- Feeling more resilient and enjoying a better ability to cope with stress.
- Improves your feelings of wellbeing.
- Reduces anxiety.
- Reduces the effects of extreme tiredness associated with pregnancy.
- Soothes the body physically as less aches and pains are felt which are usually due to muscular tension.
- Learning to breathe optimally using relaxation methods can assist the mother with some of the physical discomforts of pregnancy and also provides a great preparation for birthing.
- The baby benefits and thrives from the hormones released during relaxation.
- Specific pregnancy relaxations and visualisations can assist to strengthen pre-birth bonding and communication with the baby.
- Visualisation in pregnancy can assist in developing a positive expectation and attitude towards birth.
- Specific relaxations during pregnancy can identify and assist to release fears and frustrations.

Being ultimately relaxed in labour is key to a positive birth experience. Your body is equipped to birth far more easily when the hormones of labour that are designed to support the normal physiological flow of labour release optimally and without hindrance. This is much more likely to occur when the mother is feeling private, safe and undisturbed and can access a deeply relaxed parasympathetic state using the tools of relaxation.

Fear, stress and anxiety when present during

labour can activate a woman's sympathetic nervous system to produce a fight/ flight response and the subsequent release of the hormones of adrenaline and noradrenaline.

These Stressor Hormones Can Then Affect The Physiology Of Labour In The Following Ways;

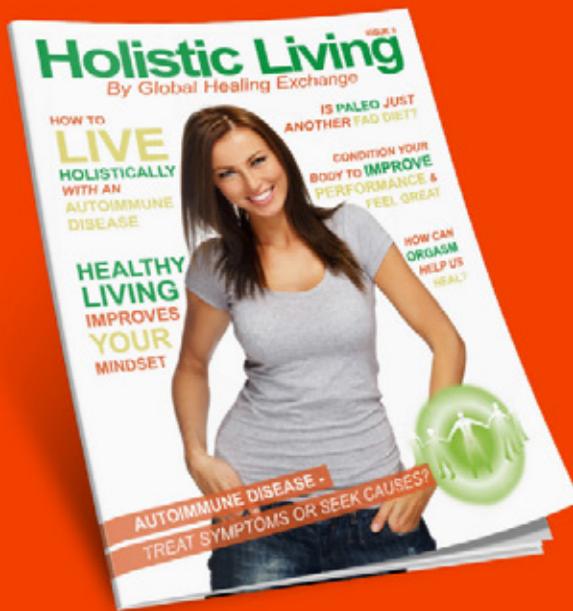
- Inhibiting the release of oxytocin and therefore often slowing down the first stage of labour.
- Diverting blood flow to the systems of defense, thereby restricting blood flow to the uterus, which is not part of the defense system.
- Limited blood flow means limited oxygen, the uterus is a set of muscles. What do muscles require in order to work properly? Oxygen.
- Oxygen to the baby is limited.
- Pain is created.
- Labour can be prolonged.
- "Failure to progress" is often called by caregivers
- Interventions are then introduced.
- Emergency C-section is often the end result.

The Benefits Of Relaxation During Labour Include;

- Promotes the optimal release of oxytocin, the hormone of love and the primary hormone of labour, it regulates the frequency length and strength of your contractions and works best when the mother is feeling, calm, safe, loved unobserved and deeply relaxed.
- As labour gets stronger if the mother is deeply relaxed, her body will respond by producing ever increasing amounts of beta-endorphins her bodies natural opiates that have been proven to...

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RELAXATION 1.2.3

Do you feel stressed out and overwhelmed by your lifestyle, responsibilities and the overall intensity that permeates modern society? If you do, then you are not alone. A very high percentage of people in the modern world are struggling to relax.

Long-term stress creates a complexity of modern-day problems including exhaustion, burn out, depression, anxiety, fear, suppressed immune system, mind-body illnesses, insomnia, heart disease, cancer, mental illness, addictions and it also fuels relationship crisis at home and at work.

Since stress creates incoherence in brain waves, cardiac output and within the bio-electric energy system that surrounds the body, we are now certain that these three factors push the nervous system towards fight or flight.

Fight or flight means that we spend too much time in the sympathetic nervous system which says to the brain that we are in crisis. The brain then releases adrenaline into our bloodstream to help us cope with crisis. Over time, too much adrenaline suppresses the immune system.

Your suppressed immune system can cause a number of health issues and suppressed moods. This of course is the opposite of what you want and what society needs.

Also if you have a tendency to be reactive or the opposite which is passive aggressive - then stress, incoherence and too much time in the sympathetic nervous system will exasperate these issues. This can create dynamics in your personality that are very unhealthy and even destructive.

Relaxation Process - Scientific Steps

Telling yourself to relax is like telling a person who is upset to calm down. You simply cannot make yourself relax or calm down just by wishing it is so. It must be

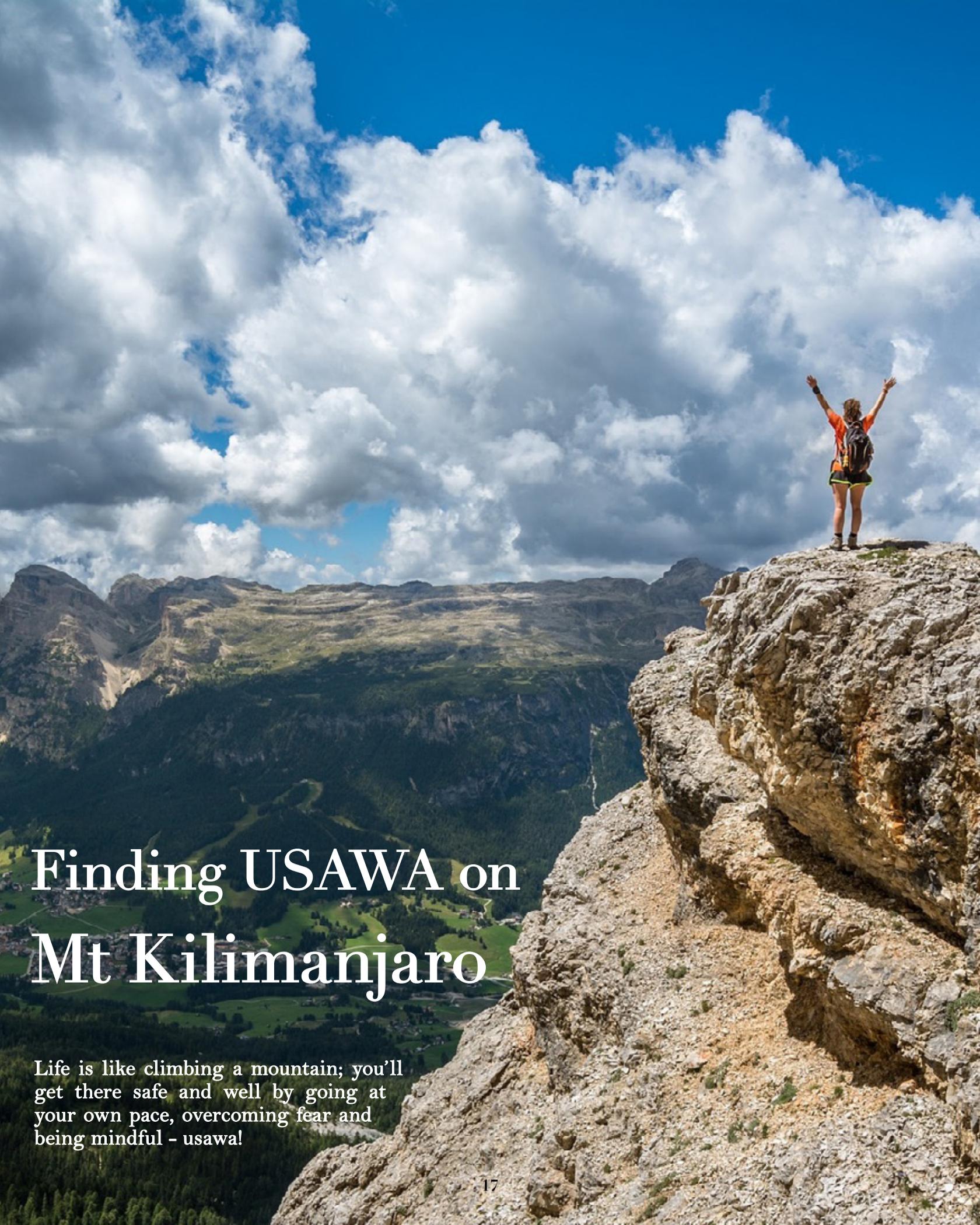
an organic process that is generated from the inside out.

Before we get into specific actions you can take to create more relaxation in your life, please consider that the mind and body are connected through neuropeptides. Neuropeptides are small protein like molecules used by neurons to communicate with each other to influence the activity of the brain and body in specific ways.

Essentially what this means is that the mind and body are connected and stress will eventually have a deleterious effect on both mind and body. To be even more specific the late neuroscientist Candace Pert stated "eventually the mind becomes the body."

What she meant is...

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Finding USAWA on Mt Kilimanjaro

Life is like climbing a mountain; you'll get there safe and well by going at your own pace, overcoming fear and being mindful - usawa!

Usawa. What is this unusual word? It means balance in Swahili, the language spoken in beautiful Tanzania. I first discovered the mystic of “usawa” when I decided to climb Mt Kilimanjaro in August of 2010. I was 34, single, disillusioned with the medical system and highly stressed with work. I needed answers and a new direction in life, a direction that felt real to me.

Mt. Kilimanjaro is the highest mountain in Africa, it rises above us at 5895 metres! I remember it standing majestically before me, rising deep into the clouds. I was not an athlete, and had never climbed a mountain in my life, least of all one which literally touched the sky. So, what was I thinking?

This is what brings me here today, I want to share with all of you a few life lessons I learnt from that mountain. I carry them with me to this day, and they are:

- Steps to overcoming fear
- The necessity of mindfulness in our daily lives
- The myth that all goal seeking undoubtedly brings happiness

I remember sitting on the flight into Tanzania. I was on my own, with mixed feelings of excitement and nerves. I looked out of the window and realised the enormity of my decision. Had 12 months of training with a personal trainer been enough? Was it true that it's more about your mental strength than physical? Would I have enough of both? Frazzled, I cast my mind back to Matthew Syed's book, *Chance*. In it, he analysed the theory that sport stars are not born, but are made. I decided to use the technique he wrote all winning athletes use before running a race - visualisation. I knew Syed was right, but I was still a little scared and I couldn't work out why.

What Exactly Is Fear & Why Do We Need It For Our Survival?

In life, we make decisions based on fear

or love. Fear is not knowing what the future holds. Fear makes us prepare for an upcoming test so we avoid failure, take notice when crossing the road so to avoid death, and it especially makes us train like crazy so we don't fall sick on a mountain on our own. Anxiety is literally fear that arises due to our thoughts jumping to the worst-case scenario. The *Resilience Factor* by Karin Reivich explains this beautifully and recommends an exercise which has been extremely useful for my own patients.

We naturally jump to the worst-case scenario - we tend to be programmed that way for the sake of our survival, and that's ok. Though, what can be incredibly hindering, is living as though the worst-case scenario is about to happen and in effect constantly living with that anxiety and fear. Reivich explains how we can practise retraining our thinking habits by...

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Herbs For Relaxation

There is a plethora of ways to relax and let go of tension. Meditation, walking in nature, meeting friends, reading, gentle exercise, swimming, and yoga are all time-honoured ways to relax. Relaxation can be enhanced by incorporating in herbs. There are many herbs one can choose from the vast Botanical Apothecary to relax. Today we are featuring 5 relaxation herbs.

Chamomile

Scientific name: *Matricaria chamomilla* also known as *Matricaria recutita*, German chamomile or wild chamomile, the most commonly-used species. For centuries people have used Chamomile for healing. The dry chamomile flower is known for its anti-inflammatory, antioxidant, antifungal, antispasmodic, anti-ulcer, and astringent healing properties. The presence of many flavonoids, sesquiterpenes, and other powerful antioxidants, which can have significant effects on the body.

This herbal tea besides being delicious, is wonderful as a relaxation, stress, and anxiety tea treatment. After a long day at work, the warm, soothing nature of this beverage can help increase the levels of serotonin and melatonin in the body, which can successfully eliminate stress and worry, while also slowing down the mind and eliminating the classic symptoms of anxiety. 1-2 cups of chamomile tea per day can do a significant help against your chronic stress symptoms.

Chamomile Tea: 1 heaped teaspoon dried chamomile flowers in 250 ml fresh, delicious water, brought just to the boil. Optional additions to taste, such as honey, lemon, or mint.

Precautions: Do not use the oil during pregnancy as it is a uterine stimulant. Chamomile can have a sedating effect on the body and can cause drowsiness. Do not use while driving, operating heavy/precision machinery, or performing any other activity requiring a high, acute, level of awareness. Chamomile causes contact dermatitis in some people, especially when fresh and frequently

handled. Compositae in general are allergenic to some people. This includes other common herbs such as dandelion and echinacea. Long term use may result in ragweed allergy. Do not use at all if you are allergic to ragweed. Consult your healthcare practitioner if you have any concerns about using this herb.

Lavender

Scientific name: *Lavandula*, part of the family, Lamiaceae. This is a beautiful herb for relaxation. Inhaling the evaporated essential oil of this plant can eliminate nervous tension and treat respiratory issues. The plant has a calming effect on the brain, helpful with anxiety, depression, insomnia, and general restlessness. It's also useful for people who have hypertension as it lowers blood pressure whilst encouraging healthy circulation. It is known aromatic, carminative, sedative, bitter, antidepressant, hypnotic, cholagogue, anti-microbial and nervine properties.

Lavender Tea: To make lavender tea, you can either use a saucepan or a teapot. Add four cups of water and two tablespoons of lavender flowers. Let the water boil and then allow the tea to steep for at least 15 minutes. Strain and then serve. It can also be chilled to make iced Lavender tea.

Precautions: Precautions of Lavender Essential Oil - Always test for skin sensitivity prior to widespread use and use on the feet when possible. Excessive use of any oil can lead to skin sensitization. Keep out of eyes, ears, or nose. Not all oils are created equally, so test brands carefully, and never use an oil in a way not recommended by its maker. It is not advised for use in pregnant or nursing mothers. Oral use of Lavender may cause constipation, headache, and increased appetite. Lavender oil is toxic if taken orally.

Lemon Balm

Scientific name: *Melissa officinalis*, belongs to the Lamiaceae family. A citrusy and fresh scented herb has been used for centuries to treat anxiety, sleep disorders, indigestion, and wounds. It soothes the nervous system in an effective and yet gentle way. The essential oil enhances the feeling of relaxation.

It is known as a nervine, sedative, antiviral, carminative, diaphoretic, antispasmodic and antidepressive. It has also been shown to enhance cognitive performance through its actions on acetylcholine receptors in the brain.

Lemon Balm Tea: 1 heaped tablespoon of dried leaves or 2 tablespoons of fresh leaves for each cup of boiling water strain add honey and, or lemon.

Precautions: The use of herbs is a time-honoured approach to strengthening the body and treating disease. Herbs, however, contain components that can trigger side effects and interact with other herbs, supplements, or medications. For these reasons, you should take herbs with care, under the supervision of a health care provider qualified in the field of botanical medicine. Pregnant and breastfeeding women should not take lemon balm.

Schisandra

Scientific name: *Schisandra*. The Chinese name for schisandra is Wu Wei Zi, which means "five flavour fruit." This is due to the fact that schisandra contains all of the five tastes: salty, sweet, bitter, pungent and sour. Schisandra is a wonderful herb that has been used for thousands of years in Traditional Chinese Medicine to treat a wide range of ailments. This wonderful herb reduces levels of stress hormones in the blood, regulate blood pressure. When taken long-term, schisandra can help to repair a frazzled nervous system and enhance the body's overall performance. It is known as an Adaptogen, anti-inflammatory, antifungal, antiviral and antioxidant activity.

Schisandra Tea: Simmer 1 to 2 Tablespoons of the dried berries in 2 cups of water in a small, covered saucepan for 15 to 20 minutes.

Precaution: While schisandra is relatively safe to consume for a wide range of people, it should be avoided when pregnant as it is a uterine stimulant. It may be appropriate to seek the advice of a qualified herbalist for additional assistance, when creating individualized herbal formulations for specific health conditions. Consult your healthcare practitioner, before using schisandra, if you are taking prescription medications or have a serious medical illness.

Holy Basil/Tulsi

Scientific Name: *Ocimum Sanctum* a member of the mint family. It is also referred to as the “Queen of Herbs”, “Mother Medicine of Nature” and the “The Elixir of Life.” Holy Basil is one of the most sacred plants in India. In Hinduism, Holy Basil is worshiped as the incarnation of Lakshmi, the wife of Vishnu and one of that religion’s most important deities.

It smells strongly of cloves or cinnamon which is probably due to the high amount of eugenol, rosmarinic acid, and linalool. It is considered an excellent adaptogen, which means that it helps the body adapt to stresses, restore balance, and normalize functions. Traditionally it has been used in Ayurvedic medicine for its antibacterial, fever-reducing, headaches, stomach disorders, inflammation, heart disease, various forms of poisoning, and respiratory health qualities. Chronic stress has been shown to increase the levels of oxidative stress and free radicals. Holy basil enhances the levels and activities of endogenous antioxidants and antioxidant enzymes including glutathione and superoxide dismutase. It is an adaptogen, anti-inflammatory, antiviral, antibacterial, anti-fungal, antioxidant.

Holy Basil Tea: Cover 2 teaspoons of fresh Holy Basil leaves with 230 ml of boiling water, then cover and let steep for about 10 minutes before straining the leaves off and drinking or 1 tablespoon of dried herb to each cup of water. Holy Basil Iced Tea use 230 ml of water and 1 tablespoon dried tea as your guide for how many cups you want to make. Place holy basil tea into a saucepan, bring to a gentle boil, then remove from the heat and steep for 10 minutes. Then strain with a fine mesh strainer into a covered glass pitcher and chill in the refrigerator. Slice a few lemons to serve with each glass or float on the top of the iced tea.

Precautions: Holy Basil can slightly thin the blood and shouldn’t be taken by people taking blood thinning medications. It may also lower the blood sugar and shouldn’t be taken by anyone with hypoglycaemia. It may decrease fertility and should never be taken by women trying to conceive. Pregnant and breastfeeding women should not take Holy Basil.

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IRENE VERVLiet
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- **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

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Relax-Let's Do It

How do you activate your soul by finding ways for peace and relaxation? How do you find your Shangrila?

We live in a world of constant motion of thoughts, actions, making decisions, explaining our behaviours, our choices and our very existence. Home life, work life, finding the balance that keeps us on the right side of sanity, (or insanity?) What each person does to find ways to relax is only conducive to that individual.

I've always had an image in my head of a place far away atop the highest point of a mountain, its cliffs defy another space and time, and to get there is almost only done by some form of teleportation. The surrounding area displays colours reminiscent of a Monet painting, it's a place that conjures up in my mind a feeling of solitude, almost monk like retreat, and to me its peace, and total relaxation. That's where my mind can take me, ever so briefly for a quick moment of time, but here in this physical realm where we exist, we look for ways of finding relaxation in many ways so we can manage and cope with the stresses and anxiety that can be a controlling aspect of our lives.

Are You A 'Chill-axed' Kind Of Person?

The opportunity of being able to write an article is that you can share your (my experiences) with people because it can relate to others in a way that says how connected we really are. So, this article is coming from a totally different perspective in talking about how important it is to understand the benefits and soul purpose. It is about our body, mind and spirit to encompass the joy and nurturing of relaxation.

If I was to characterise myself, I would say I'm a fairly laid back, go with the flow kind of person. For me I don't feel I hold stress or anger in my body very long at all. I would say some of my emotions can be instant (anger, frustration, annoyance) but I can quickly move out of whatever negative emotion I'm feeling. Maybe the older and wiser I become, the easier I can accept things and do not place enormous stress on the little stuff, which is the proverbial "mountain out of a molehill" syndrome, instead it's just a small pebble in the galactic pathway of my life!

I know as a young teenager, a heavy personal trauma made me realise never to take things for granted. Since I really started to learn and experience more about energy healing and my intuitive awakening with my inner spiritual growth, I've become much more mindful of life and situations by looking inward, seeing and feeling deeper connectiveness and allowing this personal development to shape and strengthen my soul purpose. I like to observe what it is, and let it flow through me. Letting go of trivial and unnecessary thoughts and emotions rather than the superficial shallow aspects that many of us try to make out is so important. This really helps reset my mind, whatever I may have been engaging in, it helps to calm and gently relax me.

Helping Others To Find A Way To Relax

This last week I experienced a rather higher than normal frequency of greater awareness of

anxiousness, concerns that seemed to elevate stressful thoughts because a member of my family (my sister) experienced a scare with her health all in a matter of "good one day not so good the next".

After detecting two aneurysms on either side of her front part of the head, and having local tests which were important to get done, a decision was made to make a fast visit to a Sydney hospital (5 hours away). Key contacts were made, some amazing assistance to medical technology and Doctors, that did tests left right and centre to find out the results of the haemorrhage that occurred in her right eye a week ago, and the piercing headaches that plagued her for nearly 10 days.

Now during this sequence of events, she was calm and relaxed, though her blood pressure started to increase (I'm sure a common reaction under the circumstances). With several tests done they recommended a lumbar puncture that would detect if there had been a bleed in her brain. She became slightly overwhelmed and a feeling of terror and unfamiliar emotions emerged. She was scared, didn't like the prospect of having something inserted into her back, she wanted reassurance it wouldn't hurt, then she changed her mind and didn't want to have it done at all. As much as it might be uncomfortable, the nurse would give her something to relax, and she would not even realise it was being done. I stood outside of the curtained emergency room and I applied a healing technique over her, asked for assistance spiritually, using breathe and higher frequency thoughts to guide me, as they commenced the procedure. Within minutes a calming peace came over her, as she lay having this scary (in her mind) lumbar puncture.

I wanted to highlight this experience because...

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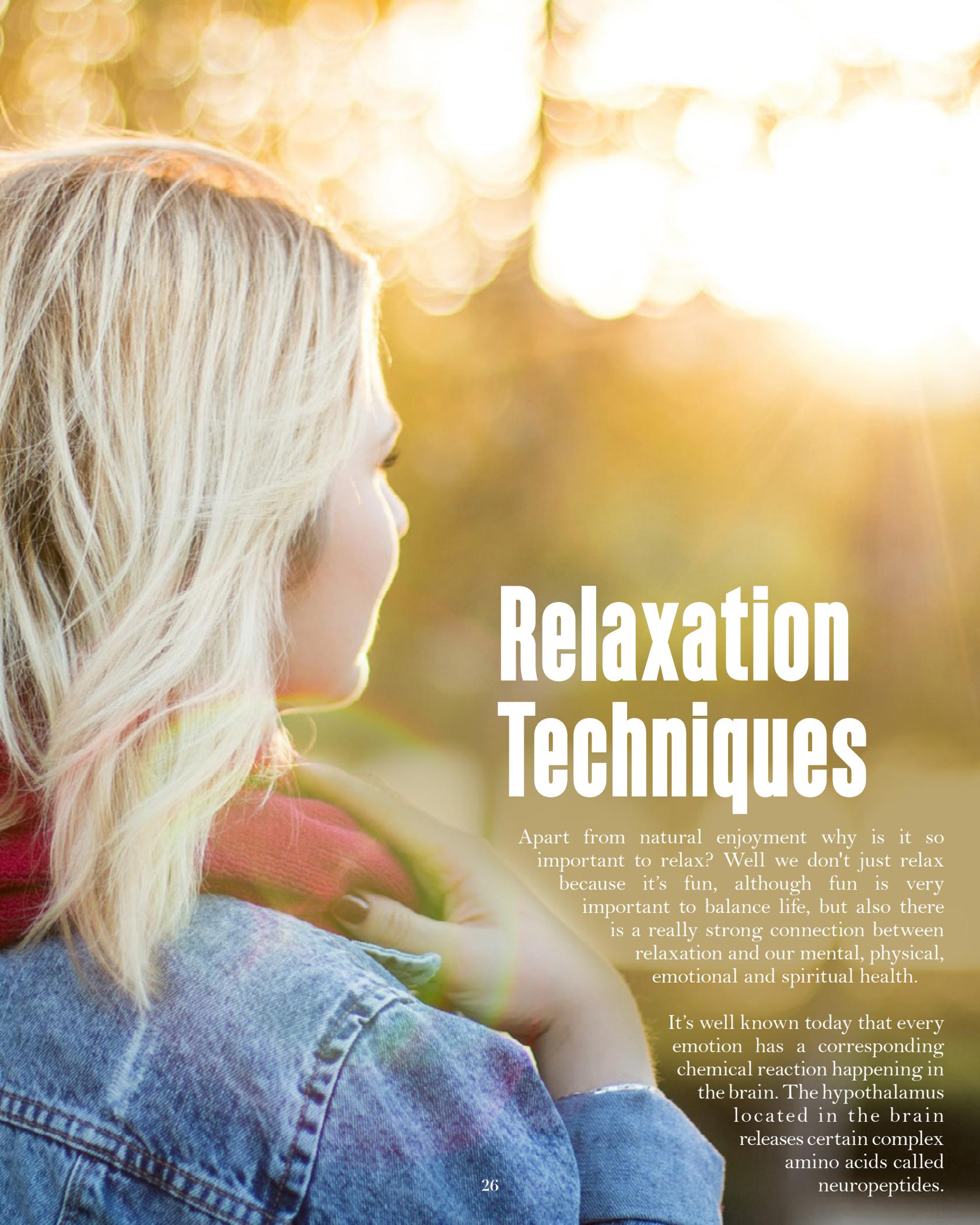
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Relaxation Techniques

Apart from natural enjoyment why is it so important to relax? Well we don't just relax because it's fun, although fun is very important to balance life, but also there is a really strong connection between relaxation and our mental, physical, emotional and spiritual health.

It's well known today that every emotion has a corresponding chemical reaction happening in the brain. The hypothalamus located in the brain releases certain complex amino acids called neuropeptides.

Every time there is fear, anxiety, hurt or distress these neuropeptides are released into the bloodstream by the pituitary and thereafter they swim along with the blood and reach various organs of the body.

Each organ is made up of innumerable cells and all cells have tiny antenna called Cell Receptors. So the neuropeptides get locked into these cell receptors and can cause physical illness.

When we relax we manifest a healing health condition. The human body has a miraculous ability to heal itself. Whenever your mind, body and consciousness are aligned with each other. Whenever the various personalities within the mind are functioning in synchronicity with each other there is an internal peace and the various cells in the body are in a better relationship with each other. In this the body will heal faster and we will be less prone to negative emotions, less likely to be physically ill and thus feel alive and well.

So, in understanding how important it is to relax, some questions to ask are; what are the things that stop us from relaxing? What are the best ways to relax and really what is relaxation?

Well I think relaxation is a refreshment of body and mind, it's like everything loosens and there is a reduction in the strictness and severity we apply to our lives. It's almost as if we just let go completely, surrender to what life is offering and consciously decide to take care of ourselves, despite what our minds might be saying. Easier said than done? Perhaps, but again I think this is dependent on attitude. For example: think of something that you would just say yes to doing without a shadow of a doubt. Something that if you were confronted with, there would be no consideration of yes or no, you would just take action without thought. We all have something like that. Perhaps it's running to the rescue of a loved one or a child in need, perhaps it's doing that little extra to get the deal done. Whatever it is for

you ask yourself what is it that motivates that response? Because whatever the motivation this is a great clue in how to set aside time for yourself to relax.

Relaxing needs to become an integral part of life if you want to be happy, healthy and free...

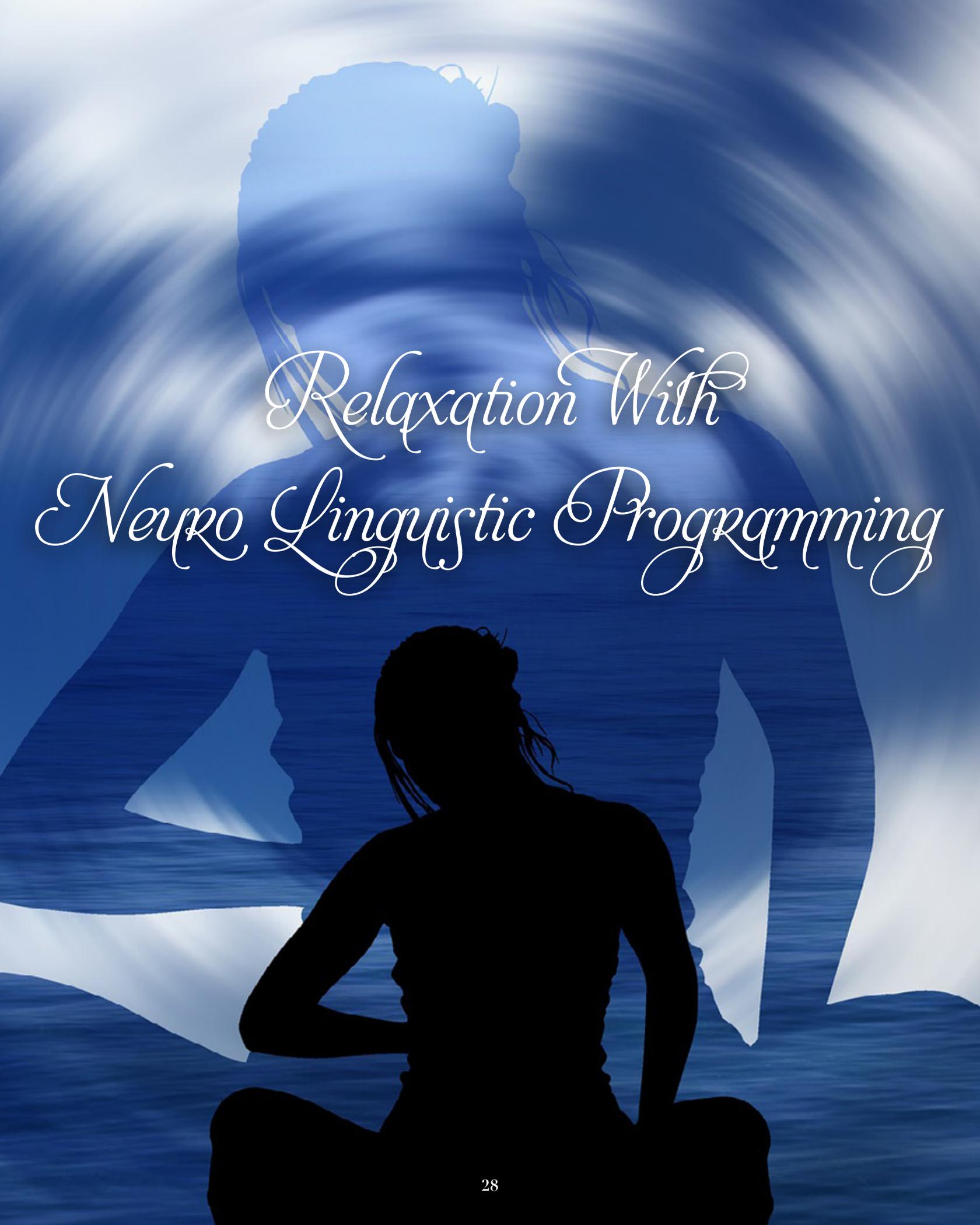
I think indirectly relaxation is connected to self-worth and self-love. When we love and respect ourselves it's much easier to take care and set aside time for reflection, rejuvenation and relaxation. It's important to know that you are worthy and the way to realise this and truly live it, is to move from your head to your heart.

In moving from the head to the heart you will also automatically slow your heart rate down and notice that there is a gentle quiet inside that is always here. The mind will continue its busy activity of trying to distract you but that's only because it feels threatened. It's good to understand the wisdom of the heart. The heart is 5000 times more powerful than the head. You know that gut feeling you have at times, that knowing, well follow that because truly it will guide you much more successfully than anything else.

I'm not saying thinking is not good, there are times when it's really important to use the mind, when we are planning & in every day functioning, but when we give in to the psychological aspect of the mind you can be sure trouble will arise. Trouble that can include stress, tension, anxiety and other negative states. So bringing your attention to your heart centre by taking some time out is very important and there are so many ways to do that.

Clients of mine often ask me for ideas of what they can do to relax and how to include relaxation techniques in their daily schedule. What I have found over many years of working with others to support their well-being and happiness is that the best techniques and the ones that people are likely to stick to are...

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The image features a woman in a meditative pose in the foreground, her silhouette rendered in black against a vibrant blue background. Behind her, a much larger, semi-transparent silhouette of the same woman is visible, creating a sense of depth and continuity. The background is filled with soft, glowing light rays that radiate from behind the larger silhouette, giving the scene a dreamlike and serene atmosphere. The overall color palette is dominated by various shades of blue, from deep navy to bright, almost white highlights.

*Relaxation With
Neuro Linguistic Programming*

“To relax means to become less tense in the body and less anxious in the mind”. **Anne McKeown**

Practitioners of Neuro Linguistic Programming (NLP) teach clients how to use the mind to relax the body and how to use the body to relax the mind. Various techniques include: anchoring resourceful states, changing unsuccessful strategies, shifting values and integrating conflicting parts of the unconscious mind.

Understanding the power of the mind, plus awareness of the mind/body connection is essential for achieving positive outcomes. To heighten the overall impact, five senses are utilized (sight, sound, taste, smell & touch) in NLP as well as language patterns that encourage change.

By being mindful of everything you do, you will have greater awareness around what bothers you, what increases your stress levels and what helps you relax. By noticing these changes, you can halt the natural stress response and bring your emotional levels back to a state of calm.

The most important thing in NLP is your mindset. Once you ‘believe’ you can change that, all your practice will support that belief making it a stronger response than either fear or stress.

Allowing your mind to give suggestions to your body and allowing your body to be suggestible is the key to success. If you get good at being suggestible you will be able to tell your unconscious mind to do anything and it will do it for you. It acts like an obedient child that wants to please, and will do what you tell it. However, you have to be careful what you tell it because if you are constantly saying I’m stressed, I’m tired or I’m bored, that’s what you will get more of – you may have heard the saying “be careful what you wish for,” this is why! Some people hate goal setting and

see it as a waste of time, but the action of physically writing down positive goals as well as looking at them and thinking about them, is a powerful combination and a great way to tell the unconscious mind exactly what you want and are striving for.

Have you ever noticed a sports person who blesses himself before the start of a race, or a golfer who presses one thumb on top of another before a big swing, maybe a footballer who bends down to tie his shoelace or a tennis player who taps her heel with the racquet? These are all anchors that they have previously set up with their coach. This rehearsed action tells the brain it’s time to step into their desired state i.e.: focus, calm, confident, winner etc....

Have you ever wondered why some people are very successful and great at what they do, yet others are merely competent? That’s the question Richard Bandler and John Grinder the creators of NLP, had in the 1970s. One of the things they discovered was what we call...

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Ketogenic Eating For Optimal Health

Many people falsely label themselves as emotional eaters and believe they succumb to eating unhealthy foods due to lack of will power, but this isn't always the case.

With traditional carbohydrate based diets, every time we consume carbs, they get broken down into glycogen and flood our blood with sugar. Our pancreas notices this increase in sugar and responds by releasing insulin to flush it out of the blood and into our cells. When insulin is present, it not only forces glycogen into cells, but it also forces fat into fat cells making us store fat as opposed to burning it as a fuel. You can eat a meal with no fat at all, but the result of the blood spike will force your body to store fat that is floating around your body.

Once the sugar is flushed out of the blood and into the cells, we experience a dive in energy and a

a message is sent to the brain to refill again by consuming more carbs. This is the science behind food cravings. You know the feeling, you have a bowl of pasta for lunch and then by around 3 or 4 you start feeling sleepy and a chocolate bar seems like a good idea. Sometimes you resist the temptation, however, sometimes you submit to these cravings and eat the chocolate. You see, cravings are a real in built physiological response, invoked by the foods we eat and it takes real will power and determination to fight cravings which are deeply ingrained into our genetics to ensure our survival. We can lose weight by using sheer determination, but it's a constant struggle and breeds negative thoughts, guilt associated with the foods we eat and it effects our body image.

Traditional diets set us up to fail and the carbohydrate content actually encourages us to over eat and eat too often. When we try to follow a diet and fail to eat to

the plan or overeat, we quite often feel guilty, throw in the towel and revert to our old habits. So don't beat yourself up and label yourself as someone who has no willpower. If you have been eating a "traditional" carbohydrate based diet, you have been constantly fighting real physiological urges and that is why 95% of people who follow a carb based diet fail and put the weight back on within two years.

However when we restrict carbohydrate intake to less than 40g per day, after seven to ten days, our body is forced to start using fat as a fuel source as opposed to carbohydrates or glycogen. When our body becomes fat adapted and is using fat as its primary fuel source, it starts to create what's called ketones. Ketones along with the fat you consume and your own fat reserves, will supply your body with a very stable and consistent level of energy whilst reducing hunger and cravings. Your body literally starts to burn its own fat reserves making this the fasted way to lose fat over any other style of eating.

If you have ever struggled to lose body fat, found it hard to fend off food cravings, or lack energy to get you through the day, low carb ketogenic eating programs such as the Ketofast program is an ideal way of eating to help you achieve your health goals and effortlessly maintain them. The Ketofast program simplifies the process of getting into ketosis by providing you with the blueprint and the tools you will need to kick-start your body into ketosis and get your body burning fat as its primary fuel source. Once we get your body into ketosis and constantly burning fat, you will have more energy you could have ever imagined. Food cravings will completely stop and losing body fat will seem almost effortless.

Low carb ketogenic eating also helps slow the aging process, reduces inflammation, speeds recovery and generally makes you feel great. One of the most significant but underrated benefits of ketogenic eating and the reason I believe it is so successful with many, is the fact that it eliminates cravings and reduces hunger so we can stick to this way of eating long enough to get results. Also, the speed of fat loss is encouraging and the consistent wins help boost confidence making it easy to make progress and hold results.

Over the past million year or so, human beings have evolved to survive and thrive on foods high in fat, moderate protein and occasional fibrous carbohydrates such as leafy greens. Things that we could hunt or forage for. However after World War two, there was a desperate need for cheap, easy to grow food to feed the world.

Carbohydrates such as wheat and corn grew in abundance, was cheap to produce and had many applications. Food manufacturers started to heavily promote carbohydrates as a great source of energy. The result has been an increase in diabetes, heart disease and other chronic diseases by over 50% since 1950.

As the consumption of carbohydrate increased, so too did the rate of obesity. In the 1980's we were told that the reason for this startling increase of obesity was due to the consumption of fat and lack of exercise. We saw a huge surge in the production of low fat foods where fat was removed and carbs, mainly sugar was increased. The fitness craze started with Jane Fonda releasing fitness programs you could do at home and health clubs started popping up everywhere.

Now despite people exercising more than they ever had, and consuming far less fat, obesity levels have continued to soar, in fact tripling in some countries in just the past 30 years. However, we are still told that to maintain good health, we should eat mainly carbohydrates, moderate protein and low fat. It's not working and 700,000 Americans die every year from heart disease alone, which could be prevented.

The definition of insanity, is doing the same thing over and over again, and expecting a different result. And this is exactly what we have doing for the past 40 years.

Until we stop eating refined carbohydrates and stop vilifying the word FAT, we will continue to get the same result. I encourage you, try this different way of eating and give fat a chance. See and feel the results for yourself.



MATT STRAIGHT

Nutritionist, Personal Trainer
& Creator of KetoFast

[Click here to work with me.](#)

PERI PERI CHICKEN

INGREDIENTS

Chicken Thigh - Boneless Skin off - 125 grams
Peri Peri Seasoning - 1 tsp
Salt Himalayan Rock - 1 pinch
Oil - Avocado, Animal fat, Coconut,
Butter or Ghee 2 teaspoons
Red Cabbage - 100 grams
Red Onion - 1/2 med
Sour Cream - Light 1 1/2 Tbs
Mayo - Full Fat - No Added Sugar 2 teaspoons
Salt & Pepper - 1 pinch
Lime Juice - 1 splash of

INSTRUCTIONS

Preparation time: 5 Minutes

Difficulty: Easy

Cooking time: 15 Minutes

Serves: 1 person

1. Place your chicken thighs in a bowl and season with salt and Peri Peri seasoning. You may also use Cajun seasoning if you cannot get Peri Peri. You can also add chilli flakes if you would like a kick!
2. In a hot griddle pan, add two teaspoons of avocado or coconut oil and add chicken thighs and leave for five minutes until they start to char. Flip and repeat.
3. While the chicken cooks, very finely slice cabbage and red onion. Place in a bowl.
4. Add one tablespoon of light sour cream and two teaspoons of full fat mayo, salt, pepper, a splash of lime juice, thoroughly mix and plate.
5. Check chicken with a thermometer to see if it has reached 65C/150F. Once cooked through, place on top of coleslaw.



MATT STRAIGHT
Nutritionist, Personal Trainer
and Creator of KetoFast
www.ketofast.net

Decadent Choc Cheesecake

INGREDIENTS

Stevia - Granulated 2 teaspoons

Oil - Coconut 2 tbs

Nuts - Almonds, macadamias, cashews, walnuts
100 grams

Cream - Thickened 1/2 cup

Cocoa Powder - Raw 1/2 cup

Sour Cream - Light 2 tbs

Vanilla Extract - 1 1/2 tsp

Stevia - Granulated 1/3 cup

Butter - 50 grams

Cream Cheese - Full Fat 250 grams



MATT STRAIGHT

Nutritionist, Personal Trainer
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INSTRUCTIONS

Preparation time: 5 Minutes

Difficulty: Easy Serves: 8 people

1. Soften cream cheese and butter in a medium bowl, whisk in stevia.
2. Once combined, add vanilla, sour cream and cocoa. Whisk at a medium pace, adding pouring cream until all ingredients are combined.
3. For the base, blitz 100g nuts with 2 tablespoons of coconut oil and 2 teaspoons of stevia.
4. Place an equal amount of nuts in eight silicon muffin holes and then pour an equal amount of batter into each. You may find the mixture enough for ten muffin sized cheesecakes.
5. Refrigerate for 2 hours then serve with a small squirt of low fat dairy whip.



*The Art Of Relaxation
In Mind In Body*



Did you know it's impossible to be stressed and relaxed at the same time? An odd but interesting fact that many of us may never stop to think about. Yet relaxation is one of the most important key signatures of health. If you were asked to describe what relaxation is or what it means to you, what would you say or do? Would you paint a picture, describe an activity, recall a memory, a vibration, a face, a place, a colour, image or shape? Maybe just one word like sleep, music or meditation, a name, an environment or a feeling can capture the very quintessence of how you relate to and enjoy the experience of relaxation. Perhaps it's a multi-sensory event or a carefully ordered sequence of several things that creates your relaxation habit.

Like many things, relaxation is subjective. It means different things to different people at different times for different reasons. Everyone is different and as individuals our perceptions, values and belief systems are as unique as our parallax of vision, our fingerprints or our DNA – or at least this is what we are subconsciously programmed to think.

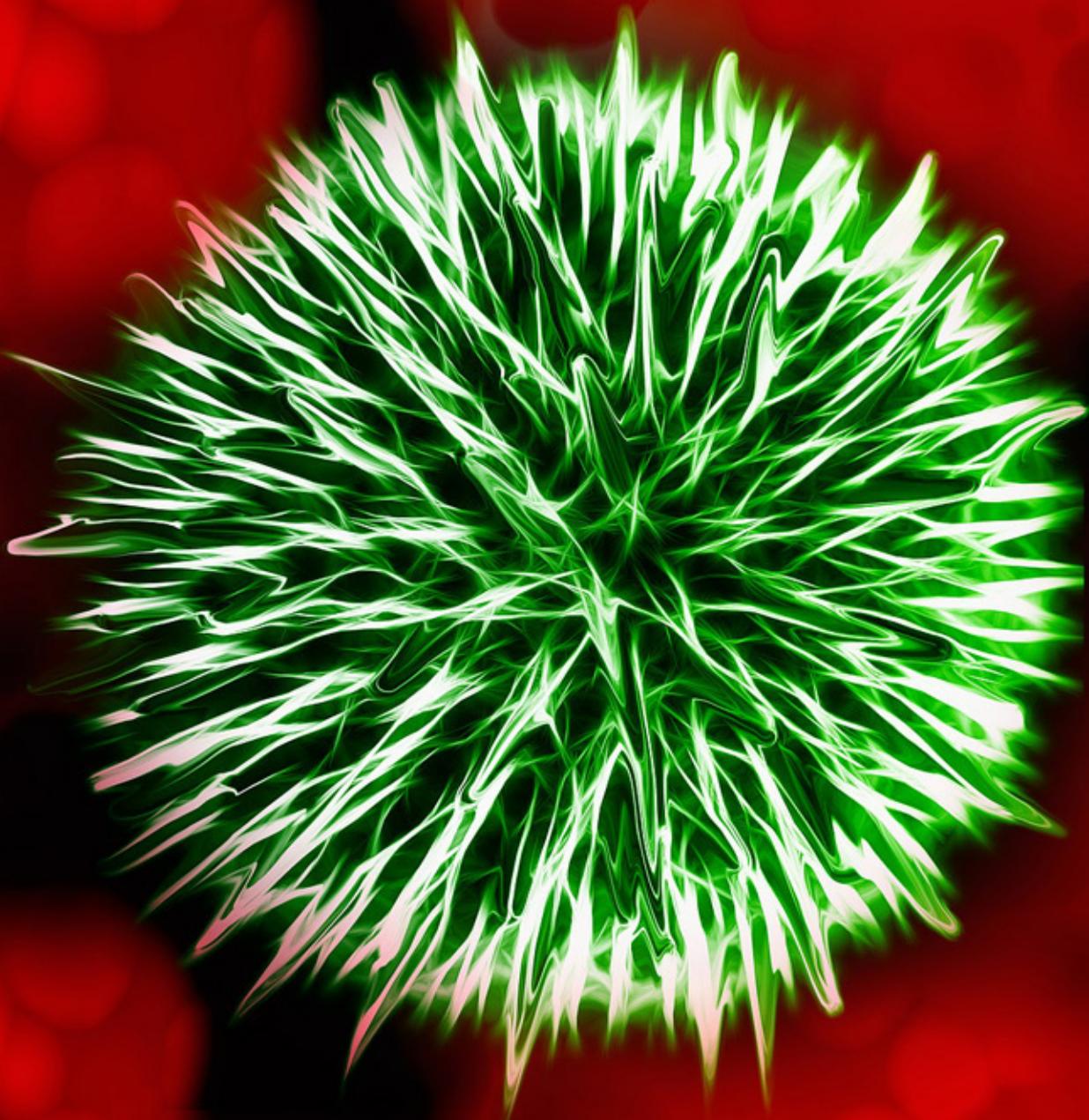
When we begin to explore the symbiosis of the mind and body, we find that despite our apparent individuality we are all genetically and bio-chemically very alike. In fact, we are literally identical. When we peel back the uniqueness of our personalities we find the same atomic infrastructure of cells, chemicals, relationships, vibrations and processes that are the Universal building blocks of being human. When you stop and think about this, our commonality is infinite. Movement, respiration, speech, thinking, eating, smiling, crying, kissing, hydrating, how we feel elation, pain or anxiety, our emotional sensitivities or the butterflies of love are all examples of how we share common cellular and sub-cellular processes. It's the entire library

of our cellular processes which combine miraculously to create the neurological bio-chemical experience we call life.

In simple terms, our thoughts are the drivers, catalysts and change agents that shape, direct and support the outcomes of our neural chemistry and bio-physiology. What we think, how we think and how we relate to our thoughts are some of the keys that switch us between our conscious and subconscious processes – between our conscious and subconscious selves. When we experience anything new for the first time we consciously pay attention to what we're learning so that with repetition we can remember what to do in a moment and fine-tune our skill or our enjoyment of something. Once we've practised a few times and retained our new sensory and chemical knowledge, we begin to...

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CANCER – Are Your Gut Bacteria Putting You At Risk?



There are hundreds of trillions of friendly (and a handful of unfriendly) organisms in our intestines – it's warm, safe, and there's plenty of food in there, making it a great place for them to call home. We have evolved with these bacteria, and we need them just as much as they need us – they help us to digest our food, provide us with essential nutrients, and contribute to a healthy, happy belly.

When our microbes get out of balance due to the food we eat, antibiotic use, or other factors, there is evidence that the development and progression of tumours (cancers), and our response to cancer drugs, may be altered for the worse.

The Microbiome Link To Cancer Development – How Does This Work?

There have been several methods proposed for how the gut microbiota contributes to cancer, not only in the digestive tract, but throughout the entire body, and the impacts could be far-reaching. Bacteria are believed to influence cancer risk and progression via several mechanisms, including bacteria's ability to metabolise (chew up and spit out) whatever we put in our mouths, combined with their profound influence on the health of our immune cells – our defence system.

There is much debate regarding the true percentage of cancers that are caused by microbes, either directly or indirectly, but it remains true that microbes in one way or another can promote or protect us from cancer. The positive or negative action depends largely on the microbe, or collection of microbes, present. The specifics of which bacteria does what are not yet known for sure.

Research suggests that microbes can alter our susceptibility to the development of tumours, but also influence the progression of cancers, both for better or worse. This may occur due to the promotion of or the protection from inflammation, DNA changes, and the production of by-products (metabolites) that may promote or protect from cancer.

How Bacteria Work To Block Or Facilitate Chemotherapy Drugs

Like hungry creatures everywhere, bacteria eat

whatever food comes their way. This might be food from our lunch, and as unappealing as it may seem to us, a drug we are taking. Bacteria are not very fussy with their food choices.

Studies have found that some chemotherapy drugs are treated as food by certain microbes, which can result in a toxic or useless compound being thrown back into our system, instead of an active drug. This naturally means the drugs are less likely to work, and the person being treated could have little or no improvement to their cancer. In a fascinating study, mice pre-treated with antibiotics had little to no response to chemotherapy drugs. Conversely, those with healthy microbiomes had a positive response to cancer drugs. This may account for the diversity of responses to cancer drugs from person to person.

These studies into chemotherapy drugs and the microbiome are currently only in mice, but in future adding healthy microbes to the diets of those undergoing cancer treatment may be part of everyone's treatment, along with preventative measures using healthy bacteria.

How Can You Help Yourself?

Keeping a healthy gut microbiome is one of the first steps to not only helping prevent the development of some cancers, but should cancer develop, healthy microbes may assist chemotherapy treatments on their journey through your body to ensure maximum impact.

Ways To Keep Your Microbiome Healthy Include:

- Eating raw fresh vegetables (including juicing carrots, beets, etc.)
- Keep your bowels regular
- Regularly eating and drinking 'live' fermented food and drinks (kefir, kimchi, etc.)
- Taking good quality probiotics (seek medical advice first)
- Prebiotics (food for gut microbes – natural fibre)



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Health & Wellness Advocate

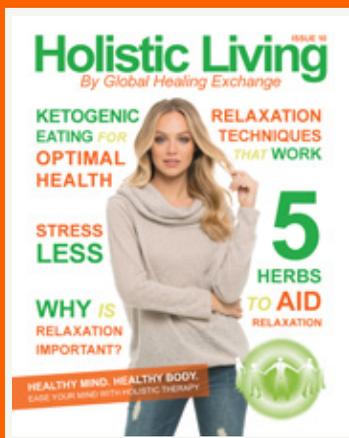
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