

The Healing Essence Newsletter

Winter Edition 2006

by

HeavenEarth Natural Therapies Clinic



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What's Inside?

Upcoming Workshops,
Classes &
Articles

☼ 6th August: **EFT**
Workshop

☼ **Winter Meditation**
3 Evening Classes



☼ Meaty Bits - what exactly
are you putting
in your body?

☼ Warming Winter Fish
Dish

☼ Organic News

☼ How to detox your fruit
& veggies



New Website Email

If you would like to receive
this newsletter by email, please
email us at
contact@heavenearthhealing.com
Thank you!

Winter Rhythms

Winter is here and it really feels like a southern winter with rain and cold temperatures. In Traditional Chinese Medicine, winter is the time that the Qi (Chi) of the body goes inward, the skin closes and keeps the heat within to warm the internal organs. This is the time of year to hibernate, rest and restore the internal strength. It is a great time to stay home read a novel and eat warm nourishing, salty soups.

At an emotional level winter is a great time to contemplate the eternal questions of why we are here in this body at this time on the planet. In clinic this is one of the biggest issue that I see people struggle with, "why am I here or what am I supposed to do with my life?"

Sickness is the time when these questions are asked the most. Sickness makes us slow down and take the time to look at our lives. We question what are we doing and are we really happy and content with where we are in life. Sickness is also a very powerful way of not looking at our lives. It can keep us busy with our body and it can be a defence against looking at what we need to change in our lives to be healthy and happy.

In our society sickness is treated as a failure, that something has gone wrong and it must be fixed. We don't see it as a chance to take the time to reassess, rest and recharge. In natural medicine we see colds, flus etc. not so much as a virus attacking from outside but that the immune system has been weakened and the body is simply house-cleaning. Natural Medicine practitioners support this by giving acupuncture, supplements and herbs that help the cleansing process. If this process gets stopped by over medicating it does not allow the body to fully heal and in the long run may lead to even more serious conditions

I often see people who are on 5 to 8 medications per day. I wonder if half the drugs are there to treat the side effects of the other half. Another big problem is that no one including the drug companies have done any research on the combined side effects of all the medications taken together.

What is becoming even more alarming is how quickly we are willing to medicate our children, especially when it comes to emotional problems. In the USA, some States insist that all children who are trouble makers at school are now forced to have medication, if they don't they aren't allowed to attend school. In fact schools get government grants depending on how many children they have on medication. At the same time no attention is made on the type of food being served in the cafeteria. In fact big food companies are now given contracts to supply school lunches.

Only aware parents are questioning the dangers of too much fat, food colourings, food enhancers and sugar in the diet. They recognise that a poor diet may lead to learning and behavioural problems such as ADD, ADHA and Dyslexia.

I just recently saw a very interesting TV report on how giving children capsules of Essential Fatty Acids, are helping them to behave normally and regain emotional and mental balance. The report went on to show some food products that say on the labels they have no chemicals or additives in them are blatantly lying. Helping our children to have a happy healthy peaceful life can be as simple as reading the food labels and supplying supplements.

When it comes to childrens emotional health, simple techniques such as Educational Kinesiology and EFT (emotional freedom techniques) can quickly clear any stress. These techniques are easily taught to kids, giving a child a wonderful tool for self empowerment and self improvement. I might add, it is also helpful to the parents.

There are so many stresses and strains in today's modern lifestyle. (I am still waiting for all that spare time computers were supposed to give us). We think that we are free of the rhythms of nature. That we can drink what we like, eat what we like and generally ignore the seasonal changes. What we have forgotten is that our bodies still relate to the energy patterns of each season and that we need to trust in our body's innate wisdom. There is a time and a season to move and a time and season to rest.

We don't have much of a winter here on the Gold Coast and yet our body systems will react accordingly to the cold, contacting energy of winter. Remember to enjoy the process of going inside and take the time to rest and recharge those batteries

In good health Robert Kendall



Rather light a candle
than to complain
about the darkness.

Chinese Proverb

*Instead of seeing the rug being pulled from under us,
we can learn to dance on a shifting carpet.*

Thomas Crum

For all those who truly love their Meat read on so that you may make INFORMED choices...

In this article we will explore Meat - got you excited hasn't it! But wait... there is more. There is more to it than meets the eye... It has been interesting researching this topic and its worth reading on if you are the carnivorous sort or attempting to clean up your or your family's diet.

From the onset I will say, if you are eating meat as part of the protein content of your diet, then **eat the freshest, most organic - hormone free - meats you can source**. If you can't get them organic-fresh, get them frozen. If you can't get them frozen, drop in to your local butcher and get the freshest cuts you can.

Meat is generally around 22% protein in its butchered form and contains several nutrients in their concentrated form, specifically iron, and B12. These two nutrients are generally much more available in meats compared to plant sources. (Although you may be surprised to know a great source of non-meat, bioavailable iron can be found in prunes)

Meat can provide the body with a source of mostly saturated fats which is important for providing us with energy. Fats provide twice as much energy per gram than carbohydrates or protein. Fats also provide our bodies with cholesterol to build all membranes and nerve coating (myelination) as well as sex and adrenocorticoid hormones and bile salts.

So lets look at the types of meat generally available to us and it's advantages and disadvantages.

Fresh Meat

Advantages: Fresh meat has a good protein profile like the muscle meats of beef, lamb, pork, game, the typical steak cuts and roasts. These muscle meats provide us with similar amino acid (protein) profile to our own muscles.

As mentioned before meat has some saturated fats. Depending on the cut of meat this will vary, leaner is better. Fresh meat is high in nutrients like selenium, phosphorus and potassium.

Disadvantages: Meat must be cooked thoroughly as raw meat may still contain bacteria. If the meat is not organically certified it may contain steroids, hormones, chemical residues (fungicides, herbicides, pesticides), heavy metals from water sources/and or grazing pastures.

The more raw the meat is, the better your digestion needs to be to cook it and break it down with your digestive acids. Those with poor digestion will find meats that have been cooked for longer periods will be easier to digest - eg. A stew simmered all day compared to a steak straight off the barbeque.

Inhumanely grown and butchered meat makes for inferior quality meat, evident in its flavour, texture and nutrient content. If it is cooled too rapidly when butchered the muscle fibres shrink and make the meat tough when it is cooked (ie Lamb will do this).

Fresh meat will keep in the long term if it is frozen, otherwise it needs to be refrigerated no more than 2 days and then cooked, so it does not make for a very transportable form of protein compared to nuts, seeds or even eggs. A high fat content can rapidly lead to spoilage at room temperatures (rancid fat). Frozen Meat - will last for 1 - 2 years but the quality is inferior to fresh meat.

Meat has almost no fibre in it. In fact high red meat diets are one of the main contributing factors in colon/rectal cancer. Research has shown that this type of cancer is less common in those who tend to eat more chicken and less red meat, and even less in those who consume fish 3 times per week.

Processed Meats - smoked, pickled, preserved, refined & combined - sausage meats, bacon, salami, sandwich meats, rissoles, hotdogs etc,

Advantages: Well, the be honest, there are few advantages here. Not truly healthy ones and that is what this is all about - recommending foods that will give you the best possible health benefits. If you have a good local butcher get him to make them up for you - so at least they are not sitting around in supermarket plastic for days covered in preservatives.

There are just too many reasons not to buy these kinds of products, especially if you have the opportunity to purchase better forms of protein. And yes I know you will say...it takes more effort, it costs a bit more...but last time I looked having an illness was expensive too.

Disadvantages: The biggest disadvantage is that cured/processed meats are high in **sodium nitrites** and other preserving chemicals. Processed meats are also a poor source of nutrition, especially in the long term. Nitrites (like sodium nitrites) are potentially carcinogenic (cause cancer) when mixed with amines (natural or synthetic). This combination is common particularly in western food combining practices, like having wine or beer and cold cuts of meat.

The problem is - the nitrites are in more and more foods. And not only foods, they are in some prescription drugs as well. How many people do you think would consider their 'drugs' as part of their daily nutrition intake? They are, but cannot and should not be disregarded.

If you are interested to find out more on this subject and what you can do to help combat the affects of nitrites, go to the 'Health Articles' page on our website or drop in to the clinic. www.heavenearthhealing.com/healtharticles

*Falling in love is usually a powerful experience of
feeling the Universe move through you. The other
person has become a channel for you, a catalyst
that triggers you to open up to the love, beauty &
compassion within. Shakti Gavain*

Recipe: Warming Winter Fish Dish Cajun Fish

This sounds like a hot dish but it tends to be more warming than hot like chilli hot. Keep extra yoghurt on stand-by if you are not sure.

500g thick fish fillets - dory, snapper, mullet, swordfish
(whiting also works fine!)

1/4-1/3 cup cold pressed olive oil

2 shallots or 1 small onion, finely chopped

2 cloves garlic, minced

1 tsp sea salt

1/2 tsp of paprika

1/2 tsp cayenne pepper

1/2 tsp freshly ground black pepper

2 tblspn chopped parsley to garnish

Cut fish fillets into 3 to 4 cm cubes.

Mix oil, onion and all seasonings together in a bowl. Add fish pieces and stir to thoroughly coat all pieces. Let stand for at least 15 mins.

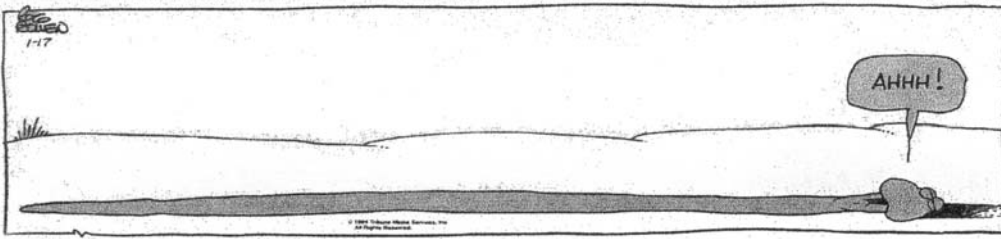
Smear some extra oil in a pan and heat the pan. Add fish in a single layer and turn often until its cooked. If you want you can add a squeeze of lemon or lime over the fish at this stage.

Then you can either - drain the fish on a paper towel and keep it warm ready to serve- or leave it in the pan with its juices and add a couple of tablespoons of plain yoghurt and stir it around into the fish as you take it off the stove heat. This creates a really nice creamy sauce. Serve up with some salad greens.

At this point you can also leave the pan with the fish and the sauce on the stove and then add some thinly sliced vegetables like sliced pieces of carrot, zucchini, broccoli, capsicum, califlower.... Allow the veggies to steam for a few minutes on top of the fish until they are soft, and then serve. This dish is also nice with rice.

This fish can be marinated overnight and kept in the fridge until it is cooked the next day.

*Some People walk in the Rain
Others just get wet. Roger Miller*



*“There are two great days
in a person’s life
- the day we are born
and the day
we discover why.”
William Barclay*

Emotional Freedom Techniques



Each time we do a newsletter I wonder if I should include something about EFT. I think people are tired of me ranting and raving about it.

But each month someone comes in and tells me how EFT has changed their life, how it has improved their health and emotional states when little else has helped.

What most people refuse to accept is that with all illness there is an emotional content, often it is our negative emotions that are the main cause of the illness not improving or the pain not going away.

People don’t like to admit that they are in some form of emotional stress, it somehow seems worse than a physical complaint. To admit to emotional problems is to acknowledge that there is something deeper going on, an underlying cause to the emotion. It means going deeper into our fears, guilt, anger, etc..

After experiencing a variety of therapies for 30 years I treat my negative emotions as old friends and have learnt to work *with* them and not against them.

Of all the techniques I have experienced, EFT has been the best for quickly removing negative emotions. It is easy to learn, easy to practise and has excellent results. Anyone can do it, anywhere. It is great for kids and Gran-nies. It may be used for everything that has an emotional content, that includes physical pain. In fact there is little that I can think of that EFT doesn’t help.

I guarantee it is worth the effort to attend our 1 day workshop or if you prefer you may have 3 Private consultations. Either way if you don’t feel the EFT workshop is helpful we will fully refund your money.

If you would like our brochure please contact Shauna or You can read more about EFT on our website, www.heavenearthhealing.com/eft.htm

- EFT OneDay Workshop -

“Balanced Emotions Peaceful Mind”

The Essentials’ of EFT

Sunday 6th August, 9.30am - 5 pm

Fees: \$160 + \$16 gst : \$176

(manual included)

Location: Bond Uni

Early Bird !! Book & Pay by Wed. 26th July

\$140 + \$14 gst : \$154

:: Phone to reserve your place :: 5522 0411 ::

Read more about EFT on our website -

www.heavenearthhealing.com/eft.htm

The Gender of a Fly

A woman walked into the kitchen to find her husband stalking around with a fly swatter.

“What are you doing?” She asked.

“Hunting Flies” He responded.

“Oh. Killing any?” She asked.

“Yep, 3 males, 2 females,” he replied.

Intrigued, she asked

“How can you tell?”

He responded,

“Well 3 were on a beer can and 2 were on the phone.”

Courtesy of [http://](http://www.homeholidaysfamilyandfun.com)

www.homeholidaysfamilyandfun.com

Esoteric Acupuncture

It’s been three months since I began treating people with Esoteric Acupuncture. In EA we ask the client, using muscle testing, what treatment is appropriate. The people who choose to have EA treatments are all on their own spiritual journey, meditation, yoga, Course in Miracles, NLP, Mantra, Holosync program.

Each noticed an increase in their spiritual development. Their meditations have been deeper, negative emotions have come and gone more quickly. They have remarked on how they have felt emotionally and spiritually stronger and more connected to their Soul’ journey.

I feel this is a worthwhile path to pursue - it’s only draw back is that it takes time. There is an average of 10 days between treatments and the client needs to be aware of the subtle changes taking place in their mental/spiritual states.

I am continuing to offer this form of treatment. Read more about EA on our website under **health articles**.

Heartfelt Thanks

☼ *Thank you for your referrals* ☼

Word of Mouth

is a powerful form of advertising and we are grateful for your ‘spreading the word’.

Its rewarding for us to hear how you are improving. We are always looking for the best ways to improve our services, so your feedback is important to us. Plus occasional we also need that pat on the back.

There is nothing as nice after a long day to know that we have helped you heal.



Organics Boom: Sector Struggles to Keep Pace with Demand

The Australian, Friday, 5 May 2006

Organic food has become the preferred choice for many Australians and continues to boost its mainstream appeal.

In so doing it is changing the face of Australian agriculture, with the number of accredited organic farmers expected to grow by 20-30pc in the next three years.

In opening the inaugural EcoV – The Organics and Sustainability Show in Bendigo, Victoria, Parliamentary Secretary for Agriculture, Sussan Ley, has said that Australian consumers, like their counterparts overseas, are increasingly demanding products that are healthy and made using environmentally responsible production systems.

“The International Federation for Organic Agriculture Movements estimates the worldwide demand for organic produce to be growing at 20% a year — a figure well ahead of the supply rate,” she said.

“Many Australian farm enterprises have taken the opportunity to convert to organic production systems.

“In fact, it is estimated that the number of organic producers will increase by 20-30% within the next three years, as they gain full certification.

“However, more will be needed to meet the projected demand.” Ms Ley has pointed out that the industry still faces many challenges, and must work together under the leadership of the Organic Federation of Australia to ensure continued success.

“The Australian Government is playing its part by helping the organic industry address its key challenges, and to adopt more profitable and sustainable farming practices,” she said.

Looking for a way to remove poisons & sprays from the non-organic produce you buy at the store??

To remove pesticides and parasites from the *surface* of produce, soak fruits and vegetables for 20 minutes in a full sink of water to which you add 1/4 cup of 3% Hydrogen Peroxide. Or use 1 tablespoon of 3% solution of HP per four litres of your soaking water. Alternatively you can spray 3% HP on your produce, leave it on there a minute or two, then rinse well.

I think the soaking works better for things like broccoli which tends to be heavily sprayed.

Note: Standard 3% HP is not to be taken internally since it has chemical stabilisers in it. If you are wanting Food Grade HP ask for it especially at the Health Food store.

Clinic Hours:

Monday, Wednesday & Friday
10am - 1pm & 2.30pm - 7pm

Tuesdays, Thursdays & Saturdays
by appointment only

Please call ahead if you are calling in to pick up herbal formulas or vitamin supplements- that way we can have them ready and waiting for you - thankyou!

Healing Meditation Classes

remove stress, find peace

3 evening classes for those wanting to learn how to meditate and find inner peace. Learn why it works, how it works and how it can help uplift our lives. Meditation has the ability to bring greater happiness and activate the healing of our body/mind.

Classes begin:

Monday 24th July, evenings
7pm to 9 pm, and will go for 3 consecutive weeks.

These classes will take place in the clinic and are \$10 per class.

Please phone reception if you would like to book in for these classes as seating is limited.



We Welcome

a new Practitioner to our clinic

Malcolm Mckay

Dip. Applied Science. Acu. mATMS

Acupuncture, Naturopathic,
Therapeutic Massage

Mal has 15 years experience

He is working on Tuesdays & Thursdays

Mal's speciality is Back problems & Obstetrics.

(He has delivered both his own children and is also great with Kids!)

We deliver

If you are on a herbal formula or have been taking vitamin and mineral supplements it is important to your health to keep up the continuity of these nutrients.

We offer a courier/postal service for getting these to you when you run out. Freight costs \$5.00 per order - Orders over \$100 are Freight Free!

Your passage through time and space is not at random.

You cannot but be in the right place at the right time.

Such is the strength of God. *A Course in Miracles*

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