

Aware Healing

AUTUMN NEWSLETTER 2015

What a lovely Autumn we are having. There is always so much abundance at this time of year, which give us a good opportunity to nourish ourselves with vitality from foods before the winter. If you live near some open spaces perhaps you have managed to gather black berries, very good to cleanse blood, promote longevity, protect the nervous system, improve eye sight, skin appearance, detoxify metals and accumulated estrogens, strengthen digestion, remove parasites and worms from intestines, and 5x more potent in antioxidant activity than Goji Berries, fight arthritis, stimulate bile flow, stimulate human growth hormone (HGH).

Apples of course are in abundance now too. Apples are so good for the small intestine. They contain quercetin which is a flavonoid and this together with other foods like broccoli and cabbage and carrots with avocado, contribute to a healthy environment for certain beneficial microbes eg f. prausnitzii which has anti-inflammatory effects, and also gives ligands for Aryl Hydrocarbon Receptors (AhR) which keep the small intestine healthy so that it can digest and absorb food in the best possible way, which then helps the large intestine. Apples also are great for softening calcium deposits which can lead to gall or kidney stones, and even breaking down large stones. They marry perfectly with cinnamon which is a wonderful spice one role being in balancing insulin sensitivity, another is as an anti-inflammatory. However know your cinnamon – Ceylon is the one to go for cassia which is most common in prepared food and cheaper spices has a powerful toxin naturally occurring in it.

<http://naturalfamilytoday.com/nutrition/what-is-the-best-cinnamon-ceylon-vs-cassia-cinnamon/>

The Psoas and overall health

The psoas muscle is an amazing part of our body and fascinates me more, the more I learn about it. Recently I have been able to actually experience for myself some of the effects it can have on our wellbeing if tight from too much sitting, in my case a great amount of driving and then sitting while waiting or working, without my usual exercise to counteract it over the last two weeks. Did you know that a tight psoas, apart from being uncomfortable, cause back pain and hip problems can also contribute to poor sleep and heighten cortisol, the hormone which our adrenals produce when the body says it is stressed. So this sends a message to your brain to produce more, which is toxic for the body when not used (we are just sitting, not in fight or flight!) and weakens the adrenals more, which has a huge knock on effect on the whole endocrine system and digestion. Our microbes and organ functions are very sensitive to stress levels. So take care of your psoas ! Walk regularly, stretch regularly, yoga and gyrokinesis are really good forms of exercise for this which we are lucky to have plenty of where I live.

www.ledafranklin.com www.yogastroud.co.uk

Wifi and Children

As long ago as 2011 The Council of Europe recommended that wifi and mobile phones be removed from schools. Even in 2009 France was acting to remove wifi in certain towns and primary schools and has continued. Germany and Russia too. As usual we have our head in the sands about this but work is being done. On Saturday November 14th 10 am to 3 pm at Lansdown Hall in Stroud, Gloucestershire, there will be a conference on this matter held by Dr Erica Mallery-Blythe MD who has given up her practice to dedicate herself to this cause and Lachlan Wilson a Barrister who is working on the legal practicalities of this subject. This has been organised by Gabriel Miller who is dedicating much of her time and expertise to achieving this in Gloucestershire.

Gabriel Miller 01453 840 175 or Skeena 01453 750046 £10 for the day with a very healthy lunch available for purchase.

Supplements

Cytoplan now have *Saccharomyces boulardii*. This is a particular microorganism differing to the Quantabiotica bacteria and aims in that it is understood to be a transient; meaning that it passes through the system without binding to the gut wall lining (a sought-after feature in high quality probiotic bacteria). *S. boulardii* however has undergone years of rigorous clinical research demonstrating not only its safety, but its ability to bind to and flush out pathogens such as E. coli and Salmonella; thereby naturally supporting patient gut health in the case of acute illness. *S. boulardii* has also been shown to improve enzyme functionality and have considerable anti-inflammatory properties, helping the gut in those with Inflammatory Bowel Disease and Irritable Bowel Syndrome so that it then becomes a better environment for colonisation by more permanent beneficial microbes. It has furthermore been shown to help clear overgrowth of pathogenic yeasts such as *Candida albicans*. Available from



www.cytoplan.co.uk/home.php?AFKey=kz0001

Next order for Quantafood supplements will be 28th October. Then at the end of November there will be the last one for this year.

I recommend getting your supplies of Polar D3 and Immunutrafood along with Quantabiotica and the nourishing Multinutrafood to strengthen and boost immune systems. And don't forget detoxabath, which also makes a great gift !

Speaking of gifts, I know many like to think ahead for Christmas so below are a few ideas for your friends and family.

Microbz have three different spritzers on offer, and may also bring out a Christmas spice one like last year. These are really lovely and the Orchid essences they contain are wonderful.



£12.50

Awaken

This spritzer is a formulation of pure ingredients designed to awaken one to mindful presence. Simply spray the fine sensual mist around the face and aura. Can be used as a pick me up on long journeys or to restore the spirits when feeling disheartened or sleepy. Can also be used to cleanse the atmosphere before meditation and promote a bright mind.

Made with.

Sacred spring water

Collected from the Church of the Blessed Virgin Mary, Charlcombe.
The water from this holy well is also used for christenings.

Effective Microorganisms.

Made using spring water, organic malt extract and microorganisms.

Living Tree Orchard Essences

In the tradition of the Bach Flower Remedies and the Australian Bush Flower Essences, the Living Tree Orchid Essences are produced in Scotland using tropical orchids grown in a greenhouse.

Crown of Consciousness: Helps open the crown chakra for spiritual connection.

Heart of Light: Promotes a liberating feeling opening the heart to universal connectedness.

Essential Oils

Rosemary: *Helps with concentration, clarity and awareness.*

Cypress: *Brings confidence, wisdom and balance.*

Neroli: *To encourage understanding, lightness of being and joy.*

Calm

This spritzer is a formulation of pure ingredients designed to bring calm and serenity to restless emotions and a busy mind. Simply spray the fine sensual mist around the face and aura. Good to use before meetings, exams and stressful situations generally. Can be sprayed to clear a room of negative energies and works well with over excited children and pets. Perfect for helping a restless baby sleep.

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Crown of Consciousness: Helps open the crown chakra for spiritual connection.

Clear Mind: Calms the mind offering clarity of perception and eases mental tension.

Inner Peace: Prepares one to experience true peace.

Essential Oils

Chamomile Roman: *Assists with relaxation, serenity and inner peace.*

Geranium: *For tranquility, assurance and protection.*

Lavender: *Brings acceptance, emotional balance, compassion and comfort.*

Ylang Ylang: *For warmth, sensuality, calm and joy.*

Energize

This spritzer is a formulation of pure ingredients designed to energize and refresh the mind body and spirit. Simply spray the fine sensual mist around the face and aura to give an instant boost to your energy field restoring a sense of vibrancy and regeneration. Perfect for when one is feeling depleted and in need of revitalization.

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Crown of Consciousness: Helps open the crown chakra for spiritual connection.

Vital Core: Strongly energizing providing a “get up and go” effect

Internal Cleansing: Acting on the energetic systems assisting detoxification and cleansing

Essential Oils

Peppermint: *For vitality, vibrancy and concentration.*

Pine: *To encourage tenacity, perseverance and direction.*

Lemon Verbena: *Brings liveliness, clarity and awareness.*

Clary Sage: *For confidence, regeneration and revitalization.*

BeCalm Balls are ever popular and continue to give amazing results for users to improve, energy, sleep and recovery. Please see their details in the ‘shop’ page on the website. £29

Rejuvenessence – Facial Energy Release Gift Vouchers – These make a really wonderful gift for someone, if not yourself, such a deeply relaxing and restoring treatment.

Rejuvenessence Update

New timings and prices !

First time sessions 1 hour and a quarter - cost £45

Subsequent sessions will be 1 hour - £40

At request - 1 hour and a half - £50

Sessions can be combined with a nutrition consultation – do speak to me to arrange.

Look forward to hearing from you soon

Many Blessings

Zara

