

February 2017

newsletter

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La Diosa

Natural Health, Beauty & Well Being Clinic



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DEAR LA DIOSA FRIENDS

WELCOME BACK TO OUR FIRST NEWSLETTER OF 2017, THE YEAR OF THE ROOSTER. THE YEAR OF HARD WORK AND MASSIVE BREAKTHROUGHS FOR THOSE WHO ARE READY TO PERSEVERE, BE DISCIPLINED AND FRUGAL. 2017 IS ALSO THE YEAR OF MASSIVE WORLDWIDE CHANGES. THIS WILL ULTIMATELY REFLECT IN OUR PERSONAL AND PROFESSIONAL LIFE. NOT MANY OF US LOVE CHANGE, BUT IT IS AN INEVITABLE PART OF OUR LIFE AND ULTIMATELY THE ONLY CONSISTENT THING WE CAN COUNT ON. CHANGE, WHETHER GOOD OR BAD, CAUSES STRESS. FOR US HERE AT LA DIOSA OUR JOB IS TO HELP YOU KEEP YOUR STRESSES DOWN WITH OUR EXPERIENCED THERAPISTS AND THE HIGH QUALITY NATURAL SUPPLEMENTS THAT WE OFFER.

WHETHER YOU CHOOSE MASSAGE, ENERGY HEALING, PSYCHOTHERAPY, NUTRITIONAL ADVICE, TAROT OR MEDIUM SHIP, OUR SUPER COSY ENVIRONMENT AND FRIENDLY TEAM OF 13 THERAPISTS WILL HELP YOU TO RESTORE YOUR ACHING BODY, SHARPEN YOUR MIND AND REJUVENATE YOUR ENERGY. MANY WHO EXPERIENCE OUR TREATMENTS ON A MORE REGULAR BASIS ALREADY KNOW HOW BENEFICIAL THEY ARE FOR OVERALL WELLBEING.

DON'T FORGET TO USE YOUR HEALTH FUND REBATES. FOR MANY, REBATES ARE TOPPED UP FROM THE BEGINNING OF THE YEAR. IF YOU ARE NOT HAPPY WITH YOUR HEALTH FUND, CALL ISELECT AND RECEIVE A FREE QUOTE OF BETTER HEALTH FUND REBATES (IT ONLY TAKES ONE PHONE CALL: [13 19 20](tel:131920)). WE GET NO COMMISSION FROM THIS BUT WE WANT YOU TO RECEIVE A BETTER DEAL AND SEE YOU AROUND MORE OFTEN!

IT IS LOVELY TO START THE YEAR WITH THE MONTH OF LOVE. SO WHETHER YOU ARE IN LOVE OR NOT, IT DOESN'T MATTER. LOVING YOURSELF IS A GREAT START. WHETHER YOU CHOSE TO PAMPER YOURSELF OR SOMEBODY ELSE, LA DIOSA'S FEBRUARY SPECIAL WILL SURELY KEEP THE HEART OPEN AND THE MIND RELAXED.

WE WISH YOU A HEALTHY AND WEALTHY YEAR AHEAD

BRIGHT BLESSINGS

JASMINKA AND TEAM

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VALENTINE'S DAY
SPECIAL

With every gift
voucher we are giving
away the **Essential**
oil "Love"

Springfields brand essential oils are the highest quality available on the market. The Love blend brings together the exotic and seductive aroma of Ylang Ylang with the soft sultry aromas of Patchouli and citrus; perfect for romantic moments.





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Essential oils: Methods of Use

Inessence: <http://www.inessence.com.au/methods>

The methods of use are what makes aromatherapy one of the most beautiful and indulgent of all the complementary therapies. There are so many ways to enjoy the captivating aromas of our pure essential oils. Here are a few of our favourites to get you started.

Essential oils are highly concentrated and must be diluted before use. They are not to be taken and nor should they be put directly onto the skin. The methods of use are many and varied. Below are the most commonly practiced applications in Aromatherapy.

In Essence recommends choosing 3 essential oils to create a harmonious blend.



Vaporising

Vaporisation is the most popular and versatile method of use in the practice of Aromatherapy. It is the first point of entry for essential oils via the sense of smell. Once the particles are inhaled, the essential oil vapours may alter moods and balance emotions within seconds.

Fill your vaporiser with water to the level indicated. Add 6-9 drops in total of pure essential oils to the water and light the candle at the base of the Ceramic Vaporiser or switch on your Electric or Ultra Sonic Vaporiser.



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Massage

Massage is the most powerful and effective method of use in the practice of Aromatherapy. Via the sense of touch the individual is stimulated while the essential oils penetrate the body.

To make up a massage blend, choose 3 essential oils and add 2 drops of each into 12ml of massage base oil.



Spritz

Spritzing is one of the most versatile and effective methods of use in the practice of Aromatherapy. The essential oil molecules are dispersed and released into the air when sprayed. Ideal for use in home, office and travel to refresh, revive and balance the senses.

Simply fill your In Essence Spritz bottle with 90mL of distilled or tap water. Choose three essential oils and add 2 drops of each into the bottle filled with water. Shake well before spritzing into surrounding air. Keep away from eyes. This solution will last for at least one week.

Bathing

Bathing is the most beautiful and nurturing method of use in the practice of Aromatherapy. All the senses are engaged in this practice and the mind and body are totally relaxed as the pure essential oils enter the body.

Add 3 drops in total of chosen oils to one teaspoon of Sweet Almond Massage Base Oil and disperse into bath water. Agitate the surface of the bath and then immerse body and relax for 10 minutes. Remember not all oils are suitable for use in the bath. Avoid using herbaceous essential oils such as Lemongrass in the bath, they are very stimulating and may irritate the skin. Some Citrus essential oils such as Orange will also irritate the skin.





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Inhalation

Add 3 drops in total of your chosen essential oils to a bowl of hot steamy water. Place a towel over your head and inhale deeply for 10 minutes. The essential oil molecules are absorbed by via your respiratory system into your body.

Compress

Choose 3 essential oils and add 1 drop of each to a basin of warm water. Agitate the water thoroughly. Soak a face cloth to the face, holding for 5 seconds. Release and repeat.



Direct Method

There are some specific cases where essential oils may be used directly on the skin. When a very small area of the skin is to be treated, the direct method can be applied. Add 1 drop of pure essential oil to the tip of a cotton bud. Apply directly to the small affected area. Choose 1 oil only.

Hair Rinse

Choose three essential oils. Add 2 drops of each to a 100ml blending bottle filled with warm water. Shake well. Rinse through the hair, massaging the scalp to add shine and lustre to the hair. Do not rinse out. Dry and style as usual.





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Foot Bath

Choose three essential oils. Add 2 drops of each to a large bowl of water. Mix the water well to disperse the oil molecules. Soak your feet for 15 minutes.

Tissue Method

Add 1-3 drops of pure essential oils to a tissue. Inhale deeply.



Body Rub

Choose 3 essential oils and add 2 drops of each essential oil to 12mls of Massage Base Oil. Apply to the body, starting at the feet and working up toward the neck with a vigorous circular motion.



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Facial Oil Mask

Simply warm 12ml of Jojoba and add 6 drops of pure essential oil and apply a thin layer to the skin with a pastry brush. Use long flowing strokes and leave for 30 minutes to gain the full benefits of the chosen oils.

Swab

Choose three essential oils and add 2 drops of each essential oil to a basin of warm water. Agitate the water thoroughly. Bathe the affected area with the aromatic water and a cotton wool pad.





Cilantro can Remove 80% of Heavy Metals from the Body by Erin Elisabeth

Did you know that Cilantro is one of the most effective and gentle detoxifiers of heavy metals and other toxic contaminants, in the vegetable world? Since heavy metal overload has been linked to problems like cancer, heart disease, brain deterioration, emotional problems, kidney disease, lung disease, and weak bones, it's important to extract as much mercury from your body's organs as possible. Rich in minerals like potassium, calcium, manganese, iron and magnesium, cilantro is also high in vitamins A and K. But there's more- it's also an antiseptic, antifungal and anti-inflammatory.

If you are unsure how to get a bit more cilantro into your day, here's a recipe from our friends at Living Traditionally:

Cilantro Inflammation-Busting Recipe

- 1/2 c packed chopped fresh organic cilantro
- 1/2 c organic apple juice
- 1/2 c water
- 1 teaspoon wheatgrass powder (or any other green powder- I like Organifi)
- Mix in your Vitamix or blender until smooth.

Sydney events:



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AN EVENING WITH
ECKHART TOLLE

SYDNEY - 27 APRIL 2017

http://www.hayhouse.com.au/an-evening-with-eckhart-tolle-sydney?utm_source=hh&utm_content=ECK-2017-SYD-GA-Ads&gclid=CLP7-riD2tECFYZjvAodOeMH8g

DR. GUNDRY DIET

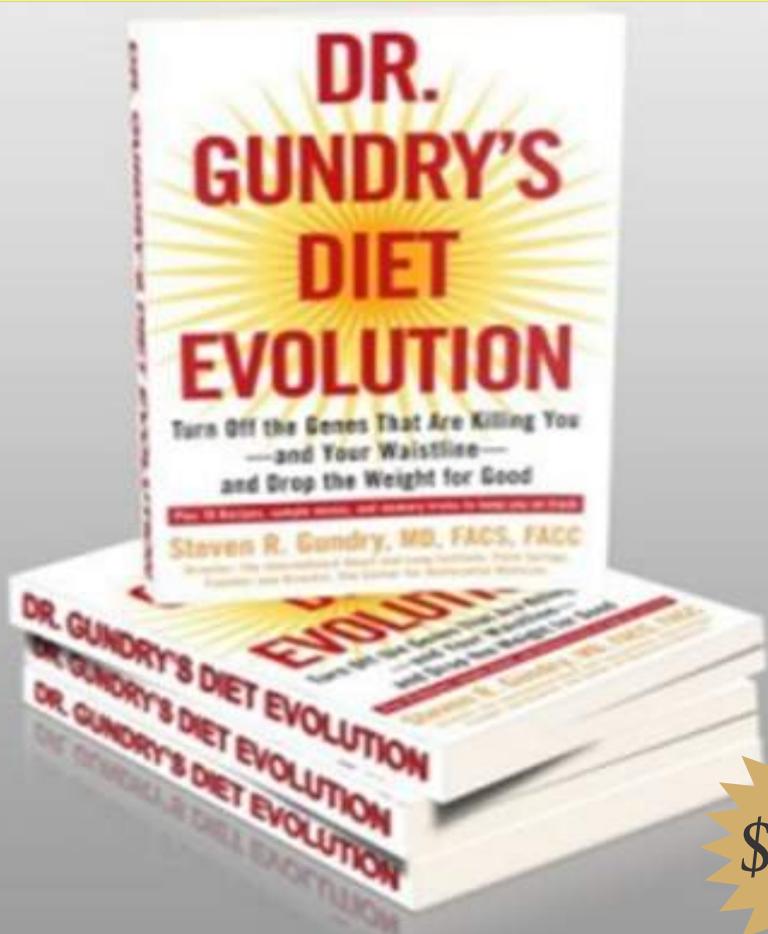


Transform yourself with a new way of looking at eating and weight loss.

- * If it 's "white", keep it out of sight.**
- * If it 's "beige" you had better behave.**
- * If you eat "dark green", you will become lean.**
- * If you eat fake fats, you'll get heart attacks.**
- * Weight off fast won't last.**
- * Weight off slow, you're good to go.**

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The Diet Theory: A New Way To Communicate With Your Genes



Does losing weight and staying healthy feel like a battle?

Well, it's really a war.

Your enemies are your own genes, backed by millions of years of evolution, and the only way to win is to outsmart them.

In his book, Dr. Gundry tells you how to turn off the genes that are killing you and your waistline and drop the weight for good.

\$29.95

available @



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Dr. Gundry's Diet Evolution

To regain control of your waistline and your health, Dr. Gundry explains what your body is thinking and tells you why, surprisingly, your genes actually want you to be fat & even sick. Eating many so-called healthy foods gives your body the wrong messages and may activate what Dr. Gundry calls killer genes, whose purpose is to get rid of you. Now, with his revolutionary ideas, which enabled him to easily lose 70 pounds, you can reprogram your body for the health, life, looks, and longevity you desire! And this is a diet that works equally well for women and men, no matter what their age.

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Dr. Gundry on **facebook**

Three Steps To A New You

Phase I: The Teardown

The Teardown Phase will train your body to stop storing fat and curb your appetite, which enables you to lose weight while turning off "killer genes".

[More...](#)

Phase II: The Restoration

The Restoration Phase gives your genes the resources to make you healthy and strong.

[More...](#)

Phase III: Longevity

The Longevity Phase will allow you to enjoy your new, slim, vibrant body for a good, long time by making your genes protect you from aging.

[More...](#)



5 Unusual Signs of Colon Cancer Folks Accidentally Ignore For Years



If you didn't include skin cancers, colorectal cancers are the third most prevalent cancer in the United States. In 2016 alone almost 140,000 people are diagnosed with either colon or rectal cancer. Although cases of colorectal cancer are common, many people wait until it's too late to get diagnosed. This is because symptoms of colorectal cancer are very subtle and easily overlooked.

This is why I am going to tell you about the most commonly overlooked symptoms of colorectal cancer and what you can do to reduce your risk of developing it.

Most Commonly Overlooked Symptoms of Colorectal Cancer Cramps

Abdominal cramps are one of the most overlooked symptoms of colorectal cancer mainly because they are a symptom of so many other, non-cancerous conditions. This doesn't mean that you should freak out if you are feeling stomach pain.

However, if you are experiencing intense and long-lasting stomach cramps that don't seem to be going away along with other symptoms of colorectal cancer, you should not dismiss it as it can be a major indicator.

Fatigue

This is another symptom that is commonly dismissed as something less serious than it may be. Many people feel fatigue without even having a condition, as not getting enough sleep is common in modern society.

However, if you feel constant fatigue, even when getting sufficient amounts of sleep and eating a well-balanced diet, along with other symptoms of colorectal cancer, then it should not go unignored.

Cancer cells can cause fatigue as they use up the body's energy. Colon cancer can also cause fatigue as it can cause blood loss.

Sudden Weight Loss

An immediate and dramatic decrease in weight can be caused by a variety of cancers, one of them being colon cancer. "Unexplained weight loss" is generally described as an unintentional loss of 5% of your body weight within six months.

So, for someone who weighs 150 pounds, unintentionally losing 7 and 1/2 pounds within six months would generally be described as "unexplained weight loss".

This is due to the fact that cancer cells use up a lot of the body's energy, and the immune system also works hard to prevent the disease from spreading. All of this energy expenditure causes a large amount of weight loss.

With colon cancer, it is also possible that a large tumor can block the colon, which can affect one's bowel movements and cause severe weight loss.

Irregular Bowel Movements

As a society in general, people do not pay enough attention to their bowel movements. The timing, consistency, and appearance of these movements can indicate various problems with your health, including the presence of colorectal cancer.

Colon polyps, which are small bunches of cells that can become cancerous over time, begin to affect bowel movements when they turn into tumors. These tumors can affect the way your large intestine functions, and this will be reflected in the changes found in your stool.

Loose, watery stools, diarrhea or constipation can all be indicative of colorectal cancer, as long as they are not being caused by any other conditions.

Bloody Stool

Again, this brings me back to my point about people not paying enough attention to their bowel movements. Although many people would be alarmed by the sight of blood in their stool, some may be too embarrassed or uncomfortable to bring it up with friends, family or their doctor.

Sometimes the blood in the stool may even be too dark to see unless examined thoroughly. Bloody stool and bleeding from the rectum is a common symptom of both colon and rectal cancer. If you notice bright, red blood on the toilet paper after wiping, or reddish/pink water in the toilet then it may be a sign of rectal bleeding.

Lowering Your Risk of Colorectal Cancer

There are many different measures you can take and lifestyle changes you can make that will lower your chance of developing colorectal cancer. Here are some of them:

Eat your fruits, veggies, and grains. Diets rich in vegetables, fruits, and whole grains have been linked to a decreased risk of colon cancer, while diets high in red and processed meat have been linked to an increased risk of colon cancer.

Exercise regularly. Being physically inactive has been linked to an increased risk of developing colon while increasing activity reduces your risk.

Don't smoke. Smoking has been associated with an increased risk of developing a variety of cancers, one of them being the colon.

Manage your weight. Being overweight/obese not only increases your risk of developing colon cancer, but it also increases your risk of dying from it. This is because being overweight weakens your body, making it less able to fight off cancers.

Limit alcohol. Heavy drinking has been linked to the development of colon cancer. The American Cancer Society suggests limited alcohol intake to two drinks per day.

*Article originally appeared at The Hearty Soul.

Chinese Astrology: Year of the Yin Fire Rooster 2017

by Tanaaz:

<http://foreverconscious.com/chinese-astrology-year-yin-fire-rooster-2017>



The Chinese New Year begins on the first New Moon of the year, which is January 28th, 2017. Last year was the year of the Fire Monkey, which brought many surprises and unpredictability. A lot of people felt all over the place in 2016 but now in 2017, things are going to feel more grounded.

The Rooster is an organized, practical and grounded animal that likes to plan and take calculated risks. While the Monkey is all about the element of surprise, Rooster energy is more about making planned decisions.

In 2017, it is going to be necessary to plan your next move and to start thinking step-by-step what you want to achieve and how you are going to achieve it.

The Rooster is often the leader and commands the respect of all the hens, making 2017 a perfect year to step up and take responsibility for the direction of your life.

The Yin energy also gives 2017 a feminine quality. While you will be required to do some prepping and planning, you will also need to trust and follow your instincts and intuition.

If something feels off, or if something feels like it is not right, then the year of the Yin Fire Rooster will require you to pay attention. In fact, if you want to strengthen your intuitive muscles and learn how to trust your instincts, the Yin Fire Rooster will definitely provide support.

According to many Chinese astrologers, Yin Fire can be an extremely volatile combination.

Yin energy is often associated with water and metal, but when put together with fire it has the potential to be extremely destructive. Yin Fire can also indicate wars, terrorist attacks and economic corruption.

Yin energy is often associated with water and metal, but when put together with fire it has the potential to be extremely destructive. Yin Fire can also indicate wars, terrorist attacks and economic corruption.

If any animal can handle the energy of Yin Fire however, it is the Rooster. With the Rooster's practical and methodical approach it has the ability to take this Yin Fire energy and keep it under control.

When Yin Fire is under control it can actually lead to peaceful resolutions, a tempering of anger and a soothing of any conflicts. It is also a wonderful energy for female empowerment and more women may be in the spotlight this year than ever before.

On a personal level, the year of the Yin Fire Rooster may help you to solve issues or complex problems in your life. It may even help to bring clarity to issues that have been causing you anger and stress.

When you use this energy effectively, it will also help you to stay productive and to make great strides, especially in your career.

The year of the Yin Fire Rooster has also been labelled the year of awakenings and this is also playing out in Western Astrology as well.

We all know that the Rooster cock-a-doodle-does in the morning in order to "wake up" all the other animals.

In 2017, the Rooster is going to give all of us a much needed wake up call that is going to help us to further explore our intuition and to look at the areas of our lives that need to be rebirthed or transformed.

As we move through this year of new beginnings, more and more people are going to be called to awaken and the Yin Fire Rooster is going to be helping and supporting this journey.

The Yin Fire Rooster may be volatile and destructive but it is also extremely powerful and strong. When this energy is used effectively, there is no problem that can't be solved, no intuitive message that is too complex to understand and no dream too big to conquer.