

August 2015

newsletter

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La Diosa

Natural Health, Beauty & Well Being Clinic



Featuring in August

- 5 Best Essential Oils for Winter
- August Special with Ivana G.
 - Magnesium and the Brain
- Magnesium products at La Diosa
 - Osho on Intimacy
 - Savings @ La Diosa
- Bone Broth—A Most Nourishing Food for Virtually Any Ailment



DEAR LA DIOSA FRIENDS

ESPECIALLY IN WINTER, WITH LESS SUN EXPOSURE AND LOW VITAMIN D LEVELS, MANY CAN FEEL RUN DOWN AND DEPLETED, EMOTIONAL OR EVEN DEPRESSED. IF LIFE THROWS UNEXPECTED OBSTACLES ON TOP OF THAT WE MIGHT FIND IT EVEN MORE DIFFICULT TO COPE. THEREFORE, THIS MONTH WE THOUGHT IT WOULD BE APPROPRIATE TO OFFER A SPECIAL THAT MAY HELP YOU WITH THESE GLOOMY AND DOOMY WINTERY TIMES AND TO UPLIFT YOUR SPIRIT AND SOUL.

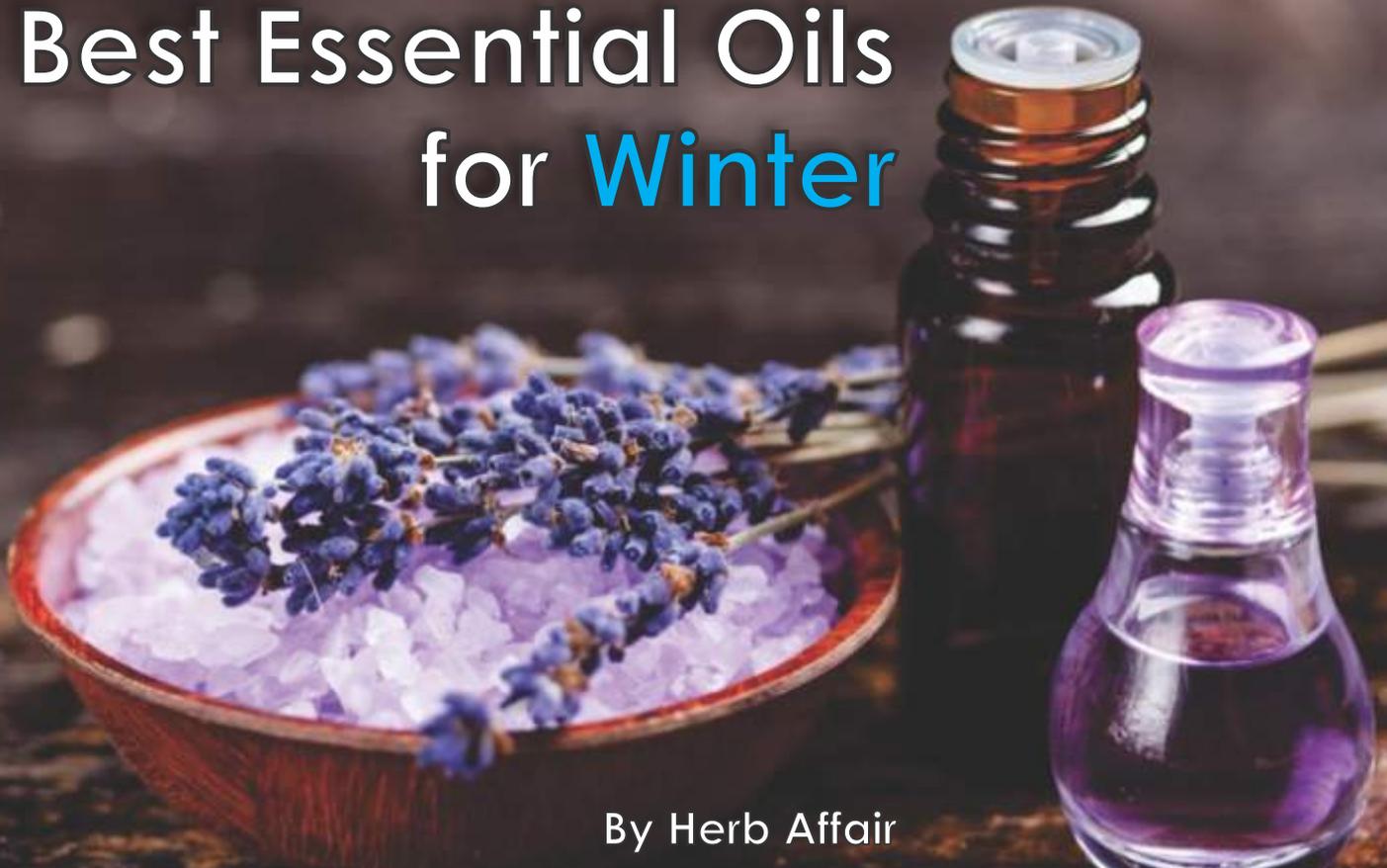
SO IF YOUR EMOTIONAL SCALES ARE NOT IN HARMONY AND IN BALANCE, IVANA'S SPECIAL FOR THE MONTH OF AUGUST MIGHT BE YOUR ANSWER. THROUGH A HOLISTIC APPROACH INTEGRATING A VARIETY OF PSYCHOLOGICAL METHODS (GESTALT, SOLUTION FOCUSED, COGNITIVE BEHAVIOURAL THERAPY AND EXISTENTIAL) - IVANA GRKOVIC IS A MORE THAN QUALIFIED PSYCHOTHERAPIST WHO IS READY TO ADDRESS YOUR ISSUES AND PROVIDE HEALING.

IN THIS NEWSLETTER

- READDRESSING THE IMPORTANCE OF TAKING MAGNESIUM. ONE OF THE MOST EFFECTIVE RELAXANTS FOR YOUR BODY AND MIND. WE STOCK ONLY THE MOST RESEARCHED AND HIGHEST QUALITY MAGNESIUM SUPPLEMENTS AT LA DIOSA
- INFORMATION ABOUT ESSENTIAL OILS FOR WINTER AND ORGANIC BONE BROTH THAT CAN FURTHER BENEFIT YOUR HEALTH AND KEEP YOUR IMMUNE SYSTEM STRONG AND FAR AWAY FROM COLDS AND INFLUENZA
- AS SPRING WILL BE OUR NEXT NEWSLETTER TOPIC, WE ARE SETTING THE MOOD WITH AN OSHO ARTICLE ABOUT LOVE AND INTIMACY

BRIGHT BLESSINGS
JASMINKA AND TEAM

5 Best Essential Oils for Winter



By Herb Affair

The use of essential oils for health purposes goes back to ancient times and history often credits the ancient Egyptians with being the first society to use these oils. Hippocrates from ancient Greece is also credited with using essential oils for their healing and curative properties. Using oils has become a very popular way to promote optimal health using a holistic approach. A lot of research is being done to see which oils work best for which ailments, but it is already known that they do have health-promoting properties.

Essential Oils You Need on Hand in the Winter

Essential oils are a type of oil that is extracted from a variety of aromatic plants. There are so many different oils available today that you surely feel overwhelmed when you are trying to choose the ones that you need most. During the winter season, there are certain threats to your health that you want to be able to combat and this is where you can narrow down the list of the best essential oils to keep on hand. There are five essential oils in particular that are especially helpful in keeping you healthy throughout the season. You can use these oils a number of different ways to help fight your illnesses:

1. Lavender Oil

Lavender is definitely one of the most popular essential oils and it has antibacterial, antidepressant and anti-inflammatory effects. This oil is especially helpful in clearing up a stuffy nose, making it ideal for allergies and minor illnesses like the common cold. It can also help break up congestion when you add five drops to your humidifier each day.

The cold weather of the winter season can do a number on your skin and leave it dry and flaky. This essential oil has moisturizing effects to help keep your skin hydrated and healthy. You can also combine it with other skin-healthy oils, such as jojoba oil, for an extra burst of hydration.

2. Oregano Oil

Oregano essential oil has very powerful immune-boosting, antiviral, antifungal, antiparasitic, anti-inflammatory and antibacterial properties. If you were to choose only one essential oil for the winter, oregano should be it. All of these properties come together to fight off illness, make your immune system stronger to prevent illness and to alleviate certain symptoms associated with fall illnesses like the cold and flu. It is especially helpful for relieving a sore throat.

If you experience anxiety and have difficulty sleeping, this essential oil is helpful. It induces feelings of inner serenity and calmness so that you are able to relax and fall asleep when you are ready for bed. It also helps to reduce the fear associated with anxiety.

3. Lemon Oil

Lemon essential oil has mood-boosting, astringent and antibacterial effects. You can use this oil to help prevent illness or to help fight illness if you are already sick. You can also use lemon around your home to clean because it will remove germs and bacteria from your floors and surfaces. Since many germs crop up in the winter, it is important to frequently clean your home with something like lemon that is able to kill germs so that they do not stick around and make you sick.

The scent of lemons has the ability to boost your mood and alleviate your stress. Lemon oil also has the unique ability to reduce your sugar cravings because it naturally reduces your desire to eat sweets.

4. Peppermint Oil

Peppermint is certainly good at freshening your breath, but one of its most important properties is as a mood booster. It also has immune-boosting properties and works to reduce your appetite. During the winter months, the days are shorter and those who are prone to depression and anxiety may notice that their symptoms are worse. Peppermint helps to eliminate fatigue and ease depression and anxiety so that you are able to go about your days without interruption.

Peppermint helps to stimulate your immune system, but if you are already sick, it can help with several symptoms that are common with winter illnesses. If you have a sinus headache, you must alleviate the pressure from your sinuses for it to go away. Peppermint helps to relieve this sinus pressure and drain your sinuses so that you can get rid of the pain and stuffiness.

5. Frankincense Oil

Frankincense has immune-boosting and purifying properties which can help to prevent you from getting sick during the winter season. Since this is the prime time to catch the common cold or influenza, using frankincense regularly is a good idea so that you can get through the season without getting sick. When combined with frequent hand washing, you will find that your immune system is stronger and that you are more resistant to illness.

When the days start to get shorter during this season, some people find themselves feeling a bit down and their energy is not as high as it is during the summer months. Frankincense helps to improve your mood and alleviate anxiety. It also helps to relax you so that you can sleep.

You can use essential oils alone or along with other remedies to keep yourself and your family healthy during the winter months. During these coming months it can be quite difficult to keep yourself from getting sick, but if you keep these oils handy it will surely help. Just make sure to use the oils properly so that you are getting the best protective results.

AUGUST SPECIAL

with **IVANA G.**

25% off
for **Counselling**
& **Psychotherapy**
\$82.50
per session
(saving **\$27.50**)

Or get
3 sessions
for the
value of two
\$73.33
per session
(saving **\$110**)



Sometimes, despite our best efforts, events and circumstances challenge our ability to cope. We may be subject to thoughts and feelings that are painful, confusing, demoralising or anxiety provoking.

Ivana will help you to uncover all the solutions you are looking for within the strength you already possess.

She utilizes an eclectic, interactive, holistic and client –centered approach, incorporating principles of Gestalt, Solution Focused, Cognitive behavioural therapy and existential approach.

BA App S.Science May Couns., BA Edu., Cert.IV Workplace Training+Ass., Cert. Existential Theory & Prac., Cert. Holistic Counselling & Life Care, Member CAPA, Bachelor of Psychological Science (Honours)

MAGNESIUM AND THE BRAIN

From the book: «Take control of your health and escape the sickness industry»
by Elaine Hollingsworth

Magnesium is a vital mineral for our overall health, and now a Chinese study has discovered that higher magnesium levels dramatically improve brain health. Guosong Liu, Director of the Center for Learning and Memory at Tsinghua University in Beijing, stated "Elevating brain magnesium content via increasing magnesium intake can be a useful new strategy to enhance cognitive abilities."

The Chinese study showed magnesium's effect on the brain cell's synaptic plasticity: "... a key feature of nerve architecture that enables your brain to tolerate stress, recover from trauma, and make actual changes. Synaptic plasticity is based on having well-nourished and properly energized brain cells - contrasted to inflamed brain cells that have become damaged and 'stuck in their ways'."

Due to topsoil depletion from incorrect farming practices, most of us are magnesium-deficient. As we get older, less magnesium is present in our cells. Yet it takes around twice the amount of magnesium recommended for body health to enhance and preserve the brain's optimum cognitive and memory functions.

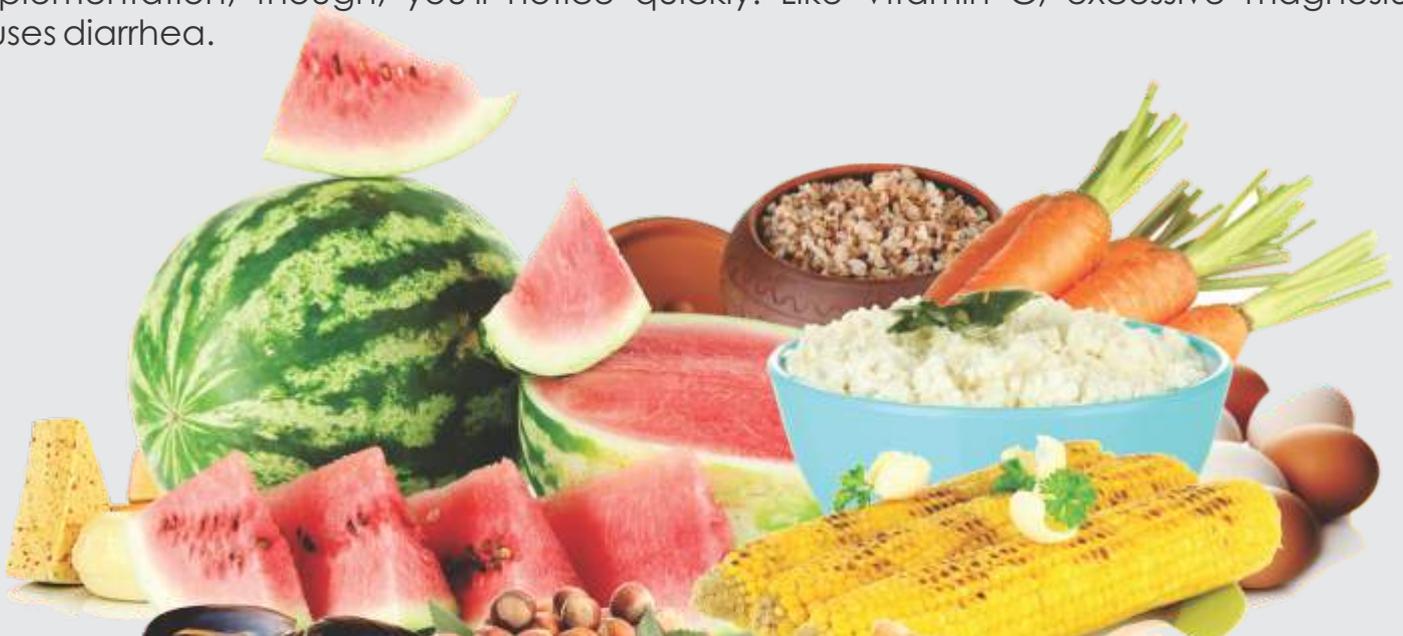
Up to 1000 mg per day is recommended for optimum brain health.

Magnesium is critically involved with over 300 cellular metabolic functions. Magnesium has been called the "Lamp of Life", as it is the major constituent for producing chlorophyll in plant life. Without that, plants could not interact with the sun and survive.

Obviously, organic green vegetables (such as wheatgrass) should be heavily consumed for a substantial magnesium intake. (Organic vegetables can have up to ten times more magnesium than non-organic.)

Commercial table salt and white processed sugar, as well as foods that contain white bleached flour, should be avoided. These items leach magnesium out of your body.

You can also supplement magnesium transdermally. If you overdo magnesium supplementation, though, you'll notice quickly. Like Vitamin C, excessive magnesium causes diarrhea.



MAGNESIUM choices at



La Diosa
Natural Health, Beauty & Well Being Clinic

Magnesium Bath Flakes - 750g

\$25.95



After a stressful day the combination of steamy hot water & magnesium chloride can be very soothing.

Magnesium Gel 240ml

\$37.95



Combines the power of magnesium chloride with biologically active, certified organic aloe vera extract.

Magnesium Oil - 240 ml

\$37.95



The most effective way to assist in relaxing muscles and nerves and rapidly raise cellular magnesium levels.

Ancient Minerals - Ultra Magnesium Oil with OptiMSM 237ml

\$39.95



Ancient Minerals Magnesium Oil Ultra is a next generation formula incorporating the unique synergistic benefits of MSM and magnesium.

Magnesium Plus

\$16.80



Source of nutritional magnesium.

Magnesium Phosphate: Nerve Relaxant & Anti Spasmodic

\$14.34



A major constituent of muscles, nerves, bone, brain, spine, sperm, teeth and blood corpuscles.

Savings @



La Diosa
Natural Health, Beauty & Well Being Clinic

You save when:

Recommend a friend or family member	\$10 voucher (per recommendation)
Monthly specials	20-25 % on selected products or services
2 x in year (June and December)	4+1 vouchers (purchase 4 vouchers and get one for free; minus health fund rebates)
Surprise specials	One day special (follow us on Facebook to be able to know about this specials)
Annual special one day: La Diosa birthday	20% off all products and services

Osho on Intimacy – Just to be sexually related to somebody is not intimacy

Prem means love, devarahi means a divine pilgrim. The full name will mean a divine pilgrim of love. Life is a pilgrimage, and unless love is attained, it remains only a pilgrimage never reaching anywhere. It goes on moving in circles and never does the moment of fulfillment come when one can say 'I have arrived. I have become that for which I had come. The seed is fulfilled in the flowers.'

Love is the goal – life is the journey. And a journey without a goal is bound to be neurotic, haphazard; it will not have any direction. One day you are going north and another day you are going south. It will remain accidental – anything can lead you anywhere. You will remain a driftwood unless the goal is clear. It may be a very distant star, that doesn't make any difference, but it should be clear. Distant – if it is distant it is okay, but it should be there. Your eyes can remain focussed on it, then the journey of ten thousand miles is not a long journey.



If you are moving in the right direction then the longest journey is not such a problem. But if you are moving in a wrong direction or not moving in any direction at all or moving in all directions together, then life starts collapsing. That's what neurosis is: the collapse in energy, not knowing where to go, what to do, what to be. Not knowing where to go, not knowing what it is all about, leaves a gap inside, a wound, a dark hole, and constant fear will arise out of it.

That's why people live in trembling. They may hide it, they may cover it up, they may not show it to anybody, but they live in fear. That's why people are so afraid of being intimate with somebody. The fear is that the other may see the black hole inside you if you allow him too close an intimacy.

The word 'intimacy' comes from a Latin root: 'intimum'. 'Intimum' means your interiority, your innermost core. Unless you have something there you can't be intimate with anybody. You cannot allow intimum, intimacy, because he will see the hole, the wound and the pus oozing out of it. He will see that you don't know who you are, that you are a madman, that you don't know where you are going, that you have not even heard your own song, that your life is a chaos, it is not a cosmos.

Hence the fear of intimacy. Even lovers rarely become intimate. And just to be sexually related to somebody is not intimacy. The genital orgasm is not all that is there in intimacy. It is just the periphery of it; intimacy can be with it, can be without it.

Intimacy is a totally different dimension. It is allowing the other to come into you, to see you as you see yourself, to allow the other to see you from your inside, to invite somebody to that deepest core of your being. In the modern world intimacy is disappearing. Even lovers are not intimate. Friendship is only a word now – it has disappeared. And the reason? The reason is that there is nothing to share. And who wants to show one's inner poverty? One wants to pretend 'I am rich, I have arrived, I know what I am doing, I know where I am going.'

One is not ready and courageous enough to open up, to show one's inner chaos and to be vulnerable. The other may exploit it – that fear is there. The other may become too dominant seeing that you are a chaos. Seeing that you need a master, that you are not a master of your own being, the other may become the master. Hence everybody tries to protect themselves, so nobody knows their inner helplessness, otherwise they can be exploited. This world consists of much exploitation.

Love is the goal, and once the goal is clear you start growing an inner richness. The wound disappears and becomes a lotus; the wound is transformed into a lotus. That is the miracle of love, the magic of love. Love is the greatest alchemical force in the world. Those who know how to use it can reach the highest peak called god. Those who know not how to use it remain crawling in the dark recesses of existence; they never come to the sunlit peaks of life.

Bone Broth—A Most Nourishing Food **for Virtually Any Ailment**

Bone broth has a long history of medicinal use. It's known to be warm, soothing, and nourishing for body, mind, and soul...19

Physicians harkening as far back as Hippocrates have associated bone broth with gut healing. And while the importance of gut health is just now starting to fill our medical journals, this knowledge is far from new.

In fact, you could say modern medicine is just now rediscovering how the gut influences health and disease.

Many of our modern diseases appear to be rooted in an unbalanced mix of microorganisms in your digestive system, courtesy of a diet that is too high in sugars and too low in healthful fats and beneficial bacteria.

Digestive problems and joint problems, in particular, can be successfully addressed using bone broth. But as noted by Dr. Kaayla Daniel, vice president of the Weston A. Price Foundation and coauthor (with Sally Fallon Morell) of the book, *Nourishing Broth*, bone broth is a foundational component of a healing diet regardless of what ails you.

How Broth Has Been Used Through the Ages

While our ancestors used to have a pot of soup continuously pattering over the hearth, this changed with the advent of the industrial revolution, at which point many poor people simply couldn't afford the fuel to keep the fire going.

Bouillons and broth powders got their start at that time, as the need for more portable soups arose. A major turning event was when Napoleon put out a call for portable soup to feed his army.

The winner of Napoleon's competition was Nicolas Appert¹ (1749-1841), whose canning process paved the way for the modern day canned goods. Later, John T. Dorrance came up with a process to create condensed soup, which led to the empire now known as Campbell's Soups.

In the early 1900s, Campbell Soup was a decent product, boasting the best ingredients, including lots of butter, and recipes from the most famous chefs of the era. As noted by Dr. Daniel, it was a very different product from what we find in grocery stores today.

Today, if you want truly high-quality bone broth or soup, your best bet is to make it yourself. Fortunately, it's easy. The trickiest part is usually going to be finding organic bones.

Bone broth, Dr. Daniel says, is actually a fast food. It just requires a little planning. One efficient way to create your broth is to use a slow-cooker or crockpot.

This will allow you to put a few basic ingredients into the pot in the morning, turn it on low heat, and by the time you get home in the evening it's done.

Besides being convenient and efficient, it's also safe, as you won't have to worry about leaving a pot pattering on the stove, which could pose a fire hazard if left unattended. "It's an old-fashioned remedy for the modern world," Dr. Daniel says.

Benefits of Bone Broth

Leaky gut is the root of many health problems, especially allergies, autoimmune disorders, and many neurological disorders. The collagen found in bone broth acts like a soothing balm to heal and seal your gut lining, and broth is a foundational component of the Gut and Psychology Syndrome (GAPS) diet, developed by Russian neurologist Dr. Natasha Campbell-McBride. The GAPS diet is often used to treat children with autism and other disorders rooted in gut dysfunction, but just about anyone with suboptimal gut health can benefit from it.



Bone broth is also a staple remedy for acute illnesses such as cold and flu. While there aren't many studies done on soup, one study did find that chicken soup opened up the airways better than hot water.

Processed, canned soups will not work as well as the homemade version made from slow-cooked bone broth. If combating a cold, make the soup hot and spicy with plenty of pepper.

The spices will trigger a sudden release of watery fluids in your mouth, throat, and lungs, which will help thin down the respiratory mucus so it's easier to expel. Bone broth contains a variety of valuable nutrients in a form your body can easily absorb and use. This includes but is not limited to:

Calcium, phosphorus, and other minerals	Components of collagen and cartilage
Silicon and other trace minerals	Components of bone and bone marrow
Glucosamine and chondroitin sulfate	The "conditionally essential" amino acids proline, glycine, and glutamine

How Broth Has Been Used Through the Ages

These nutrients account for many of the healing benefits of bone broth, which include the following:

1. Reduces joint pain and inflammation, courtesy of chondroitin sulfate, glucosamine, and other compounds extracted from the boiled down cartilage and collagen.
2. Inhibits infection caused by cold and flu viruses etc.

Indeed, Dr. Daniel reports² chicken soup — known as "Jewish penicillin"—has been revered for its medicinal qualities at least since Moses Maimonides in the 12th century. Recent studies on cartilage, which is found abundantly in homemade broth, show it supports the immune system in a variety of ways; it's a potent normalizer, true biological response modifier, activator of macrophages, activator of Natural Killer (NK) cells, rouser of B lymphocytes and releaser of Colony Stimulating Factor.

3. Fights inflammation: Amino acids such as glycine, proline, and arginine all have anti-inflammatory effects. Arginine, for example, has been found to be particularly beneficial for the treatment of sepsis³ (whole-body inflammation). Glycine also has calming effects, which may help you sleep better.

4. Promotes strong, healthy bones: Dr. Daniel reports bone broth contains surprisingly low amounts of calcium, magnesium and other trace minerals, but she says "it plays an important role in healthy bone formation because of its abundant collagen. Collagen fibrils provide the latticework for mineral deposition and are the keys to the building of strong and flexible bones.»

5. Promotes healthy hair and nail growth, thanks to the gelatin in the broth. Dr. Daniel reports that by feeding collagen fibrils, broth can even eliminate cellulite too.



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for La Diosa clients
(you have to mention it
in your booking application)***



**“The deeper the feeling,
the greater the pain”**

— Leonardo Da Vinci



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