

February 2016

newsletter

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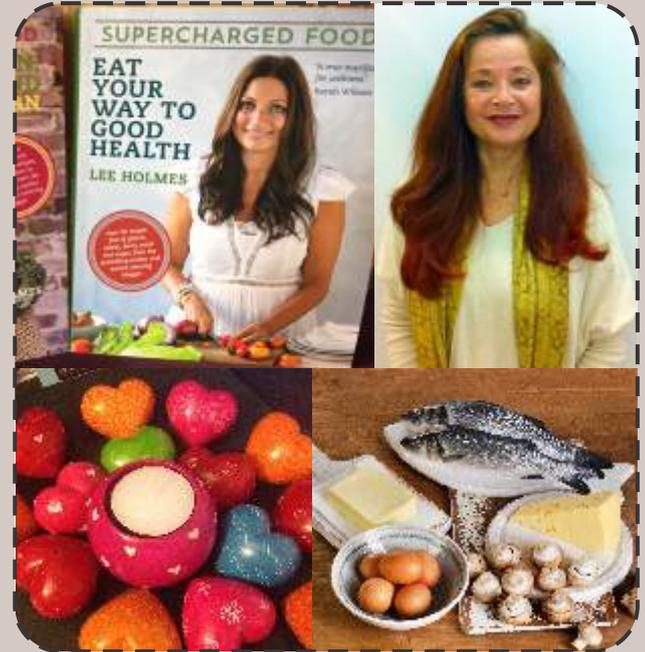
La Diosa

Natural Health, Beauty & Well Being Clinic



This February @ La Diosa

- 2016: The Year of The Monkey- By Rani
- Valentine Special
- Fatal Attraction
- Vitamin D Promotes Weight Loss
- Raw Berry And Chocolate Torte
- New products @ La Diosa:
Condyceps & Ziziphus Stress And Sleep Aid



Dear La Diosa friends

Welcome to 2016 and the year of The Monkey. According to the Chinese Five Elements Horoscope, Monkey contains Metal and Water. Metal is connected to gold. Water is connected to wisdom and danger. Therefore, we may have to deal with more financial events in this year. The Monkey is a smart, naughty, wily and vigilant animal. If you want to receive a good return for your investments, then you need to outsmart the Monkey. In this ancient astrological methodology, Metal is also connected to Wind. That implies the status of events will be changing very quickly. Think twice or maybe three times before you leap when making changes for your finance, career, business and people relationships.

I know that we will all do our best and make this coming year memorable and full of good surprises. If you wish to have more clarity about your year ahead – our fantastic clairvoyants are available with their many differing techniques of divination. New Year has already started very busy for the La Diosa team and more than ever we are ready to bring the best treatment experiences to you.

We are extremely excited to have Doctor Robert Kang on board the La Diosa team with his vast experience in acupuncture and herbal medicine. He will be available, Friday to Sunday.

We also have a very special treat opening Sundays- “Power Circle” – A self-empowering group circle with our skilled counsellor and psychotherapist Ivana. In this intimate circle (max 7 people) you will be able to work through your burning questions with the gentle, empowering guidance of a psychotherapist. This is a group treatment for all to keep their mental health in top shape. More information will be released in the coming days.

May you embrace 2016 with all your joy and passion, and happy Valentine's day

2016: The year of the MONKEY- by Rani

La Diosa Newsletter

| February 2015

| Thank you for reading

Uncertainties about future realities drift to the surface whenever a New Year commences.

We tend to reflect on what we have accomplished and what we have lost. We may renew our resolutions and hopes.

The Year of the Monkey is on our doorstep.

This intelligent, charismatic and flexible animal is able to conceive of multiple solutions. It can connect with many sources simultaneously.

Its humour, originality, creativity and inventiveness can help align, mend or fix what has become stagnant in our lives.

As we cleanse ourselves of old, putrid toxins, the realignments can bring pain, even tears, yet ultimately lead to relief.

Tend to your wellbeing!! Spiritual health is as important as physical, mental and emotional health.

Renew your faith! Re-connect with your heart. Conscious-wise, we are at various phases of awakening, the evolution of which continues unabatedly.

Believe in yourself to make the right decisions. In fact, there are no wrong ones! We learn from absolutely everything,

including our perceived failures.

Divine guidance is all around. Ask for it, if you feel lost!

Count your blessings often. Gratitude is the key to happiness and fulfilment.

Remember: you are unique, you are a child of the Uni-verse!

Never stop affirming that you are truly a gift to the World.

Have an amazing, inspiring and exciting Year of the Monkey!

For more in-depth information as to what's in store for each of you individually, please book an Astrology session with Rani

at La Diosa in Neutral Bay. Make sure you give us your day, location and exact time of birth when you call.

See you soon at La Diosa!

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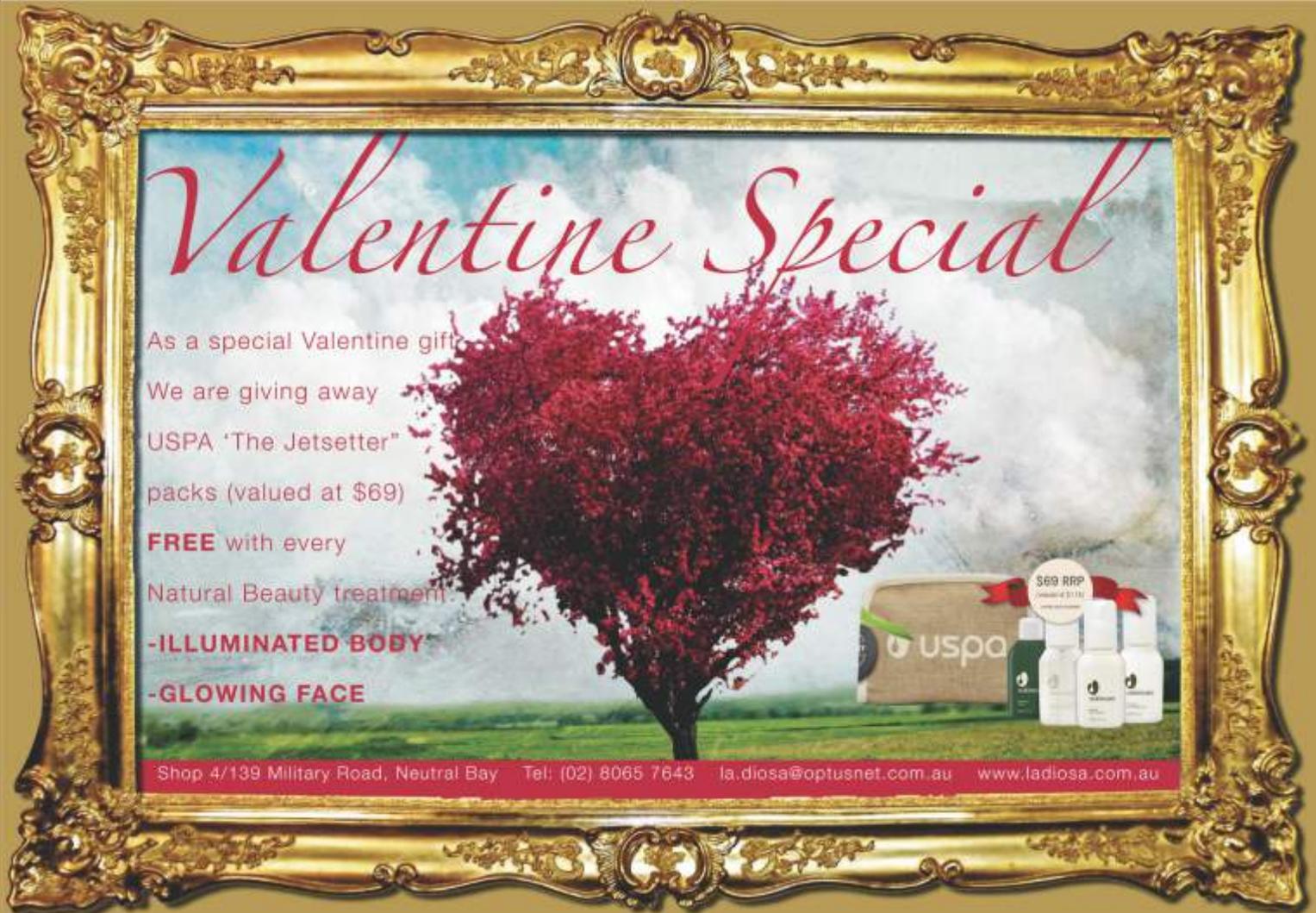
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See you soon at La Diosa!





Valentine Special

As a special Valentine gift
We are giving away
USPA "The Jetsetter"
packs (valued at \$69)
FREE with every
Natural Beauty treatment
-ILLUMINATED BODY
-GLOWING FACE

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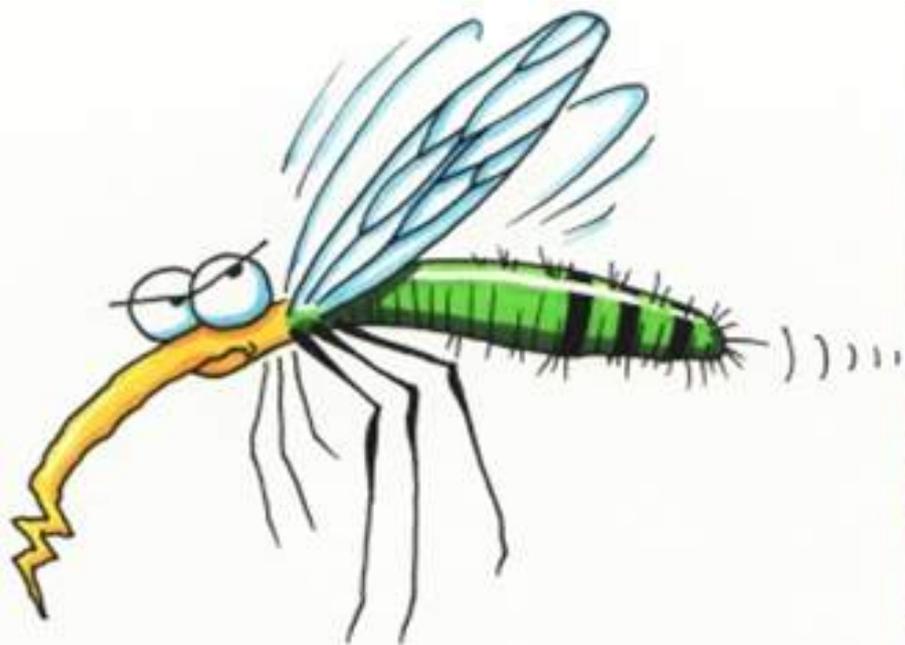
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FATAL ATTRACTION

Make your own mosquito/insect repellent blend

100% natural, with pure essential oils (kids friendly, seniors friendly)

By Jasminka L.



100ml glass bottle (darker is better)

100ml distilled water

10 drops Lavender pure essential oil

15 drops Clove pure essential oil

5 drops Lemongrass

5 drops Peppermint or Spearmint

5 drops Eucalyptus or Tea Tree

5 drops Rosemary

10 drops sweet almond (or olive oil)

Mix ingredients well, pure into the bottle and say good bye to ants, mosquitos, moths ...

in a gentle but firm way

You may prefer to pop in La Diosa and we will make one for you **for only \$29.95**



By Elaine Hollingsworth

Vitamin D Promotes Weight Loss

A recent study conducted by researchers from the University of Minnesota found that overweight people are more successful in losing weight when their vitamin D levels are increased. Dr. Shalamar Sibley, the researcher who headed the study, placed 38 obese men and women on a diet program and discovered that those whose vitamin D levels were increased lost up to a half pound more than those who followed the diet plan only.

When combined with a reduced-calorie diet, it appears that supplementation with vitamin D helps to promote increased weight loss among those whose levels are low to begin with. For each nanogram per milliliter increase in vitamin D precursor in the blood, it was observed that an extra half pound loss in weight was able to be achieved while the diet plan.

A 2010 study in the Archives of Internal Medicine found that 75 percent or more of American teens and adults are deficient in vitamin D. Vitamin D deficiency is linked to serious illnesses including cancer, diabetes and heart disease. Researchers in the weight loss study are unsure whether vitamin D deficiency causes obesity or if obesity causes vitamin D deficiency. Nevertheless, there is a clear connection between the two.

Vitamin D, in conjunction with calcium (from wheatgrass and other green leafy vegetables) and sunlight help to properly assimilate food and regulate normal blood sugar levels. When there is a lack of calcium, often due to a vitamin D deficiency, the body increases production of synthase, a fatty acid enzyme that converts calories into fat. Calcium deficiency can cause synthase production to increase by up to 500 percent, explaining the correlation between low levels of vitamin D and obesity.

Mainstream research has only begun to scratch the surface about the importance of vitamin D in general health maintenance. A clinical study conducted in 2000 revealed that patients who were bound to wheelchairs because of chronic fatigue and body weakness became mobile after just six weeks of supplementation with 50,000 IU of vitamin D per week. Other studies are showing remarkable healing from various diseases when vitamin D is brought up to proper levels.

Although current guidelines suggest daily intake somewhere between 400 and 600 IU, recent research is suggesting that this may be too low. Getting between 4,000 and 10,000 IU a day can have a much more therapeutic effect, boosting health and fending off disease. When natural sunlight is not available, supplementation with vitamin D3 is the next best option.

RAW BERRY AND CHOCOLATE TORTE

BY LEE HOLMES

If you want to make friends, this tantalising torte is a sure-fire way to do it. Who could resist a rich, chocolatey dessert that is completely guilt-free? You and your new best friends will be bursting with bliss after just one bite.

INGREDIENTS:

Base

- 175 g (6 oz/1 1/2 cups) raw walnuts
- zest of 1 lemon
- 1/2 cup dried berries
- 60 ml (2 floz/1/4 cup) melted extra virgin coconut oil
- 1 teaspoon stevia powder

Filling

- 155 g (5 1/2 oz/1 cup) raw, unsalted cashews
- 40 g (1 1/2 oz/1/3 cup) raw cacao powder
- 115 g (4 oz) cacao butter, grated and melted
- 2 tablespoons rice malt syrup, or 1 teaspoon stevia powder
- 2 tablespoons additive-free coconut milk
- juice of 1 lemon
- 2 cups mixed berries, plus extra, for decorating (optional)

METHOD:

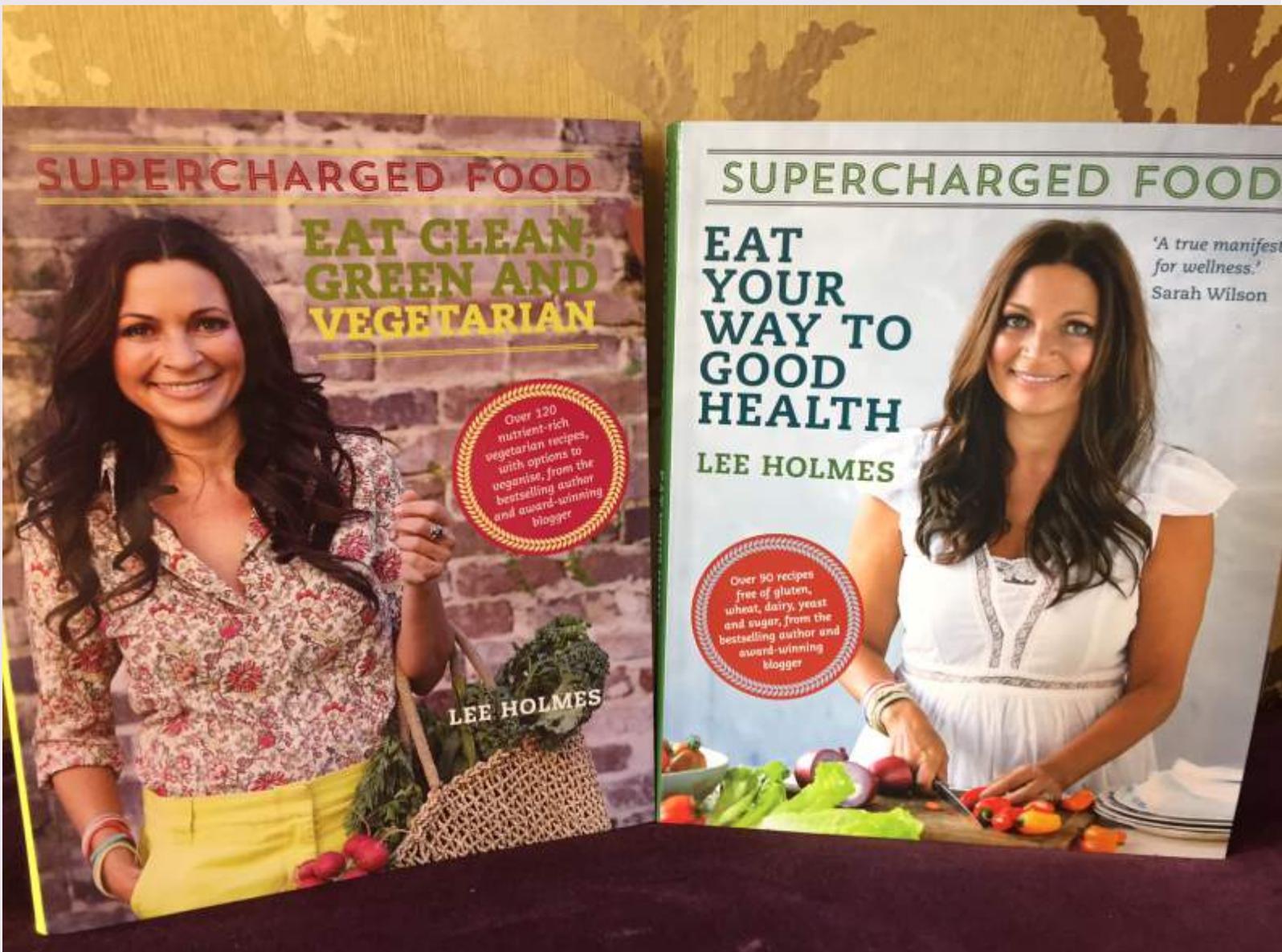
1. Place the cashews in a bowl, cover with filtered water and soak for 2 hours. Drain.
2. To make the base, place the walnuts in a food processor and blend until they are finely chopped. Transfer to a bowl and add the lemon zest.
3. Place the coconut oil and dried berries in the food processor and blend. Add to the walnut mixture and combine well.
4. Press the mixture into a 20 cm (8 inch) springform cake tin and chill in the freezer for 30 minutes.
5. To make the filling, place all the ingredients in the food processor and blend until smooth.
6. Remove the base from the freezer and spoon the filling over the top.
7. Chill for 2 hours in the fridge, or 1 hour in the freezer, until set. Scatter over the extra berries before serving.
8. This will keep in an airtight container for up to 1 week in the fridge, or 2 weeks in the freezer.



Can't wait to get my hands on a copy of her new book! You can also pick up some awesome new skills and tips from Lee in person by catching attending her wellness cooking classes held regularly at AboutLifestores across Sydney.

I'll be attending her Clean Green Vegetarian Cooking Class on Wednesday 11th February.

Hope to see you there Fitties!



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new @
La Diosa
Natural Health, Beauty & Well Being Clinic

ONLY
\$38.45



Ziziphus Stress and Sleep Aid

Combines five herbs that have traditionally been used to support the nervous system in times of stress and mild anxiety. Ziziphus, a Chinese herb has well documented sedative properties and is of particular benefit for those suffering symptoms of nervous unrest and sleeplessness. Ziziphus and Schisandra have been traditionally used in Chinese Medicine to help relieve sweating. Hops, Vervain and Oats have been added for their nervine tonic and restorative properties. Ziziphus Stress and Sleep Aid is suitable for men and woman of all ages.

INDICATIONS FOR USE

- Helps reduce the effects of mild anxiety and nervous tension
- Helps relieve nervous unrest
- Beneficial during times of stress
- Relief of sleeplessness
- Traditionally used in Chinese Medicine to help relieve sweating

Each tablet contain:

Ziziphus jujube (Ziziphus) seed
Humulus lupulus (Hops) flower
Schisandrachinenis (Schizandra) fruit
Verbena officinalis (Vervain) herb
Avenasativa (Oats) seed powder



ONLY
\$58.95

CORDYCEPS

Benefits:

- Is traditionally used to help the body build strength, endurance and stamina.
- Offers energizing support.
- Supports the upper respiratory tract.
- Supports male sexual performance and female vitality.
- Supports the circulatory, immune and glandular systems.
- Helps the body maintain proper blood viscosity.

How It Works:

Cordyceps is perhaps best known as the supplement that members of the Chinese women's track and field team used in training before they broke several records in 1993 and 1994. Team members tested negative for using illegal substances, and their coach revealed that the athletes' diets were supplemented with a Chinese "caterpillar fungus."

A natural Chinese supplement, cordyceps benefits several body systems, including the circulatory, immune, respiratory and glandular systems. Cordyceps has properties similar to those of ginseng and is traditionally used to help the body build strength and endurance. In traditional Chinese medicine, cordyceps has been used to benefit the glandular system in both women and men. In addition, cordyceps supports the kidneys, aids the upper respiratory tract and may help the body maintain proper blood viscosity.

Ingredients:

Cordyceps mycelium.

Recommended Use:

Take 2-3 capsules with a meal three times daily.

CAUTION: Cordyceps is safe for adults, but people using immune-suppressing drugs, anticoagulant drugs or bronchodilators should consult their health care practitioners before using this product. Pregnant or lactating women should avoid using this product. Store in a cool, dry place.



Available @

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