

April 2016

# newsletter

Shop 4/139 Military Road Neutral Bay NSW 2089  
Tel: (02) 8065 7643 | Fax: (02) 8065 7643  
la.diosa@optusnet.com.au | www.ladiosa.com.au

# La Diosa

Natural Health, Beauty & Well Being Clinic



## This month @ La Diosa

- Magnesium And Heart
- Mothers Day Gift Ideas
- Important Info: Health Funds Rip off Or Benefits?
  - Mother's Day Special
  - The Buddha Bowl
- Anna Evans Intuitive Energy Healer
- The Green Smoothie Prescription
- Aromatherapy Recipes To Ease Loneliness

Dear La Diosa friends

Welcome to the May edition and a time to celebrate one of the most important women in your life. Women who gave us life, enabled us to be here and now in this magical world and this gorgeous planet full of wonder, beauty and miracles. We wish a happy and indulgent Mother's day to all amazing women out there.

In this newsletter we would like to share with you how you can benefit from your health funds rather than feeling ripped off.

We'd also like to introduce Anna Evens, a new addition to the La Diosa team. Gifted healer and energy reader Anna will be visiting La Diosa monthly.

Winter is around the corner so boost up your immune system by keeping up with your healthy choices: fresh vegetables (ORGANIC), vitamin D3, Zinc and plenty of fresh fruit.

Bright blessings

Jasminka and team

# Magnesium and Heart

*By Elaine Hollingsworth*

Magnesium is an essential mineral that is required to sustain healthy blood vessels, generate cellular energy, and maintain healthy nerve and muscle function. Magnesium is known to help maintain healthy heart rhythm and blood pressure. The results of research conducted at Harvard Medical School show the importance of magnesium in lowering risk of death from sudden cardiac death. Adding more magnesium-rich foods to your diet will dramatically improve your chances of surviving a heart attack.

Obtaining sufficient magnesium from your diet can be difficult, though, due to modern unnatural farming practices. The result of a study published in the American Journal of Clinical Nutrition provides evidence that women with the highest dietary intake of magnesium were 41% less likely to suffer a fatal cardiac event.

The study followed more than 88,000 women over a period of 30 years and examined magnesium intake as well as other vital nutrients and lifestyle factors. Women in the highest quartile for dietary magnesium consumption experienced the highest degree of protection from sudden cardiac death. The study authors determined that 291 lives were spared in the study group for those women with the highest magnesium intake.

The study authors concluded: "In this prospective cohort of women, higher plasma concentrations and dietary magnesium intakes were associated with lower risks of sudden cardiac death. If the observed association is causal, interventions directed at increasing dietary or plasma magnesium might lower the risk of sudden cardiac death."

Magnesium can be obtained from a diet high in green leafy vegetables, grains, and soaked nuts and seeds. The minimum recommended daily allowance for the mineral is set at 320 mg per day for women while men need 420 mg. Studies indicate that the vast majority of adults are deficient in their daily intake.

Magnesium works with calcium to regulate blood sugar and assist the normal function of insulin. The results of a study published in the American Journal of Epidemiology show that women with the highest intake of magnesium from diet or supplements have a 27% lower risk of developing suboptimal insulin function. Those individuals with the lowest levels of circulating magnesium are 25% to 38% more likely to develop insulin resistance, resulting in poor blood glucose regulation.

## USEFUL LINKS:

<https://www.youtube.com/watch?v=IEV5AFFcZ-s>

<https://thetruthaboutcancer.com/>

<https://www.youtube.com/watch?v=ADGcTakgs0Y>

<http://www.gaia.com/>



# Mothers Day Gift Ideas



# IMPORTANT INFO: HEALTH FUNDS RIP OFF or BENEFITS?

By Jasminka lazarevic

It took me awhile to get the courage and TIME to have a look into my health fund rebates and to finally make some changes.

I will be honest and say I hadn't reviewed mine for 17 years despite increases in price and reductions of the benefits I wanted. I just thought 'oh well- they are all same anyway'. That all changed the other day with a phone call that **led to me paying half for my private health and my benefits increased (some by double)**! Every year health funds increase their annual margin and as of last year they even reduced benefits for extras e.g. massage. This left many of my clients, including me, fairly disappointed but as many I didn't know that there might be better options out there.

However I now have much more of what I want and need, like massage, and I pay half the amount for it! It was truly a revelation, so much so that I wanted to share my excitement with you, my lovely clients, just in case you could benefit as I have. I spoke to a lovely chap Tony at iSelect: [www.iselect.com.au/compare-now](http://www.iselect.com.au/compare-now) tel: 03 9452 9419

Here's what I found out from this phone call:

- Tony examined my current health fund and compared it with others to try and meet my needs (especially massage, chiropractic, dentist...)
- He managed to cut my health fund by half the price
- He increased my dollar value for dentistry, massage...doubled for massages
- He instructed me that some health funds start from calendar year and some from financial year, therefore I would benefit more if I change provider every 6 months in which case if you change providers every 6 months you receive the full years benefit balance all over again. I thought this was really **FANTASTIC AND FINALLY WE MIGHT BE ABLE TO BENEFIT** from them
- There is no waiting time for switching over to another health fund if you have current cover

Hope this info will be of help to you and your families.

# MOTHER'S DAY SPECIAL



**La Diosa**  
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## GIFT VOUCHER

# THE BUDDHA BOWL



**1 clove garlic, minced**  
**1 tablespoon chopped ginger**  
**1 pinch of salt**  
**1 tablespoon soy sauce**  
**1 tablespoon lemon juice**  
**1 tablespoon vegetable oil**  
**1 tablespoon maple syrup**  
**2 tablespoons sesame tahini**  
**1 diced sweet potato**  
**2 dried figs, sliced**  
**1 tablespoon vegetable oil**  
**salt**

**1/2 avocado**  
**1 1/2 cup cooked brown rice**  
**1 carrot, grated**  
**1 green onion, minced**

*Preheat oven to 350°F (175°C).*

*In a mortar place garlic and ginger, add a pinch of salt and ground. (you can use either a mortar and pestle or a blender to grind) Add the soy sauce, lemon juice, vegetable oil, maple syrup and sesame tahini. Blend.*

*In a baking dish place the sweet potato, dried figs, oil and salt, stir and bake for 30 minutes.*

*Serve in a bowl with brown rice and garnish with vinaigrette, avocado, green onion and grated carrot.*

# Anna Evans

INTUITIVE ENERGY HEALER

## BIO

### **Maori Heritage - NZ**

*Intuitively guided and assisted from an early age. My natural abilities and skills have developed over the years with the support of loving parents and a mentor  
10 plus years working with clients*

### **Gifted Abilities**

*Intuitive Psychic*

*Intuitive Energy Healing*

*Medical Intuitive*

*Conduit for Universal Energy Source - LOVE  
Supported by High Vibrational Ascended  
Masters*

### **Available for Bookings**

**45 Mins Energy Healing - \$150**

*Realignment of the body, mind and spirit, Calmness, Centred and Grounding\*\**

**30 Mins Psychic Reading - \$70**

*Specific questions and answers*

**60 mins Psychic Reading - \$120**

*Specific questions and answers including reading of your energy*



*Reconnect to your Energy,  
Vibration, Frequency & Love*

### **Testimony**

Anna is an incredible healer. I walked in feeling anxious and heavy and walked out feeling open and like a huge weight had been lifted from my shoulders. She was very nurturing and gave me a feeling of relief that I haven't experienced from anyone before.

Natasha P - Sydney

ANNASENERGYHEALING@GMAIL.COM

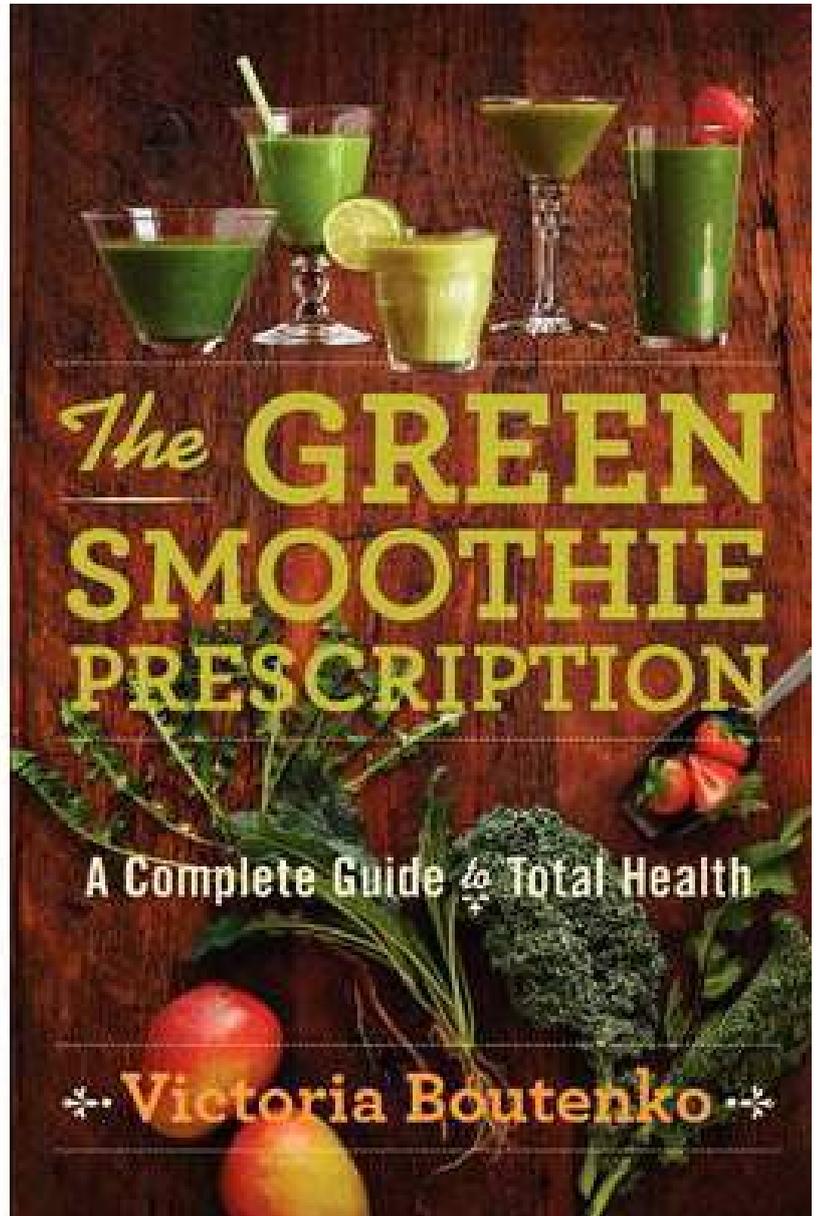


available @  
**La Diosa**  
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**\$39.95**

From the author of the international bestseller *Green for Life* and founder of *RawFamily.com* comes a comprehensive guide to the extraordinary healing capabilities of green smoothies, including nutrient rich recipes for improved health and wellness. Nearly twenty years ago, Victoria Boutenko and her family suffered numerous health problems, including juvenile diabetes, obesity, hyper thyroid, chronic fatigue, asthma, and allergies. Searching for nutritional solutions, she discovered the incredible power of green smoothies, beverages made from the most nutritionally rich food on earth. She incorporated green smoothies into her family's diet, with astonishing results-their symptoms were reversed and her family regained vibrant health. Boutenko shared her story and championed this amazing elixir and its remarkable benefits for health and well being on her "Raw Family" website. The Green Smoothie Prescription is the ultimate resource for acquiring radiant health and energy. Boutenko

chronicles the history of green smoothies and provides sweet and savory recipes specifically tailored to every need and purpose. With celebratory smoothies, travel-friendly smoothies, and smoothies designed for healing everything from damaged livers to skin problems, the possibilities are endless. Here, too, are tips on creating the best green smoothies, including choosing the right blender and the best fresh and frozen produce. With green smoothies, everyone-raw foodists, vegans, vegetarians, and meat lovers alike-can enjoy a healthy diet without sacrificing taste or lifestyle.



# Aromatherapy Recipes to Ease Loneliness

These recipes may help during times of loneliness.

Blends can be used in the bath, diffuser, oil burner or handkerchief

## Blend #1

- 1 drop [Rose](#)
- 2 drops [Frankincense](#)
- 2 drops [Bergamot](#)

## Blend #2

- 2 drops [Bergamot](#)
- 3 drops [Clary Sage](#)

## Blend #3

- 3 drops [Bergamot](#)
- 2 drops [Roman Chamomile](#)

## Blend #4

- 2 drops [Frankincense](#)
- 3 drops [Clary Sage](#)



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