

December 2016

newsletter

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La Diosa

Natural Health, Beauty & Well Being Clinic



Featuring in December

- It's our style to make you smile
- La Diosa team wish you a Merry Christmas and Happy New Year
- Buy 4 vouchers Get the 5th one FREE!
- DR. GUNDREY'S DIET EVOLUTION
 - Medical Daily:
Deodorant and antiperspirant alter the skin
- Cauliflower crust Pizza recipe
- 2017 Zodiac predictions

DEAR LA DIOSA FRIENDS

ONE MORE YEAR IS LEFT BEHIND, AN INTERESTING YEAR SPENT WITH MANY OF YOU AS WE SHARED OUR SERVICES, THOUGHTS AND EMOTIONS. WE CAN ONLY HOPE THAT WE MET YOUR EXPECTATIONS UPON THE ENTRANCE OF OUR ALWAYS OPEN DOOR OF LA DIOSA CLINIC AND EVER OPEN HEARTS READY TO SERVE YOU 7 DAYS A WEEK. WE WOULD LIKE TO FINISH THIS YEAR WITH ONE BIG THANK YOU TO ALL THE WONDERFUL PEOPLE WHO HAVE CHOSEN LA DIOSA FOR YOUR PEACEFUL OASIS WHERE YOU CAN COME TO REJUVENATE, REDUCE YOUR STRESSES, BE INFORMED OR FIND SPIRITUAL AND HEALTHY GIFTS.

WE ARE FINISHING THIS MONTH WITH OUR FAMOUS SPECIAL - RECEIVE FIVE VOUCHERS FOR THE VALUE OF FOUR. THIS ENABLES YOU TO UTILIZE YOUR UNUSED HEALTH FUND REBATES AND KEEP YOUR STRESSES DOWN DURING THIS VERY BUSY TIME OF YEAR. FOR SOME, YOUR HEALTH FUNDS EXPIRE BY THE END OF THE MONTH, SO IT IS A GOOD TIME TO USE THEM BETWEEN NOW AND THE END OF DECEMBER.

WE ENCOURAGE YOU TO REASSESS YOUR HEALTH FUNDS AND CHOOSE THE ONE WHICH BRINGS YOU MORE BENEFITS FOR LESS PAY. A GOOD PLACE TO COMPARE IS [WWW.ISELECT.COM.AU](http://www.iselect.com.au) AND IT IS FOR FREE

WE WISH YOU A WONDERFUL HOLIDAY SEASON AND A VERY MERRY CHRISTMAS. MAY 2017 BE YOUR BEST YEAR EVER.

LOVE AND BLESSINGS

JASMINKA AND TEAM



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Christmas Special

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With health care rebates this can give you a saving of up to **50% OFF!**



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Books @



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Dr. Gundry's Diet Evolution

Turn off the Genes that are killing you and your waistline

"Dr. Gundry has crafted a wise program with a powerful track record."

**TURN OFF THE GENES THAT ARE KILLING YOU
AND YOUR WAISTLINE**

**DR.
GUNDRY'S
DIET
EVOLUTION**

**ONLY
\$29.95**

**Features: 70 recipes, sample menus,
and memory tricks to keep you on track**

Steven R. Gundry, M.D., F.A.C.S., F.A.C.C.
Director, The International Heart and Lung Institute, Palm Springs,
Founder and Director, The Center for Restorative Medicine

–Mehmet Oz, M.D., professor and vice chair of surgery, NY Presbyterian/Columbia Medical Center

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. Dr. Steven Gundry's revolutionary book shares the health secrets other doctors won't tell you:

- Why plants are "good" for you because they're "bad" for you, and meat is "bad" because it's "good" for you
- Why plateauing on this diet is actually a sign that you're on the right track
- Why artificial sweeteners have the same effects as sugar on your health and your waistline
- Why taking antacids, statins, and drugs for high blood pressure and arthritis masks health issues instead of addressing them

Along with the meal planner, 70 delicious recipes, and inspirational stories, Dr. Gundry's easy-to-remember tips will keep you healthy and on course.



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Christmas gift ideas







Medical Daily: Deodorant And Antiperspirant Alter The Skin Microbiome Researchers Discover



As long as you haven't been living in a cave over the last two years, you'll likely know about your "gut biome" and how important it is. In fact, researchers are now willing to say that about 80 percent of our immune system is found in our digestive track. That's a lot of little bacterial friends, doing the hard work, for us. Well, it seems that not only is that biome full of life, but the one found under our arms is as well! A new study is showing that deodorant is not only cutting down on the smells radiating from you after the gym, but also clearing out the potentially thriving microbial life in your armpits, as well.

The potential exists for thousands of bacteria species (like bacteria, fungi, Archaeans, bacteriophages, and even animals such as nematodes and *Demodex mites*) to live on our skin, including under our arms, and the group of researchers discovered that using an anti-perspirant/deodorant could significantly reduce the amount of both the type and quantity of bacteria found in the armpit's microbiome.

The article goes on:

"Just which of these species live in any particular armpit has been hard to predict until now, but we've discovered that one of the biggest determinants of the bacteria in your armpits is your use of deodorant and/or antiperspirant," said Rob Dunn, professor at North Carolina State University in the US."

The team enlisted 17 participants for an eight-day experiment; all of the participants had to take daily swabs from their armpits. On the first day, participants followed their normal hygiene routine but during days 2-6 the participants weren't allowed to use any any deodorant or anti-perspirant. For days 7-8, all participants used antiperspirants. The researchers cultured the samples and we able to, "determine the abundance of microbial organisms growing on each participant and how that differed day to day." By the time

everyone began using antiperspirant on days 7-8, very few microbes were recorded which verified that the antiperspirants were in fact reducing microbial growth.

I have found, since drastically changing my diet, that unless I am doing lengthy and strenuous exercise, that I don't need to use deodorant to cover or mask the way my body smells. However, at the same time, it's important to sweat; it helps our body to cool down and we can only sweat if our pores aren't clogged. Lastly, when our bodies sweat better, we hold on to sodium which prevents muscle cramping. And no one likes that.

Dr Mercola always tells me to just use organic soap and water. It works for me!

Source: PeerJ and Indian Express



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Cauliflower Crust Pizza Recipe

By Erin Elizabeth -



Healthy pizza? It's not an oxymoron... it's entirely possible, courtesy of the wonder vegetable cauliflower. Unlike some stronger flavored cruciferous vegetables like broccoli and brussels sprouts, cauliflower is mild and takes on the taste of whatever you cook it with.

This is why cauliflower makes an excellent substitute for mashed potatoes and is crave-worthy when you roast it with some garlic, butter, and Himalayan salt. But cauliflower crust pizza?

It really works, and the crust is far more crust-like than you'd imagine (unless you've tried it before!). The recipe that follows, posted by Pop Sugar, came from, ironically, Paula Deen, who appears eager to turn over a healthier new leaf. I've modified it slightly but the gist is the same... feel free to add on even more veggies if you like.

Did You Know?

- Cauliflower replaces refined grains in this recipe for healthy cauliflower crust pizza
- Refined carbohydrates promote chronic inflammation in your body and ultimately lead to insulin and leptin resistance, which promote chronic disease
- Cauliflower is packed with vitamins, antioxidants, and fiber that fight chronic disease

Cauliflower Crust Pizza

Ingredients

- 2 teaspoons melted butter or coconut oil
- 2 ½ cups organic cauliflower, grated (about 1/2 a large head)
- 1 large organic pastured egg, lightly beaten
- 1 ¼ cups shredded mozzarella cheese, preferably raw
- 2 tablespoons grated parmesan cheese
- Kosher or Himalayan salt and freshly ground black pepper
- ¼ cup tomato sauce (avoid canned, use natural jarred or fresh)
- 1 cup organic grape tomatoes, sliced in half
- 2 cloves garlic, sliced
- ¼ teaspoon crushed red pepper flakes
- Fresh basil leaves, optional

Directions:

1. Line a rimmed baking sheet with parchment paper, and preheat oven to 425°F.
2. Grate the cauliflower using a box grater until you have two cups of cauliflower crumbles. Steam until soft and let cool.
3. Mix in the egg, one cup mozzarella, parmesan cheese, and salt and pepper. Once combined, pat into a 10-inch round prepared pizza pan. Coat lightly with melted butter or coconut oil and bake for 10 to 15 minutes, or until golden.
4. Top the pizza with the sauce, ¼ cup mozzarella, grape tomatoes, garlic, and red pepper flakes. Bake in the oven until melted and bubbly, another 10 minutes. Top with basil before serving.

Why Regular Pizza Crusts Are for the Birds

Most people eat far too many processed grains, of which most pizza crusts are made out of. Refined carbohydrates promote chronic inflammation in your body, elevate low-density LDL cholesterol, and ultimately lead to insulin and leptin resistance.

Insulin and leptin resistance, in turn, is at the heart of obesity and most chronic disease, including diabetes, heart disease, cancer, and Alzheimer's—all the top killers in the US.

Shunning the evidence, many doctors, nutritionists, and government health officials will still tell you to keep the bulk of your diet, about 60 percent, as carbs. This is madness, as it's the converse of a diet that will lead to optimal health.

Even diabetes organizations promote carbohydrates as a major component of a healthy diet—even though grains break down to sugar in your body, and sugar promotes insulin resistance, which is the root cause of type 2 diabetes in the first place. As Business Insider reported:

"One of the main problems is that refined, 'simple' carbohydrates are quickly broken down in the digestive tract, leading to rapid spikes in blood sugar and insulin levels. This can lead to carb cravings a few hours later when blood sugar levels go down again.

This phenomenon is also called the 'blood sugar roller coaster' – which many people who have been on a high-carb diet can relate to. Not surprisingly, eating a lot of refined carbohydrates is associated with negative health effects and many chronic diseases.

Do NOT be fooled by labels like 'whole grains' that are often plastered on processed food packages... These are usually whole grains that have been pulverized into very fine flour and are just as harmful as their refined counterparts."

Why Is Cauliflower So Good for You?

With the cauliflower crust pizza, not only are you skipping the unhealthiest element of pizza – the crust – but you're replacing it with a powerhouse veggie.

One serving of cauliflower contains 77 percent of the recommended daily value of vitamin C. It's also a good source of vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese.

Cauliflower also contains sulforaphane, a sulfur compound that has also been shown to kill cancer stem cells, thereby slowing tumor growth. A study published in *Carcinogenesis* found sulforaphane may reduce the incidence and rate of chemically induced mammary tumors in animals. It also inhibits the growth of cultured human breast cancer cells, leading to cell death.

Sulforaphane in cauliflower has also been found to significantly improve blood pressure and kidney function. Scientists believe sulforaphane's benefits are related to improved DNA methylation, which is crucial for normal cellular function and proper gene expression.

Cauliflower contains a wealth of anti-inflammatory nutrients as well to help keep inflammation in check, including indole-3-carbinol or I3C, an anti-inflammatory compound that may operate at the genetic level to help prevent the inflammatory responses at its foundational level.

Cauliflower even helps your body's ability to detoxify in multiple ways. It contains antioxidants that support Phase 1 detoxification along with sulfur-containing nutrients important for Phase 2 detox activities. The glucosinolates in cauliflower also activate detoxification enzymes.

It's Ok to Load Up Your Pizza with Raw Grass-Fed Cheese

Many people believe it's the cheese that makes pizza "bad" for you. In reality, if you use a high-quality product, the cheese is part of what makes pizza good for you (the "unhealthy award" for pizza goes to the grains in the crust and processed meat toppings... along with additives like preservatives and soybean oil if you don't make your pizza fresh at home).

Natural cheese is a simple fermented dairy product, made with nothing more than a few basic ingredients — milk, starter culture, salt, and an enzyme called rennet. Salt is a crucial ingredient for flavor, ripening, and preservation.

You can tell a natural cheese by its label, which will state the name of the cheese variety, such as "cheddar cheese," "blue cheese," or "brie." Real cheese requires refrigeration and contains a wealth of good nutrition, including:

- * High-quality protein and amino acids
- * High-quality saturated fats and omega-3 fats
- * Vitamins and minerals, including calcium, zinc, phosphorus, vitamins A, D, B2 (riboflavin), and B12
- * Vitamin K2
- * CLA (conjugated linoleic acid), a powerful cancer-fighter and metabolism booster

Ideally, the cheese you consume should be made from the milk of grass-fed animals raised on pasture, rather than grain-fed or soy-fed animals confined to feedlot stalls. Even cheesemakers will tell you that raw cheese has a richer and deeper flavor than cheese made from pasteurized milk because heat destroys the enzymes and good bacteria that add flavor to the cheese. They explain that raw cheese has flavors that derive from the pastureland that nourished the animals producing the milk, much like wine is said to draw its unique flavors from individual vineyards. Grass-fed dairy products not only taste better, they are also nutritionally superior. For instance, grass-fed cheese contains about five times the CLA of grain-fed cheese.

If you keep an eye out at farmer's markets and food co-ops, it's not unusual to find grass-fed raw cheeses, including mozzarella, for your healthy pizza. With a cauliflower crust, raw grass-fed cheese and fresh organic veggies, this pizza is not only comfort food... it's health food! One final aside... avoid using canned tomato sauce for your pizza, as cans often contain linings with the toxic chemical bisphenol-A. Ideally make your sauce fresh or, if you're in a crunch for time, use a high-quality, organic jarred version (watch out for brands with added sugar).

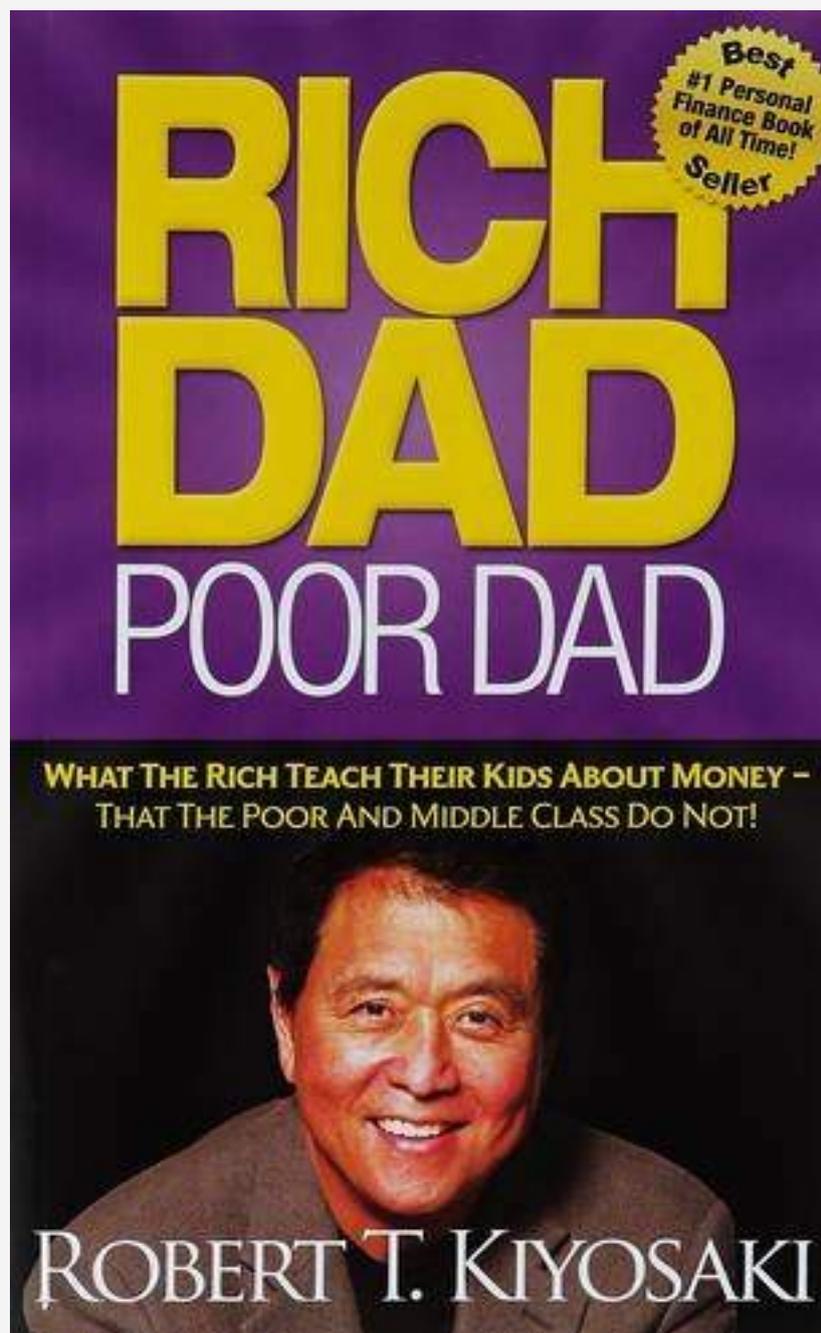
*Article originally appeared at Mercola.

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2017 ZODIAC PREDICTIONS

Every sign has different strengths. Here's a simple success tip for your sign in 2017. Apply it every day to turbo-charge your life.

* **Aries:** Astrology for the Aries zodiac sign predicts that your mind is more alert and active and your energies are more grounded. Prepare for career success by taking new classes and workshops this year. You will get out and see more of the world. Tip: Organization matters. Stay on top of details and paperwork.

* **Taurus:** Taurus sign in 2017 will have more intimacy and feel the joy of merging with another person. You will enjoy career success and speak with authority. Be disciplined with debt and borrow money only if you need it. Tip: Diplomacy counts. Be considerate of peers and employees. Focus on teamwork.

* **Gemini:** The 2017 horoscope for Gemini warn you to take back your power in a certain relationship. Remember the only person who has authority over you, is you. If single, you will find your life partner this year. You will be in the public eye more than ever! Tip: Get obsessive about routines. Knowing why you're doing something adds to motivation.

* **Cancer:** The Cancer yearly horoscope shows that you will find employment and enjoy a better work schedule. Your health improves. This is the year when you will figure out what your true calling really is. Your pet will give you much comfort! Tip: Be adventurous. Stay open to new ideas and possibilities.

* **Leo:** Tip: Nothing beats structure and hard work. Stick to deadlines and keep promises.

* **Virgo:** This year Virgo is building a more solid foundation on the emotional, financial and physical level. Pay attention to your inner life. You could become a homeowner or a parent this year. Tip: Think outside the box. Innovation and an inventive attitude help you succeed.

* **Libra:** The zodiac shows that this is a good year for Libra. Jupiter in your sign continues to protect you and bring you blessings through the autumn of 2017. It is

* **Libra:** The zodiac shows that this is a good year for Libra. Jupiter in your sign continues to protect you and bring you blessings through the autumn of 2017. It is a fantastic time to get a creative business venture off the ground. Your love life improves. You will excel in writing, blogging and teaching this year. In fact, you will be seen as an authority on a particular subject. There may be some drama with siblings. You may purchase electronics and perhaps a new vehicle. Tip: Get creative. Use music, meditation and mindfulness to help you get inspired.

* **Scorpio:** The yearly horoscope for the Scorpio sign indicates that a burden has been lifted and you are transported into a brand new life. Your finances will improve and you will make a major purchase this year. Just make sure that you are getting paid what you are worth. Tip: Action is key. When in doubt, do something. Keep the momentum going.

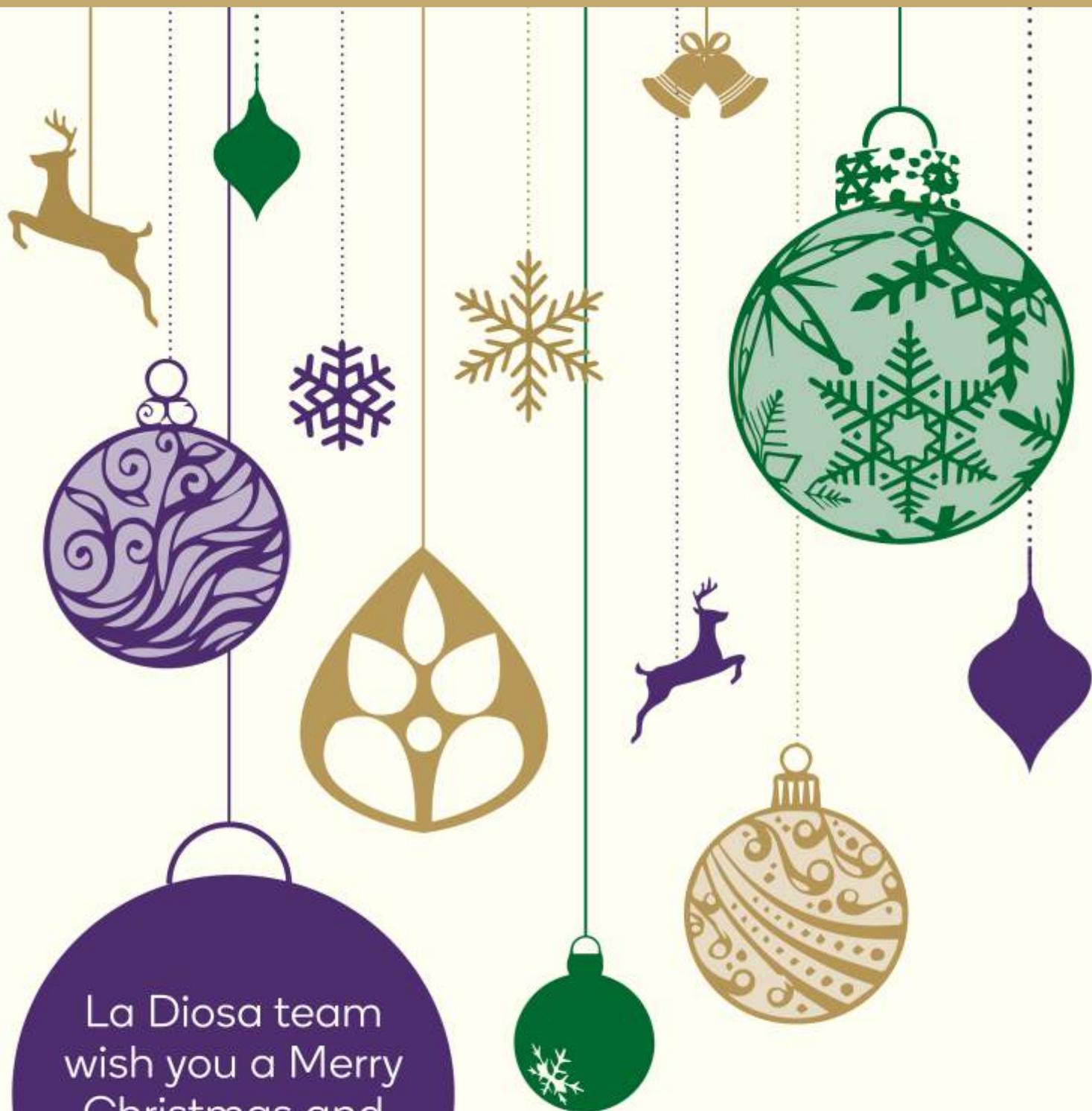
* **Sagittarius:** The 2017 astrology for Sagittarius shows that you are embarking on a total life reinvention. You will say good bye to outmoded situations and some withering friendships. There will be new responsibilities but you will shoulder them with grace. Tip: Enjoy each moment. Slow down to do things well.

* **Capricorn:** The Capricorn forecast suggest that you are going through a reflective phase in your life. You will seek more solitude and the past will be healed. You may have to cut off some energy vampires. Make sure you don't play the codependency game and end up as an enabler. Tip: Be curious. Ask questions, listen and stay connected to likeminded colleagues.

* **Aquarius:** In 2017, you will be more involved in group activity and networking, Aquarius. Using the best technology will enhance your earnings. A platonic friendship could bloom into a romance.

Tip: Care for yourself in 2017. Nurture your direct reports — but protect the people that matter, especially yourself!

* **Pisces:** The astrology for the Pisces sign shows that you are moving up the ladder of success and don't let any fears or doubts hold you back. Your father or a significant male could figure prominent in your life. You may receive an award of achievement in your career! Tip: Leadership matters. Take charge to get things started, and focus on follow through.



La Diosa team
wish you a Merry
Christmas and
Happy New Year

*It's our style to
make you smile*