

August 2016

# newsletter

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# La Diosa

Natural Health, Beauty & Well Being Clinic



## Featuring in August

- Five Reasons To Get a Massage Today!
- Amanda Hogg Psychic Tarot Reader: August 25-29th
- Choose Organic!
- Anna Evans in La Diosa
- Doctors Are Dangerous - Take Care of Your Health
- August special - 20% off Marina Rei Healing
- Coliflower Recipe
- Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life

Dear La Diosa friends

Welcome to the cold weather edition. Hope you are keeping warm and up with your immune system boosters such as Vitamin D3, Zinc, Vitamin C, plenty of organic fruit and soups. Good quality Ling Zhi (Reishi mushroom powder) is our secret weapon for a strong immune system. You must also emotionally uplift yourself to keep your body functioning optimally – try some of our treatments with our excellently trained therapists to help you with that! Massage, counselling, or maybe some energy healing.

Amanda, our talented Queenslander tarot reader is back in action from 25-29th August if you need an instant lift up, be quick to make a booking as she will stay for only a few days! Another Queenslander Anna Evens with her energy and intuitive healing work is allocated for the 12th, 13th, and 14th of August.

Don't miss out on this months special with Marina Ray and her angelic hands. High vibrational healing and intuitive insights. You can find this gentle healer at La Diosa every Thursday and Sunday, and every second Saturday. Explore what is out there beyond your 5 senses. You might be surprised.

Thank you to all who attended our get together for the "Shadow effect" night.

Bright blessings

Jasminka

# Five Reasons To Get a Massage Today!



*“Bodywork (massage, acupuncture, chiropractic adjustments, cranial work) of all kinds can be just the thing to get people out of the downward health spiral in to an upward spiral — if you feel good it is easier to be motivated to exercise and prepare healthy food!”*

This interesting CNN article details many of these benefits (including some that may surprise you). Along with promoting relaxation and improving your sense of well-being, getting a massage has been shown to:

- Relieve pain (from migraines, labor, fibromyalgia and even cancer)
- Boost your level of alertness and attention
- Increase your body's natural killer cells, which help your immune system to defend against illness
- Reduce stress, anxiety and depression, and ease insomnia
- Decrease symptoms of PMS

If you've never had a professional massage before, it will likely only take you one visit to understand why they're becoming so popular: they feel great! This is because massage affects the nervous system through nerve endings in the skin, stimulating the release of endorphins, the body's natural 'feel good' chemicals.

Massage is one of the oldest and simplest forms of medical care used to ease pain and anxiety, and massages have profound health benefits. Massages, even between you and your significant other, can be an excellent addition to your healthy lifestyle.

Endorphins help induce relaxation and a sense of well-being, relieve pain and reduce levels of stress chemicals such as cortisol and noradrenaline — reversing the damaging effects of stress by slowing heart rate, respiration and metabolism and lowering raised blood pressure.

Stronger massage stimulates blood circulation to improve the supply of oxygen and nutrients to body tissues and helps the lymphatic system to flush away waste products. It eases tense and knotted muscles and stiff joints, improving mobility and flexibility.

Massage is said to increase activity of the vagus nerve, one of 10 cranial nerves, that affects the secretion of food absorption hormones, heart rate and respiration. It has proven to be an effective therapy for a variety of health conditions — particularly stress-related tension, which experts believe accounts for as much as 80 per cent to 90 per cent of disease.

In addition to the benefits listed above, massage can:

- Stimulate the lymph system, the body's natural defense, against toxic invaders.
- Relax and soften injured and overused muscles, reducing spasms and cramping.
- Provide arthritis relief by increasing joint flexibility.
- Reduce recovery time for strenuous workouts and eliminate subsequent pains of the athlete at any level.
- Reduce post-surgery adhesions and oedema and reduce and realign scar tissue after healing has occurred.
- Contribute to shorter labor and reduce tearing for expectant mothers



**La Diosa**  
Natural Health, Beauty & Well Being Clinic

**AMANDA HOGG  
PSYCHIC TAROT  
READER**

**LA DIOSA DATES  
AUGUST 25-29th**

**bookings**

0280657643



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Neutral Bay

# CHOOSE ORGANIC!



## STRAWBERRIES

14 different pesticide residues were detected in one strawberry sample. 94% of strawberries tested positive for residues



## CRANBERRIES

6 suspected hormone disruptors were found on cranberries – these chemicals are linked to cancers, obesity and developmental disorders



## LETTUCE

51 pesticide residues:  
12 known carcinogens  
29 hormone disruptors  
9 neurotoxins  
10 developmental toxins



## BLUEBERRIES

14 of the 52 pesticide residues found in blueberries are neurotoxins, harming brain development and contributing to falling IQs.

**If you want to be strong  
learn to enjoy being alone.**



fb/david avocado wolfe



**Anna Evens is in La Diosa  
12, 13 and 14 August**

# DOCTORS ARE DANGEROUS

## TAKE CONTROL OF YOUR HEALTH AND ESCAPE THE SICKNESS INDUSTRY



### **He (or she) prescribes medication without testing you for anything.**

Doctors are big on scientific evidence. They demand that millions of dollars be poured into research to prove that things work.

Yet, when you visit his office, he often doesn't gather any verifiable evidence on what he is treating **YOU** for. Isn't that interesting?

You spend a few minutes with a guy who prescribes powerful medication to mess with your neurotransmitters. No tests - not even a questionnaire. You bring your kid in to a pediatrician and leave a few minutes later with powerful brain stimulants for ADHD - and the doc never did one test!

Quacks don't know of any tests for many of the conditions for which they regularly prescribe medication.

### **He tells you it's all in your head.**

Telling you that your real symptoms are all in your head (translation: he thinks you are crazy) means that the answers are NOT in his head. When quacks don't have the answer, they don't consider that there is anything for them to learn. They just blame you. Nice.

A legitimate practitioner will admit when he doesn't know something and commit to finding solutions by expanding his knowledge, or working with other practitioners, who may shed fresh light on the subject.

**He denies the role of lifestyle, nutrition and stress.**

Eat the donuts, camp out on the couch, drink the booze...no problem. All this has nothing to do with disease. Just take your pills.

Nowadays, some quacks are conceding that diet and lifestyle have something to do with the onset of disease, but they are STILL NOT TALKING TO YOU ABOUT IT. They never mention it. They don't ask you how you eat, sleep or manage stress.

It's because quacks don't know much about these things. When practitioners do not know much about the cause of 90% of disease - that's a scam.

**He puts you on the medication roller coaster.**

Some unfortunate folks, after dealing with a quack who doesn't know what he is doing, end up on ten or twenty drugs and have lost touch with what it is like to feel normal. They live in a world of symptoms and side effects and - for some reason - keep going back for more.

The quack responds by continuing to dish it out, but he has NO IDEA how these medications are interacting with each other, really. He is just guessing and writing more prescriptions.

**His own health is a mess.**

Walk your talk. Does your doc do it? Is he an example of true health? If not, then he may not even know what genuine health feels like. How is he going to get you there?

Doctors are among the most stressed out and suicidal populations on earth. But we're all stressed. Docs are supposed to be examples, are they not?

**He doesn't involve you in your own treatment.**

So, you heard that this or that lab test might be worth doing. You read an article or did some of your own research, huh? Is your doctor interested? Is he willing to consider that you may know something?

Quacks look down their nose at you, but real health practitioners will cooperate with you in your own treatment. They will investigate with you, consider your ideas and your feelings and work as a member of your team.

**He believes you cannot heal, but treats you anyway.**

You have a disease for which there is no cure. You will need to take these pills for the rest of your life. Please don't believe that nutrition, vitamins, herbs, or anyone can heal you. You are stuck. Take your medicine.

Meanwhile, thousands of your fellow human beings are healing from the very symptoms that trouble you. You are dealing with a quack who will medicate you into oblivion and witness your inevitable decline, according to his expectations.

**His communication skills are pathetic.**

You have six months to live. Nothing more we can do. There's the door.

Thanks for the compassion, doc.

**He spends less than ten minutes with you.**

Recent research shows that new doctors are spending less time than ever with patients - an average of eight minutes per. This is your health - the most precious gift you have. It needs time and attention and real expertise. Eight minutes is not enough.

New docs are quoted as saying, "We just don't have time."

Translation: "We don't have time if we are going to make a lot of money." (Or meet Medicare requirements.)

Money before patients = Quackery.

**He thinks he is God.**

In spite of all the obvious signs of quackery, he still thinks he is all-knowing. You still cannot connect with him as a person. He doesn't see you as a person. He won't take your ideas and suggestions, because you obviously don't know anything. After all, he is omniscient.

Stop supporting your quack and find real help. Do it intelligently. Begin to seek integrative and alternative practitioners who, according to these indicators, qualify as real health practitioners.

Written by a retired general practitioner.

And follow TAKE CONTROL OF YOUR HEALTH AND ESCAPE THE SICKNESS INDUSTRY and RECIPES FOR LONGER LIFE.

Let's make some changes,

Doctors Are Dangerous Team

[www.doctorsaredangerous.com](http://www.doctorsaredangerous.com)

[www.oneanswertocancermovie.com](http://www.oneanswertocancermovie.com)



**La Diosa**  
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# August special - 20% off Marina Rei Healing



Marina's greatest gifts rest in the soul realm, where her intuition, guidance and knowledge merge with her years of training and experience to effect significant soul level transformations for her clients. The guidance offered through her gifts of channelling and connecting with your soul provides clients with deep insights into your past, present and future life and life circumstances.

Marina also combines energy healing work with these sessions with the aim of aligning your energy body to integrate transformations and clear blockages and other obstacles to lasting change in your life.



**MarkusNews.com**  
Inspiring the World to Heal



## COLIFLOFER

Cauliflower is really really healing and good for you. Along with other cruciferous vegetables like broccoli, brussels sprouts and cabbage, cauliflower, breaks down carcinogens and removes them from body. They also break down excess estrogens that are responsible for some types of breast cancer. It contains Indole 3 Carbinol- a plant glucosinate that stimulates natural phase 2 enzymes that eliminate carcinogens before they bind to DNA and cause cancer. It reduces pain and muscle weakness in 50% of fibromyalgia patients. It's really good in balancing hormones, and protects the heart and brain. Structurally similar to estrogen, DIM helps fight breast cancer, PMS, heavy menstruation, fibrocystic breasts, low sex drive, hormone driven cancers, prostate and uterine issues, promotes weight loss, helps fight H. Pylori infections involved with stomach ulcers and cancers and much more. This amazing substance is regularly used with success for warts on larynx and genitalia. It's powerful medicine for today's women who are bombarded daily with estrogen mimics from the environment and commercial foods and controls excess estrogen.

The magic in this recipe is in the combination of olive oil and cauliflower. Cruciferous vegetables are very high in DIM (di-indolylmethane), but it's fat soluble, meaning in order to function properly, it requires some kind of healthy fat or oil, and cauliflower has very little, so the olive oil is the donor catalyst. Olive oil also is rich in sterols that help remove cholesterol from the diet and is anti-inflammatory, which reduces the risk of atherosclerosis. Yes olive oil has fiber removed, but the cauliflower is super high in fiber, so the two complement each other perfectly to create a super healing and powerfully healthy meal that just happens to be addictive, which is great so people can eat their way to health with this amazing recipe!

[Click here to watch the recipe video](#)

**Ingredients:**

1 head cauliflower chopped into flowerets  
1 red onion (any color is ok)  
1/2 cup olive oil  
1-2 dates chopped into small pieces  
handful pine nuts (optional)  
Salt, Pepper  
Optional: cilantro, lemon juice

Drizzle olive oil on chopped cauliflower in bowl, add salt and pepper and toss to coat evenly. Make sure olive oil is coating all the flowerets or they will dry out.

Dehydrate 2.5 hours at 118F 45c until cauliflower is soft.

Mince onion and toss in bowl. Add enough olive oil to coat onions evenly

Dehydrate on sheet for 1.5 hours or until soft

***Cream Sauce  
(makes lots extra)***

*1.5 cups cashews soaked 30 min  
1.25 cups spring water  
1/2 teaspoon thyme  
1/2 teaspoon rosemary  
1/2 teaspoon onion powder  
1/2 clove garlic or garlic powder*

*Blend cashews & 1/2 cup water 20 sec*

*Slowly add more water until smooth and creamy.*

*When cauliflower and onions are soft, remove from dehydrator and place into mixing bowl. Add desired amount of cream, onion, dates and pine nuts.*

*Mix and place in serving bowls or plates. Top with more of the onion, squeeze of lemon and minced cilantro.*

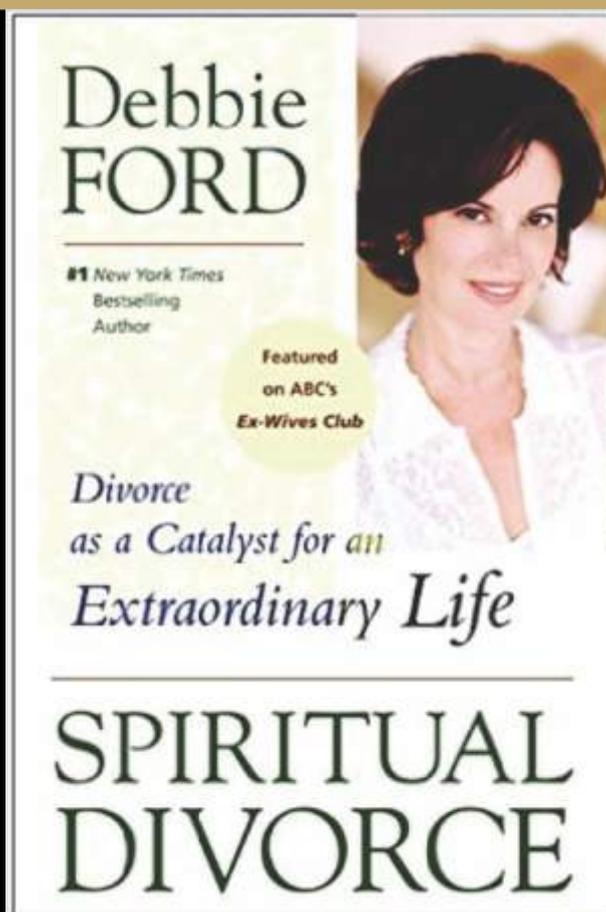
Books @



La Diosa

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# Spiritual Divorce: Divorce as a Catalyst for an Extraordinary Life



\$30.99

Could the end of your marriage be the first step toward reclaiming your personal power and joyfully living the life of your dreams? If the answer is yes, this book is for you.

Divorce rocks the very foundation of our beings, leaving us feeling lonely, flawed, enraged, undesirable, hopeless, and empty. In *Spiritual Divorce*, New York Times bestselling author Debbie Ford reveals how this devastation can be transformed into a profoundly enlightening experience. This empowering guide shows how the collapse of a marriage is, at root, a spiritual wake-up call, an opportunity to liberate ourselves and reclaim our lives. The end of a relationship—no matter who ends it—is a damaging moment. Ford offers a clear program for turning ruin into renewal.