

September 2016

newsletter

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La Diosa

Natural Health, Beauty & Well Being Clinic



This Month @ La Diosa:

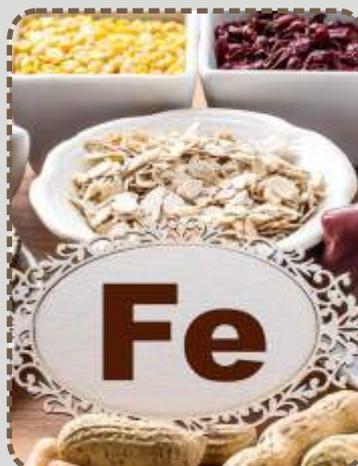
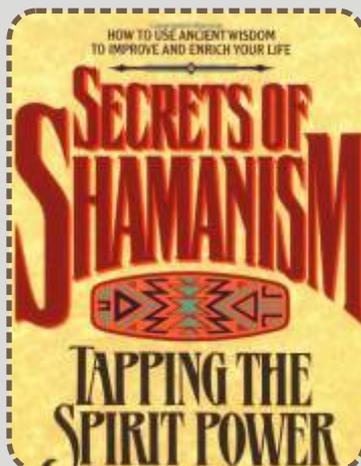
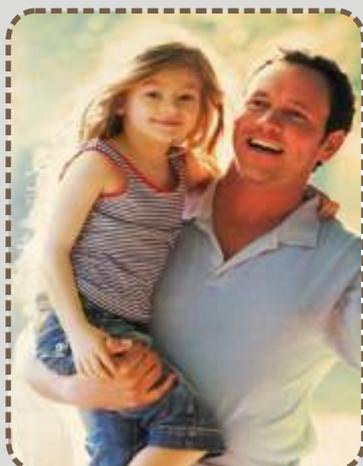
- Father's Day Special
- Iron
- Raw Vegan Cheese Cake
- Cholesterol Is Not The Enemy
- Free E-book For La Diosa Readers

Dear La Diosa friends

Welcome to September edition of La Diosa newsletter. In the spirit of Father's day we are giving FREE chapter from famous Elaine's Hollingsworth book "Take control of your health and escape sickness industry" about prostate health and male sex reproductive organs. In addition we are giving free E-book "Secrets of shamanism" by Jose and Lena Stevens. We hope that you are getting ready for Spring detox. More information about that in our next newsletter. Hope this winter didn't leave you with Winter's blue? If you feel little bit drained, uninspired and flat come to visit us as we have many lovely treatments in place to ignite your spirits, invigorate your bodies or lift up your mood.

Don't forget to take advantage of Father's day special and get some significant savings towards your/his massages.

Bright blessings and enjoy reading.

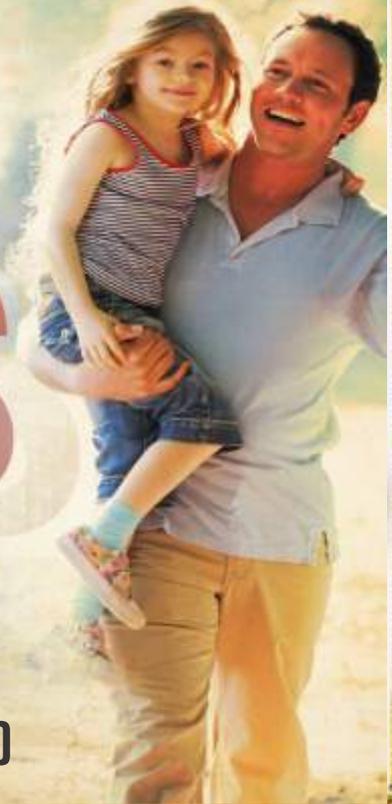


FATHER'S DAY SPECIAL

**BUY 2 VOUCHERS FOR YOUR FATHER
AND GET THIRD ONE HALF PRICE FOR YOURSELF**

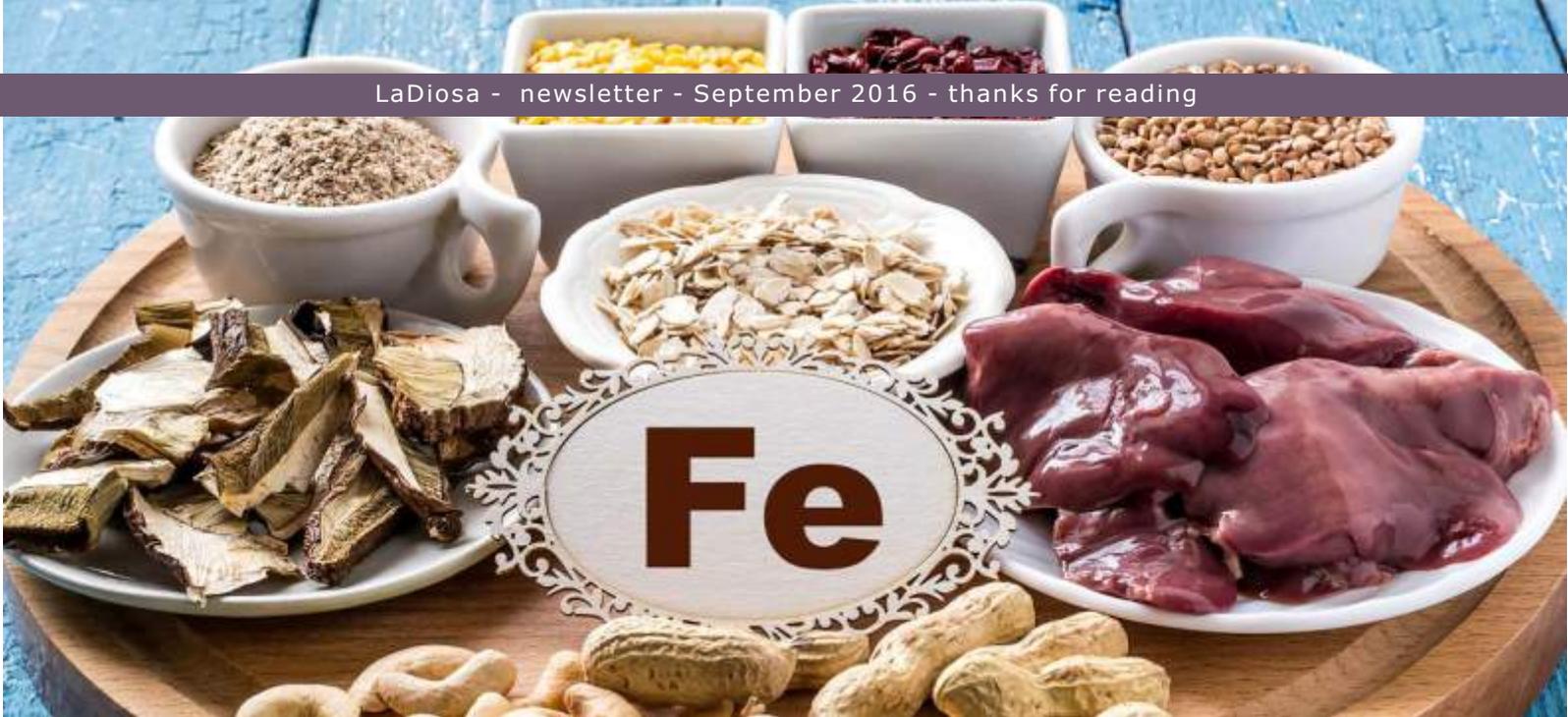
**HAPPY
FATHER'S
DAY**

**(YOU CAN GET EACH
MASSAGE FOR LESS
THAN \$50 WITH YOUR
HEALTH FUND REBATES)**



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IRON

Iron is an essential mineral used to transport oxygen to all parts of our body. A slight deficiency of iron causes anemia (fatigue/weakness), and a chronic deficiency can lead to organ failure. Conversely, too much iron leads to production of harmful free radicals, and interferes with metabolism causing damage to organs like the heart and liver. Iron which comes from fruits and vegetables is well regulated by the body, so overdose is rare and usually only occurs when people take supplements. Contrary to popular belief, fruits and vegetables can be a good source of iron, in addition, vitamin C foods, which are mostly fruits and vegetables, help increase the absorption of iron into the body. The current daily value for iron is **18 milligrams(mg)**. **Below is a list of fruits and vegetables high in iron, for more, see the list of fruits and vegetables high in iron by nutrient density, and the extended list of iron rich fruits and vegetables.**

#1: MUSHROOMS (MOREL)

Iron 100g	Per cup (66g)	Per mushroom (13g)
12.18mg (68% DV)	8.04mg (45% DV)	1.58mg (9% DV)

Other Mushrooms High in Iron (%DV per cup):

White Mushrooms, cooked (15%), Chanterelle Mushrooms (10%), Oyster Mushrooms (6%), and Shiitake Mushrooms, cooked (4%).

#2: DRIED FRUIT (APRICOTS)

Iron 100g	Per cup (119g)	Per 1/2 cup (60g)
6.31mg (35% DV)	7.51mg (42% DV)	3.76mg (21% DV)

Other Dried Fruit High in Iron (%DV per cup):

Peaches (36%), Prunes & Currants (26%), Raisins (24%), Pears (21%), Figs (17%), and Apples (7%).

Note: Dried fruit is high in sugar and calories.

#3: DARK GREEN LEAFY VEGETABLES (SPINACH, COOKED)

Iron 100g	Per cup (180g)	Per 1/2 cup (90g)
3.57mg (20% DV)	6.43mg (36% DV)	3.22mg (18% DV)

Other Dark Green Leafy Vegetables High in Iron (%DV per cup, cooked):

Swiss Chard (22%), Spinach (20%), Beet Greens (15%), Scotch Kale (14%), Dandelion Greens (11%), Pak Choi (10%), and Kale (7%).

#4: OLIVES

Iron 100g	Per super-sized olive (15g)	Per jumbo olive (8g)
3.32mg (18% DV)	0.5mg (3% DV)	0.27mg (2% DV)

Five jumbo olives contain just 30 calories and 0.37 grams of saturated fat.

#5: BEANS & PEAS (SOYBEANS, COOKED)

Iron 100g	Per cup (180g)	Per 1/2 cup (90g)
2.5mg (14% DV)	4.5mg (25% DV)	2.25mg (13% DV)

Other Beans & Peas High in Iron (%DV per cup, cooked):

Butter Beans (23%), Mange Tout (21%), Black-eyed Peas (20%), Mange Tout (18%), Green Peas (14%), Mung Beans (13%), Yellow Snap Beans (9%), and Green Snap Beans (5%).

#6: ASPARAGUS

Iron 100g	Per cup (134g)	Per spear (20g)
2.14mg (12% DV)	2.87mg (16% DV)	0.43mg (2% DV)

A cup of asparagus contains just 27 calories

#7: BERRIES (MULBERRIES)

Iron 100g	Per cup (140g)	Per 10 berries (15g)
1.85mg (10% DV)	2.59mg (14% DV)	0.28mg (2% DV)

Other Berries High in Iron (%DV per cup):

Elderberries (13%), Raspberries (9%), Blackberries (7%), Strawberries (6%), Raspberries, Blackberries, Loganberries & Wild Blueberries (5%).

#8: COCONUT (DESICCATED)

Iron 100g	Per 2 oz (56g)	Per ounce (28g)
3.32mg (18% DV)	1.86mg (10% DV)	0.93mg (5% DV)

Other Coconut Products High in Iron (%DV per ounce):

Toasted Desiccated Coconut, Creamed Coconut and Coconut Milk (5%).

#9: LEEKS & SCALLIONS (LEEK)

Iron 100g	Per leek (89g)	Per slice (6g)
2.1mg (12% DV)	1.87mg (10% DV)	0.13mg (1% DV)

Scallions (Spring Onions) Are Also High in Iron: with (2% DV) per onion.

10: LIVER (CHICKEN)

Iron in 100g	1 Liver (44g)	1 ounce (28g)
13mg (72% DV)	5.7mg (32% DV)	3.6mg (20% DV)

1 tablespoon of chicken liver pate provides 7% DV. One ounce of liverwurst sausage provides 10% DV

11: BEEF AND LAMB (LEAN CHUCK ROAST)

Iron in 100g	1 lb roast (454g)	3 ounce serving (85g)
3.8mg (21% DV)	17mg (96% DV)	3.2mg (18% DV)

A Rib-Eye Steak (10oz, 281g) provides 41% DV. A serving of Lean Lamb Roast (3oz, 85g) provides 13% DV. A Lamb Chop (4oz, 155g) provides 10% DV.

12: DARK CHOCOLATE AND COCOA POWDER

Iron in 100g	1 cup grated (132g)	1 Square (29g)
17mg (97% DV)	23mg (128% DV)	5mg (28% DV)

1 cup of cocoa powder provides 66% DV. A 1.5oz (44g) candy chocolate bar provides 6% DV.

13: TOFU

Iron in 100g	1 cup of firm tofu (126g)	1/4 Block (81g)
2.7mg (15% DV)	3.4mg (19% DV)	2.2mg (12% DV)

Calcium can interfere with non-heme iron absorption. Try to buy tofu without added calcium for greater iron absorption provides 6% DV.



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RAW VEGAN CHEESE CAKE (dairy free, flour free, sugar free)



By Markus Rothkranz

Crust Recipe

- 3 cup Brazil nuts
- 3 tablespoon coconut oil
- 3 tablespoon maple syrup

What to do

- Put brazil nuts into a food processor and pulse chop for 4 seconds, 3 times. You want the nuts to be in very small pieces, but not powdered. Pull out any large pieces of nut that have barely touched the blade and chop into tiny pieces.
- Pour into a bowl with maple syrup and stir, mixing very well.
- Brush a spring form pie pan with coconut oil and press the brazil nuts into the pan forming a very thin crust. So thin, it is one more push away from cracking. It's optional if you want to go up the side of the pan.
- Set Aside

Filling Recipe

- 3 cup coconut meat
- 2.5 cup unsoaked cashews
- 9 tablespoons maple syrup
- 1.5 cup coconut water
- 3 teaspoons vanilla

What to do

- Put all the filling ingredients in blender and blend on high until creamy and smooth.
- Pour into pie pan.
- Put in freezer to set for 25 minutes, and then let chill in the refrigerator for 4 hours before serving.

Serving Suggestions

Raspberry Sauce

Place one bag of thawed frozen raspberries in blender and blend on high for six seconds, pour into a squeeze bottle, and drizzle over pie.

Toppings

Scatter dried pineapple, strawberries, shredded coconut, cacao nibs, grated orange rind or mint leaves on top.

Shorter Life

Gary Taubes, the author of *The Soft Science of Dietary Fat*, wrote in *Science Magazine*, 2001, "Men with very low cholesterol levels seemed prone to premature death; the lower the cholesterol the shorter the life... Men with cholesterol levels below 4.1 mmol/L tended to die prematurely from cancer, respiratory and digestive diseases and trauma. As for women, the higher the cholesterol the longer they lived."

Dr Robert Jay Rowen agrees. In his newsletter, *Second Opinion*, he writes, "Cholesterol dangers are largely a myth... The majority of heart attacks in this country [the US] are incurred by people in the "normal" range... I see a 67-year-old woman with cholesterol levels over 800 with no signs of vascular disease or hypertension whatsoever!" Women must have cholesterol. Without this vital nutrient, their bodies will not be able to produce the hormones they need for their reproductive cycle, and to keep them healthy throughout their later years.

Perhaps most telling of all is what leading endocrinologist Dr Raymond Peat wrote in his book, *From PMS to Menopause*: "Unsaturated oils, especially polyunsaturates, weaken the immune system's function in ways that are similar to the damage caused by radiation, hormone imbalance, cancer, aging, or viral infections. The media discuss sexually-transmitted and drug-induced immunodeficiency, but it isn't yet considered polite to discuss vegetable oil-induced immunodeficiency."

The hysterical cholesterol scare campaign gained currency for all the wrong reasons shortly after World War II, and was picked up by the food manufacturers and health professionals who didn't read the research, and blown into a dangerous cult. Sure, some fats are deadly – but they are the manufactured fats, such as margarine, homogenised milk, soy oil, corn oil, etc. In short, all of the heavily-promoted oils are dangerous, and the fats and oils reviled by the huge companies – coconut oil, butter and olive oil, are the good fats. But only if they are properly formulated and carefully stored. For decades, the multinationals who manufacture trans-fats and unsaturated oils manipulated research, in order to promote the sale of their chemicalised, oxidised products, which are unfit for consumption – human or animal! In doing so, they have taken attention away from the real causes of heart disease – sugar, junk food, heavy grain consumption and the wrong kinds of fats. In spite of all the glossy ads and the misinformation campaigns that have led our health practitioners astray, cholesterol, unless it is oxidised, is a valuable nutrient. We need it because it is the precursor of progesterone, oestrogen, DHEA, pregnenolone and other hormones. Our bodies cannot manufacture these invaluable hormones without it.

Sign in to Gaiam tv to watch it

<http://www.gaia.com/video/statin-nation-i-great-cholesterol-cover>

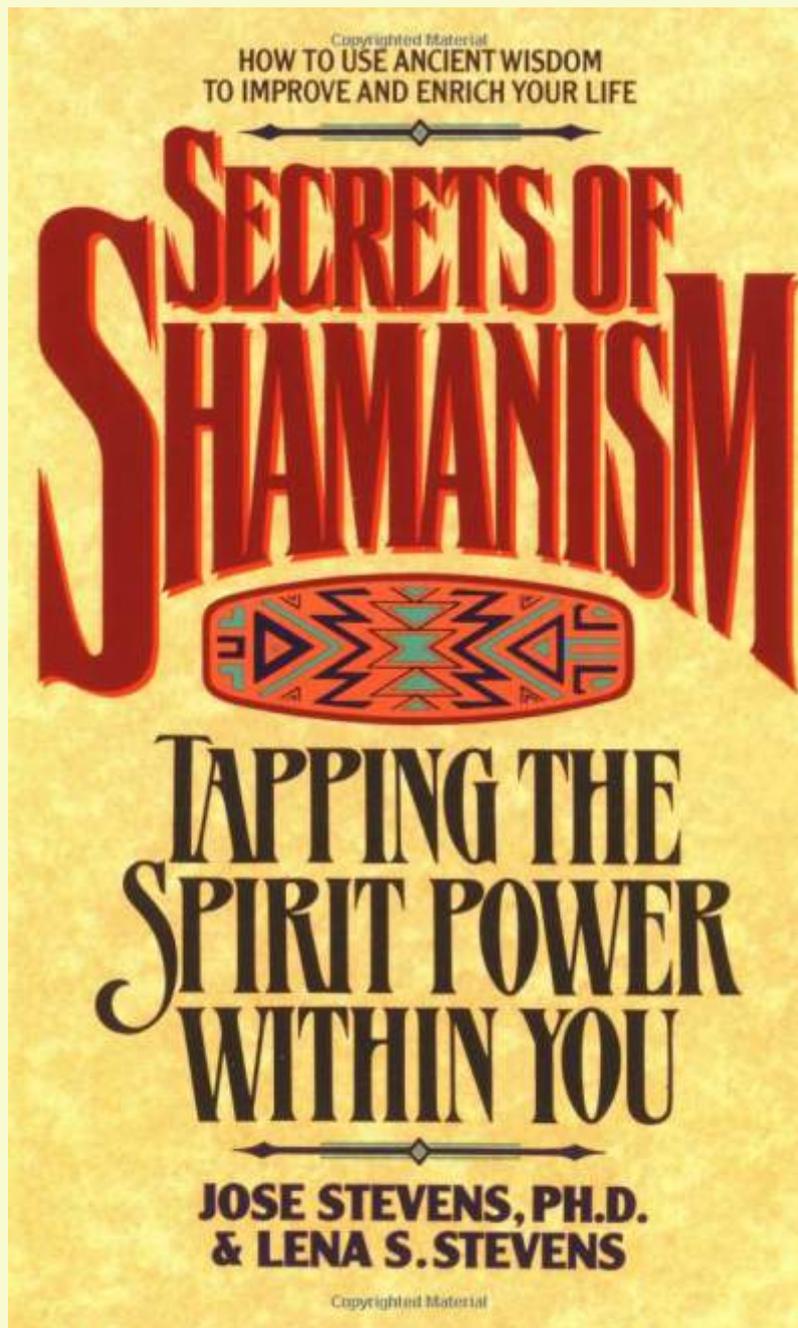
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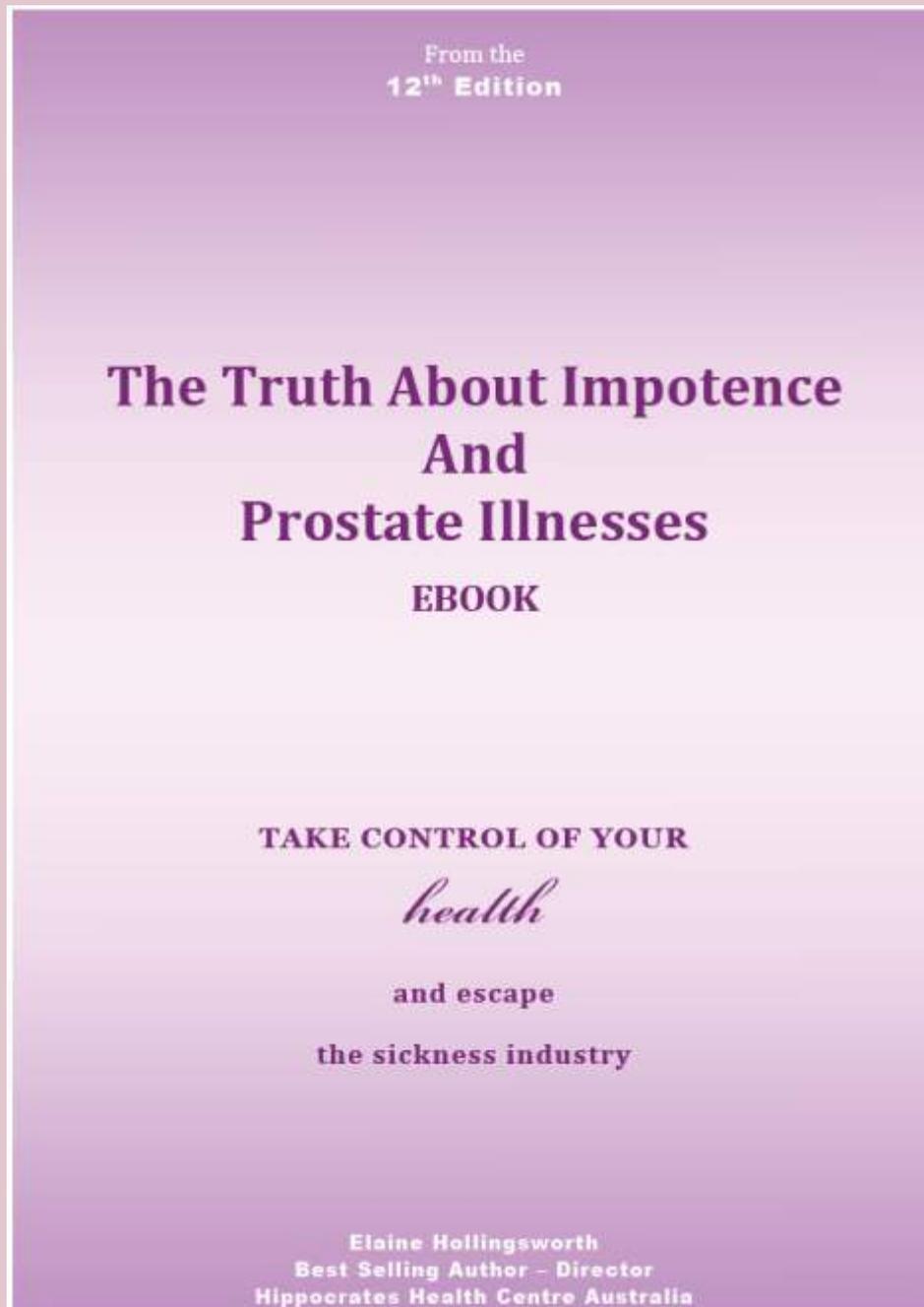
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