

November 2016

newsletter

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La Diosa

Natural Health, Beauty & Well Being Clinic



Featuring in November

- A Main Cause of Diabetes
- Ancient Wisdom Teachings for Greater Happiness
- The best kept natural medicine secret
- Pharma Drugs are the New Parents
- Reishi Mushroom Takeaways
- 8 Secrets To Living Beyond 100
From the WORLD'S HEALTHIEST PEOPLE
- 10 Signs Your Partner Has Lost Interest
- November Special - 50% OFF 1 HOUR ENERGY HEALING
WITH MARINA REI (was \$126) now only : \$63
- Free Gift for La Diosa Readers:
The Nature of Personal Reality

WELCOME TO THE NOVEMBER EDITION.

WITH CHRISTMAS AROUND THE CORNER AND ALL THE BUSYNESS THAT COMES WITH THE FESTIVE SEASON, WE WOULD LIKE YOU TAKE A DEEP BREATH, PAUSE AND PRESERVE YOUR ENERGY. WE ARE HERE FOR YOU TO KEEP YOUR STRESS DOWN IN THIS BUSY TIME OF YEAR, BY OFFERING YOU A VARIETY OF DIFFERENT SERVICES AND PLENTY OF SMALL AND BIG GIFT CHRISTMAS IDEAS. THIS NEWSLETTER MIGHT BRING YOU SOME NEW INSIGHTS INTO HEALTH AND VITALITY, SO WE HOPE YOU WILL ENJOY READING IT IN YOUR SPARE TIME.

BRIGHT BLESSINGS

JASMINKA AND TEAM

A Main Cause of Diabetes

This may come as a shock to many, but sugar, bread and carbs are not the main culprit. Sure they contribute to the problem, but the real problem is why the sugar doesn't absorb into the cells.

Glucose (blood sugar) is a substance made from food (by the liver) that gives the body energy, but in order for glucose to be absorbed into the cells, the body needs INSULIN, which tells the cells to open up and let the sugar in. Without insulin, the muscles and cells don't get glucose and become starved for energy.

The pancreas makes insulin. It shoots it into the body when it senses glucose in the blood. Without insulin, the cells get no energy. We can eat all we want but literally starve.

THREE MILLION YEARS OF EVOLUTION



...AND WE ONLY LOST LITTLE HAIR

When there is no insulin or glucose, the body uses fat as energy. That's why unhealthy overweight people can still have lots of energy. (Doesn't mean they are healthy though) That's also why thin people with no fat eat lots of food for energy, and if the food is healthy raw food, that's great. But if they eat lots of sweet foods, they make the pancreas overcompensate and produce too much insulin which is kind of like stomping on the accelerator pedal in the car and holding it down- it will eventually burn out the engine, leading to an energy crash (including depression, crankiness etc)

Most people think the problem is simply from eating too much sugar and carbs, but that's only part of the reason. The biggest problem is animal products, which all contain saturated fat and cholesterol, which gums up the insulin receptors on the cells, leaving the cells incapable of sensing insulin, so they never open up and the sugar never gets used, resulting in high blood sugar. The pancreas keeps pumping out more and more insulin, but the cells just don't get the message. This will burn out the pancreas leading to a deficiency in insulin, meaning lots of food but no energy. This overdosing of sugars and high-energy foods and drinks leads to hypoglycemia and ultimately diabetes.

Cortisol (death hormone) appears to work together with insulin since cortisol levels rise as we prepare to release glucose for energy. What this means is meat, eggs, milk, cheese and those sugar and carb cravings are rapidly aging and killing you. Hypoglycemics and diabetics beware !

One of the biggest triggers of type 1 is dairy products. Animal products do NOT belong in the human body. The body sees the proteins in cows milk as foreign protein (like virus, bacteria etc), so it produces antibodies to protect itself. Those same antibodies destroy the insulin producing cells in the still-developing delicate baby pancreas. Animal milk (no matter what animal) is full of saturated fat and cholesterol. This fat clogs up cells and makes nutrient absorption more difficult. All of this could potentially be avoided by staying away from animal milk and simply making your own from almonds or cashews or hemp seeds or pine nuts or even bananas.



More: https://www.youtube.com/watch?v=off5_30wNL0&feature=youtu.be



November Special

50% OFF
1 HOUR
ENERGY
HEALING
WITH MARINA
REI (was \$126)
now only:
\$63

Energetic healing takes a holistic approach that looks beyond the physical to manipulating the subtle energy systems (meridians, auric bodies, chakras, nadis) where the cause of the dis-ease can be located. Energetic healing facilitates the healing process by clearing blocks in the energy fields, repairing and rebalancing the energy so that the body can move to its optimal level of balance from where it is able to access its inherent ability to heal itself.

Marina Rei

Grad. Dip. Counselling & Psychotherapy, MA International Relations, BA Teaching, NLP, Hypnosis, Positive Psychology and Coaching, Reiki Master, Crystal Dreaming.

Channeling for Soul Guidance, Energy Body Alignment and Relationship Coaching and Healing

Marina Rei has extensive training and skills in coaching, counseling and energy healing, having worked and studied in these fields for over 18 years both domestically and internationally.

Pharma Drugs are the New Parents

It's common knowledge that kids are overmedicated, but I'm concerned that medications are taking the place of parents to keep kids under control and, in a weird way, to show that they care!

Young people today are on their own and faced with a multitude of problems: parents don't have time for their children, they are both working and are likely divorced and often there's a new step-mother or step-father to contend with; raging hormones; peer pressure at school to smoke or do drugs; a junk food diet because nobody has time to cook; growing up on vaccines and antibiotics; and keeping up with social media. With all this pressure, kids may "act out" in school and they are often put on medication to make the teacher's job easier, as it dulls reaction to the chaos and to the kids' true feelings.

Overwhelming trigger events can happen in a child's life that set the stage for ongoing fear and anxiety. Parents divorcing, a parent or grandparent dying, a family pet being struck by a car, a fire or a flood can all make a child feel unprotected, abandoned and fearful. When a parent's "protection" is lost, a child often blames him/herself and "bargains" to reverse the situation. The bargaining often takes the form of OCD (obsessive compulsive disorder) behavior. Fear that the traumatic event is going to repeat itself leads to anxiety and panic attacks, or the child shuts down and becomes depressed. Parents often misinterpret emotional reactions to teenage angst and ignore the kid shut up in a room listening to loud music. Girls, more often, will develop physical symptoms in an attempt to get attention and comfort.

The adult that kids are exposed to most is the teacher, who is often the one to tell the parent that the child needs to be medicated! A supportive school counselor may be helpful at this stage, but they are few and far between. Now your child is on meds and the only job of the parent is to make sure the meds are taken – which becomes the way they show they care! They don't have to take time out of their own Total Body Meltdown and Medicated life.

I'm amazed that a good diet, along with minerals, can quickly turn this picture around and result in a positive outcome. No, it won't change the stresses but it will change the ability of a child to cope with stress. With minerals and a good diet they don't get sick, they don't get irritable, they sleep well, they don't get constipated, and they can focus, concentrate and lead happy lives.

A good diet is often the hardest part to attain, but it is the most important. To prove how important it is, run The Experiment on your kids or grandkids. Tell your kids that if they avoid all sugar and junk food for a week, then at the end of the week, on Saturday, they can eat as much sugar and junk food as they can swallow. You have to do it on Saturday, so they have Sunday to recover. This experiment will prove to them how yucky the body feels on a bad diet and will make your job of keeping them healthy much easier.

Ancient Wisdom Teachings for Greater Happiness

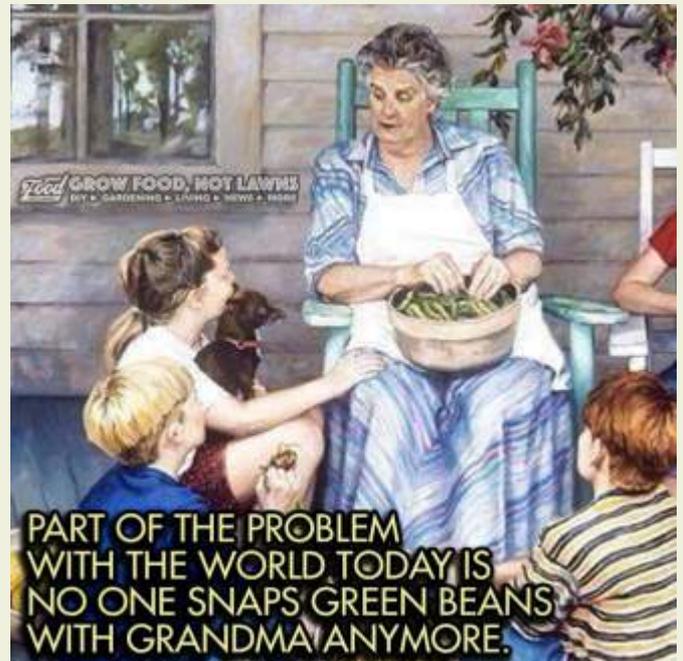
There's no shortage of evidence that happy people live longer, healthier lives.^{1,2} For example, one study found that the tendency to always expect the worst was linked to a 25 percent higher risk of dying before the age of 65. This means a pessimistic attitude can shave more than 14 years off the average lifespan.

But just HOW to "be happy" is an elusive mystery for many. We all seek it, yet many feel they're missing the mark on any given day. Part of the problem may be rooted in your concept of happiness. If you rate your level of happiness as being low, consider reevaluating your notion of happiness.

Perhaps you're subconsciously equating happiness with a certain lifestyle or level of materialism.

Perhaps you've fallen into the trap of thinking that "when xyz happens, then I'll be happy."

A recent article in Time magazine delves into the concept of how to become happier, noting that the clues to a happy life are more apt to be found in classic writings than modern self-help books



Perception Is Everything

Case in point: Wisdom of the ancients dictate that events are neither good nor bad in and of themselves. What matters when something happens is your PERCEPTION of the event in question.

As such, it is your belief about the event that upsets you, not the fact that it happened. Eric Barker offers the following scenarios to illustrate this point:

"You get dumped by someone you're totally in love with. Feel sad? God, yes. The world is going to end. Okay, same scenario, but afterwards you find out that person was actually a psychopath who killed their last three partners. Feel sad you got dumped? No, you're thrilled.

So clearly 'getting dumped' isn't the IMPORTANT factor here ... If you lose your job and believe it was a lousy position and believe it won't be hard for you to get a better job, you're unfazed.

If you believe it was the greatest job ever and believe you'll never get another one that good — you're devastated. Emotions aren't random. They follow from beliefs."

Ryan HOLIDAY, author of several books, including "The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living," offers the following clarification:

"Shakespeare and the Stoics are saying that the world around us is indifferent, it is objective. The Stoics are saying, 'This happened to me,' is not the same as, 'This happened to me and that's bad.'

They're saying if you stop at the first part, you will be much more resilient and much more able to make some good out of anything that happens."

Boost Your Happiness by Changing Your Beliefs

Cognitive Behavioral Therapy is an adaptation of this philosophy and teaches you that the negative feelings you experience in response to life events are in fact rooted in your beliefs, most of which are either irrational or flawed.

While seeking the aid of a qualified mental health professional is certainly recommended if you suffer from DEPRESSION or other mental health issues, for the run-of-the-mill upsets of daily life, you can raise your happiness level by shifting your focus from ruminations about what caused the situation to what your beliefs about it are.

Next, ask yourself whether you're actually thinking rationally about the issue. Is it true that you can never find another partner after a breakup? Is your life really over because you lost your job? As described by Barker:

«Revise your beliefs and you can change your feelings: 'Even if they dump me, I can meet someone else. It's happened before and I got over it.'»

You Cannot Control Everything, so Quit Tryin

Control freaks will struggle with this next piece of advice, but recognizing that you cannot control everything and everyone around you can free you up to experience greater levels of happiness.

"Control what you can and ignore the rest" is excellent advice, as the act of worrying about that over which you have no control is no more effective than carrying a fishnet in anticipation of a rainstorm. To quote HOLIDAY :

"The Stoics are saying, 'Not only are you going to be happier if you can make the distinction between what you can change and can't change but if you focus your energy exclusively on what you can change, you're going to be a lot more productive and effective as well.'"

Barker offers the following visual of the process:

Source: Eric Barker, Time Magazine

Accept Reality as It Is

»The next tip gleaned from the wisdom of the ancients is to "accept everything." HOLIDAY explains:

«Acceptance to us means resignation but to the Stoics it meant accepting the facts as they are and then deciding what you're going to do about them.

The problem is that because we have expectations about how we want things to be, we feel like acceptance is settling, when in reality we have no idea what could have happened instead.

This awful thing might have saved us from something much worse. Or maybe this is going to open us up to some new amazing opportunity ...»

So when things don't go as planned:

1. Accept the situation as it is
2. Ask yourself whether you have control over the situation

3.If you do, then do what needs to be done; if you don't, and you're still feeling upset, ask yourself what your beliefs about the situation are. Chances are you'll find your belief is irrational, in which case you can reformulate your belief into something more positive

Disappointment, especially if you're constantly struggling with things "not going your way," can be a major source of stress, and centenarians — those who have crossed the threshold of 100 years of age — overwhelmingly cite stress as the most IMPORTANT thing to avoid.

This does not mean they were blessed with carerfree lives. "Avoidance" here really refers to the ability to manage your stress so that it doesn't end up wearing you down over time. Rather than dwelling on negative events, most centenarians figured out how to let things go.

Prepare for and Reflect on Each Day

The ancient philosophers also prescribed morning and evening rituals, aimed at guiding and improving your mental and emotional state. A beneficial morning ritual will help set the tone for your day, while the evening ritual allows you time to reflect on the day's events.

"The Stoics thought you should start the day with a ritual of reminding yourself of what you're going to face," HOLIDAY writes. 'Marcus Aurelius said, 'Today, the people that you face will be...' and then he proceeds to list basically every negative trait you could possibly encounter in the course of a day.

That's not pessimistic, he's saying, 'Now that you know this, don't take any of it personally and try to understand why people might act this way and forgive and love them for that.'"

The Importance of Gratitude

Besides unbridled acceptance of reality, the philosophers of old also espoused gratitude. Today, thousands of years later, the benefits of a thankful attitude have been firmly established through scientific study. According to Dr. P. Murali Doraiswamy, an expert in brain and mind health:

"If [thankfulness] were a drug, it would be the world's best-selling product with a health maintenance indication for every major organ system."

Researchers have found that people who are thankful for what they have are better able to cope with stress, have more positive emotions and less anxiety, sleep better and have better heart health. Studies have also shown that gratitude can produce measurable effects on a number of systems in your body, including:

Mood neurotransmitters (serotonin and norepinephrine)	Inflammatory and immune systems (cytokines)
Reproductive hormones (TESTOSTERONE)	Stress hormones (cortisol)
Social bonding hormones (oxytocin)	Blood pressure and cardiac and EEG rhythms
Cognitive and pleasure related neurotransmitters (dopamine)	Blood sugar

A team of researchers at University of California, Los Angeles (UCLA) showed that people with a deep sense of happiness and well-being had lower levels of inflammatory gene expression and stronger antiviral and antibody responses. This falls into the realm of epigenetics — changing the way your genes function by turning them off and on.

Part of your longevity may depend on the DNA you were born with, but an even larger part depends on epigenetics, over which you have more control. Indeed, research suggests your thoughts, feeling, emotions, DIET and other lifestyle factors exert epigenetic influences every minute of every day, playing a central role in aging and disease.

How to Cultivate Gratitude

Like a muscle, your sense of gratitude can be strengthened with practice. One way to harness the positive power of gratitude is to keep a gratitude journal where you write down what you're grateful for each day. This can be done in a paper journal, or you can **DOWNLOAD** a Gratitude Journal app from iTunes.

In one study, people who kept a gratitude journal reported exercising more, and had fewer visits to the doctor compared to those who focused on sources of aggravation. Avoiding getting sucked into bad news is the other side of this equation. You may have to limit your media exposure from time to time if you find it difficult to maintain a positive outlook in the face of worldly horrors. Other ways to cultivate gratitude include:

- Write thank you notes
- Nonverbal actions such as smiles and hugs
- Remember to say "please" and "thank you"
- Express thanks through prayer or mindfulness meditation

The Emotional Freedom Techniques (EFT) is another helpful tool. EFT is a form of psychological acupressure based on the energy meridians used in acupuncture. It's an effective way to quickly restore your inner balance and healing and helps rid your mind of negative thoughts and emotions. In the video below, EFT practitioner Julie Schiffman demonstrates how to tap for gratitude.

Other Habits That Promote Happiness

In many ways happiness is a choice, and you can create it by following a certain routine. In fact, happy people tend to have habits that set them apart from their sad and stressed-out peers, such as letting go of grudges, treating people with kindness, dreaming big, not sweating the small stuff and much more. The following list includes "prescriptions" from psychologists that are known to boost your level of happiness.

Make happiness your goal

The first step toward greater happiness is to choose it. You need to believe that happiness is possible, and that you deserve it. (Hint: You do. Everyone does!) Research shows that the mere INTENTION to become happier actually makes a big difference.¹⁸

Identify that which makes you happy

If it's been awhile since you've felt truly happy (that carefree joyous state you probably had as a child), you may have forgotten what it is that gets you there. Take time to reflect on what gives you joy (and not just the obvious, like your family, but also little things, hobbies and interests).

Make happiness a priority

If you have a free hour, do you spend it doing something fun? Or do you spend it catching up on housework, tackling an [EXTRA WORK](#) project or otherwise working? The latter is a "minor form of insanity," according to happiness researcher Robert Biswas-Diener, Ph.D.¹⁹

It certainly will not help you get happier. To break free of this trap, make a point to schedule your weeks around events (or ordinary activities) that make you feel happy and alive.

Savor pleasant moments

People who take the time to savor pleasant moments report higher levels of happiness, regardless of where the day takes them.²⁰ If you don't already do this, keeping a daily diary of pleasant moments and whether or not you truly savored them, might help.

You might be surprised at how much happiness is to be had in your everyday life. Try appreciating the scent of your coffee, relishing in the feeling of your soft bed or enjoying the sunrise before you start your day.

Ditch unnecessary and joyless distractions

There's only so much time in a day, so be sure to protect your attention and time from unnecessary and unproductive distractions. This includes texts, tweets and emails, which take you away from the true pleasures in life. If necessary, turn off social media completely.

Think keeping tabs on your Facebook friends equates to happiness? Think again. Research suggests the more time people spend on Facebook, the more their moment-to-moment happiness declines and the less satisfied with life they become.²¹

Let every thought be a positive thought

Simply thinking about something positive, and smiling as a result, can make you happier and more upbeat. (Simply [fake smiling](#) is actually linked to worsened mood.) A genuine smile includes the facial muscles around your eyes, and can actually prompt brain changes linked to improved mood.

Prioritize experiences over things

Research suggests experiences make us happier than possessions; the "newness" of possessions wears off, as does the joy they bring you, but experiences improve your sense of vitality and "being alive," both during the experience and when you reflect back on it.

Have a back-up plan for bad days

When you're having a bad day and your mood is sinking, have a plan in place to lift it back up. This could be calling a close friend, watching a comedy or going out for a jog — whatever works best for you

Identify your sense of purpose

Happiness isn't about pleasure alone; it's also about having a sense of purpose. The term "eudaimonic well-being" originated with Aristotle, and describes the form of happiness that comes from activities that bring you a greater sense of purpose, life meaning or self-actualization. This could be your career, or it could be gleaned from volunteering or even taking a cooking class.

Socialize — Even with strangers

Having meaningful social relationships is [IMPORTANT](#) for happiness, but even people who engage in "social snacking" report greater happiness. Social snacking describes the little ways you connect with others, including strangers, on a daily basis.

In general, the more you mingle and [CHAT](#) with the people around you, the more cheerful and brighter your mood is likely to be. To learn more about the benefits of striking up casual conversations wherever you happen to be, see my previous article, "[How to Talk to Strangers.](#)"

Get away

Taking time away from the daily grind is important for helping you recharge. And while even a weekend getaway can give you a boost, a longer trip is better to help you create meaningful memories. These memories can be tapped into later to help boost your happiness. Experts recommend a two-week vacation, ideally, even if it's to a locale close to home.

Spend more time outdoors

Exposure to bright outdoor light is crucial for a positive mood, in part because regular exposure to sunlight will help to enhance your mood and energy through the release of endorphins.²² Getting sun exposure outdoors will also help you optimize your vitamin D levels. Vitamin D deficiency has long been associated with [seasonal affective disorder \(SAD\)](#), as well as more chronic [DEPRESSION](#) .

Practice kindness

When people make a point to conduct three to five acts of kindness a week, something magical happens. They become happier. Simple kind acts — a compliment, letting someone ahead of you in line, paying for someone's coffee — are contagious and tend to make all of those involved feel good.

The best kept natural medicine secret

By Dr Josh Axe

Ling Zhi (Reishi mushroom) – *Ganoderma lucidum*

The reishi mushroom (*Ganoderma lucidum*), an edible type of medicinal fungus that has been used for various healing abilities for thousands of years, is a true “superfood.” Also known as Ling Zhi in Chinese, these mushrooms are strongly anti-inflammatory and tied to longevity, better immune function and mental clarity — perhaps that’s why they’ve adopted the nickname “king of mushrooms.”

As described in the book “Herbal Medicine: Biomolecular and Clinical Aspects,” in Chinese the name for the reishi mushroom represents “a combination of spiritual potency and essence of immortality ... it’s tied to success, well-being, divine power, and longevity. Among cultivated mushrooms, *G. lucidum* is unique in that its pharmaceutical rather than nutritional value is paramount.”

Throughout history in holistic medicine practices, including Traditional Chinese Medicine (TCM), reishi mushrooms have been considered to be adaptogen herb-like substances, meaning they help us deal with the negative effects of stress — such as increased inflammation, depleted energy levels, damaged blood vessels and various types of hormonal imbalances. Studies have repeatedly shown that reishi mushrooms have antioxidant abilities that allow them to strengthen the body’s defenses against cancer, autoimmune diseases, heart disease, allergies, infections and more.

And these are just some of the reishi mushroom benefits. So let’s take a look at why you should eat this type of nutritious, beneficial mushroom.

How the Reishi Mushroom Works

What are reishi mushrooms? Like other disease-fighting mushrooms, reishi mushrooms are a type of fungus that grow outdoors. They’re native to parts of Asia, including China, Korea and Japan. While they’re edible (some people describe them as tasting bitter and having a tough texture), you’re much more likely to find them in supplement, tincture or powder form.

Reishi mushrooms grow above ground and produce “a fruiting body” along with connective strands (called mycelium), which are turned into an herbal medicine, tincture, tea, powder or extract.

For most of history, in Traditional Chinese Medicine fully grown reishi mushroom was dried, cut into slices, boiled in hot water and then steeped to make a healing tea/soup. Today, manufacturers of reishi products use a processing technique where reishi is boiled multiple times at a high pressure, allowing the active ingredients to be extracted to form a tincture.

Over the past several decades, dozens of different studies conducted in Japan, China, the U.S. and the U.K. have demonstrated that reishi mushrooms are capable of offering protection against numerous diseases or illnesses, including:

- inflammation
- fatigue (including chronic fatigue syndrome)
- frequent infections (urinary tract, bronchitis, respiratory infections, etc.)
- liver disease
- food allergies and asthma
- digestive problems, stomach ulcers and leaky gut syndrome
- tumor growth and cancer
- skin disorders
- autoimmune disorders
- diabetes
- viruses, including the flu, HIV/AIDS or hepatitis
- heart disease, hypertension, high blood pressure and high cholesterol
- sleep disorders and insomnia
- anxiety and depression

Because they work as an “immune modulator,” reishi mushrooms can help restore hormonal balance, bring the body back to homeostasis and regulate activity of the immune system, including fighting tumors and cancerous cells. Research shows that reishi mushrooms act like a normalizing substance, regulating various cellular functions and systems, including the endocrine (hormonal), immune, cardiovascular, central nervous and digestive systems.

One of the best things about using reishi mushrooms is that they're capable of doing so much, yet compared to medications they're non-toxic and produce hardly any side effects of all. In fact most, people notice a quick improvement in their energy levels, mental capabilities and moods while also experiencing a reduction in aches, pains, allergies, digestive issues and infections.

The secret behind their healing potential? It's the various active ingredients the reishi mushroom contains, which include: complex sugars known as beta-glucans, plant sterols that can act as precursors to hormones in the body, polysaccharides that fight cancer cell development, and acidic substances called triterpenes that turn off the body's response to allergies.

Recent findings suggest that reishi mushrooms can lower inflammation and increase the release of natural killer cells (or cytotoxicity), which work to remove various types of mutated cells from the body. This makes the reishi mushroom ideal as a natural cancer treatment and for prevention or heart disease. Some of the mechanisms of action by which reishi does this include:

- activating cytotoxic receptors (NKG2D/NCR)
- inhibiting cell proliferation
- suppressing vascular endothelial growth factor
- increasing plasma antioxidant capacity
- enhancing immune response
- converting excess testosterone to dihydrotestosterone

6 Proven Reishi Mushroom Benefits

1. Defends Against Tumor Growth and Cancer

Just like other anti-inflammatory foods, reishi mushrooms contain several types of important anti-cancer nutrients, including antioxidants (such as the kinds called polysaccharides and triterpenoids), beta-glucans and amino acids. Researchers believe that one of the most beneficial components of the reishi mushroom is its polysaccharides, which are a water-soluble type of nutrient found in carbohydrate foods that are known to have anti-tumor abilities.

Polysaccharides, also found in other beneficial plant foods like sweet potatoes or beets, along with triterpenoids are immune-modulating substances that seem to defend DNA and stop cell mutations while protecting healthy cells. According to some studies, certain medicinal mushrooms fight cancer because polysaccharides have important biological benefits including antioxidant, neuro-protective, radio-protective, anti-diabetes, anti-osteoporosis and anti-fatigue abilities. (5)

Additionally, laboratory tests have demonstrated that triterpenes have cancer-fighting properties, which is one reason why brightly colored or bitter-tasting, highly antioxidant foods like pumpkin, berries and black rice have a reputation for promoting health. Triterpene compounds seem to inhibit tumor invasion and metastases by limiting attachment of cancerous cells to endothelial cells. Beta-glucans are also natural cancer-fighters since they stop the growth and spread of cancer cells while causing the immune system to become more active.

Reishi mushrooms have been successfully used to fight cancer of the breasts, ovaries, prostate, liver and lungs, sometimes in combination with other treatments. (6) For patients who are recovering from cancer or undergoing chemotherapy and radiation treatments, reishi has protective effects that can make the medication more effective. Research in cancer patients suggests that reishi has antiproliferative and chemopreventive effects, helps alleviate side effects of chemotherapy like low immunity and nausea, and enhances the efficacy of radiotherapy — making the reishi mushroom one of the most powerful cancer-fighting foods available.

2. Improves Liver Function and Detoxification

TCM differs from “Western medicine” in some ways because it emphasizes disease prevention, instead of simply treating symptoms once they appear. Within the body, one of the main focal points of TCM is the liver, since the liver is responsible for helping clean, process, store and circulate healthy blood and nutrients. Adaptogen herbs or supplements like reishi mushrooms are one piece of the puzzle when it comes to maintaining the right balance within the body (other important aspects include a healthy diet, exercise and meditation) because they’re believed to help strengthen the digestive system, where nutrients are actually broken down and absorbed.

Adaptogens can improve liver function and prevent liver disease, resulting in numerous benefits because this allows waste and toxins to be flushed from the body more efficiently, improving immunity against diseases that can develop over time. A 2013 study published in the *International Journal of Medicinal Mushrooms* found that reishi induces hepatoprotective effects on acute liver injury because it contains antioxidant properties and fights harmful immune responses that slow down liver function.

3. Promotes Heart Health and Balances Blood Pressure

Triterpenes found in the reishi mushroom seem to have blood pressure-lowering abilities as well as benefits for blood-clotting and cholesterol, likely because they help lower inflammation within blood vessels and arteries while also restoring hormonal balance. High blood pressure or high cholesterol can sometimes be caused by hormonal issues, including thyroid disorders or high amounts of stress, but reishi mushrooms help restore optimal hormonal levels and also strengthen the cardiovascular system.

In addition to lowering blood pressure, reishi can improve overall circulation, lower inflammation that worsens heart problems, and prevent clogged arteries or high cholesterol levels. Some early research suggests that taking reishi mushroom supplements (including ganopoly) reduces symptoms of clogged arteries, chest pains and shortness of breath.

4. Helps Balance Hormones and Fight Diabetes

Research suggests that several antioxidants and anti-inflammatory compounds found in reishi mushrooms change the way that nerves transmit messages to the brain, improving various functions within the endocrine and central nervous systems and balancing hormones naturally. Reishi mushroom supplementation is used to lower symptoms of diabetes, fatigue and hormonal imbalances, while improving fertility and reproductive health.

The reishi mushroom lowers the amount of toxins or heavy metals that can accumulate within the body and cause sluggishness, which is why these mushrooms are tied to improved energy levels, better concentration, improved memory and even better quality sleep. Clinical studies have also shown that reishi extract exerts mild anti-diabetic effects and improves dyslipidemia. Some research suggests that taking reishi mushroom supplements for 12 weeks reduces severity and complications of type 2 diabetes, since it can raise hemoglobin levels but not blood sugar levels.

5. Fights Allergies and Asthma

One of the active ingredients of reishi mushrooms is triterpenes, a type of ganoderic acid that is tied to a reduction in allergies and histamine reactions associated with asthma. It's this reason why the reishi mushroom is an asthma natural remedy. Triterpenes are capable of lowering allergic reactions because of the way they affect the immune system, strengthen the digestive organs, protect the gut lining, lower inflammation, inhibit a histamine release, improve oxygen utilization and improve liver functions.

6. Reduces Risk for Infections and Viruses

Reishi mushrooms are considered a natural antiviral, antibacterial and antifungal substance. Aside from reducing allergies, triterpenes offer protection against microbial infections, viruses and fungal infections. Triterpenes can be found in many plant foods that taste somewhat bitter, a sign that they're protective in nature and defend the plant against predators. In studies, isolated triterpenes have been shown to strengthen the lining of the digestive organs, fight off "bad bacteria," help good bacteria replenish and protect against cell mutations.

Because reishi mushrooms can improve blood circulation and lower inflammation, they can help resolve infections more quickly, reduce pain and fight fatigue. Reishi mushrooms have been used to help treat symptoms and underlying causes of urinary tract infections, respiratory and sinus infections, hepatitis, bronchitis, and even the HIV and AIDS viruses.

How to Use Reishi Mushrooms

According to some experts on reishi mushrooms, they might be most effective if you take them in the morning on an empty stomach. Drinking water along with reishi seems to help them absorb best, as does pairing them with vitamin C foods. Vitamin C seems to help with proper absorption of the active ingredients, including several types of antioxidants.

When purchasing reishi, ideally look for products that are certified pure, produced in Asian countries (such as Japan), and in extract or essence form. There are many different types of reishi products available, all of which have different levels of active ingredients that are affected by factors including the plant's mother fungi, the growing conditions and the processing method used to extract the reishi. Products from Japan are considered to be some of the purest and are usually cultivated using techniques that preserve the delicate compounds in reishi. Check the product's labeling for the species name (*Ganoderma lucidum*), extract ratio, country of origin and if any fillers are added.

You're likely to come across reishi mushroom extract, capsules or powders in health food stores or online, so always read the directions carefully since dosage can vary depending on how concentrated the product is and the likelihood of having side effects goes up when you take too much.

Are Reishi Mushrooms Safe and Are There Any Side Effects?

Reishi mushrooms have been used for thousands of years in all kinds of patients, and amazingly very few (if any) side effects have ever been recorded. Reishi is classified as "Class 1: Herbs that can be safely consumed when used appropriately." On occasion, some mild digestive upset and skin rashes have been occurred, but these side effects seem to go away and only be a threat in sensitive people with impaired immune systems.

While reishi mushrooms are safe, effective and very well-tolerated by most people, there are some instances when you'll want to talk to your doctor before using them on your own. According to studies, the reishi mushroom appears to be safe for adults when taken by mouth in appropriate doses for up to one year. It's possible for powdered forms of reishi to be stronger or contaminated in some rare cases, which can increase the risk for toxicity, so use caution and purchase reishi powder from a reputable company.

If you notice any of the following side effects, stop using reishi mushrooms and visit your doctor to make sure you're not reacting badly, having an allergic reaction or experiencing liver toxicity:

- dryness of the mouth
- dry or itchy throat
- itchiness in the nasal area
- strong indigestion or stomach upset
- nosebleeds
- bloody stool
- skin rashes

If you're pregnant or breast-feeding, it's best to avoid reishi mushrooms unless you work with your doctor, since there hasn't been much research done involving pregnant women. If you have had any type of bleeding disorder; just underwent surgery; take blood pressure medications, blood thinners, chemotherapy drugs or immunosuppressant medications; or have trouble with blood clotting, don't take reishi mushrooms since they can increase blood pressure, impact blood clotting (called thrombocytopenia) and increase the risk for bleeding.

Reishi Mushroom Takeaways

If you're looking for a mushroom to eat, the reishi mushroom may not be the best choice — although it is edible. However, if you want to unlock this unique mushroom's benefits and love tea or soup, the reishi is perfect. Found in mostly tincture, tea, powder or extract form, reishi mushrooms are a high-antioxidant food that improved immunity.

My favorite way to consume them is in tea form — which helps fight cancer, detox the liver, improve heart health, balance hormones, combat allergies and stave off illness. It may be a fungus, but it's the good type. So don't be afraid to add the reishi mushroom to your daily

Reishi Mushroom Takeaways

Ling Zhi or Reishi Mushroom (*Ganoderma lucidum*)

Do you have problem with sleeping or you want to boost your immune system

1. Lingzhi is said to enhance overall health by boosting immunity.

Lingzhi contains active compounds known as polysaccharides. These can have immune-boosting effects, such as increasing the activity of white blood cells.

2. In Chinese culture, Lingzhi is associated with long life.

In folk art, Lingzhi is often featured in images of God of Longevity. In the 16th century, Li Shizhen, a renowned herbalist, described Lingzhi as a herb that boosts longevity and has other anti-ageing effects.

3. Lingzhi may aid in cancer management.

Research has shown that beta-glucans, complex sugars found in Lingzhi, may stop growth and prevent the spread of cancer cells. In addition, a study indicated that combining the active components of Lingzhi and green tea may inhibit tumour growth.

4. Lingzhi is believed to help lower blood pressure and reduce allergies.

Lingzhi is filled with triterpenes, a compound that gives the mushroom its bitter taste. These triterpenes may help prevent hypertension and relieve the symptoms of allergies.

5. Lingzhi is said to influence the Heart, Lungs, Liver and Kidney channels.

In TCM, Lingzhi is used to tonify the Qi, calm the mind and relieve cough and asthma.

6. If you are on immune-suppressing drugs, Lingzhi may not be for you.

Lingzhi may work against these drugs because of its potential stimulating effects on the immune system.

7. The spores of the Lingzhi mushroom are more potent than its body.

Compared with their fruiting body, Lingzhi spores are richer in nutrients and therapeutic properties. However, harvesting the spores is a delicate process as they are released only for 10 days when the mushroom ripens.

Coconut kefir- natural probiotic



Every now and then as a practitioner you stumble across something that works incredibly well. This is the coconut water kefir for me. It really is remarkable in correcting your GUT microflora. It does not even compare to probiotic capsules. GUT health is critical for hormone metabolism and manufacture. In fact using the kefir will start to calm your moods alone in as little as a week. There may be some little reactions to start as your GUT gets rid of the badies but from there its brilliant for bloating, wind, constipation, food allergies and intolerance as well as IBS.

Just empty a capsule of probiotic into the coconut water. Shake it up and leave it covered but without a tight seal for 2 days on average. Less in hot climates and more in cold climates. Some probiotics work better than others and some coconut waters work better. You just need to experiment a little.

Once it goes cloudy its done and put it in the fridge where it will last a few weeks or even more. If it gets a sulphur smell its gone bad. Start on just 50ml and build up to 200ml. There is no hard and fast rule how much you should have. I use it as the base for my breakfast smoothie. Do yourself a favour and get started. Especially great for kids immunity.

8 Secrets To Living Beyond 100 - From The WORLD'S HEALTHIEST PEOPLE



In a lost kingdom high in the Himalayan mountains, at one of the extreme northern points of India, bordering Kashmir, China and Afghanistan live a people with incredible secrets for longevity – the Hunzas.

Pronounced hoon-zas, they are not a society of mythical legend, but real people living on ‘the roof of the world’ – often to the tender age of 145 years. Within this tiny, peace-loving society, comprised of just 30,000 people living in an inaccessible valley approximately 3000 meters above sea level, you can find women who give birth into their 60s and men who look like they’re in their 40s at twice that age. It is said that in addition to growing old – more than gracefully – they are also the happiest people in the world.

This is an **IMPORTANT** distinction to make of the Hunza people, for their health is not only defined by the lack of disease, but also their overall quality of life, and direct experience of joy. They seem to possess boundless energy and enthusiasm for every day activities. When you compare this state of living within the Hunza community with the American way of life; we’re known for being obese, spending more for pharmaceutical drugs than any other country in the world, and repeatedly fairs poorly on sociological tests to measure happiness – you might deduce we have a lot to learn from them.

Hunza vs. the Western Lifestyle

The Hunzas live ALMOST TWICE AS long as the average American – without taking copious pharmaceutical meds, without driving expensive new cars, and without a Whole Foods on every corner of suburbia. They have no suburbia. Just a mountain valley, which is pure, and uncontaminated by modern industrial chemicals, GMO foods, or contaminated water.

Their very lifestyle makes you question everything we hold ‘sacred’ in this country. Even at 100 years of age (the American average lifespan is only 70) a Hunza is not considered elderly. 90-year-old HUNZA MEN OFTEN father children, and 80-year old Hunza women make Naomi Campbell look geriatric. So what’s their big secret? How do we live more like the Hunza, barring a move to a remote Himalayan **village**?

The Hunza Secrets to Longevity

1. Use Food as Medicine and Eat Frugally.

The Hunza’s climate is harsh due to its geographical location, so they eat frugally. Typically, they eat little meat and dine on ONLY TWO SMALL meals a day. They don’t eat their first meal until noon, even though they often engage in hard, physical labor starting at 5:30 AM. The ‘breaking-of-their-fast,’ or breakfast, combined with small, mostly vegetarian and whole grain meals likely keep their digestive systems healthy.

Evolutionary biologist Dr. Margo Adler, who led recent research to study how limiting food INTAKE ACTUALLY HELPS us to live longer, said that cutting back on food leads to increased rates of “cellular recycling” and repair mechanisms in the body. This means slower aging because our cells are ‘recycled.’

Scientifically Proven Method to Reverse Diabetes (Ad)

Comparatively, due to all the added refined carbs and sugars, Americans are often consuming many more calories in every meal than they really need – not to mention they aren’t getting any cellular regeneration from good NUTRITION . Six bodily tissues are regenerated entirely by the nutritious foods we eat.

Unlike most Westerners, Hunzas eat primarily for the establishment and maintenance of health rather than for pleasure.

2. Pristine Food, Water, Soil and Air Quality

Hunza food is completely NATURAL , containing no chemical additives. The Western DIET is full of pesticides, herbicides, fungicides, genetically modified organisms, processing chemicals, sugars, fake sugars, MSG, artificial ‘flavors,’ and sometimes even formaldehyde – a chemical used to process the dead in a morgue!

The Hunza's way to process fruit is to let it dry in the sun. They 'process' milk and cheese, but with no chemicals or hormones. It is against Hunza law to spray their gardens with pesticides.

Renee Taylor, in her book *Hunza Health Secrets for Long Life and Happiness*, (Prentice-Hall 1964) says that the Mir, or ruler of Hunza, was recently INSTRUCTED BY PAKISTANI authorities to spray the orchards with pesticide, but the Hunzas refused. Instead, they spray their trees with a mixture of water and ashes, which protects the trees without poisoning the fruit.

The entire way of life for a Hunza is ORGANIC.

3. Eat Less Meat

Though the Hunzas do eat meat about once a week, primarily chicken or fish, it looks nothing like what we eat from FACTORY FARMS IN the West. They instead focus on organic fruits and vegetables, grains like barley, millet, and buckwheat, and most of what they eat is raw and fresh – so it still contains life force.

4. A Known Cancer Cure

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Unlike most Westerners, Hunzas eat primarily for the establishment and maintenance of health rather than for pleasure.

5. Protect Your Gut Health

The Hunza's also typically consume yoghurt, which replenishes their healthy gut flora. Another country which consumes a lot of yoghurt is Bulgaria, and they have 1,666 centenarians per million people in their populace. The West is lucky if we have 9 per million. Our microbiome – our gut flora – is key to determining our immune health and longevity.

6. Daily Exercise Outdoors

The Hunzas spend most of their days in nature – outdoors, in fresh air. There are dozens of scientific studies which point to the health and mood boosting benefits of this practice, but they also typically walk up to 20 kilometers every day, in addition to doing other back-breaking physical tasks. Sure, we go to the gym, but nothing compares to hiking on uneven terrain for hours every day in a pristine, natural setting.

7. Eat Unprocessed Bread Containing All Needed Enzymes

The Hunza also eat lots of nuts and seeds, but their favorite addition to any meal is 'chapatti' a bread that is made of wheat, millet, buckwheat or barley flour – it is the whole flour though with the germ intact. Most processed flours in the West, especially wheat flours, have had the germ removed.

Leaving the germ intact makes storing flour-based products more difficult for the food industry, but Hunza women credit this bread for allowing them to give birth well into their 60s. Why? Germ-intact grains contain lots of Vitamin E and other phytonutrients which play an IMPORTANT role in our longevity, but also our sexual health. Our entire hormonal system relies on Vitamin E, and other nutrients for increased libido and vitality.

8. The Final Hunza Secret? Meditation and Frequent Breaks

In the West we work at stressful break-neck speeds, rarely taking a moment to focus on our breath, or to just feel gratitude for being alive. The Hunzas practice meditation and trust their instincts to know when it is time to rest. They spend alone-time looking within, and consider communing with the soul, paramount to their happiness.

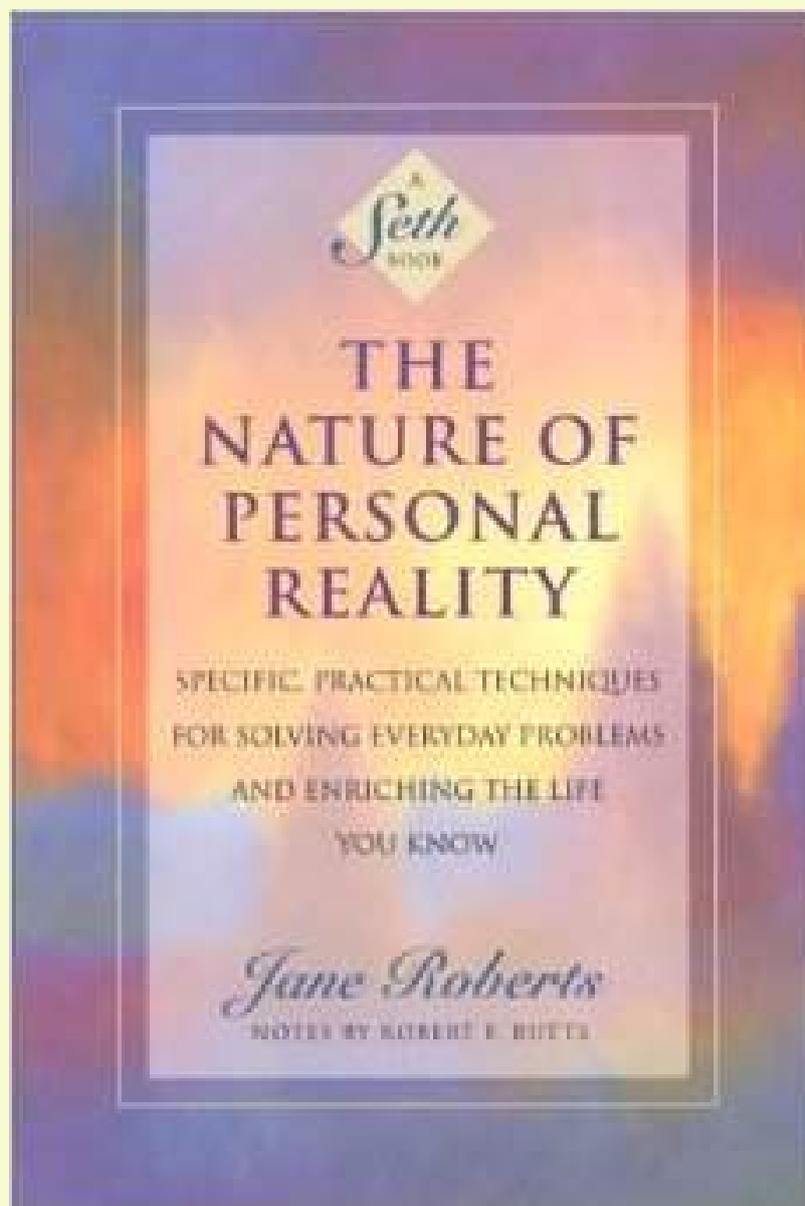
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10 SIGNS YOUR PARTNER HAS LOST INTEREST

Have you ever been dumped? I have – more than once. Invariably, it's not fun. But you know what? You come to respect people who have the guts to just tell you it's over.

Spend enough time in the dating world and you'll come across several men and women who would lead you on with false hope for all of eternity if you let them.

The solution? Don't let them.

Have a look at the following 8 signs of waning romantic interest. Take these as signs it's time to hit the road and find someone who's at least mature enough to be honest about their feelings.

#1 – They're Always Too Busy For You

People make time for things that matter to them. Seriously, I know people with full-time jobs who manage to cram entire TV seasons into one week. If your boyfriend or girlfriend is constantly too busy to spend time communicating or even just being with you, face it – you're not that high on their priority list.

#2 – They Stop Making Plans

A committed lover who's interested in their relationship makes plans. Plans don't have to involve child names or retirement arrangements but there should be some attempt at moving things forward. Even if it's a weekend getaway together or an evening at a nice restaurant – if there's love, there will be plans.

#3 – They Begin To Act Indifferent

“Oh, you found that really outrageous item on our credit card statement and now you're upset? No big deal.”

Erk. Big deal.

As psychologist John M. Grohol puts it, indifference is one of the biggest signals of a relationship's death. Couples who love each other argue and they argue often. If you're the only person in your relationship who cares enough to call out nonsense, you may want to put that skill to use and ask your partner what's going on.

#4 – They Stop Trying To Impress You

This isn't to say partners should be spending every waking minute trying to impress each other. I mean, couples grow comfortable with each other and stop being so uptight.

But if your partner shows up to 5 dates in a row wearing the same shirt that gets progressively smellier, it's a sign they've stopped caring about what you think. Why would they stop caring? Probably because they're not interested.

#5 – They Don't Support You Anymore

When you come home to silence – not even a single 'how was your day?' – you know things have gone downhill. This is especially true if your partner seems to be more concerned with how their favorite celebrity's day has been than yours – you being the person they supposedly, y'know, love.

#6 – They Lose Interest In Intimacy

Be careful with this one. A number of things can cause it – including various medications, illnesses and psychological problems.

That said, if your partner is seemingly healthy but just completely lacking in any desire for intimacy whatsoever... sorry, mate.

#7 – They Cheat

Unfortunately, this is where point #6 often leads. If your uninterested partner has a healthy sex drive, they will probably not be able to resist the endless temptation that seems to parade itself in front of 'taken' men and women.

They may not even cheat physically; it may be all emotional. But the meaning is the same:

They're not interested in what they get from you, so they're looking elsewhere.

#8 – Everything Becomes About Them

It's like your needs don't even exist. Life's all about where they want to go, who they want to hang out with and what they want to do. People with that mentality are often the type who thought they wanted a relationship but really just wanted the 'status' it brings; they have no interest in actually caring for another person.

#9 – They Blame You For Everything

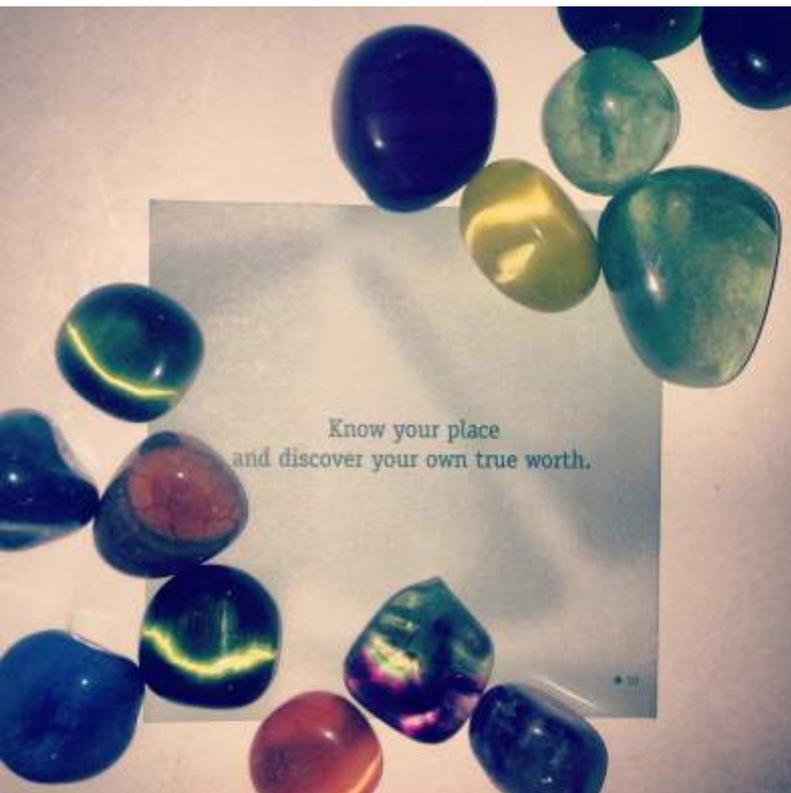
When someone's really interested in their relationship, they have no problem taking responsibility – even if it's just a little bit for a situation that wasn't totally their fault. When someone's really not interested, they'll cast blame on their partner – even when it's completely unfair. It's often their way of making themselves feel less guilty for having lost interest.

#10 – They Distance Themselves From Your World

That band you really love? They're not so into them anymore. The places you frequent? Suddenly, they're 'boring.' When this happens, it's a sign your partner has not only lost interest – they're also trying to put some distance between themselves and things that remind them of you.



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