

Discover and maintain health and wellbeing
in Byron and the Northern Rivers



Byron Healing

Vol. 5 ~ 2022

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to the region's healing practitioners and wellness centres,
yoga, massage, retreats and spas, education and training,
and health food and wellness products

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Being in balance

Life does not always offer us a simple and clear path forward; it can present us with unexpected challenges both for our physical and psychological wellbeing.

There are times when we can go to a doctor, or health practitioner, to find the right treatment that will quickly and effectively resolve a problem we might have, but there are other times that require us to take a 'life approach'. These are often the most difficult of challenges and tackling them can be life altering.

There may not be a single 'solution' to how we find a way forward. It is through working on ourselves over a range of levels and in a range of ways that we can live well in our lives and help the people we love and care for.

For each of us that journey is unique and it will require bravery to change our perception of ourselves and our place in the world. Fortunately, there are many modalities and people from whom we can seek support as we take the steps we need toward change and creating the balance we need in our lives.

It may come in the form of a cup of tea and a chat with a friend, or perhaps it is learning how to reduce stress in your life. It can be getting the right exercise advice, or finding a technique that helps you balance your soul. It may be a combination of all these things that empowers you to pursue a positive path through the rest of your life.

Recognising that life is a journey lived in a state of fluctuation and change gives us the opportunity evolve, to laugh, cry, and hopefully, learn from our mistakes. There is no perfect end-point destination, no final 'best person' we can be – except by being the best person we can be in any given moment, and looking to improve the world for ourselves and for others – one choice at a time. That is the excitement and adventure of life.

Aslan Shand



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The Byron Healing magazine and website are proudly produced by

Echo Publications

www.echo.net.au

© 2022 Echo Publications Pty Ltd – ABN 86 004 000 239
 Village Way, Stuart Street, Mullumbimby NSW 2482, 02 6684 1777

Printed by IVE Group

Byron Healing online: www.byronhealing.com.au

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 quickly find just the right healers for you. Plus, there is also a regularly updated informative and entertaining blog!

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 The views expressed in this publication are those of the respective contributors and are not necessarily endorsed by the publisher.


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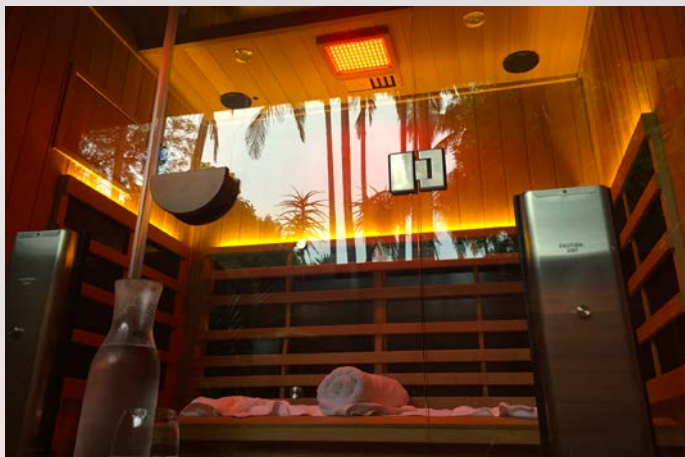
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www.cosmnaturalhealth.com

info@cosmnaturalhealth.com

02 6678 2798

www.healing.echo.net.au/listing/cosm-natural-health-pottsville



Bayside Acupuncture & Herbal Medicine Clinic

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14a Park Street, Brunswick Heads

www.baysideacupuncture.com • 02 8885 1088

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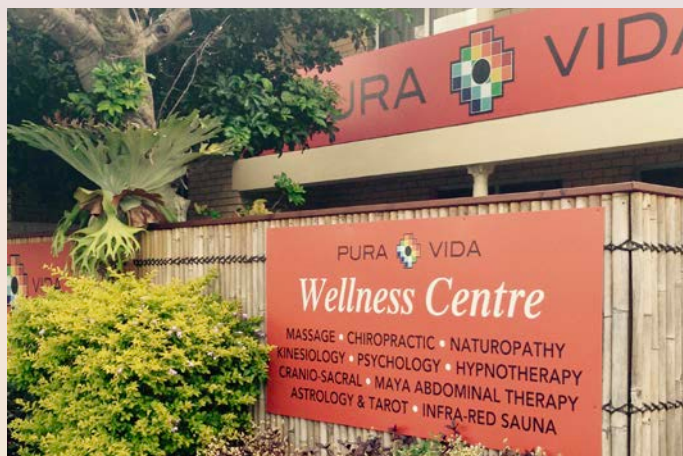
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Bruns River Herbs:

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Pura Vida Wellness Centre, Brunswick Heads

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www.puravidawellness.com.au

www.healing.echo.net.au/listing/pura-vida-wellness-centre

Medical Centres



Tintenbar Medical Centre

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Tintenbar Medical Centre provides comprehensive primary healthcare for individuals and families across all ages, genders, diseases and conditions. They focus proactively on a healthy lifestyle and preventative care. The extensive team consists of quality and experienced GP's and allied health partners.

12 George Street, Tintenbar
02 6687 8299
tintmed.com.au

www.healing.echo.net.au/listing/tintenbar-medical-centre

"One of the marvellous things about community is that it enables us to welcome and help people in a way we couldn't as individuals."

~ Jean Vanier

Services



Care Legion

Care Legion is a registered NDIS provider, providing support to NDIS participants with their plans, including support coordination, plan management, and general disability support. We also assist older Australians via their Home Care Packages to assist them to continue to live in their homes with support. Care Legion also provides innovative housing options for crisis, respite, short- and long-term needs.

Rayonne Ruwan
nsw@carelegion.com.au
0466 512 885
www.carelegion.com.au
www.healing.echo.net.au/listing/care-legion



Sacred Earth Holistic Funerals

Sacred Earth Holistic Funeral Home was created by Mimi Zenzmaier in order to reclaim the old healing traditions of our ancestors, within a fresh person-focused approach. Sacred Earth's beginnings were in the creation of beautiful funerals at home, but have grown to include a magnificent Sanctuary premises, and they now conduct stunning funerals in all possible venues.

45-47 Queen Elizabeth Drive, Coraki
1300 585 778
hello@sacredearthfunerals.com.au
www.sacredearthfunerals.com.au

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What do you say?

David Lowe

With so many people across the Northern Rivers having lost their homes, possessions, pets and in some cases loved ones in the recent flooding, it can be hard for others to know what to say or how to respond without causing more emotional damage. Here are some suggestions for those dealing with crisis-related grief.

Touching and hugging is a natural human response in situations of pain, which has been complicated by COVID in recent years and is also problematic for those in trauma. If you don't know a person well, remember that touch can be a trigger for people with PTSD, so ask first before touching or hugging.

It's also a good idea to get consent before offering a lot of ideas about what to do next, and potential solutions. People in extreme grief are in the moment, so try to be in that moment with them. If the moment is very dark, try to share that, without skipping over the severity of what they've experienced.

Don't keep jumping to the future or the past.



Photos of the February 28 Lismore flood and aftermath by David Lowe



Sharing

In a disaster situation, it can sometimes be more helpful for those who have been through the same crisis to share their experiences, rather than trying to explain it to outsiders. Facilitate opportunities for this to happen if it is needed.

Situations that seem nightmare-like can be processed better into 'reality' in some cases if there is documentation of what has occurred, such as photos, but for some people too much imagery and discussion of the crisis can itself be triggering.

Ask before sharing, and be sensitive to the response.

Continually asking people who have suffered major loss how they are going is not helpful. The person has the choice of responding with a meaningless word or two or actually thinking about the question, which can often cause more trauma, especially if they have to do it over and over again with multiple individuals each day.

Comparing losses and disasters across regions and times is not necessarily helpful. Try to respect the individual experience of the person you are with, and let them process their individual grief in their own way. Listening and showing you understand can be the best thing.

What seems small to one person can be a huge loss for someone else.

Don't congratulate

Similarly, going on about how well people are coping is not necessarily helpful. When community-wide losses have occurred, many will be experiencing feelings of guilt, shame and anger which can be triggered by these sorts of comments.

It's okay to ask questions about what has happened, to gain better understanding. If people don't want to discuss it, don't press it. If they do want to discuss painful things, don't stop them.

Everyone has different ways of recovering from trauma, so try to find out what helps, and assist with that, even if it's not what you might do in that situation. What worked for you in the past might not work for them, so don't push solutions.

It all comes down to being there, listening, and not trying to 'solve' the situation. While immediate practical help may be extremely useful, emotional help is by necessity slow and complex.

Remember that with floods in particular, the business of throwing all of your possessions out on the lawn before they become toxic is extremely traumatic.

Objects carry associations, memories, and connections with others. What looks like a random piece of junk to you can be a precious and unique object to the person you are helping.

Handle these things and their people with care.



Acutonics Australia – Dr Eeka King (Certified Teacher of Acutonics®)

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Ananda Woman – Holistic Care for Women

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Byron Shire and Lismore
www.anandawoman.com.au
contact@anandawoman.com.au
0493 387 254

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Ayurveda Practitioner and Yoga Therapist Asher-Lily brings her expertise in ancient seasonal knowledge, Ayurvedic medicine and detoxification to re-enliven your health and wellbeing. Fine-tune your lifestyle and diet utilising the tools of yoga, breath, food, Ayurvedic rituals, herbal medicines and treatments to enhance your vitality. Offering Ayurvedic seasonal cleanses and personalised health plans.

Mullumbimby and online
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www.artoflivingayurveda.com
hello@artoflivingayurveda.com

www.healing.echo.net.au/listing/art-of-living-ayurveda-asher-lily-green



Liza Atherton – Neuroenergetic Kinesiology

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Basically, if there is stress in the body that is ready to be healed and restored, Liza will find it.

Mullumbimby and Byron Bay
www.lizaathertonkinesiology.com
0499 588 971
lizaatherton.kinesiology@gmail.com

www.healing.echo.net.au/listing/liza-atherton

Healing Practitioners



Lin Bell, Kinesiologist, Trauma Counsellor, Spiritual Healer

Lin Bell is one of Byron Bay's most experienced kinesiologists with over 40 years practising in a wealth of healing modalities. Lin is a gifted shamanic spiritual healer, intuitive, and points to self-awareness. She specialises working somatically with underlying emotional psychologies, and supports you to recognise emotional patterns and abandoned aspects causing distress. You are guided into acceptance, understanding comes and balance is restored.

Suffolk Park, Byron Shire and surrounds, and online
0404 066 707 • linbell0@gmail.com
www.byronbaykinesiology-healings-readings.com.au
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Camilla Clare Naturopathy

With an extensive knowledge and personal experience with plant-based nutrition, Camilla holds a special interest in helping vegans and vegetarians access natural health care which respects their values. Camilla also loves assisting people wishing to make the transition to a plant-focused diet, whether that be for health, ethical or environmental considerations. Her practice has an emphasis on evidence-based treatment for a wide range of health conditions including gut health, mental health, women's hormonal health and weight loss.

Mullumbimby
0436 448 901 • camilla@camillaclare.com
www.camillaclare.com
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Healing Practitioners



Dr Tracey Foster (Osteopath), Naturopath, Beautician

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Be. Centred Wellness Clinic, 32 Belongil Cres, Byron Bay
0413 432 584 • bewell@be-centred.com.au
www.be-centred.com.au

www.healing.echo.net.au/listing/dr-tracey-foster



Ashlea Griffin, The Happy Therapist

Ashlea helps individuals, couples, and groups overcome emotional obstacles such as depression, anxiety, trauma, fear, stress and addictions. Ashlea is a Matrix Therapist, NLP practitioner, hypnotherapist, and empowerment coach helping clients to feel confident, happy, purposeful, passionate, energetic, healed and whole. Ashlea runs a number of successful online group programs, which are also available for individuals.

Byron Bay, online
info@thehappytherapist.com.au
0410 121 754
www.thehappytherapist.com.au

www.healing.echo.net.au/listing/ashlea-griffin-the-happy-therapist



Eloys Harradence, Healing Grounds, Shamanic Energy Healer

Eloys is a qualified shamanic practitioner, crystal teacher and sound healer. Her purpose-built brand new Temple Space in Byron Bay host's energy healing retreats on Lemurian Crystal Healing, Remembering the Mermaids and one-to-one Shamanic Energy Healing sessions.

Eloys holds space for you to heal, transform and reclaim your healing gifts for this lifetime.

253 Coopers Shoot Road, near Byron Bay
0413 662 456 • eloise@healinggrounds.com.au
www.healinggrounds.com.au

www.healing.echo.net.au/listing/eloy-harradence



Cath Harrison – Intuitive Reiki

Chakra balancing, cord clearing, past life integration, psychic healing, property and business energy clearing.

Cath created Inspire Your Light with a view to support and empower clients to be their own light, embrace their potential, and create their own unique path in life. Cath provides high quality personalised sessions, Reiki training, and intuition development groups.

"Cath is extremely in tune with the divine and has a strong ability to connect, express and teach from this place." – Greg Heath

Ocean Shores, Northern Rivers
0406 757 632 • inspireyourlight@gmail.com
www.inspireyourlight.com.au

www.healing.echo.net.au/listing/cath-harrison-intuitive-reiki



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artfullexpress@gmail.com
 0427 548 639

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Graeme James, Counsellor, Therapist, Supervisor

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Byron Bay, Bangalow and online
 0412 518 024 • graeme@graemejames.com.au
www.byrontherapist.com.au

www.healing.echo.net.au/listing/graeme-james-counsellor



Kerrie, Womb Massage and Feminine Embodiment

Kerrie is a guide of the tantric lineage focusing on healing our connection to our bodies and reclaiming our feminine essence. She is the founder of The School of Tantra and the Sacred Arts and offers one-to-one in-person womb healing sessions, as well as workshops, courses and facilitator trainings in embodiment, tantra and the sacred feminine arts.

www.kerrie-louise.com
contact@kerrie-louise.com
 Instagram: @kerrielouise_

www.healing.echo.net.au/listing/kerrie-womb-massage



Kirileigh Lynch – Clairvoyant & Energy Healer

Kirileigh is a gifted clairvoyant, intuitive, channel and energy healer. She works with clients from all around the world who keep coming back for her clear, empathetic, and joyful readings. A reading with Kirileigh feels like coming home to yourself, and it's a place where you can tap into deep intuition, healing and clarity while finding out what comes next for you. Her readings are both inspiring and practical, and are a safe and non judgemental space where you can relax and find guidance.

Byron Shire and surrounds in person, and online
 0433 507 441 • kirileigh@kirileighlynch.com
www.kirileighlynch.com

www.healing.echo.net.au/listing/kirileigh-lynch

Healing Practitioners



Raman Das Mahatyagi, Ayurvedic Practitioner, Yoga Therapy

Ayurveda – a living system of medicine for the 21st century. With over 30 years practicing Ayurvedic medicine and teaching yoga, Raman has the expertise and insight to help reveal your true health and life potential. The ultimate 'personalised medicine' approach – customised Ayurvedic preparations, diet and lifestyle advice are an effective treatment for many chronic lifestyle related health problems.

Byron Medicine Wheel, 5/84 Jonson Street, Byron Bay
1300 552 260 • vaidya@yatan-ayur.com.au
www.yatan-ayur.com.au

www.healing.echo.net.au/listing/raman-das-mahatyagi



Jacinta McEwen ND – Om Healing, Naturopathic and Ayurvedic

From her healing centre, Om Healing, close to Mullumbimby, Jacinta offers a variety of workshops, naturopathic and Ayurvedic consultations, balances, Pranic healing, Ayurvedic treatments, and massage therapy. In her consultations Jacinta uses pulse reading, iridology, and kiniesiology for diagnosis and a treatment plan. Jacinta also presents lectures and workshops on a range of health related topics including women's health, Ayurveda, Ayurvedic massage, bush medicines, natural first aid, and mother and baby health care.

Goonengerry, in person and online
0422 387 370 • www.omhealing.com.au

www.healing.echo.net.au/listing/jacinta-mcewen-nd



Kate Messenger – Crystal Resonance Therapy™ and Crystal Readings

Kate Messenger offers Crystal Resonance Therapy™ sessions, Intuitive Crystal Card Readings (also available via Zoom) and Crystal Connection evenings. Whichever session you choose, specific crystal frequencies will be brought in to support your evolution, assisting you to release blockages and stuck energy, and helping you navigate life's experiences with new tools, new energy and a whole new level of understanding.

Mullumbimby and online
0413 003 301
www.crystalsanddreaming.com.au

www.healing.echo.net.au/listing/kate-messenger



My Gut Store – Belle Eder, Herbalist, Gut Specialist, Certified GAPS Practitioner

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Mullumbimby, online
www.mygutstore.com
belle@mygutstore.com • 0405 337 433

www.healing.echo.net.au/listing/my-gut-store

Byron Healing

Healing Practitioners



One Mind Health – Dr Amy Bloxham, Psychologist

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Brunswick Heads

0490 535 334 • info@onemindhealth.com.au

www.onemindhealth.com.au

www.healing.echo.net.au/listing/one-mind-health-dr-amy-bloxham



Natwah Petruszka, Holographic Kinetics

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0434 223 756

www.holographickinetics.com

www.healing.echo.net.au/listing/natwah-petruszka



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Healing Practitioners



Emma Louise Roger, Counsellor, Health Coach, Trauma Specialist

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Vicki Veranese, The Oracle

ORACLE

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connecting@i-of-ra.com
www.i-of-ra.com

www.healing.echo.net.au/listing/vicki-veranese-the-oracle

*"Just because no one else can heal or do your
inner work for you doesn't mean you can,
should, or need to do it alone."*

~ Lisa Olivera

Our sophisticated story: probiotics and immunity

Sally Mathrick

You've probably seen those round blue characters in advertisements, bouncing about, playing see-saws, or you've heard about the importance of 'good' bowel bugs, aka probiotics. The importance of these bacteria living inside the human digestive tract, aka microbiota, is an evolving and sophisticated story.

It's a hard story to keep up with owing to the sheer volume of new evidence. According to research scientist, Dr Jason Hawrelak, an international probiotic expert who I spoke to, and originator of the online resource Probiotic Advisor, there are several hundred, original, research papers being published every month, all providing new pieces to the sophisticated

interactivity puzzle unfolding from the depths of our bowels.

One reason for this research boom is our new ability to map the genes of bacteria. Instead of culturing stool samples in petri dishes to see what species grow, we can now analyse the gene sequences present in a sample; which means we can see the bacteria that died before they got to the petri dish – as well as the bacteria that are still alive. Over the past two decades, hundreds of new species have been discovered. Meaning that over 1,000 different species from the human gut have now been isolated and, on average, a person 'has 160 different species making up their microbiota' says Dr Hawrelak.





All individual

No two microbiotas are the same. The makeup of your bacterial population is as unique as your fingerprint. Often, we share similarities with siblings and parents. This is owing to 'ancestral microbes', which can be passed down, through vaginal birth, breast feeding and infants' skin exposures. This ancestral chain can be weakened by factors, including environmental hygiene, toxicity exposures and diet, or actually broken by antibiotic use, which can wipe some species out; an actual extinction crisis within.

The function of the microbiota is associated with over 200 genetic pathways, meaning it's as important as any bodily organ. The health of the microbiota has been linked with many human illnesses, ranging from depression and allergies, to diabetes and obesity. People suffering these diseases all demonstrate the same pattern in their gut; low amounts of anti-inflammatory, 'good' bacteria species, and too many pro-inflammatory 'bad' species.

According to Dr Hawrelak, recent studies have shown that long-Covid has also been associated with an overgrowth of the 'bad' endotoxin proteobacteria, a 'bad bacteria' that fans inflammation and lowers immune competence.

Healthy poo

The microbiota is considered a 'seat' of the immune system. Around 70 per cent of immune cells are in the gut, explains Dr Hawrelak. Since the 1950s and '60s, we've known immunity relies on healthy bowel bacteria. Mice whose microbiota were irradiated, experienced shrunk thymuses and spleens (two key immune organs), lowered white blood cells and a 90 per cent drop in secretory IgA – increasing their susceptibility to infectious diseases. However, their immune deficit was reversed when they were exposed to the poo of healthy mice. Think about that next time you're cleaning up mouse droppings...

Deeper insights into these remarkable interrelationships are shifting the way we think about being human, as we recognise that we are just as much made up of bacteria cells, as human cells, says Dr Hawrelak.

As we recognise their importance, we will hopefully care for our gut bugs better. Key ways include providing a wide variety of spray-free plant foods that are rich in polyphenols (colours) and fibre, avoiding deep fried and uber-refined 'food-like' products, as well as judicious use of antibiotics, managing our stress in healthy ways, and avoiding exposure to toxins.

Here's to our bacterial selves bouncing along and continuing our sophisticated evolutionary story!

Sally Mathrick is a health educator and naturopath who runs the Sparkle Well School.



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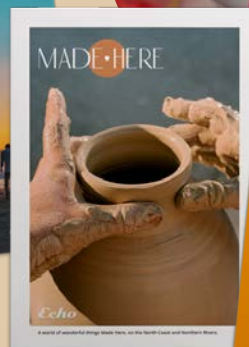
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Byron hinterland
0411 031 301
mbodiyoga@gmail.com
www.mbodiyoga.info

www.healing.echo.net.au/listing/dr-jon-veranese-mbodiyoga

Yoga, Pilates & Meditation



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144 Jonson Street, Byron Bay (above Byron Music)
0405 175 105 • hello@spaceyoga.com.au
www.spaceyoga.com.au

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www.nourishedsoulnow.com

www.healing.echo.net.au/listing/nourished-soul

*"The soul always knows what to do to heal itself.
The challenge is to silence the mind."*

~ Carolin Myss

Use it or lose it

Eve Jeffery

Exercise – love it or hate it, we all know we should do it. Most of us *could* do it, but many of us find ways to skip this important habit in our life.

Whether you follow the latest trend of, say, lifting weights for three seconds a day, or if you head out to the gym for at least three hours a week – whether you are a ballerina who does morning class six days a week, or if you only play backyard cricket every now and again, exercise is an important component to gaining and keeping good health.

You'd be hard pressed to find any health professional who would not recommend exercise for a non-injured body.

A common reason that people exercise is to control their weight. If you are overweight, exercise and a healthy diet can reduce excess fat – and if you are not overweight, exercise and a healthy diet can help you maintain your ideal weight and help you get fit. Regular exercise can prevent many challenging health issues, including arthritis, depression, diabetes, heart disease, and high blood pressure, just to name a few.

The old saying 'use it or lose it' was once part of a campaign aimed at people who had osteoarthritis. Sitting and rusting doesn't help your body or your health; if you don't move those bones, you may well lose the ability to use them at all.

One of the focuses of recent years is the beneficial effect of exercise on your mental health. Physical activity stimulates certain parts of the brain, releasing endorphins, which leaves you feeling happier and less anxious. Exercise for the sake of your mental health works

on several levels; endorphins make you feel good, and getting fitter makes you feel better about the way you look. Of course, like anything, don't let it become an obsession – exercising yourself into oblivion is not a healthy outcome either.

If you're a person who has trouble sleeping then exercise is a great help for that – a tired body will most often become a sleepy body. Just don't go 'pounding the pavement' late at night and then expect to fall sound asleep 20 minutes later.

Cardiovascular exercise can help increase your endurance and make you stronger, and it can even help your sex life! (Some men who exercise regularly find they are less likely to have problems staying 'up' at night).

Try not to be intimidated by the 'rules and regulations' of exercise. The important thing is that you do something that suits you, something that takes you away from the usual daily activities of your life, and even better if it's something you enjoy.

I'm an old, fat, white chick, and a candidate for many of life's nasty illnesses owing to a concoction of conditions circulating my body. I am not what you'd call healthy, but I try to get a little bit of exercise by walking. When I can, one of the things I love doing is getting out on the water in a canoe. It's great for your 'core' (yes, apparently I have one), it's great for your upper body too. Being out in nature definitely lifts my mood, and the most important thing it does is keep me away from the screens for a few hours.

The important thing is: do *something* – if you sit around like a potato, you might just end up under the earth like one.





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www.healing.echo.net.au/listing/jason-snaddon

*“Things I know about healing:
When you want to run stay
When you want to hide open up
When you think you're done go
a little further.”*

~ Dr Rebecca Ray



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www.crystalbrookcollection.com/eleme-spa/byron

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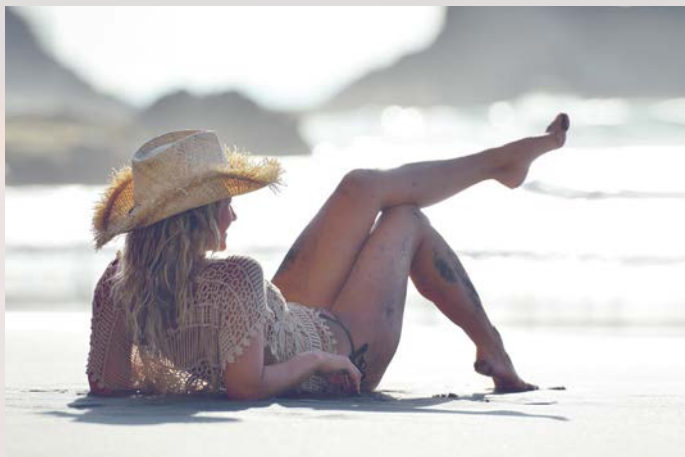
www.sacredhearthsanctuary.com.au

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"We are earth people on a spiritual journey to the stars. Our quest, our earth walk is to look within, to know who we are, to see that we are connected to all things, that there is no separation."

~ Lakota saying

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*"Beauty is eternity
gazing at itself
in a mirror."*

~ Khalil Gibran

Could tea be our saviour?

Louise Idoux

We could talk about Green Tea, Black Tea or White Tea, but we would be talking about the same plant in all cases: *Camellia sinensis*. 'Tea' with a capital, is in fact the common name of the plant. The word 'tea', without a capital letter, can refer to literally anything we pour hot water on and steep before drinking (think; peppermint, chamomile etc).

Green Tea is steamed before drying, which makes it retain its green colour and its antioxidant properties, whilst Black Tea is allowed to dry in the natural way, which makes it oxidise and therefore go the familiar black colour. White Tea is taken from the young and tender shoots of the shrub, thus being much lighter in colour and more delicate in flavour.

Whether we like Earl Grey, Lady Grey, lapsang souchong, rose congou, pu'er, sencha, matcha, oolong or other flavoured Tea, the effects are all very similar. Some purport to be for fat loss and slimming, such as Green Tea or pu'er Tea, but in fact they all have that ability, depending on how much milk and sugar is consumed at the same time. Some are smoked, fermented or have herbs and essential oils added. Many teas are blended to adapt the flavour and strength, hence breakfast Tea or afternoon Tea.

One of the features of Tea is the naturally occurring caffeine. Although at a lower level compared to our friend coffee, in fact, any of the abovementioned Teas are loaded with it.

Yes, even Green Tea.

This means that, for anyone experiencing any level of anxiety, sleeplessness, irritability or mood swings they really ought to rethink their Tea consumption

and caffeine intake overall. If you are a sufferer of anxiety, as a herbalist practitioner I would advise you to remove it completely from your daily habits. Go totally decaffeinated. Reduce your intake slowly, over a few days, to minimise the withdrawal headache. Introduce herbal teas without green Tea like rooibos or decaf. When selecting a decaf, make sure it has been decaffeinated naturally, with either CO2 or water. Avoid the chemical types as these will taint the flavour and are not good for you. If sleep issues are a problem, have your last caffeine drink around lunchtime and no later. Even a cuppa around 6pm is far too late if you have a sleep problem. The body can't always process the caffeine in time for you to go to sleep naturally later. This is particularly true of those experiencing any degree of stress.

Want to know what else Tea can be used for?

Cold/spent tea bags are great on the eyes; lie back, apply one to each eye and allow the moisture to gently soak into the eye area for 20 minutes or so. The Tea is naturally astringent and soothing on tired or puffy eyes. This is due to the high level of tannin which also makes the strong taste if allowed to stew.

Now, relax and let's have a brew!

Louise holds a master's degree in medical herbalism and has been practising since 1993. She has a lifelong passion for plants and herbs and it was always her dream job, from a young age, to use herbs to help people.

Louise lives in rural Shropshire and runs a busy practice there, creating bespoke herbal and lifestyle programs for those that need it.





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*"Healing is a matter of time,
but it is sometimes also a
matter of opportunity."*

~ Hippocrates

The picture of health

Adel Pheloung

The Oxford Dictionary defines health as 'the state of being free from illness or injury', so why do we conjure up images of attractive, lean, 20-year-olds who eat nothing but raw foods, and who work out for four hours a day, when we imagine 'the picture of health'?

Dr Jeffrey Reinten, a GP at Mullumbimby Comprehensive Health Centre, sees wellbeing 'as a psychological phenomena'. So, whilst the state of your body is important, to ensure that you are able to function in your daily life, mental wellbeing is equally important. Both physical and mental health are very closely linked, so taking care of one is beneficial to the other.

'Health looks different for everyone', Dr Reinten explained. 'I have patients that are in tip-top physical shape and are utterly miserable'. Just because bodies can look a certain way, and appear 'healthy', does not mean that the person isn't experiencing a mind that is highly stressed, and when they are also highly focussed on maintaining an 'ideal physique' like those most often portrayed in the media, it can be exhausting. The constant bombardment of images of 'perfection' in the mass media, where the bodies we see are simply unachievable for a great many people can exacerbate the stress people experience about their health.

By comparing ourselves to these 'perfect', and often impossible bodies, we can become unhealthily obsessed with our image, and push our body past its physical limits in pursuit of 'perfection'. This can become a fitness obsession that not only puts the body under severe physical strain, but creates a dark mental space. Issues like body dysmorphia, eating disorders, anxiety, and depression, can all arise from obsessing over our health.

Self-love

From Dr Reinten's perspective, we 'need to be self-loving, in order to access wellbeing; one needs to first learn how to care about oneself, in multiple and nuanced ways'. Rather than caring about our figure, we need to be caring first about our being, so that we can adequately care for the bodies that carry us.

This emphasis on self-love, from a medical professional, is refreshing to hear; caring about our mind ultimately leads to an ability to care for our body, and to being healthy, regardless of what that looks like for the individual.

It's important to carefully choose who gets to assist you in caring for your body and mind. Often, nothing beats quality advice from a healthcare professional, and a good healthcare practitioner will be able to recommend additional, alternative assistance too.

Whilst it is important to be comfortable in our bodies, and to be free of pain when performing essential tasks, it is equally important to be balanced within our minds.

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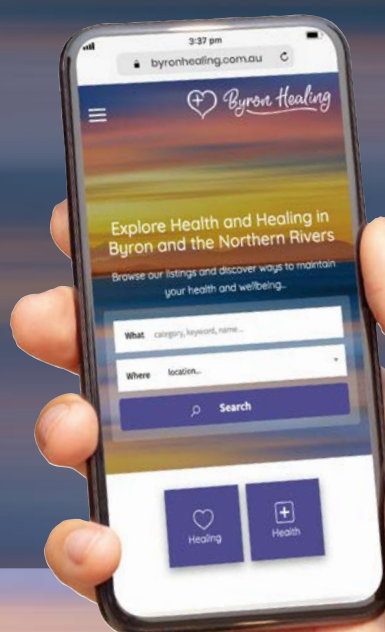
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