

NEWSLETTER

Sun Smart

Australia has the highest rate of skin cancer in the world. More than 11,500 Australian men and women are diagnosed with a melanoma each year, and an estimated 434,000 people are treated for one or more non-melanoma skin cancers.



The symptoms of non-melanoma skin cancer can usually be seen, since they tend to occur most often on sun exposed skin.

- A spot or sore that does not heal within several weeks
- A spot or sore that continues to itch, hurt, scab, crust or bleed for more than a month
- Areas where the skin has broken down or ulcerates with no obvious cause, and does not heal within several weeks.

A balance is required between avoiding an increase in the risk of skin cancer by excessive sun exposure and achieving enough sun exposure to maintain adequate vitamin D levels. Vitamin D availability from food sources is extremely difficult to attain.

One can achieve adequate vitamin D levels (>50 nmol/L) in summer by exposing the face, arms and hands or the equivalent surface area to sun-

light for only a few minutes on either side of the peak UV periods.

Some research has shown that diets low in fat and high in fruits and vegetables can reduce the risk of all cancers, including skin cancer. Antioxidants are substances such as vitamin C or E that remove potentially damaging toxins called “free radicals” from the body, and fruits and vegetables are full of these substances such as green tea and pomegranate.

Your Naturopathic practitioner can advise you on the best dietary/supplementation alongside correct sun smart practices for the prevention of skin damage during summer months.



**Genya Fleischer & Galia Atteslander,
Naturopath/Acupuncturist**

**We would like to wish you
all a very Merry Christmas
and a Safe and
Healthy end to the year!!**

SIMPLE AND POWERFUL AROMATHERAPY RECIPES FOR THE MIND AND BODY

To treat tennis elbow

use 20 mls of sweet almond oil as a base, add 4 drops of Eucalyptus, 3 drops of Cypress, 3 drops of Lemongrass essential oils.

For Cellulite

combine 20 mls of sweet almond oil, 7 drops of Cypress and 3 Drops of Rosemary essential oils.

For acute anxiety

use 90 mls of sweet almond oil, add 20 drops of Lavender, 17 drops of Sandalwood, 8 drops of Geranium.

Experiment and enjoy!

The 5 skills research has shown will increase your happiness:

Savor-

The practice of being mindful and noticing the good stuff around you. Whether its preparing a meal, pausing to admire the sunset, or telling a friend your good news- the idea is to linger, take it in, and enjoy the experience.

Thank-

The simple act of identifying and then appreciating on a regular basis the things people do for us can increase happiness levels by around 25%.

Aspire-

Exercising hope, imagining your future in an optimistic light and having/ finding a sense of purpose.

Give-

Numerous studies show that being kind not only makes us feel less stressed, isolated and angry, but it makes us feel considerably happier, more connected with the world, and more open to new experiences.

Empathise-

The ability to imagine and to understand thoughts, behaviours or ideas of others, including those different from ourselves. When we empathise with people, we become less judgmental, less frustrated, angry or disappointed- and we develop patience. We also solidify the bonds with those closest to us and when we really listen to the points of view of others, they're very likely to listen to ours. Strong relationships are essential to happiness!

Get Your Body Summer Ready

With summer just around the corner, it's time to get into shape! Here is a list of some simple exercises that can be performed in the comfort of your home.

- **squats - lunges - sit ups - push ups - step ups/down**

are just a few and if done regularly can be very effective.

Walking, jogging, swimming or bike riding are some ideas if you prefer exercising outdoors.

Remember to seek advice if you have pain/medical problems or are unsure if something is appropriate for you.

Happy exercising!



Summer Salad

| | |
|------------------------|----------------------|
| 1/4 cup crushed wheat | 3tbs grilled peppers |
| 1/2 cup orange lentils | Juice of 1/2 lemon |
| Chopped Parsley | Olive Oil |
| Chopped Coriander | Salt/pepper |
| Chopped Spring Onion | |

Tummy Time

It is important for your little bubs to do tummy time. Benefits include:

Strengthen back muscles

Improves head control

Improves neck stability

Can strengthen latch

Helps any head flat spots

Helps to master co-ordination and prepares them to crawl and walk.



thanks baby Tommy for the photo

Some babies will let you know that they absolutely hate tummy time and there might be a good reason why. If you find they scream and cry every time and are becoming distressed he/she may be in pain or uncomfortable.

Soak crushed wheat in water for 20mins, drain well.

Cook lentils for 8 mins until soft but still intact.

Mix rest of the ingredients and add salt and pepper to taste.

Keep refrigerated up to 3 days.