

WHOLLY NATURAL

Complementary

loving, living, green

FREE!
ISSUE!

STOP HORMONE HAVOC

*Beat fatigue
& obesity*

The Plight Of The **HONEYBEE**

Our food depends
on the survival
of the bee

Do you believe in **LIFE Between LIVES?**

Dr. Teoh Hooi Meng PhD
shares his work

Not So Sweet, Sugar

Kick the sugar habit in 2016

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Meditate *Through Your To-Do List*

With Dr. Jaqueline
Brown PhD

The SECRET **OF THE TEN PERCENT**

What's the key to transforming
well intentioned goals
into reality?

PLUS

10 Green Tips
and Kipper's Tails

Ordinary People, Living Extraordinary Lives



Welcome to Wholly Natural Magazine

Our Vision:

Love life, live simply, be wholly natural.

Our Values:

We believe in integrity for life and the planet. Live the change you want to see! Let your Being BE present to the moment.

Our Mission:

We are a global magazine for like-minded people working together for true beauty and purpose in life! Creating footprints of green, for the planet.

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EDITORIAL

Journey To Wellness

Hello and Welcome to this FREE ISSUE of Wholly Natural!

My name is Lily Chontal and as an Energy Healer and Wellness Coach I have finally put "fingers to computer," to develop this magazine. The passion for wanting to produce Wholly Natural has come from many years of working with amazing clients and Practioners from around the Globe.

The term "health" has a different meaning for each individual and today we see this in the diversity of the many "facets of lifestyles," we get offered out there in the market place. For some it might be their psychological state, for others their Physical wellbeing!! At times my clients including myself, find the endless bombardment of what we are been told to do and be to stay healthy and fit, overwhelming, to say the least!

Having turned 60 this year, I have made a conscious decision to

...stop worrying about "WHAT I SHOULD BE DOING," but more on, "WHAT IS IT THAT I LOVE TO DO".

As an Energy Healer for over 30 years I have seen a myriad of issues, however one of the most disturbing of all health issues I'm witnessing, is the "STRESS" level we are all under and not only us, but the "Whole of our Environment," and for those of us that really care about "what's going on" we are feeling the impacting of this stress daily. One of the things on

"Live your life as a dance with the Divine!"

Lily



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my list to do each week is to have a "MOBILE FREE DAY." I call it my MFD time. Plus when I'm eating I turn it off 😊.

Each month in Wholly Natural we look forward to bringing you ideas on living green, from the inside/out. Our contributors and practioner are living the lives they love, and share from their hearts their own personal stories of the changes they have

made in their own lives and that of their families as they endeavour to leave their "footprints on our planet," as eco-friendly as they possibly can in the purest and simplest of ways.

Do you have a story to share?

Wholly Natural would love to hear from you.

Wholly Natural is a digital wellness magazine, on Apple Newsstand. A magazine for **Ordinary People Living Extraordinary Lives!**

Our motto - Loving, Living Green.

*"Vivi con passione,
Ridi di cuore,
Ama profondamente."*

Live with passion, Laugh out loud, Love deeply.

Happy reading!



Lily

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Meditate through your to-do list

By Dr Jacqueline Brown PhD

Only four weeks left till the end of the year. Even fewer before I am off on holidays. As I contemplate my seemingly endless list of things to do, I am reminded of a time several years ago where the pressure of a looming deadline was threatening to engulf me. I was working as a researcher in a medical research laboratory, it was full steam ahead to meet the deadline and I was juggling multiple tasks and experiments at once. This had been going on for quite some time and burnout was starting to make an appearance. I was tired and not sleeping properly, my diet had deteriorated to a state of questionable nutritional value and I was starting to make silly little mistakes. What I really needed now was time-out to meditate. I was a regular meditator, but as work and life reached a frantic pace I had succumbed to the illusion that I had no time to stop and meditate.

As I argued with myself over setting twenty minutes aside to meditate it occurred to me that maybe a regular five minutes would suffice. Yes, I could stop for five minutes. So with a mixture of curiosity and scepticism I added another experiment to my day.

“The experimental design was to set a timer for five minutes of meditation, then return to work for an hour before repeating the process.”

I found a quiet corner, set my timer and closed my eyes. I took a few deep breaths and observed my body, allowing thoughts to simply come and go freely without paying them more than fleeting attention. Interestingly, even five minutes of meditation left me feeling a little refreshed. Feelings of calmness and clarity increased with

each additional hourly mini-meditation. I stopped making silly mistakes and the work flowed more smoothly and effortlessly. The demands of the work had not changed, I had changed. I was calmer and more peaceful. My thinking was clearer and I felt more in control. I continued this



practice for the next two weeks, comfortably and happily making my deadline.

“That experience in the laboratory all those years ago really brought meditation to life for me. It took meditation off the cushion in a quiet room and out into the real world, out into my life moment by moment.”

“If you want to conquer the anxiety of life, live in the moment, live in the breath.”

(Amit Ray from *Om Chanting and Meditation*)

Meditation has a wide range of beneficial effects on health and wellbeing which are attracting increasing attention from the medical and scientific community. An experienced meditator knows that meditation is a very powerful way to minimise stress and increase feelings of joy, peace and harmony. In a recently published study, decreased cortisol levels were observed in veterans with post-traumatic stress disorder after they participated in a four-week mindfulness meditation program (Bergen-Cico in *Medical Care* 52 (12) 2014).

“Cortisol is a hormone produced in the adrenal glands in response to stress. Prolonged stress leads to elevated cortisol levels which increases the risks of numerous health concerns including insomnia, memory and concentration problems, depression, anxiety, suppressed immune function, reduced muscle mass, reduced libido, weight gain, digestive disorders and heart disease.”

Another study showed a significant reduction in anxiety and depression levels in veterans after nine weeks of one hour weekly meditation sessions (Serpa in *Medical Care* 52 (12) 2014). There are numerous other studies suggesting that meditation is beneficial in the management of chronic pain, in maintaining a healthy cardiovascular system and in improving quality of life for people with challenging physical or emotional health conditions.



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Meditation can help you manage the stresses of everyday life, increase feelings of contentment, improve sleep and promote a more positive outlook on life.

All it takes is a little time each day, or at least most days, to reap the physical, emotional and psychological benefits of meditation in your life. In the words of Susan Salzberg “Mindfulness isn’t difficult, we just need to remember to do it.” (from *Real Happiness: The power of meditation*).

Dr Jacqueline Brown BSc PhD

Certified BodyTalk Practitioner, Reiki Master/Teacher, Meditation Teacher, Jacqueline is available for sessions in Melbourne, Australia or via Skype/telephone.

www.bodytalkmelbourne.com

www.bodytalksystem.com/practitioners/details.cfm?id=44167

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Last December, my wife and I took some time out to think about the year ahead and what goals and priorities we would like to achieve in 2015. One of the goals we agreed on is to climb Mt Kinabalu in Malaysian Borneo, the third highest peak in South-East Asia. At roughly 4,000 metres, it's a challenging 2 day climb with a landscape that changes from humid tropical rainforest at the base to ice-cold wind-swept granite at the peak. It's definitely going to push us outside our comfort zone, so we decided to get some advice and guidance to make sure we are well prepared.

Just before Christmas, we met with Mel Bingley, an inspirational personal trainer who's walked the Camino trail and done the climb to Everest base camp. Mel set out a rigorous program for us, and at dawn on New Year's Day we laced on our hiking boots and headed for Mt Coolum to start our training. Mt Coolum is a popular local mountain lookout with steep rocky inclines and lots of stairs.

The **Secret** of the Ten Percent

By Bruce Conrad Williams



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is just noise. It's a concept the ancient Greeks called telos.

“Telos is the Greek word for purpose, aim, intention or the end in mind. We are teleological beings - we are driven by a quest for meaning and purpose in everything we do. As Mark Twain said, “The two most important days of your life are the day you're born and the day you find out why”. Our telos is our why.”

Despite the early hour, the car park was packed and the trail was overflowing with red faced people of all shapes and sizes puffing and panting their way into 2015. We weren't the only ones with positive intentions for the year ahead.

Just one month later, however, it was a very different story. Finding a car park at Mt Coolum was a breeze, and the trail was far from congested. A stark contrast to early January. It reminded me of something another personal trainer I know once told me.

“Every year in Australia about 4 million people start some sort of fitness program on January 1st. But by January 8th, less than 30 percent of those people are still going. That's a 70 percent drop-out rate in one week! And by February, attrition is at least 90 percent.

So what's the secret that keeps the ten percent in the game? What do they know that the others don't? What's the key to transforming well intentioned goals into reality?”

Over the past few years, I've posed similar questions to lots of coaches, trainers, counsellors and mentors. And whether their area of expertise is fitness, finance, business, relationships, education or professional development, their answers are often very similar. They usually point to factors such as the right strategy, accountability, like-minded peer groups, setting goals that are congruent with your values, persistence, defining daily priorities and taking consistent action. But without exception, they all emphasise one factor as the absolutely indispensable key to success. Without it, everything else



And it doesn't matter if our goal is short-term, medium-term, long term or life-time - if we can't articulate our why, then there's very little chance we'll achieve our intention.

Read Simon Sinek's book *Start With Why* (or watch his TED talk). Check out Daniel Pink's book *Drive: The Surprising Truth About What Motivates Us*. The evidence is overwhelming.

“Without a clear understanding of our telos, our why, we struggle to maintain focus, energy and engagement.”

Regardless of how much time we have, how much support we receive, how effective our strategies and methods, and even how good, noble or potentially rewarding our goals may appear. Without an unwavering why, our chances of success are slim to none.

When we shared our goal to climb Mt Kinabalu with Mel, the very first thing she said was, “Great! How exciting. Now, tell me why!” Thankfully, Mel is keenly aware of the power of why. She pushed us to think of as many reasons as we could why achieving this goal was important to

us - not just the physical benefits, but spiritual, intellectual, social, emotional, financial, career and family benefits too. We had to list as many reasons as we could why this goal was deeply important to us. Mel knows the foundation to our success is a solid understanding of our telos.

“Our why is what gets us up in the morning to train when sleeping in seems far more appealing. Our why is what inspires us to keep going when our bodies just want to quit. Our why is what helps us stretch our limits, push through the pain, and overcome those random thoughts that pop up unexpectedly and leave you second-guessing your own abilities.”

(Or am I the only one who has those?) Our why will get us to the top of Mt. Kinabalu. Our why is what will keep us in the ten percent.

So how about you? Has your New Year's inspiration already begun to evaporate? Are you procrastinating, hesitating, feeling a little deflated? If so, don't waste time beating yourself up about it. Just recognise it for what it is.

It's simply feedback to let you know that you have a less than robust why. And the solution is simple. Get a notebook (or open a file on your computer), write one of your goals at the top of the page, and then list as many reasons as you can why you want to achieve it. Forget about anyone else's expectations. Why is this important to YOU? Make it personal. Dig deep. Be honest with yourself. Keep writing. Don't stop.

It may take 15-20 reasons. It may take 30 or 50. Maybe more, maybe less. You'll know when you have enough. Something will click inside.

“You'll feel a shift from your head to heart (you may even get a tear or two) and you'll just know. That's your telos.”

Your why. It's pure inspirational gold. Read your list every day. Print it out and put it on your vision wall. Carry it in your wallet or purse and read it when you standing in a queue, waiting for the barista to call your name,

or any time you feel like things are getting on top of you.

“If your why is big enough, the how will take care of itself.”

So whether you want to climb a mountain, build a business, create beautiful art or heal a relationship, start with your telos. Start with why. It's your ticket to the ten percent.

And remember, when the going gets tough (and it will), the tough remember their why.



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Bruce Conrad Williams

Values-based Personal & Professional Development. A consultant, author, speaker and Demartini Method® specialist, Bruce provides values-based personal and professional development programs, training and mentoring. Bruce helps people (re)discover their vision, mission and purpose.

He provides simple tools and repeatable systems that enable people to master their emotions, dissolve self-limiting beliefs and live the life they love with imagination, inspiration and gratitude.

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Edit Your LIFE

By Arjan Nijen Twilhaar

“Too many people spend money they haven't earned to buy things they don't want to impress people they don't like.”

- Will Rogers

Will Rogers lived between 1879 and 1935, which makes his quote almost a hundred years old - yet it is still relevant today. Many of our habits still seem to be dictated by the ambition to keep up with our peers. From the homes we choose to the stuff we consume, we seem to make our choices based on how others in our world are living.

Luckily, we see an emerging trend towards more sustainable living - in not only choosing renewable resources, but a way of life that is feasible and achievable within our means. Some of these trends are born out of necessity, since urbanisation forces us to live in more compact spaces and be more aware of the things we own and use.

More and more people are editing their lives to include more happiness, better health and financial stability. They are realising that there are two ways to be rich: either by acquiring more or by desiring little, and they choose to feel content by wanting less.

Paring down is an important part of maintaining a productive, effective life, a life centred on less stuff and limited distractions. Editing your life means adding the meaningful and focusing on less, but better. Like Pablo Picasso said: 'Art is the elimination of the unnecessary.' I am not an advocate of a minimalist lifestyle without any possessions, but rather, I believe in surrounding yourself with items you know are useful or believe are beautiful. The rest is all noise and can be eliminated.

Simplicity means a lot of different things to a lot of different people. To me simplicity means to make life easier and more enjoyable. So editing your life is not only about reducing your footprint and material things, but also how you free up your time to do the things that you want to do. Editing your life also means that you should invest in yourself. Here are some simple steps to help you to streamline your life and make room for the good stuff.





1 Edit ruthlessly

Eliminate articles that don't serve a purpose or don't make you happy. Think before you buy and only purchase items that you will love for years to come. Start with clearing out items you haven't used in a while, go through your closet and donate the clothes that don't fit you anymore or you know you won't ever be wearing. My rule of thumb is when you haven't used something for more than six months, weed it out. Unless it holds a special memory or serves a special purpose.

Create a white space in your home by picking a surface (a wall, shelf, table etc.) and remove everything from that space. Wipe it clean and leave it empty for a week and then place one beautiful or meaningful item back. You can edit your home with this easy step.

2 Automate routines

We all have daily tasks that need to happen and if we come up with an active daily routine that encourages habits to deal immediately with the not-so-fun activities, it will simplify life tremendously. In my dishwasher-free home, I wash my utensils and dishes during cooking, so that after dinner, there are less dishes to do. Don't procrastinate, deal with these tasks immediately and this will free up more of your time for the things you want to do.



3 **Downsize consumption**

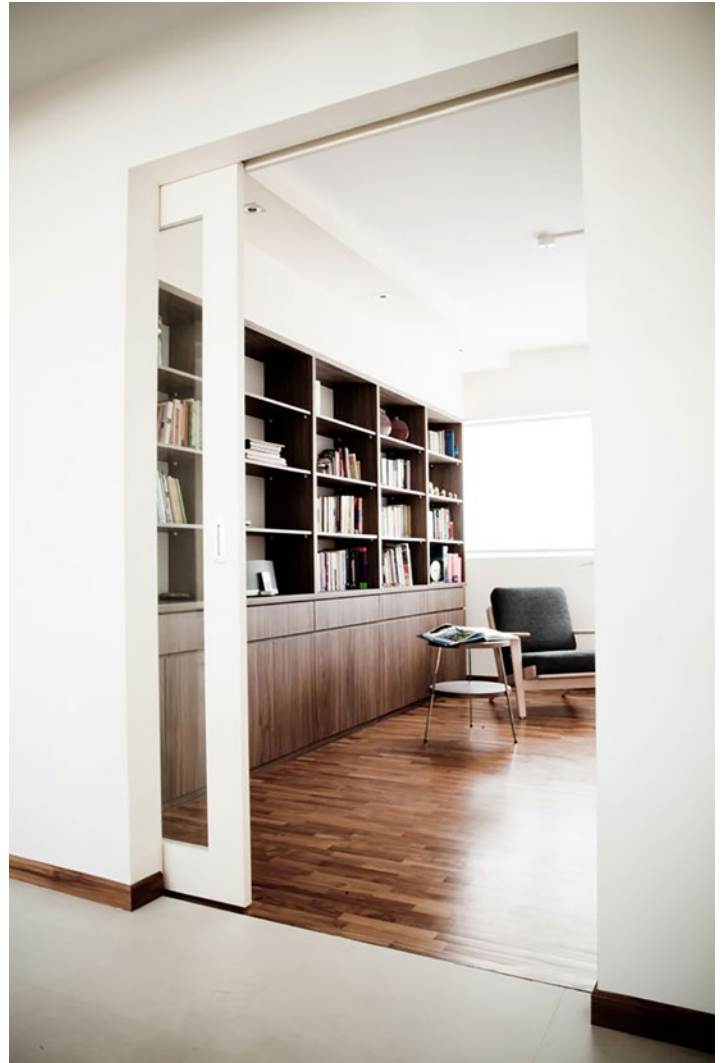
I am not only talking about your grocery shopping alone, but how many magazines and newspapers pile up in the home? How much TV do you watch? Every day, we are throwing items we did not use, from unused food items to unread magazines. Not only does this weigh down on our carbon footprint, we are throwing away hard earned money as well. Avoid buying disposable items and when you buy, buy high quality items you like and will use.

4 **Prioritise activities**

We all have commitments that wear us down. It is ok to decline attending numbing events so you will have more "me" time. It is better to take time to tend to your needs and recharge than wasting time being somewhere you really don't want to be. This could mean leaving the office a bit earlier, skipping dinner with your in-laws or letting go of relationships that are weighing you down. Instead of letting resentment brew, choose yourself and make time to breathe, think or get creative.

5 **Pull the plug**

Virtual reality doesn't come close to real reality. How often have you sat through a dinner with friends where everybody was checking their Facebook newsfeed? Virtual reality is often hyped up, adding more peer pressure and stress. Just switch off your tech gadgets once in a while and focus on your surroundings and appreciate life and nature. It helps to just slow down and smell the flowers.



Arjan Nijen Twilhaar

Dutch-born Arjan Nijen Twilhaar has been working on interior design projects since 1998, when his employer put him in charge opening up offices throughout Asia. His first interior project was a flagship office in Hong Kong. Arjan found himself traveling the world, staying in some of the finest hotels and most spectacular locations, feeding his interest in design and creating a unique experience in interior design and space planning.

For Arjan, the home is the essence of one's true self. He believes that creating your own sense of style is very much the way one lives. By incorporating unique and individual pieces, Arjan creates atmospheres that are timeless and original. Clean and collected interiors are created by combining the best elements in design, old and new, into balance.

In addition to interior design, Arjan is an energy worker, a painter of healing arts, a dancer and published writer.

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Lily's 10 Green Tips for the Body, Mind & Soul



By Lily Chontal

1 On rising, make it a habit to fill a jug with a litre of warm water and the juice of a whole lemon. Drink this before you eat. Over a short period of time you will notice a difference in your skin, eyes and energy. The water helps to flush the bowel and the lemon acts as a cleanser.



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2 Sit for 20 minutes and do nothing. Yes! absolutely nothing! Just let your thoughts BE, with no inquiry. A daily practise of this form of meditation has the most amazing effect, on helping to set your day for *inner peace and joy*.



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3 Think Green for breakfast! Kick start your day with green juice. Kale, green apple, carrot, beetroot, celery and green powder. Fabulous for your skin, hair nails and the "Whites of your Eyes," will be WHITE!



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4 Breath Work! Focusing on the breath is particularly useful when you find yourself feeling stressed or distracted. Breath work takes practise. Like brushing your teeth it can become part of your

daily routine. The simple act of drawing attention to your breath produces a state of calmness. Through breathing your mind becomes still. Think Loving, Living, Green, as you breathe slowly, in and out. When feeling stressed, bring your attention to the simple sensation and thought of breathing in calmness and tranquility.

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5 Identification of your thoughts; what 'stories' are running behind them? You know, the stories that keep us 'stuck' in the life we don't want for ourselves. Take a pen and paper and make a list of these because toxic thoughts create disease. Disease



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translates to - 'ill at ease!' so take a break from these thoughts. Have a list of things on hand of to what you can do or say, when they come up, 'playing high vibrational music will help to raise your vibration', take a walk or see a funny movie. Have a what to- do list on hand that will start to shift these thoughts and take action changing them and your life.

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6 Nuts are a healthy snack to carry. A good source of protein. A quick pick me up when needing a boost of energy or a sugar fix. Another beautiful food for radiant skin and hair.



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7 Add coconut oil to your juices, salads or smoothies. Organic coconut oil is delicious and full of nutrients. Your skin, nails, hair will thank you for it. Also great for the memory!



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8 Cut carbs and sugars. If you can't do this all at once, do one at a time. I find when juicing every day I don't look for carb or sugar as I'm completely satisfied, with no cravings. The best thing about cutting carbs and sugars is weight falls off naturally and without effort.



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9 Walk bare foot every day where possible. Take your shoes off! And Ground yourself! This practise daily, keeps you grounded and enables a feeling of earth connection especially after a day in the office with computers, phones etc.

10 Last but not least! The healthiest thing you can do for you, is to, **"Fall in Love with You"**! Daily say; *I LIVE, I LOVE, I LET GO.* Before sleep, give yourself permission to go over your



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day and be grateful, for YOU and for all that you have accomplished and received. Allow anything that could not be done, to be OK.

Lily

About Lily Chontal

With over 30 years' experience in the Health Care Industry as well as Natural therapies, Lily has a deep sense of commitment to help her clients achieve focus, for their goals in health, business and lifestyle, by addressing the mind-body-soul connection, at a deep cellular level.

Lily utilises techniques she has discovered through her own quest for deep change and focus. These include spiritual mapping, intuitive insight, prayer, meditation, and goal setting, as well as working alongside other Therapists and Medical Practitioners to help prepare and organise plans for clients' mind, body and soul connection.

STOP HORMONE HAVOC & Discover Your Hormone Heaven *Beat Fatigue & Obesity*

By Dr Graeme Williams

In Australia we eat far too much sugar, refined carbohydrates and processed fats. Despite Heart Foundation and industry recommendations, heart disease, diabetes and cancer are accelerating. Hormonal imbalance is rife.

Sanitised drug company research and education, medical ignorance, HRT, low fat diets and nutritionally impoverished produce only exacerbate the problem. With health authorities at odds and dollar driven quick fix marketing, the average person is struggling to understand menopause, low fat diets, cholesterol, Type 2 diabetes, glycaemic index and so on.



Dr Williams is one of Australia's foremost medical authorities on menopause, nutritional medicine, hormone control, and disease prevention. He has identified 5 Groups of symptoms,

each of which require a completely different approach to investigation and treatment.

Not Just Women

Many men suffer from these symptoms and either ignore them, accepting their fate, or ignore their loved ones



advice. As men reach 40, there is progressive loss of testosterone and an increasing excess of oestrogen, resulting in reduced drive, lowered libido, softer erections, weight gain, falling asleep in front of the TV, high blood pressure, heart disease, insulin resistance, diabetes and prostatic disease.

Although some people have little weight gain, many men and women are seriously troubled by diet and exercise resistant obesity. It seems that no matter what they do, they never lose weight. Often hair recedes, only to appear in new places. The blood lipid profile becomes abnormal and the Type 2 diabetes risks escalate. These two combined, will increase the risk of heart attack 20 times!

Menopause

Although menopause has been considered an oestrogen deficiency disease, requiring oestrogen replacement, research has proven the opposite to be true. Oestrogens are a class of female hormones that help puberty to occur, and stimulate the lining of the womb to proliferate in preparation to support a fertilised egg. Although the

Do you have 3 or more symptoms in 1 or more groups?

Group 1	Group 2	Group 3	Group 4	Group 5
Fatigue	Irritability	Abdominal weight gain	Obesity	Debilitating fatigue
Insomnia	Tearfulness	Reduced libido	High blood pressure	Insomnia
Easy weight gain	Breast tenderness	Low strength	Personal/family history of diabetes	Depression
Foggy thinking	Mood swings	Low confidence	Abnormal lipids	Abnormal weight gain
Hot flushes	Obesity	Erection / orgasm problems	Family history of heart disease or bypass surgery	Sugar or nicotine cravings
	HRT medication			

levels of oestrogen decline with age, progesterone levels plummet. This is the imbalance, the oestrogen dominance that produces menopause symptoms.

“Hormonal imbalance in women primarily focuses on two sex hormones, oestrogen and progesterone.”

Oestrogens are growth stimulators. They increase the thickness of the lining of the womb to provide essential nutrition to a newly fertilised egg, and they normally stimulate the breast at puberty and in pregnancy.

Progesterone on the other hand, is a growth modulator. Whilst it is essential for pregnancy to continue, its main role is to protect against undesirable oestrogen effects. It helps use fat for energy; it acts as a natural antidepressant; it promotes normal sleep; it restores libido; it prevents migraines and endometrial cancer; and stimulates new bone growth.

Right through reproductive life, the level of oestrogen climbs from day 4 to day 14, whilst the level of progesterone is essentially zero. Progesterone secretion begins at ovulation and its level increases until day 22. If there is no egg fertilisation, the levels fall and another period begins. At menopause, there is no more egg production. Without egg production, there is no progesterone, and so, there is no control over the growth stimulus of oestrogen.

In normal reproductive life, women make more progesterone than oestrogen, and so the ratio of progesterone to oestrogen is high; but at menopause (and in younger women with anovulatory cycles) progesterone is very low and a relative excess of oestrogen occurs. This excess was called “oestrogen dominance” by Dr. John Lee, an outstanding American medical researcher and clinician, who confronted drug company deception and significantly contributed to women’s health and well-being.

Symptoms of oestrogen dominance include:

- Weight gain, resistant to diet and exercise
- Breast tenderness and headaches
- Anxiety and tearfulness
- Hot flushes and insomnia
- Foggy thinking and reduced libido
- Fatigue and depression

Research now confirms that progesterone deficiency, or relative oestrogen excess also occurs in:

- Young women with seemingly normal periods who do not ovulate, and suffer from PMS symptoms such as, swollen tender breasts, weight gain, mood swings and cramps.
- Peri-menopausal women (say 35 to 50 years) approaching the cessation of periods who are troubled by weight gain, reduced libido, fatigue, sleep disturbance, and the loss of skin elasticity, associated with the stress of balancing a career, home life, and adolescent control.

- Menopause - Women who have undergone hysterectomy, with or without removal of the ovaries, have androgen deficiency and oestrogen dominance, and deserve special consideration. They frequently suffer from low libido, fatigue, depression, vaginal dryness, incontinence, thin skin and bone loss.

30 Something? Premenopause

- Fatigue
- Anxiety
- Weight Gain

Women in their late 30’s and early 40’s commonly suffer from hormonal imbalance caused by an excess of estrogen and a deficiency of progesterone. Every woman reacts to this imbalance differently, but typical symptoms include mood swings, irritability, fatigue, headaches, low sex drive, altered periods and weight gain.

At a time when calmness is needed to delicately manage family and work, and the quirkiness of teenagers (and husbands) the opposite seems to be true. Tiredness, foggy thinking and progressive weight gain only increase the anxiety. This whole process is known as premenopause and can occur some 10 years before the actual cessation of periods.

One of the key factors at this time in your life is that ovaries slow down their production of progesterone. The delicate ratio you have maintained all of your adult life, between estrogen and progesterone is lost.

Do you have 3 or more of these symptoms?

- Weight gain
- Fatigue
- Tender lumpy breasts
- Irritability
- Foggy thinking
- Headaches
- Altered periods
- Cold hands and feet
- PMS
- Fibroids
- Insomnia
- Depression

The first line of attack against these symptoms should be to accurately re-establish normal hormone ratios and to modify exercise and the eating plan.

Unfortunately, a visit to the doctor at this time will result in a prescription for anti-depressants, thyroid hormone or worse still, estrogen HRT. None of which will improve the quality of a woman's life.



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HRT - Cancer Link

A multitude of findings linking HRT with breast cancer confirm that 300,000 Australian women on HRT have an increased risk of breast cancer, heart disease, lung clots and ovarian cancer. The One Million British Women Study released in 2004 added further weight of evidence to the growing plethora of research that clearly shows that HRT kills.

For some months we have known that oestrogen alone increases breast cancer by 26%, but now, the latest research shows that taking the commonly prescribed oestrogen and synthetic progestagen together, results in a 66% increase in breast cancer. 45,000 women on HRT died of breast cancer in the USA over

the last five years. This is no blip of statistics as claimed by the HRT protagonists. That's 9,000 deaths a year. Some countries closed down in the face of the SARS epidemic with 200 deaths, but not one HRT Company or medical authority has been brought to task over this epidemic.

Although menopause has been considered an oestrogen deficiency disease, requiring oestrogen replacement, research has proven the opposite to be true. Oestrogens are a class of female hormones that help puberty to occur, and stimulate the lining of the womb to proliferate in preparation to support a fertilised egg. Although the levels of oestrogen decline with age, progesterone levels plummet. This is the imbalance, the oestrogen dominance that produces menopause symptoms.

Symptoms of oestrogen dominance include:

- Weight gain, resistant to diet and exercise
- Breast tenderness and headaches
- Anxiety and tearfulness
- Hot flushes and insomnia
- Foggy thinking and reduced libido
- Fatigue and depression

The only way to reverse this oestrogen dominance, is to restore your natural hormone levels using physiological doses of bio-identical progesterone... that is, the same amount, of the same hormone, in the same pattern that nature established.

Don't be fooled by drug company propaganda, dutifully recited by your local doctor. Apart from easing hot flushes, HRT will not improve the quality of your life. In fact, it may even cost your life.

Natural progesterone for women

Natural progesterone is nature's great hormone modulator:

- It is the precursor for the production of testosterone, and the stress adjusting hormone cortisol
- It negates the cancer stimulating effects of oestrone and oestradiol (the bad oestrogens)

- It stimulates the release of stored energy from fat with resultant weight loss
- It fights osteoporosis and stimulates new bone growth
- And it tempers depression, raises energy and restores libido

Hormone Modulation utilises natural hormones, exactly identical to those made by humans, to restore the waning physiological levels seen in menopause, andropause (men's menopause) and ageing processes that cause hormonal imbalance and lead to disease.

Common symptoms include:

- Exercise resistant and diet resistant weight gain
- Tender breasts
- Hot flushes, night sweats
- Headaches
- Fatigue
- Depression
- And reduced libido

“The multinational drug company approach to HRT, which is supported by the majority in conservative medicine, is doing more harm than good. It seems that the drug companies have sanitised unfavourable data, and have under informed most well-meaning doctors, who in turn prescribe HRT, oblivious to their potentially disastrous effects.”

Even the two most prevalent menopausal symptoms of hot flushes and vaginal dryness, usually quickly disappear with the use of natural progesterone.

Natural progesterone cream is definitely not wild yam cream or Dioscorea. Although it is derived from soy beans or yams, it must be the actual human progesterone molecule to have the beneficial effects.

Research now confirms that progesterone deficiency or relative oestrogen excess occurs in:

- Young women who do not ovulate - up to 40% of women having "normal" periods
- Perimenopausal women (say 35 to 50 years) who are approaching the cessation of periods
- And in women who have reached menopause

Don't be fooled..... HRT kills

That's right; HRT given to healthy menopausal women increases their risk of invasive breast cancer, heart disease, stroke, ovarian cancer and lung clots. Perhaps it should be called "What your doctor doesn't know about HRT". Ignorance could be the only excuse for healthy women to be prescribed a known cancer causing agent, officially listed with the WHO, as a dangerous carcinogen.

The HRT dilemma

In the last year, research has proven what women have suspected for years - that HRT (oestrogen with or without a synthetic progestin), is associated with a 26% higher risk of breast cancer, a 29% increase in heart disease, and 41% increase in strokes.

- In January 2002, JAMA (the prestigious journal of the American Medical Association) published the Chen study showing five years of HRT almost doubles the risk of breast cancer compared to non-users.
- The July 3rd 2002 JAMA showed proven evidence that no heart benefit was found in a 6.8 year follow-up of women on Premarin/Provera, despite the drug company claims of heart benefit.
- Later in July 2002, the JAMA published the Women's Health Initiative (WHI) study which was cancelled because of the higher risk of breast cancer, heart disease and stroke associated with using conventional combined HRT.
- In the same issue, a study was published revealing that women receiving unopposed estrogen

after hysterectomy, had an eventual 300% increased incidence of ovarian cancer.

- And most recently in March 2003, the New England Journal of Medicine has revealed that oestrogen HRT has no medical benefit (other than for control of hot flushes), and that its carcinogenic properties constitute such a risk, that it should not be prescribed.

The Imbalance

From puberty, ovulation results in the production of large quantities of progesterone. When egg production falters, up to seven years before the cessation of periods, progesterone levels plummet. The delicate ratio you have maintained all of your adult life, between oestrogen and progesterone, is lost. The resulting hormonal imbalance is caused by an excess of oestrogen and deficiency of progesterone.

Every woman reacts to this imbalance differently, but typical symptoms include mood swings, irritability, fatigue, headaches, low sex drive, altered periods and weight gain. Unfortunately, a visit to the doctor at this time will result in a prescription for antidepressants, thyroid hormone or worse still, even more oestrogen in the form of HRT!

Restore your physiological hormone status by using natural bioidentical hormones in their previously asymptomatic and more youthful levels.

MEN also suffer from hormonal imbalance

As men reach 40, there is progressive loss of testosterone and an increasing excess of oestrogen. Some men with increasing obesity, lack of energy, breast changes, softer erections, irritability and even hot flushes, can make four times the amount of female hormone oestrogen than a woman.

The testosterone effect is eroded, libido plummets, weight gain occurs and the overall loss of libido and zest for life occurs... followed by the insulin resistance, raised blood pres-

sure... You know the rest!... Diabetes, heart attack... prostate cancer.

Although some people have little weight gain, many men are seriously troubled by diet and exercise resistant obesity. It seems that no matter what they do, they never lose weight. Often hair recedes, only to appear in new places. The blood lipid profile becomes abnormal and the Type 2 diabetes risks escalate. These two combined, will increase the risk of heart attack 20 times!

Dr Williams utilises bio-identical natural hormones (rather than dangerous synthetic HRT drugs) to restore the waning physiological levels seen in andropause (men's menopause). The same hormones that cause menopause symptoms in women produce similar symptoms in men during andropause.

Abdominal weight gain, irritability, growing intolerance, depression, breast tenderness and increased breast growth, reduced libido, lowered zest and concentration, fatigue, lack of muscle, osteoporosis, obesity, heart disease and prostate disease. Prostate cancer is accelerating in frequency.

Each year, more men develop prostate cancer than breast cancer, and more men die of prostate cancer than breast cancer.

“Take charge of your life and live to your potential.”

Reshape, Redefine, & Revive Your Destiny

Dr Graeme Williams

BSc, BAppSc, MBBS
Medical Doctor, Clinical Research
Metabolic Endocrinology

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<http://www.drgraemewilliams.com>



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goddess rocks!



“Ladies of the world, we rock! goddess rocks!”

designed, handmade & homemade jewellery, initiated by a desire to visit the sacred sites of the world, in honour of the goddess within and all about us.



... and I love all things goddessy – free spirit, boho, mythology, mysticism, empowerment, symbology, ancient wisdom, bling, beauty and girl power!

combining my training at School of Colour & Design, Reiki Master, gemology, Human Resource management, along with the love of creativity – goddess rocks! came into being

I am passionate about human rights, the environment, multiculturalism, peace and the animal kingdom. That we can all get on together, honoring each other and our earth

as I create, I hear an inner whisper “ activate the goddess within “, like a mantra. I feel this is important for all girls and women globally

I am a mother of two beautiful children, daily multitasking school activities, parenthood, family life and a home business. We enjoy life in our adopted city of Singapore, and are able to visit many amazing countries and love being global citizens

like my Facebook page to stay updated on all things goddessy, new product releases, and to find out where I'll be exhibiting next

Website: www.goddessrocksjewellery.com
Facebook: www.facebook.com/goddessrocksbyjane

“I love color
I love crystals
I love silver
I love nature
I love music
~ Jane Tumbri

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LBL (Life between Lives)

or the Soul's Afterlife Journey

Part I

By Dr. Teoh Hooi -Meng PhD

“How does it feel to die, who meets us right after death, what is the spiritual world really like, where we go and what we do, as souls, and why do we choose to come back in certain bodies?”

There is so much myth and misguided information about death and the afterlife, it is time that we learn the truths from our inner mind rather than being told by someone else what life is really about! Learning about our Life between lives is both empowering as well as enlightening in many aspects; the least of which will be discovering your own talents, abilities and purpose.

“Deep down we all know that we are eternal, souls of light energy and we shall spend eternity creating our own reality according to our vibrational pattern and that vibrational pattern will change as we open to the understanding of the brilliance of our souls. We are not alone, we have never been alone and we never will be alone.”

Remembering this releases us from fear and enables us to live in the present. In this current time we have chosen to experience life on a plane that is governed by space and time, everything is born and everything dies.



When we leave this present body we'll have as many choices, if not more, than we do now.

Souls, which are essentially energy, will leave the mortal body when a person dies so what happened to the soul after that? For generations and basing on different religious beliefs, we have been told that there is some kind of judgment involved, followed by different things – either descending into 'hell', ascending into heaven, or a return to this physical plane in another mortal body.

For those who believe in the concept of reincarnation, the above third option fits. However, no one knows how the next life is selected and again we were told that the quality of our next life would largely depend on how we had lived before in our past lives, and after judgment, what kind of next life would suit the past 'karma'...

In reality, it might not be like that at all. Now that LBL Spiritual Regression Hypnotherapists have discovered a way people can be regressed into their own spiritual "Life between Lives", or LBL and share with us how it really is.

During the session you meet Soul Guides, Soul Mates, Teachers and Elders whose role is to show you what you have achieved in your past life and explain the options and scenarios that you can choose to experience in the next life. Accessing the information available in LBL can provide answer to those important of all questions, i.e. why we are here, what is our life mission, and can we change the way our present life is unfolding?



“By listening to our inner minds we have the ability to access the answers to the age-old questions, ‘Who am I? Where did I come from? Where am I going? What is my life purpose?’”

These past memories, carried by our immortal souls, can be recovered with proper guidance or induction by trained LBL regression therapists and the information can be unlocked by anyone who has been guided and capable of achieving a very deep hypnotic trance state.

“When we die we are able to go into the ‘light’, often helped by our loved ones in this life or soul guides. Reunion with people whom we’ve shared many incarnations is often experienced. We may enter a ‘rejuvenation center or spiritual hospital’ if our vibrational energy is in need of healing.”

This usually happened if a person experienced sudden death or met with an accident before passing on. Maybe we go to ‘classroom’, beautiful places of learning where we share profound lessons with other souls. There is no suffering here, no pain or decay but just an overwhelming sense of love, oneness and blissfulness.

If we, as souls, choose to visit our personal ‘council of elders’ to review our progress in this and other past lives we can experience loving acceptance and non-judgmental wisdom. Questions are answered and guidance is given without judgment and always with abundant and unconditional love.

Other spiritual ‘stops’ that we can access during the LBL session includes the ‘Cluster Group’, ‘Library of Life Books’, ‘Life and Body Selection Room’ and others.

With all the answers and insights obtained through LBL Spiritual Regression Hypnotherapy, we can be certain that we are able to go through our present life with renewed vitality and purpose.

Dr. Michael Newton

Dr. Michael Newton PhD, the Creator of LBL Regression Methodology, has spent more than 40 years of his career as a hypnotherapist in researching the LBL state. Using his unique methodology, The Newton Institute for LBL Hypnotherapy (TNI) now concentrates on training professional regression therapists worldwide. Michael Newton’s three books, *Journey of Souls*, *Destiny of Souls* and *Life between Lives*, detail his work on LBL research. The first two books are case study reports on thousands of sessions he has conducted on LBL while the third book is the training manual for aspiring LBL therapist.

In 2009 the fourth book, *Memories of the Afterlife*, was edited by Dr. Michael Newton as further instalment to the above three books. This book is a compilation of case studies from 31 registered LBL practitioners of TNI from different part of the globe. Within a month after publication, the book became one of the top 10 best sellers on Amazon.com and has since been translated into 10 over foreign languages.

Dr. Teoh Hooi-Meng PhD, SQHP FMAPsy, LBLt Certified International Instructor - NLP & Hypnosis Education, Master Practitioner of Time Line Therapy™, and Hypnotherapist

Dr. Teoh is a **Certified International Instructor** in NLP and Hypnosis as well as a **Master Hypnotist/Hypnotherapist** registered with The American Board of Hypnotherapy (ABH) and the General Hypnotherapy Register (GHR) of United Kingdoms. He is a **Professional Member** of the International Association of Regression Research and Therapy (IARRT) and also a Time Line Therapy™ Master Practitioner as well as a Master Trainer with the Master Trainer Institute of New York.

Trained by The Newton Institute (TNI) of LBL Hypnotherapy America, Dr. Teoh is the first registered **Chinese Practitioner and Trainer** in the world certified in the science and art of LBL Spiritual Regression Hypnotherapy as well as the only one proficient in conducting the session in Mandarin.



Currently his center, hm Life Coaching & Training, is the only registered affiliated training school for GHSC of UK in Malaysia and is actively conducting certification as well as non certification courses/training in **hypnosis and NLP** locally. In addition, he regularly conducts therapeutic sessions with individuals at his life coaching cum training center in Selangor, Malaysia.

Dr. Teoh is regarded as one of the most influential regression therapist in Malaysia and specializes in Past Life Regression Therapy. He also acts as a **Consultant** in Hypnotherapy with the Malaysian Psychology Centre.

In Malaysia, he is a **member** of the **Malaysian Society for Complementary Medicine** (Psychotherapy Chapter) as well as **Fellow** of the **Malaysian Association of Psychotherapy**. In December, 2005 he was conferred with a PhD degree in Clinical Hypnotherapy from a US university.

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The Plight OF THE HONEYBEE

By Paul Wood

Chances are..... you eat food. If so, you can thank a bee for much of it.

“Over millions of years honeybees have developed a mutually beneficial relationship with our plant world - the bees fertilise the plant through the distribution of pollen from flower to flower, and in return, the plant gives up some of that pollen to be taken to the hive where the bees use it as a source of protein.”

The fertilised plant goes on to produce a fruit, vegetable or nut. Without the bee as pollinator, the unfertilised flower will perish.

It's a beautifully simple relationship which has stood the test of time until.....well, until humans came along and made demands of the honeybees which over the last 100 years have proven to be disastrous for the world's bees.

In simple terms honeybees had become accustomed to 3 things: a diversity of forage; a clean, natural environment; a stable location. Over 100 or so years, we have compromised all three of these bee requirements.



Diversity of forage. Each worker bee, at about 2 weeks old, takes her first foraging trip, travelling up to 6 kilometres from the hive, visiting 50-100 flowers, collecting nectar or pollen and returning to the hive. She will do this up to 20 times a day for 3-4 weeks until she dies of exhaustion. The superorganism that is the bee colony takes in a diversity of pollens from many plants across the landscape as each provides a different nutritional benefit.

“Our monoculture farming systems have resulted in a removal of that diversity of forage, so that (a) the honeybee has only a single plant species to choose from and (b) that plant species may flower (and therefore provide forage) for maybe six weeks. Outside that window of opportunity, this monoculture is a desert - uninhabitable to many creatures, including bees.”



From left, clockwise:
*Orange pollen, a queen bee, family
 beekeeping, an active hive, a worker
 cleaning up spilt honey*

A clean environment. Having built these unnatural landscapes of a single crop, we have removed the natural balance. The crop is unsupported by beneficial insects, birds, nutrition. So we prop up these crops with chemicals - fertilisers, herbicides and pesticides. Bees ingest these poisons and take them back to the hive or become disorientated and unable to return.

A stable location. Having banished our bees from these unnatural landscapes, our agricultural system now has a problem. These crops need pollinators. So we now apply the monoculture principles to our bees. If a bee farmer can maintain a few thousand hives in one place, he can stack these onto trucks and hire them out to these toxic deserts around the world. This is highly stressful for the bees, bringing diseases into a single place where they are shared around, and compromising their natural processes of acclimatisation and seeking forage in a diverse landscape. 60% of all bees in the US are shipped into California's 700,000 acres of almond plantations every year.

So 3 simple requirements are all the bees need and we've taken them away. Honeybees need to build up their numbers and health to survive the harsh winters of

the US and Europe, but come Autumn, they are so exhausted, 30% of them will not make it through the winter. It's a tenuous existence for the bee industry. Only if the following Spring and Summer are kind, will those 30% of losses be replaced.

But what of Australia's honeybees? Whilst our conditions and practices are similar to those that are so damaging to bees elsewhere, our bees are faring reasonably well....so far. We are the only country in the world not to have imported the parasitic varroa mite, but it is widely agreed that it is on the way. We do not appear to be suffering the mysterious Colony Collapse Disorder, but our farming practices are European and dependent on the same monoculture principles, fertilisers and pesticides. We even have our own little California - 35,000 hectares of almonds in Victoria, to which we ship thousands of hives from all of the eastern Australian states each year.



So maybe it's our more friendly winters, but we're still treading a fine line. The health of our bees is very much under threat.

But as is often the case, out of adversity comes human compassion, endeavour and creativity. In so many countries, including Australia, there is a burgeoning movement of people getting excited about food production in our urban areas, for whom the penny has dropped - the realisation that our food gardens need bees. And if our rural farming systems won't look after our bees then our suburban gardeners will! So we are seeing beehives in parks and gardens, on the rooftops of supermarkets, restaurants and coffee shops. These bees are demonstrating they have far better health than those in the agricultural regions and what's more, they are producing twice as much honey.

Why would the bees fare so well in a suburban environment? They are being given the 3 simple things they require - diversity of forage, a chemical free environment - yes even our busy regional centres are cleaner than our toxic agricultural systems, and stability - where bees inhabit, acclimatise to, and forage in, the same area, day after day.

“So bees are on their way to a garden near you! Dig up a corner of that lawn and plant flowers. Plant some flowering herbs close to your kitchen and maybe a lemon and orange tree out the back. The bees will love you for it! And for the slightly more ambitious, invest in a bee-friendly beehive!”

Paul Wood

Brisbane Backyard Bees supplies natural beehives and provides bees and education for the suburban backyard beekeeper to get started.

Brisbane Backyard Bees aims to support our bees and therefore our growing urban food systems by teaching people how to keep bees in a natural hive in their own backyards. In an age where we have become disconnected with so much of our natural world, and it has become OK to exploit our animals and insects for our own convenience, my aim is to restore that relationship between people and bees. The process of guiding a new beekeeper through the initial excitement and maybe some trepidation as they get close to their new bees, is so rewarding for me.....knowing that the future of our bees and therefore our planet is heading in a positive direction.

Brisbane Backyard Bees

Natural Beekeeping for Everyone

+61 414 333 069

www.brisbanebackyardbees.com.au

www.facebook.com/BrisbaneBackyardBees



From top, left to right:

Foraging for pollen, a queen bee, bees on a honeycomb, larvae in royal jelly, beekeeping for all ages, a top bar style hive, the honey harvest.





Fudgy *Christmas* Chocolate Cake *Vegan and Gluten Free*

By Rasmus

The recipe for this cake was sourced and modified to suit our gluten-free and vegan family and friends. A delectable, guilt-free cake, perfect for holidays and birthday celebrations.

Nuts can be left out, for those that have a nut allergy. Where possible, purchase organic, GMO-free products. If your local store does not supply these, then try to obtain pesticide-free products in recycled packaging (to save our Mother Earth).



INGREDIENTS

FOR THE CAKE

- 2 medium beetroots
- 2 cups plain unsweetened Almond milk
- 1 Tbsp lemon juice
- 1.5 cups of cane sugar
(or substitute with Agave Syrup or Stevia)
- ½ cup melted coconut oil
- 1 Tbsp vanilla extract
- 1 cup of Coconut Flour
- 1 cup of Almond Meal
- 1 cup unsweetened Cocoa Powder or Cacao
- 3 teaspoons of baking soda
- Pinch of Himalayan salt

FOR THE FROSTING

- 2 ripe Avocados, halved and pitted
- ½ cup unsweetened Cocoa Powder or Cacao
- 1 ripe Banana
- ¼ cup of Agave Syrup
- 2 Tbsp melted Coconut Oil
- Pinch of Himalayan salt
- 2 Tbsp strong brewed coffee (optional)
- Strawberries, blueberries, nuts, seeds, mint leaves to garnish

DIRECTIONS

- 1** Preheat the oven to 200 degrees. Peel and dice beetroots. Grease tray of choice for the beets and bake for 40 minutes covered with foil, or until soft.
 - 2** In the meantime, mix coconut flour, gluten free all purpose flour, cocoa and baking soda in a bowl.
 - 3** Add all the remaining ingredients in a high speed blender or other blender of choice. Blend until you have a smooth batter. Then add the red liquid into the flour mix. Blend it all together using your hands or a preferable tool.
 - 4** Pour into greased cake tin, bake at 175 degrees for about 45 minutes depending on your oven. Check your cake after 35 minutes using a knife. Stick the knife in the middle of the cake: if it comes out with batter that means it's not ready, but if it comes out with fudgy crumbs it's ready. Allow the cake to cool down, the longer the better. Fridge cold is preferable.
 - 5** Make the frosting. Simply blend all the frosting ingredients together in a blender or food processor.
 - 6** Assemble the cake. Divide cake into two layers. Add a third of the frosting on the first layer, put the second cake layer on and add the rest of the frosting. Cover the whole cake in frosting and garnish with different fruits and nuts.
- Keep refrigerated until serving.

Rasmus

I'm from Sweden. Educated as a baker, with a growing interest in farming.



Be Bold, Be Brave, LIVE EACH DAY

© Depositphotos.com@balaikin

By Denise Silk

“In the past several months I have resigned from my job, packed up all my belongings and put them in storage, and travelled to a new country without a job. I simply had a plan to enjoy the next 12 months and focus on doing things I love and enjoy. It has thrown me into a whirlpool of inner turbulence, way out of my comfort zone, but beautifully thrilling.”

As a reminder to myself, I came up with this motto to live by throughout 2015: to be bold, to be brave and to live each day. By reminding myself of this message, it helps to ground me, so I remember to live this experience and my life on my terms, the way I want to live and experience life. So I nudge myself that extra bit to try new things, go to new places, do things I enjoy. This may be just spending time to relax and knowing that it is ok. It's ok to just experience and enjoy life.



Making this leap was by no means easy, but a leap that I simply knew in my heart I needed to make. I knew I wasn't happy with where I was heading and knew a change had to be made. I was in a very good senior finance position with a strong career ahead of me. I had worked almost 19 years for one company. For many people this would be ideal, but for me it just wasn't anymore. I had enjoyed my career for most of the time, but something started to change in me and I no longer could see myself on this career path.

“I started to feel fake, living someone else's life. It wasn't going to be enough for me. Although elements of my job still appealed, I felt trapped, suffocating in a wall of corporate politics. Trapped in a web of rules and approvals. Just wanting to do something different, something more exciting. Something I was truly passionate about, something I strongly believed in again.”

If I'm brutally honest, it took about 5 years to make. It's hard to look back and think way back then I knew what I needed to do but perhaps wasn't ready to admit it to myself.

“For anyone contemplating a career change or life change and feeling like there is pressure to change instantly, just take your time; you will know when the right time is for you.”

For me, I didn't feel ready when I started experiencing those first inklings. I wanted to leave, but something had a strangle hold on me. It had a lot to do with money, lifestyle and also a lot to do with fear. I have a mortgage (and still do) and although I had some savings back then, in my mind it wasn't enough to make any drastic change. On top of that I had no idea exactly what I wanted to do.

“So began a journey to understand myself a lot more, to understand what was truly important to me and how I wanted to live my life. What my ideal life was.”

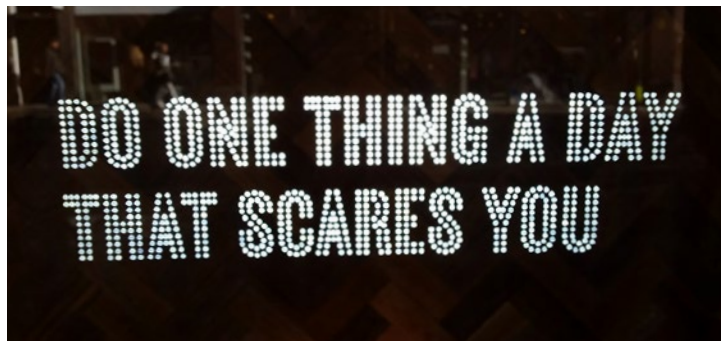
One thing I want to share is that I didn't get to this point alone. I had many sessions with a career coach over this period. She kept challenging my thinking and kept me moving forward, and was a constant pillar of support. There were times when I would find momentum and other times I drifted, perhaps hoping someone else would make the decision for me; but in the end somewhere deep inside I knew the point I needed to reach myself. But boy did it take its time.

What I found though was that the more I started to share with some close friends my struggle and when I started to say my dreams out loud, that's when the most movement started to take place. For a long time I did keep it to myself, afraid of sharing, revealing too much.

“Afraid too many people would know if I failed. But the more you can share and hear yourself say out loud what you want to do, the better you will start to feel.”

You will realize it doesn't matter what anyone else thinks, just how it makes you feel.

My pivotal moment came when the company offered me a promotion. Without much thought I found myself saying no and turning it down. It was at this point I knew what decision I'd made and this would get the ball rolling on my ultimate departure; and guess what, I was overwhelmed with happiness. I couldn't believe I'd done it and I couldn't believe how happy it actually made me feel. People started to see it too. Immediately I started to get



comments from people about how great I looked! I was so proud I had reached this point; strong enough to start this new journey, ready to let go of that world. I was ready to begin a new journey. I was excited again.

“So here I am now in London, exploring my creative side. I have always been creative and desperately wanted to be even more so. I have loved music, writing, and poetry ever since I was a child.”

Over the past couple of years I completed some on-line lyric writing courses and took some music, creative writing and poetry classes and I am now working on taking it to the next level. I spend a lot of my days writing.

I have also signed up for a 6 week bike ride across Europe in the summer; I love being outside riding a bike. This is where I am and what I want to be doing right now. Even if nothing comes of this, I will have spent a year doing what I love. Living each day the way I want.

The next journey will unfold as I continue to focus on the things I love. I know at times I will feel scared; I would not be human if I didn't. But I find comfort in knowing I made the right decision. So what happens next I have no idea; you are welcome to follow along in my blog and we will both find out together.

Denise Silk

www.beboldbebraveliveeachday.com



AGING PARENTS

Adjusting to the inevitable

I watch the affect this has on my dad. He patiently feeds my mum the soft foods, spoonful by spoonful, and mum looks up at him with glassy eyes. Sometimes I think she recognises him other times I know she is straining to register who it is.

Mum is laid up in a bed which we call, 'The Princess Bed'. It's a portable bed that looks kind of comfortable, can be wheeled around and also positioned fairly safely in any room or area in the centre. She is almost in the foetal position as her legs are bent over close to her upper body.

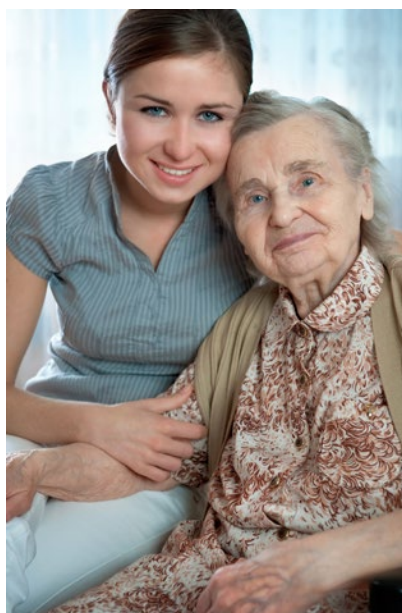
“I can't help but think that if my mum was left unattended she would have passed away several years back, however, mum does have care and help with everything that we mostly take for granted. She is alive because of the constant and loving care of the people at her aged care centre and the diligent visits from my father every day between 3.30 pm and 5.30 pm.”

It's a difficult thing to describe, watching someone revert backwards in body weight, intellect and ability. It's sad and frustrating for those who watch this happen, and for me it's a pot filled with emotions of guilt, anger, sadness and intermittent grief.

There's guilt, because I haven't been around mum as much in the early days. I remember I moved away from Victoria with my husband back in 1987, and left my mum in a male dominated environment, while

By Anne Clark

On a recent trip to Melbourne I visited my beautiful father, and spent some real quality time with him. His situation is not unlike many others in his age group. My father is living alone, because my mother is now in aged care. Mum has Frontal Lobe Dementia. A cruel and debilitating condition of the mind that affects speech, attention, emotion and more often than not the condition affects the relationships between everyone else around them.



“Frontal Lobe Dementia means my mum loses the ability to control her bowels, bladder and other bodily functions like being able to walk, move with ease and now she can't feed herself.”

I took off chasing the sunshine by moving up to North Queensland. I often wonder if that broke my mum's heart, me moving away like that.

There's relief, because I don't have to be the one looking after mum, but then there's guilt again because maybe I should be the one looking after mum instead of strangers in her place of care!

There's deep pain, because I can't fix mum; all I can do is send essential oils to my father to apply to mum's skin, and hope that he can keep that up. To dad's credit he is doing the best he can with attending to mum when he visits each day.

“I can't have a conversation with my mum, where I get to hear her talk back to me. She lies on her Princess bed and stares beyond me, dreaming of a world I never knew, her world! It's just the way it is, and I can't help but think it could have been avoided.”

I can't help but think that we, my brothers and my father and I have been robbed of conversations and experiences with mum because of a cruel and pointless disease like dementia that delivers a painful blow to everyone associated with their loved one.

My mother has a sweet tooth. She always had a cup of tea with 1 sugar and usually with something sweet like a 'vanilla slice' or a biscuit, shortbread, piece of cake etc. These sweets were just full of sugar, white flour and fibreless. I have a theory that the sugar was one of the major culprits for putting my mother into this current state along with another triggers being stress or at least mum's interpretation of events that were beyond her control.

One of the difficult things for me to accept was that mum never seemed to take my health food ideas seriously, or at least the concept of it,



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but her friends told me she was very proud of me. You want to know that your parents were, or still are, proud of you. Like many people in my mother's age group, the medical way was seen to be the only way, and all this 'alternative stuff' for most people in my mum's day, was just a little too farfetched. "Rubbish!" they would say, "how can a little sugar in my tea be an issue"?

“We now witness the generation of people who have grown up on 'a little sugar here and there', too much gluten, environmental pollution, technology and also the processed food and inactivity. The big one is of course 'Stress' - the perception of what is going on around one! This has certainly, in my view, contributed towards the Dementia, Alzheimer's and other types of mental illness.”

So what's the solution, is there a solution for such mental illnesses? Can we avoid brain decline?

I believe we can, and it starts with exercise, movement! When we exercise each day, we stimulate the body chemistry, creating endorphins and precious oxygen which brings nutrients into the body. A brisk walk, running and walking, skipping then stretching for 20 minutes or so can be one of the most significant contributions to keeping the blood pumping to the brain and aging gracefully!

“I have introduced more essential fatty acids into my own diet using coconut oil, hemp oil, soaked almonds, avocado, soaked muesli, home grown bananas, seeds and greens. Broccoli, snow peas, rich colourful berries and delicious purple grapes.”

These foods are incredibly nutrient dense and they should be incorporated into the daily menu at the very least.

So the good news for me personally is my dad is listening to my advice, and he is enjoying more green drinks, using essential oils, and relishing in my vegetarian meals which he accepts graciously every time I visit and he shares the oils with mum.

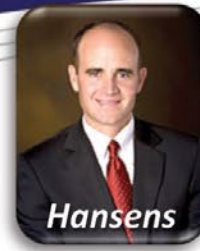
It seems my dad is really honouring his marriage vow, 'in sickness and in health', and I'm pretty sure until 'death do us part'. What an amazing man. This article is to honour them both.

Anne Clark

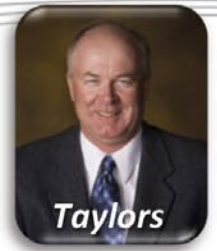
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I'll be honest with you. I was a little stumped as to how I begin my contribution to 'Wholly Natural' So, I went back to the one thing that even I still have challenges with each week: The Sugar Craving Cycle.

Not So Sweet, *Sugar!*



“Does drinking 2.5 litres of Coke a day sound like an addiction? HELL YES!! That’s what I was drinking every day and the sugar craving cycle itself is a very real, chemical, perpetual cycle. In just a few short years, it’s estimated that over 1/3rd of all Americans will have type 2 diabetes.”

By Shai Lewis

Here's what I mean...

SUGAR ADDICTION The Perpetual Cycle



Sugar cubes/archigraphs/CC BY ND



3

Snack Right.

I can almost see everyone's hands go up as I ask "Do you get hungry at around 10:30 am and 2:30 pm?" These two times are a critical period in making the right food choices. Sure, in the morning you can have some fruit (a whole piece of fruit and not just the juice). Even though fruit is high in sugar (fructose), you still are getting vital nutrients and fibre that you don't get from bottled or squeezed juice. It also fills you up which in turn tides you over till lunch time. In the afternoons when you get hungry, try a protein based snack like eggs, nuts, Greek yogurt or even a tin of tuna on a couple of Cruskits.



© jodiandbrett/CCO

Did you know that in Australia, milk products provide approximately 25% of our daily sugar intake, Fruit provides another 20% and don't even get me started on the other sweet treats that we have that think are incidental but are in fact INSANELY high in sugar or a chemical sugar replacement.

The good news is that there are sure fire ways of breaking that cycle. Here

are six (6) tips to help you get back on track. For the record, if you are wanting to lose some body fat, these tips and tricks will help by about 40%!!

1

Buy Chromium from the chemist.

We produce chromium naturally in the body but taking this mineral will balance out your blood sugar levels. So instead of eating that whole packet of Tim-Tams, you'll eat two then put them away.

2

Simply Drink Water.

It's much harder than it sounds. If you are quiet stationary for a large chunk of the day then 1.5 litres is adequate ... active people should be about the 2 litres/day while athletes need a little more. A good rule of thumb is if you are thirsty - you are dehydrated.

4

Eat Green Leafy Vegetables.

Eating this stuff is great for energy release and energy production. So any of the fluffy greens are amazing. Put some spinach, rocket, kale and broccoli – any green veggie in your shopping trolley.

5

Avoid Processed Foods.

There is so much more than meets the eye that goes into your processed foods. Marketing and labeling doesn't help much either. Labels like "low fat" and 'healthy choice' gets your attention but if you turn to the ingredients you'll soon see it's not at all what you need... Besides sugar, the tricky ones will include a chemical sweetener to enhance the already sweet flavours and also just be sugar in other forms.

“A personal training client of mine lost 35 kgs just by giving up diet coke (which on the label says 'no sugar' along with one 30 min session a week. Go figure!!”



6

And Lastly...Coffee.

I'm a wog and love, love, love, my barista made coffee. But if you are wanting to budge that body fat then stick to the instant variety. This way you have more control of the milk that goes into making it white and sweeter. Compare that to a barista made coffee (or pod coffee, same thing) that uses twice as much milk per serving PLUS the sugar or syrup you add as extras also... multiply that by the amount of times you have coffee throughout the day... equals an insane amount of sugar. This is a HUGE tip to losing some body fat.

“I challenge you to follow these tips because between now and the next issue, you would have had amazing results.”

Keep it healthy, keep living & loving, Shai.

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Shai Lewis

Shai Lewis has been in the fitness industry for over 15 years helping people smash their fitness and health goals. He has even trained people like Artie Rocke (from the Biggest Loser Series), Marcus Graham, cast members from 'Cirque Du Soleil', 'The Lion,' The Witch and The Wardrobe, 'Momma Mia' and DJ/Model Dan Slater and, now you!

You can tune into 102.1FM every fortnight at 9:40 pm when Shai chats live to discuss health and fitness tips too.

Feel free to get in contact with Shai if you're looking for advice.

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bodybyshai@gmail.com



PHOTOGRAPHY with a difference *from Down Under*

By John Emmett



In the practice of photography the decisive moment comes naturally when one is perceptively focused, relaxed and free of distractions. This is the great thing about the photographic experience, it is similar to the practice of Zen, when one instinctively releases the arrow from the bow, a timeless action! Maybe this is as close as we can get to that flow of life with a mechanical instrument?



Previous page:

*A different perspective
- Sydney, Australia*

Left:

Poppies in Sunlight

Above:

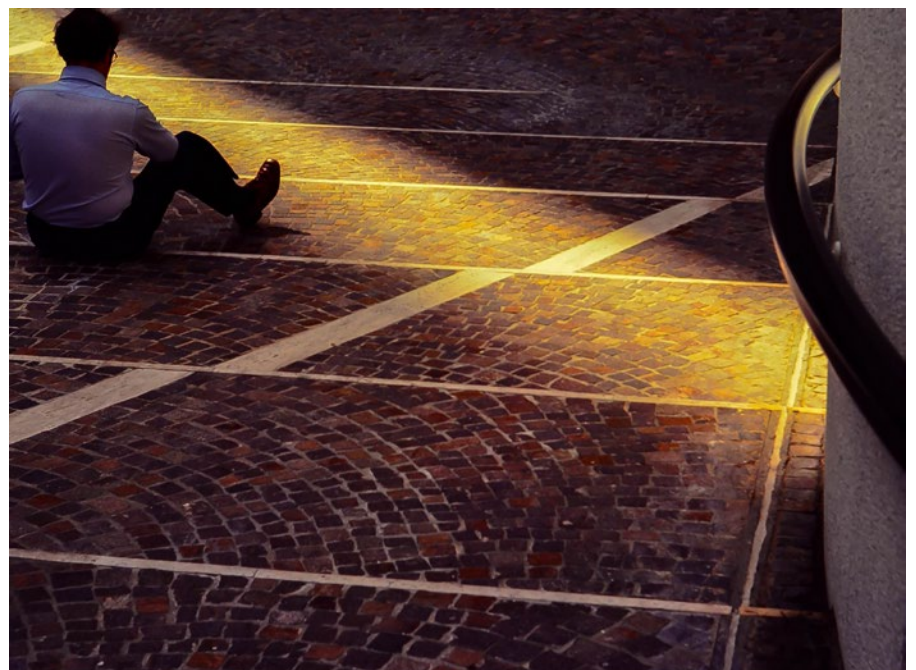
*Flash of Inspiration
- Opera House, Sydney, Australia*

Below:

Spotlight on the Pavement

In the past, using film created a space of some hours or even days before the negatives were viewed and that was part of the fun of it, now days of course we can instantly view the captured images, missing out on the wait for the unknown results to be manifest!

These days another Great Leap Forward came with Photoshop and the many plug-ins available to manipulate the image, giving endless possibilities to the creative photographer, this surely is 'the best that it gets!'





Left:

Dawn Rising

Going Down of the Sun

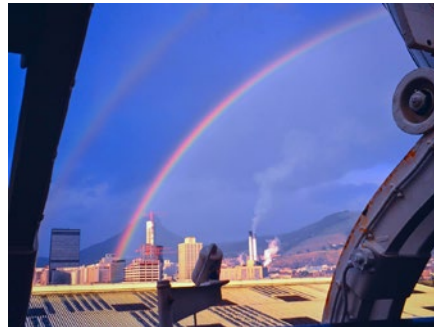
Conversations in the Park

Above, right:

Web Woven at Sunset



“What I find about photography that I love is the essence it leaves in the mind of the viewer. The sense of our connectedness with the movement of life, a frozen frame of the newness or beingness (the brain creates approximately sixteen frames a second creating the illusion of movement...time!) This snapshot is interpreted uniquely by each observer and can tell a thousand words! Best of all, a photograph can reflect the “beauty of life” and encourage a reverence of all living things.”



John Emmett is a freelance photo-journalist from the Sunshine Coast, Queensland, Australia. He has photographed since the early eighties and his work includes fine art, landscapes and nature. He also freelances as a video journalist for the ABC and CH7 Networks.

Print sizes:
10+8 to 20+16 ins (Up to A3)
Prices negotiated per subject matter.

Contact John:
jhnemmett@gmail.com
All photos © Copyright John Emmett

Top:
TV Land
- Sydney, Australia

Above:
Old & New
Rainbow on Table Top Mountain
Monkey Business: The chips are down!

Adventures in Gluten-Free Baking

Gluten-free Oatmeal Quick Bread

By Ann Vickers

Perhaps you've recently discovered that you, or someone in your life, will have to cut out gluten. After getting over the shock, you may wonder, "does that mean an entire life without enjoying a cookie? Or a slice of bread?" Definitely not.

Most people think that to go 'gluten free', you have to give up delicious foods, especially breads and desserts. With some planning and awareness, you will be able to eat cookies. And pies. And bread. You don't need gluten (or dairy, or sugar) to make these treats.

Personally, I love bread, and I love baking it. Baking, for me, includes pattering around the kitchen, and blending things up as a kind of meditation. It gives the day a warm and wholesome feeling and also reminds me of cooking on weekends with my mother. With her Bermudian heritage, she shared classic recipes like Sweet Easter Bread, Banana Crumble, Spice Cake, and Bermuda Fruit Cake. Every time I take out my baking pans, I think of her and smile.

Over the years, I've been steadily modernising her recipes by substituting healthier ingredients. However, the cake and bread recipes remained based on wheat flour. So, when a naturopath advised me a few years ago to cut out the gluten, I found myself initially at a loss. One of the foods that I knew I would



miss most was bread. If you like to bake, you'll know it's not only about the baked goods themselves, it's about the entire process from initial idea to tasty results, and the satisfying warmth of sharing this with friends and family.

The great news is, you can still have the creativity, tasty treats, and warmth in your life, but without the gluten. You may just need to do a few things differently.

Myself, I'm clearly a newbie on this gluten-free journey. When I began to

bake gluten-free, I expected that everything would be exactly the same, just with a new flour. While it's true the overall process is basically the same, the flour texture, it's reaction to liquids, the mixing times, baking temperatures, and other factors, have all changed.

For example, gluten-free batters seemed so odd at first. Cake batter is thicker, bread dough is runnier, and I'm told by other bakers that cookie doughs tend to spread fast and

loose when the heat of the oven hits them. Adding more flour or liquid to make a batter closer to what you think it "should" be can result in anything from soupy cakes to dense bread bricks.

“The best advice I've been given about gluten-free baking is to let go of expectations.”

In baking, as in other areas of my life, I'm learning to discard assumptions, start over again, and shift away from the idea that everything should be like it was. It will be different. That's okay. The changes can be delightful, and in the case of gluten-free baked foods, differently delicious in their own right.

As an avid former wheat baker, I plan to continue baking gluten-free. I know this may mean lots of experimenting, trying out all the pre-mixed flours, maybe

even blending my own, and searching for new alternative ingredients. I've discovered that being wheat-less and gluten-free need not be disheartening or intimidating. In fact, it's starting to feel like a mini-quest. It could be my next great adventure in food and health, a new frontier with a new horizon.



About This Recipe

Nowadays, as I'm updating old recipes and creating gluten-free versions, my favourites are the quick breads and muffins. I find these to be less temperamental and more forgiving than other gluten-free baking. This makes them ideal for beginning your gluten-free baking odyssey.

The recipe shown here is originally a Whole Wheat Oatmeal Quick Bread which I've adapted for the gluten-free lifestyle. It's the kind of soda bread that's perfect for breakfast and weekend brunch. Hearty and filling, packed with personality, and best of all, it's extremely fast to make. You can decide to make it as you're getting up in the morning, measure and mix it up while still in your pyjamas, then leave it to bake while getting showered and dressed. From inspiration to ready-to-eat in about 40 minutes.



I've made this bread many times now, in both the original whole wheat and the gluten-free versions, and it always turns out well. The recipe is nutritious, simple, and versatile, very good for spontaneous add-ins like dried fruit, spices, herbs, etc. The bread itself is dense, with good texture and a wholesome taste. It's great when fresh from the oven. I find it suitable for open-faced toasted sandwiches, however, because there is no yeast, it doesn't have the



elasticity needed for regular sandwiches. Instead, I eat it slice by slice, enjoying it with soups and goat's cheese, or topping it with nut butters and honey.

About Gluten-free Flours & Baking

The main challenge in creating tasty gluten-free baked goods is finding the right flour. Replacing wheat flour with a gluten-free substitute is not so simple or straightforward as removing gluten from a recipe presents real taste and texture challenges. No other single flour can exactly duplicate all the characteristics of wheat flour. Fortunately, blending several different flours and starches together can get very close.

Pre-mixed Gluten-free Flours

Not so long ago, it was rare to find gluten-free all-purpose flour blends in supermarkets. Baking gluten-free meant buying several types of flours, starches, and binders and conducting a DIY blending session in the kitchen. Home bakers spent significant amounts of time fiddling with ingredients to create a basic wheat flour substitute.

Things have certainly changed, and today pre-made gluten-free multipurpose mixes have joined a growing array of baking alternatives, making it easier than ever to bake gluten-free. While it's true that there is no exact substitute for wheat flour, and recipes made with gluten-free alternative flours will be different

from those containing wheat, you can certainly create baked goods that have great taste and texture.

I find that the pre-blended mixes work well for basic baking. Recently, I counted almost 30 different gluten-free all-purpose flours available online. They are composed of a variety of flours (from grains, legumes, beans) and starches (corn, potato, tapioca, arrowroot) that provide the flour's powdery element, and binders such as natural Xanthan gum that give back some of the elasticity that's missing when there's no gluten.

For this Oatmeal Quick Bread recipe, I used Pamela's Artisan flour. When simplicity is a top priority, I find that this blend is a very good solution. No muss, no fuss, no extra 'binders' to remember. In most situations, you can substitute it for "regular" all-purpose flour cup-for-cup. This blend is certified gluten-free, and also dairy-free.

DIY Flour Blending

For those who like to experiment, or plan to bake quite often, or may need to customise their flours for specific uses and dietary constraints, you can create your own personalised flour blends. There are links to some formulas at the end of this article. Once you get the hang of gluten-free baking and get a feel for which flours you like best, it can be fun to play kitchen alchemist and experiment with your own blends.

Gluten-free Oatmeal Quick Bread

Prep Time: 20 min | Oven Time: 25 - 30 min
Servings: 1 large loaf

INGREDIENTS

Basic Recipe:

2 cups gluten-free rolled oats
2 cups gluten-free flour
4 teaspoons baking powder
2 tsp baking soda
1/2 teaspoon sea salt
3 tablespoons honey
2 tablespoon coconut or vegetable oil
1 1/2 - 2 cups of milk or alternative such as organic light coconut milk, soy milk, almond milk, or rice milk

DIRECTIONS

Preheat the oven to 230 degrees C (450 degrees F). My oven tends to run a bit hot and dry, so I use a slightly lower temperature of 200 degrees C (400 degrees F), and bake it a little longer.

Measure the oats together with any seeds such as sunflower or pepitas (pumpkin seeds) and place them in a large bowl. You can use whole rolled or ground oats, rice flakes, spelt flakes, or even gluten-free muesli. Include any optional nuts and seeds here as part of the oat total 2 cup volume. Whole rolled oats can be ground in a food processor or blender first for a finer texture. Personally, I enjoy using them whole, unground.

Add the, flour, baking powder, baking soda, and salt and any dry herbs or spices being used.

In a separate medium-sized bowl, dissolve the honey in the coconut or vegetable oil, then whisk in milk (or milk alternative).

Prepare a loaf pan by oiling it or lining it with parchment baking paper. It's best do this before the next step of mixing the wet and dry ingredients together. By the way, if you use the oil method, grease the pan thoroughly, as this bread likes to stick!

Add the wet mixture to the dry ingredients and stir. Fold in any dried fruit such as raisins or cranberries. Stir lightly until a soft batter/dough is formed. It should be liquid and loose, rather than firm. If the mixture is too dry, this is one of those cases where it's safe to add additional liquids as needed.

Pour the batter/dough into the loaf pan and bake in the preheated oven for about 20 minutes, Optionally, you can bake this at a slightly lower temperature for a bit longer.

Bake until the bottom of the loaf sounds hollow when tapped. You can also check by inserting a wooden pick or skewer in the centre to see if the batter is still wet. Remove from the oven and take the bread out of it's pan as soon as feasible to prevent sogginess.

Optional add-ins & substitutions:

Try maple or agave syrup as a substitute for the honey
You can substitute applesauce, pureed fruit, or yogurt for the coconut oil

1/4 cup sunflower seeds
1/4 cup pumpkin seeds
1/4 cup linseed (flaxseed)
Shredded or desiccated coconut
Chopped nuts, other seeds, dried fruit

For a sweeter "tea bread", try adding:

1 tsp cinnamon
1/2 tsp ginger
1/4 tsp allspice
1 tsp vanilla extract
1 tsp grated lemon or orange peel
3/4 cup raisins, cranberries, or other favourite dried fruit

For a country-style herb bread:

2 tsp - 1 Tb of your favourite mixed dried herbs (such as Mediterranean or Mexican style herbs - basil, oregano, thyme, paprika, fennel, pepper, cumin, dried red pepper, cilantro, dried jalapeno peppers, etc.)
You can use olive oil in place of the coconut oil
1 tsp grated lemon peel

Baking Notes From The Pro's

Here are some tips I've picked up from favourite gluten-free websites and my own experimentation:

Gluten-free Flours: When shopping for a gluten-free all-purpose flour, remember they are different from the gluten-free bread mixes (which may have added yeast) or baking mixes (which may have added baking powder or baking soda) on the shelves. Most of the flours are available internationally in health food stores, the "healthy foods" section of a supermarket, or can be purchased online.

Storing GF Flours: Many gluten-free flours are highly perishable and go rancid quickly. They should be stored in an airtight containers in a cool dark place. You can also store flours in bags in the refrigerator or even the freezer to preserve freshness. Just bring the amount you need to use to room temperature before mixing it with other ingredients.

Gluten-free vs. Wheat-free: Note that Gluten Free (GF) means a product is free from wheat, rye, barley and other gluten-containing grains. Wheat free, however, does not mean a product is definitely gluten free.

Truly gluten-free products are processed in facilities that follow strict gluten-free manufacturing practices to avoid contamination. Please note that if the package is not labeled "gluten-free" you can't be sure that it's not cross-contaminated - which is the issue that arises with commercially milled oats...

Oats: On the subject of oats, they are often milled/cross contaminated with wheat crops, which is how they end up on the no-go list for those living gluten-free. I find this very sad as whole grain oats are not only incredibly tasty, they are also high in fiber, protein, Vitamin B1, zinc, iron, and other minerals. Nowadays, certified gluten-free oats are available. This is great news, especially for those of us using this recipe.

For this recipe, you can use whole rolled or ground gluten-free oats or gluten-free muesli. Include any nuts and seeds as part of the oat total volume. The high fibre in oats may take some getting used to, so grinding them, rather than leaving them whole may be more suitable if you're sensitive. For those who really can't tolerate oats, not even 'gluten-free' oats, using rice flakes is a delicious alternative.

Milk Alternatives: Use plain for a neutral flavour, or vanilla for a flavour boost with the sweeter version of the bread.

Moistness: Adding applesauce, pureed fruit or yogurt (or a dairy-free alternative) helps wheat-free gluten-free quick breads stay moist.

Texture: Adding the shredded or desiccated coconut, chopped nuts, dried fruit, and even chocolate or carob chips can add to the texture and flavour of the bread. Start by adding one half cup.

Humidity: Flours grab moisture and become damp, which can affect the outcome. Honey and agave are both humectants, and also attract moisture to baked goods. If it's very humid out, you may have to adjust your recipe, reducing the liquid slightly (start with 1 to 2 tablespoons less).

Vanilla & Spices: For the sweeter versions of the bread, you can add extra vanilla if you like. Gluten-free flours can taste strong and unfamiliar at first, and a little boost of vanilla extract helps soften their flavour. Adding spices like cinnamon and nutmeg deepen flavour complexity.

Altitude: High altitude gluten-free baking usually needs a little less liquid (start with 2 tablespoons less) and a higher oven temperature (try increasing oven temp by 1 degree C / 30 degrees F) or a longer baking time.

Ingredient Temperatures: Avoid using ingredients straight from the fridge. Baking with room temperature ingredients works best when baking gluten-free.

Baking Time & Temp: Gluten-free batters are stickier than traditional batters, so they may need longer baking times or temperature adjustments. Also, oven temperatures vary slightly from oven to oven. If you find your baked goods are consistently under-cooked, try baking them 1 degree C / 30 degrees F higher.

Gummy Centres: If your baked bread is gummy in the centre, there was probably too much liquid in the batter. Use 2-4 tablespoons less when you mix it up next time. If this gumminess happens often, your flours may be damp, the oven too cool, or the baking time is not long enough.

Post-baking: Gluten-free baked goods and breads get soggy if they stay too long in their pans after baking. Remove loaves from the pan as soon as possible. The longer a gluten-free baked good remains in a hot pan, the soggy it gets.

Chilling The Bread: Wrapping and refrigerating or freezing gluten-free baked goods often improves texture.

A Few Favorite Sources For Gluten-free Info & Recipes

Gluten-free Girl & The Chef
<http://glutenfreegirl.com>

Gluten-free Goddess
<http://glutenfreegoddess.blogspot.sg>

GF Jules
<https://gfjules.com>

Gluten Free On A Shoestring
<http://glutenfreeonashoestring.com>

Nutrition Stripped
<http://nutritionstripped.com>

A Little Insanity
<http://alittleinsanity.com>

Gluten Free Doctor
<http://glutenfreedoctor.com>

The Art of Gluten-Free Baking
<http://www.artofglutenfreebaking.com>

All The Love - without the Wheat
<https://ggiswheatfree.wordpress.com>

HealthNut Nation
<http://www.healthnutnation.com>

Thank Heavens - The Gluten-free Lifesaver
<http://thankheavens.com.au>

Gluten-free Flour Formulas

Celiac Support Association
Gluten-free Flour Formulas
http://www.csaceliacs.org/gluten_free_flour_formulas.jsp

Gluten-free Girl & The Chef
A Gluten-free All Purpose Flour Mix
<http://glutenfreegirl.com/2012/07/how-to-make-a-gluten-free-all-purpose-flour-mix/>

Gluten-free on a Shoestring
All-Purpose Gluten Free Flour Blend Recipes
<http://glutenfreeonashoestring.com/all-purpose-gluten-free-flour-recipes/>

A Little Insanity
All Purpose Gluten Free Flour Mix Recipe
<http://alittleinsanity.com/all-purpose-gluten-free-flour-mix-recipe/>

The Art of Gluten-Free Baking
Jeanne's Gluten-Free All-Purpose Flour Mix
<http://www.artofglutenfreebaking.com/2009/11/the-story-behind-my-gluten-free-flour-mix/>

Gluten-free Cooking School
All Purpose Gluten Free Flour Mix Recipe
<http://www.glutenfreecookingschool.com/gluten-free-flour-recipe/>

Thank Heavens - The Gluten-free Lifesaver
Mix Your Own Gluten Free Flour
<http://thankheavens.com.au/2013/01/31/mix-your-own-gluten-free-flour-easy-guide/>



WHAT IS BIOGENICS MD®?



二百年の日本古来の伝統を引継いだ自然食品の店。

BioGenics MD® is a deluxe blend of 128 types of organic herbs, berries, nuts, fruits, mushrooms and plants derived from our sustainable farms in Brazil and infused with natural mountain spring water. It is followed by 7 years of Natural Fermentation in a biologically active environment which allows the development of a slow and evolving synergistic blend of lactic acid bacteria and their food supply. BioGenics MD® special technology results in a full culture method which retains all the friendly bacteria + supernatant.

Naturally fortified with our patented LPS, BioGenics MD® is over 1,000 times stronger than any beneficial bacteria or fermented paste.

This instrumental development and extensive clinical trials, warranted an audience with the Japanese Emperor.

Only One in the World that contains :

17 Clinically proven Strains of Friendly Bacteria **18** types of Amino Acids **10** types of Vitamins **4** types of Organic Acids **9** types of Minerals

1,000x stronger than any other Beneficial Bacteria (Probiotic)

Extensive Awards & Accolades :



Award for Achievement & Supplier for the Imperial Household



GMP Cert



JAS Organic (Manufacturing)



JAS Organic (Packaging)



USDA Organic



Organic Farming Association

200 Year Old Tradition & Japan's No. 1

Manufacturer & Supplier of Superior Grade Health Supplements to Generations of the Imperial Household

For information please visit us at www.BiogenicsMD.com

We are currently looking for agents worldwide. Do drop us a line if you would like to be part of our family.



Kipper's Tails Holiday Magic

By Dr Colin Tedman

Well that was a peculiar couple of weeks!

There I was looking across the living room from my comfortable spot on my favourite cushion, when my mum appeared from the cupboard armed with lots of boxes. Well, I don't think she is my mum really though, as she is always saying things like "do you love your mum?" or "do you want your mum to feed you?"

“The last one always get me excited, so I wag my tail and try to look cute and food appears in my bowl. I think I've done a pretty good job of training her. It's amazing what a wag of the tail will make them do!”

Out of one box came this strange green thing which she proceeded to put together and made a tree. I thought they grew outside, not in cardboard boxes in the cupboard. Then came round things which she hung all over the tree. The cat soon had a few of those off and chased them around the floor! Cats are simple things really, easily amused, unlike us sophisticated dogs. Then the tree started flashing and that sent the cat dashing for cover!

Coloured boxes surrounded this flashing thing and then a few days later they, meaning my owners and family, ripped open all these boxes, made a huge mess and then after a week packed it all away again. I hope this sort of thing only happens here - I'd be very embarrassed if my friend Spot down the road caught on at my owners strange behaviour!



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“Mind you, I did get a new ball out of it all. Mind you we had a visitor, a much bigger dog, well everything seems bigger to me, who stole my ball and proceeded to squeak it all day. My little jaws couldn’t get one squeak out of it! I’m sure the cat got more presents than me too.”

New Year - that’s the other peculiar thing- what does that mean? I didn’t get to bed till late, that’s what it means. Lots of loud noises outside and including my dad snoring on the couch, whilst pretending to look at that square shaped thing on the wall with changing lights. It seems to put them into a trance or has some weird magical powers. They sit there sometimes, not moving for hours gazing at this thing. I think it dulls their minds and saps their energy, as here I am cute as a button with my ball in my mouth being ignored. I wag my tail, that usually works, and they’re back live so to speak!

With my quest to learn about the world still in its infancy, this New Year thing seems a good place to start. Must admit it feels like any other day.

“Still hot, too hot to play with the new ball. The cat is still annoying me, and the food in the bowl looks suspiciously like the food in the bowl that was served up yesterday.”

Dad hasn’t disappeared in the bubble thing off to the place he calls work though. Work, that’s a funny word, I can’t imagine what it actually means. It’s obviously something that my two legged non hairy beings do. I presume he likes it as he spends an awfully long time doing it. Does everybody do this thing work? I did hear from the square box on the wall someone saying “He never did a day’s work in his life”. Well if it’s so enjoyable that person must be missing out big time.



I thought I’d watch this square thing a bit so see what’s so fascinating about it. It must be if it takes preference over me sometimes.

“They get so engrossed in it the only way I can get them to notice me is to vomit on the floor.”

I don’t think they are happy with it but at least I get some attention and they pat me in a nice way that makes my toes curl. My tail is straight but if it could curl then it would look like one of those pasta spirals I get in my food as a treat sometimes! So I’ve learnt that sometimes doing things that my owners don’t like, such as stealing the cats food, almost always tastes nicer than mine anyway does get rewards.

Watching this square thing I see people doing the same thing- I saw someone take something from someone else and run off. Well he got lots of attention too. Lots of them bubble things with the black circles on the

corners - like my owners but these had flashing lights on the top - raced after him no doubt to play. When they caught up with him I could see they were playing he was shouting with excitement just like my barking and they all jumped on him.

“He was kicking his legs just like me when my tummy is tickled obviously having lots of fun. So we’re not that different really, we just have twice as many legs and run faster. So I will keep watching and tell you more soon of what I have discovered.”

Love,

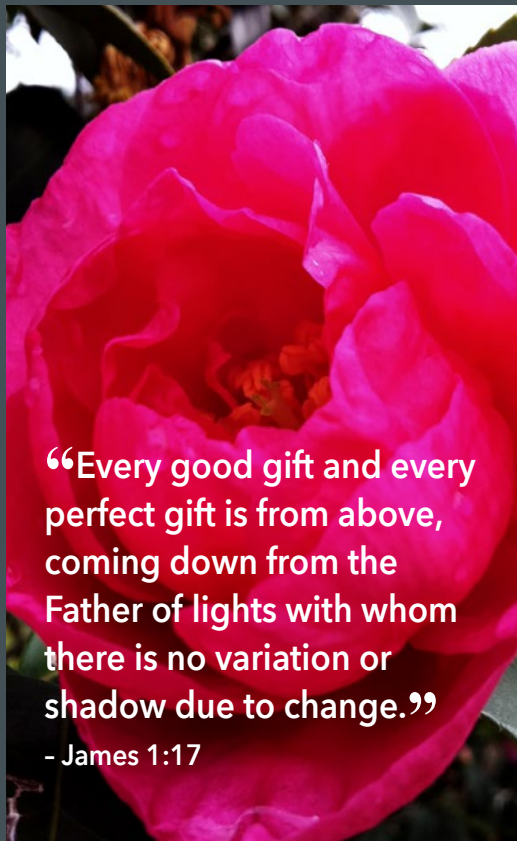
Kipper

Dr Colin Tedman

B.Vet.Med.MRCVS

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Words of Wisdom For the Season



“Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.”

- James 1:17

Let us pray / meditate that 2016 will be a year of LOVE and MERCY. To Love is a verb, a doing word! A word in action. Love makes the "World go Round." A beautiful song! Sung by many however my favorite still, is Johnny Mathis.

What a stunning world it would be if we could just remember, that love, is the only thing that is real.

Simply, "BE LOVE."

Recipe for Love

L = Let it go = Forgiveness

O = Own your mistakes = Integrity

V = Validate another = Maturity

E = Enjoy who you are = Self-respect

Mix together for a happy life and a cup full of contentment.



“Love is pure, love is transparent, translucent, it shatters with light.”

- Corinthians 13:4-8



“Joy is the serious business of Heaven.”

- C.S. Lewis



“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.”

- Martin Luther King Jr.

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