



Dec 2013

2013 is coming to an end and for most of us it has been an extremely busy time. It's a good opportunity to reflect on the past 12 months and identify any areas which need to be addressed for a successful 2014. The first word that comes to mind would be

BALANCE

In today's society this is becoming harder to achieve. We all seem to cram more and more into our days, placing unnecessary pressure on ourselves. We need to bring our attention back to the basics of a well balanced diet, getting 8 hours sleep and aiming for 30 minutes of exercise per day. On that note I wish you all a

Merry Christmas and a Happy New Year !

Thank you for your support throughout the year and I look forward to seeing you all in 2014. The clinic will close from December 22nd and reopen January 2nd 2014.

HEALTHY FESTIVE TIPS

1. Never go to a party on an empty stomach, choose a quality protein and vegetable snack before you leave the house this will help you to say no to those high fat and high sugar options often offered at parties.
2. If consuming alcohol alternate each drink with a glass of water and if you are watching calories choose vodka and soda with a hint of lemon as this only contains 64 calories as opposed to beer which has 149 calories and cocktails which are worse with around 280 calories.
3. The other down side to alcohol is that it increases our tendency to reach for fatty, salty and unhealthy snacks.
4. Give away the left over food to your friends and family to avoid over eating in the days following Christmas.
5. Choose a healthy plate to share at functions like low fat dips with vegetables sticks instead of high fat cheeses and pate's. Take a plate of fresh fruit with dark chocolate coated strawberries for dessert.

Treat your Loved ones to an Infrared Sauna voucher for Christmas.

Introduced this year to our clinic, the Infrared saunas have been a major success in giving people a rejuvenating, and relaxing therapeutic experience. So after over indulging it's a great way to give the body a gentle cleanse whilst relaxing and burning a few unwanted calories.

\$35 for a 1/2 hour session

During December refer a friend for a sauna and receive a free 20 minute session as an early Christmas gift from us to you !



Recipe of the Month – Thai Cashew Quinoa



3/4 cup uncooked Quinoa, 1-2 cups shredded red cabbage, 1 red capsicum, 1/2 red onion diced, 1 cup grated carrot, 1/2 cup chopped coriander, 1/4 cup chopped mint, 1/4 cup diced green onions, 1/2 cup cashew halves or peanuts, Fresh lime for a bit of tang.

Dressing - 1/4 cup all natural peanut butter, 1t Honey, 2t grated ginger, 3T tamari soy sauce, 1T red wine vinegar, 1t sesame oil 1t Olive Oil water to thin if needed. Put in a jar and shake.

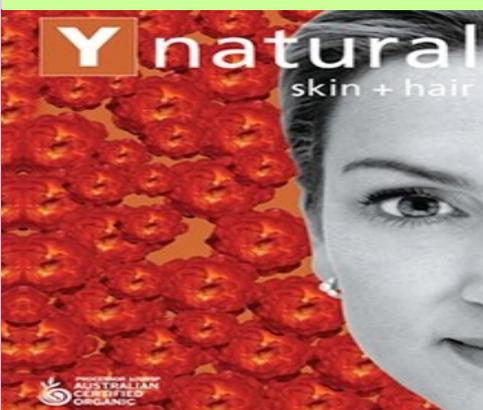
Cook Quinoa to directions on pack, Chop all ingredients, mix dressing and enjoy.

Are you looking for ideas
for

Christmas?

Come in and see our
**Relaxation and
Luxury Skincare
Gift Packs**

There is also 15%
OFF ALL Y NATURAL



****Special ****

10% off our

Stress Kits

Support your nervous system
during this busy time

A Word About Probiotics

The WHO (World Health Organisation) definition of Probiotics is - live microorganisms which when administered in adequate amounts to confer a beneficial health effect on the host:

It is possible that over a 1000 strains of helpful bacteria live inside each of us. To obtain good health we need a balance of many different species. When this balance is disturbed problems can arise. The fact that the gut contains over 70% of our immune system and is also referred to as the second brain makes it imperative that we address any digestive issues for health conditions to improve. At the clinic we can educate and offer you the right type of probiotic for your condition. Through lab testing we can also find out if you have any fungi, parasite and what good and bad bacteria you have in your bowel.

**WANT TO BE YOUR BEST IN
THE NEW YEAR ?**

**DETOX AND REJUVENATION
SPECIAL , AVAILABLE AT THE
TOTAL HEALTH AND LIFE-
STYLE CLINIC IN THE NEW
YEAR !**

**CONTACT US NOW TO FIND
OUT MORE !**



Pinterest

I have created a pinterest page so those of you who are looking for more recipes that meet the criteria of your eating plans can go to totalhealthandlifestyle and have a choice of more options.