

TRUE *Medicine*

Natural Health & Beauty

Clinic location:

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www.truemedicine.com.au

- For health tips
- Diets
- Recipes
- The latest in health news
- Or blog a comment

Clinic Hours:

- Tue-Fri 8am-6pm
- Sat 8am-12noon
- Closed Sunday & Monday

Bookings essential.

Electronic health fund claims,
EFTPOS & Credit Card facilities
available



Dagmar Ganser, BHSc, ND(Adv)

Naturopathy * Herbal Medicine
Kinesiology * Biomesotherapy
Nutrition

Wisdom from my week away

In this month's e-Newsletter I would like to share with you some of the wisdom and philosophies I experienced during my week away. I spent some much needed time off surrounded by nature just north of Gympie. Heartland Retreat is a special place offering tranquility and time to just 'be'. As the name implies, Heartland is founded on love. Love of nature, animals, people, our planet—that wonderful all-encompassing love which underpins all the great teachings.

My message this month is both personal and relevant for those who come to see me in clinic. In order to be healthy we need to love and respect our body. When we love ourselves, in the spiritual sense, we nurture and care for ourselves. When we respect ourself, we do not indulge in habits that are detrimental to our health or embark on toxic relationships. And only if we love and respect ourselves, do we enable others to show us the same.

Making wise choices regarding the food we eat, beverages we consume, the amount of sleep

we get and how we deal with stress, all impact on our health. It is easy to become caught up in the fast pace of life and forget just what is important: we frequently forget about ourselves.

Therefore, I would like to take this opportunity to remind you all of how important it is that you take time for yourselves and nurture **your** needs.

At *True Medicine*, I am able to assist you with good nutrition and strengthening your body to heal itself. However, in order to pave the way for new perspectives and solutions to many issues causing us ill-health, and to commit to any health program, we must honour

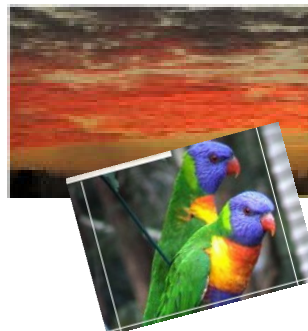
our body. Many of us spend more time and money servicing our cars than nurturing ourselves.

So, from this point on, let us endeavour to remain aware, even during all the busy times life throws our way; to be conscious of how we treat ourselves; to form new perspectives about old issues that cause us stress so that we can deal effectively with situations; by respecting ourselves, we become good role models for our children and instill in them the importance of looking after themselves.

Life is a reflection of our thoughts—may your thoughts be positive and your life unfold as you desire.

Warmest wishes

Dagmar



Defy winter weight gain

The cold weather is traditionally a time of year when we seek out 'comfort foods'. When the warm weather returns, we desperately try and lose those excess kilos in order to look good at the beach.

There is no need to gain weight during winter. You can enjoy hearty warming food that gives you energy without the expanding waist line.

Slow cookers are making a return. Use lean, organic meats to make delicious and hearty stews. Thicken vegetable soups with barley, quinoa or millet for additional nutrients.

Visit my website for a few yummy soup recipes to spark your creativity.

Some other tips to prevent weight gain are:

- Increase vegetables at every meal.

- Limit or omit the carbs — potatoes, pasta & breads.
- Make your own soups and have a large mug for lunch or afternoon pick up—great for when the kids come home from school.
- Go for a brisk walk, fill up with oxygen and burn calories. Enjoy the lovely Queensland weather and head outdoors—be active with the whole family.