

Carole Bryant, Naturopath

(ATMS & HATAA accredited)

- nutrition • herbal medicine • homoeopathy • flower essences • iridology • NAET allergy elimination technique
- craniosacral balancing • massage • manipulative muscle therapy • kinesiology • reflexology • reiki
- Theta Healing • Thought Field therapy • Neuro-Linguistic programming
- plus for pets:* • Tellington TTouch (Companion Animals) practitioner • canine craniosacral balancing
- behavioural dog trainer • Tellington TTouch (Horses) practitioner-in-training

NEWSLETTER

December 2008

WHAT'S NEW

I've recently completed training in NAET (Nambudripad's Allergy Elimination Technique) an exciting therapy, which as the name implies, is a method for clearing allergies and sensitivities from the body (and which can be used for humans and pets). So no more avoiding various foods etc—this method clears the allergy/sensitivity from the body.

Allergies and sensitivities occur when the body sees a particular substance as a threat (this can be food, drink, pollen, grasses, vitamins, minerals, herbs or any other substance it comes in contact with).

The body reacts by creating blockages in the energy pathways (meridians) which affects the body's normal energy flow and interfere with the communication between the

body and brain via the nervous system. The result is that whenever the body is exposed to a substance it mistakenly believes to be an enemy it reacts inappropriately—causing symptoms that vary from mildly annoying to severe (fatigue, pain, runny nose, digestive upsets etc including major illness).

The NAET process involves testing the body's reaction to various substances and then using acupressure to clear the blockages from the person's energy system so that the body no longer perceives that substance as an enemy. Some of the problems that NAET has been used to help are ADD/ADHD, anxiety, asthma, candida/yeast infection, eczema, food cravings, hay fever, headaches, chronic fatigue, indigestion, irritable bowel, poor memory, rheumatoid arthritis, sinus and many, many more.

HEALTH BENEFITS OF WATER

The difference between a plum and a prune is water. Are you a plum or a prune? Adequate water intake is essential to maintain smooth, supple skin so dry skin is a common sign of dehydration.

The average adult human body is made up of approximately 60% water, although our brain is approximately 70% water. Children have a higher water percentage—80%, while the elderly have 50%.

Dehydration is a major cause of health problems. Did you know that many headaches are due simply to dehydration?

Even if you don't get a headache, a 2% drop in your body's water can cause problems with concentration and memory. Feeling tired? Lack of water is the number one cause of unexplained fatigue during the day.

Trying to control your weight? Often thirst is misinterpreted as hunger. Having a glass of water every time you feel hunger pangs can eliminate those hunger pangs.

Still not convinced? Lack of water can contribute to high blood pressure and can cause or contribute significantly to back and joint pain. Adequate water intake is also linked with a reduction in the rate of some cancers.

How much water should you drink each day? It is recommended that we drink 30 mL for every kg of bodyweight (see chart). Of course, if you are doing hard physical work or playing strenuous sport you may require a much higher intake, especially in hot weather.

How much water do *you* drink each day?

RECOMMENDED WATER INTAKE

Weight (kg)	Water (litres)
50	1.5
55	1.65
60	1.8
65	1.95
70	2.1
75	2.25
80	2.4
85	2.55
90	2.7

PET HEALTH

For our pets hot, humid weather provides perfect conditions for many parasites (both internal and external). For those of us on the east coast, this year is proving to be a nightmare year for ticks. I rarely have ticks at my place, even though I live tucked away in the bush but this year I'm seeing more ticks than I've ever seen in the 30 years I've lived here.

I lost one of my much loved cats, Matisse, to a tick early in the season before we realised there were even ticks around—with no sign of illness he was well one day and vanished the next (obviously in the space of 12 hours he became too ill to move). We found a tick on him when we found his body. Matisse was FIV (cat AIDS) positive so his weakened immune system may have accounted for his extremely rapid reaction. He was a homebody who never went more than 20 metres from our house, so he clearly picked the tick up in our back yard. With many native birds and animals visiting our place it is likely the tick was carried in by one of our "visitors".

I immediately dosed all my dogs and cats with a homeopathic tick remedy (a method known as homeopathic prophylaxis), to provide them with some resistance should they pick up a tick. Since then I've found a paralysis tick on another of my cats and two of my dogs—all of which had no adverse reaction to the ticks. In future I will be dosing my animals each year prior to the start of the tick season to help improve their resistance to the effect of the ticks.

Back in stock—Berigora Farm Ear Cleaner for Pets—now in a 100 mL bottle (\$15.00)

If, like me, you want to avoid the heavy duty toxic chemicals in the commercial tick treatments, I recommend daily grooming with a flea comb, plus a thorough inspection of ears, mouth, "armpits" and under the tail as ticks like to hide in those places as well as being found on the head and neck (and even in the mouth and anus). A herbal vinegar rinse such as our Berigora Farm Herbal Vinegar Skin Rinse for dogs or our Lavender & Calendula Vinegar Skin Rinse for dogs and cats may also be helpful.

The addition of kelp, garlic, sulphur and apple cider vinegar in the diet should also help make our pets less attractive to ticks, so less likely to pick up a tick in the first place. The kelp, garlic & sulphur (as MSM) are all included in my Berigora Farm Everyday & Everyday Extra supplement mixes for pets.

As a means of biological control, I've added 6 guinea fowl to my menagerie. Guinea fowl eat insects (including ticks) and as they patrol my large house yard each day foraging for food, they will hopefully keep the ticks under control. Guinea fowl also have a reputation as excellent "guard dogs" so should also alert us when there is a snake or an egg-stealing goanna about. I'm delighted with my guinea fowl but as they are very noisy, can fly extremely well and forage over a wide area they are definitely not recommended for urban areas!

My GuineaFowl (the tick police) on patrol



CHRISTMAS GIFT IDEAS

Looking for something a little different for someone special for Xmas? Why not give a gift voucher for a massage, craniosacral balancing treatment, or reflexology session.

Gift vouchers are available for 1 hour (\$45.00) or 1 ½ hours (\$60.00).

Gift vouchers are also available for your pet—for a massage, Tellington TTouch or craniosacral balancing session (\$45.00 for 1 hour).

Plus we have gift vouchers available for our Berigora Farm Natural Products range which includes skin care and personal care products plus pet care products and pet food supplements. Gift vouchers are available for \$10, \$20, \$50 and \$100.



Wishing you all a safe, happy and healthy Xmas —Carole