

The Body Press



ON THE TABLE THERAPIES

Winter 2013

Free Essential Oil Blend Valued at over \$14

For the first two weeks of July you will receive a free 12ml bottle of 100% pure essential oil blend valued at over \$14 when you introduce a new client to me.

These blends are sourced from a company that I have worked with for over 15 years. Their oils are of exceptional quality and sourced from reputable suppliers worldwide.

Love Blend.

A heady blend of Lavender true, Mandarin Australian, Patchouli, Peru Balm

and Rose Maroc Absolute.

Bliss Blend

Awaken your senses with this zesty blend of Bergamot, Lemon, Petitgrain, Lime, Geranium, Frangipani reconstituted and Cinnamon bark

Courage Blend

To bring out the lion in all of us this blend is made up of Lime, Sweet orange, Lavender true, Geranium, Frankincense & Sweet fennel. Use a few drops in an oil burner with water to diffuse the air

with sweet natural perfume.

Stocks are limited so this offer will end when stock runs out or on 14th July whichever comes first. So when someone that hasn't been to see me before comes on your recommendation be sure to ring me once they have been and I will put the oil of your choice to one side.

Keep essential oils out of reach of children. Not to be taken. Avoid contact with skin. Avoid during pregnancy. Store below 30°C

Favorite Quote of the moment:
"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe." Albert Einstein

Tai Chi for Health and Falls Prevention for adults aged over 55 in Malanda
Starting Thursday August 1st at 10am
Ph: Pam, Del, Claire or Lyn on 40966951, 40966227, 40968028 or 40968281

Other Tai Chi Classes in Kairi, Yungaburra, Jaggan and Ravenshoe.
Call Paul on 0429 979 425 or Nicole on 0448 977 520

Massage Course for Couples & Friends. Date Claimer

The first massage course for couples and close friends took place at the beginning of May. In the end I ran with just two couples but this turned out to be a good thing. It meant that we all had enough room to move around without being too cramped and that I could

make sure I was close at hand during the practical sessions for any questions or corrections to people's massage technique. Everyone had a good weekend and by the end all participants had given and received a one hour full body massage to and from their partner.

The next course will run on either Friday & Saturday 12th/13th July or Saturday & Sunday 13th/14th July depending on the preference of those interested. Check out the website for details. www.onthetabletherapies.com

July 2013						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



ON THE TABLE THERAPIES

June Winter Warmer Baked Butternut Pumpkin

- 1 butternut pumpkin, halved lengthwise
- 4 dried shiitake mushrooms
- 2 tbsp olive oil
- 1/2 red onion, finely diced
- 1 cloves garlic, minced
- 2 tbsp fresh rosemary, chopped
- 2 tbsp fresh sage, chopped
- 2tbsp ginger, grated
- Dash of Worcestershire sauce
- 1/2 cup quinoa flakes, uncooked
- 1/2 cup sunflower seeds
- 1/2 cup grated parmesan cheese

Pre-heat oven to 220°C (425°F). Soak the shiitake mushrooms in 1 cup of hot water for 10 minutes. Scrape out the seeds from the pumpkin halves for separate roasting if desired or discard. Microwave the pumpkin halves, taking out every 3 minutes to scoop out the softened flesh. (Take care as the pumpkin will be hot). Make sure you leave enough around the edge to keep the skin from collapsing (about 15mm) Mash the flesh and put to one side. In a medium frypan, heat the oil and fry together the onion, garlic, rosemary, sage & ginger for 4 minutes. Remove the mushrooms from the water, chop finely and add to the frypan with 1/4 cup of the soaking water and a dash of Worcestershire sauce, stirring to combine. Transfer to a bowl and stir in the quinoa flakes, sunflower seeds, grated parmesan and pumpkin flesh. Pack the stuffing mix into each butternut half. Place on a large sheet of foil on a tray. Bake for 20 minutes. **Serves 6-8**

You can add other finely chopped seasonal vegetable/s to this mix it just means it will be a fully packed pumpkin! Serve on its own or with meat or fish.

If you have a healthy recipe you would like to share email me: christietonks@hotmail.com

ZenSomatic

Mindful Moments -

Book Review:
 The Emotional Life of Your Brain. By Richard Davidson

I have decided to put this in the mindfulness section of this quarters newsletter because this book is an intriguing read that takes you through scientific research on how the mind can change the brain and how we can change our emotional style through various meditations and change of thought.

From the Authors' own experience with mindfulness meditation and painstakingly long research with

Buddhist Monks and novice and non meditators he reveals how different areas of the brain become active with different emotions and how these parts of the brain communicate with other parts of the brain. Depression, anxiety, negative thought patterns as well as joy, compassion and positive thought have all been seen through fMRI to trigger activity in very specific brain regions.

The book has questionnaires so that you can discover where you are in your emotional styles and goes on to

give you some pointers as to how you can alter your scale of style if you want to move to a more balanced state. For instance "someone who is prone to having an excessively positive outlook on life may not have the ability to learn by their mistakes but on the other end of the scale someone who is very negative in their outlook may suffer with low-grade depression or worse". Planning and visualization can help shift an unbalanced outlook style.

This book is available from the Atherton Library.

