



My monthly newsletter will bring you information on the latest natural health information and products, written in a style that is concise and accessible. There is a growing number of consciously aware adults who are informing themselves about health, specifically their own health and the health of their families and learning how to at least tune in to their own bio mechanical bodies...after all who could know your body better than you, you get to live in it !

Dear Friends,

Welcome to the first edition of La Diosa newsletter. Over many years I have witnessed people becoming increasingly interested in ways to promote and preserve their own health and not be over reliant on drugs and their doctors. People are becoming aware of the limitations of our standard western approach to health and medicine, which is symptom orientated. We now know that treating the symptoms of disease does little or nothing to resolve the origins of disease and yet incredibly this is largely the approach of modern medicine.

In this regard we are part of a global paradigm shift away from total dependence on pharma / chemical agent intervention in the management of our own health.

to live in it !

I will keep you posted about our specials, news at the clinic and the latest important information on natural approach to health. I would be delighted to receive your feedback and any information you might like to submit to my newsletter.

Once again thank you for being so wonderful to me and supporting my business , I deeply appreciate it,

In return I am introducing \$10 off your next treatment every time you recommend somebody,

Meanwhile stay happy and well,  
Bright Blessings,  
Jasminka.

*LaDiosa Vouchers are ideal as 'a last minute gifts'*



*Gift Voucher is available for the products and services of your choice*

## Christmas Special

With any massage of your choice you are entitled to receive a Free Silky Hands Treatment which includes an Organic Wild Thyme hands Scrub, Mud Therapy hands Masque and an Echinacea Healing Hands polish.

Offer lasts  
1st Dec. – 15st Jan.

## QUEEN BEE 100% PURE BEESWAX CANDLES

Based on the U.S. market, over 95% of candles sold today are made from paraffin. Paraffin is a toxic, petrochemical byproduct.

Most of the other 5% of candles sold are made from soy wax or palm wax. Both soy and palm are actually oils when harvested. Those oils are then hydrogenated to turn them into a wax. This process creates millions of tonnes of dioxins – which are toxic to both humans



and the environment.

The World Wildlife Fund specifically states that people should be burning 100% beeswax candles (from the point of view of protecting the

environment – see [www.earthhour.org/faq](http://www.earthhour.org/faq)).

Queen B's designer range of

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## DANGER OF FREE RADICALS AND HOW TO OVERCOME THEM

Free radical damage occurs as part of our normal bodily functions (breathing, metabolism, and physical activity) and our immune system naturally generates free radicals to neutralize viruses and bacteria. Therefore we should fortify our diet with antioxidant rich food. Antioxidants provide your body with natural protection against free radical damage. Organically grown fruits and vegetables have significantly higher levels of antioxidants such as polyphenols and flavonoids and quercetin (cranberries, bilberries, black currants )

Eat Your Veggies for Healthy Antioxidants – but Which Ones?

Broccoli, greens, beans, artichokes, and onions,, are good sources of polyphenol flavonoids. And of course, raw

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organic vegetables help you maximize the antioxidant benefits. Free radical damage is one of the biggest contributors to aging !!

This table also shows another beneficial subclass of polyphenols called phenolic acids.

**POLYPHENOL CONTENT IN FRUIT AND VEG:**

| <b>Vegetables</b>  | <b>Serving size (mg/serving)</b> |
|--------------------|----------------------------------|
| Yellow onion(100g) | Flavonoids 35-120                |
| Broccoli (200g)    | Flavonoids 8-20                  |
| Leek (200g)        | Flavonoids 6-45                  |
| Artichoke (100g)   | Phenolic acids 45                |
| Potato (200g)      | Phenolic acids 20-38             |

| <b>Fruits</b>        | <b>Serving size (mg/serving)</b> |
|----------------------|----------------------------------|
| Blueberry (100g)     | Flavonoids 25-500                |
| Black Currant (100g) | Flavonoids 130-400               |
| Blackberry (100g)    | Flavonoids 100-400               |
| Strawberry (200g)    | Flavonoids 30-150                |
| Plum (200g)          | Phenolic acids 28-230            |

**Note: Table adapted from The American Journal of Clinical Nutrition.**

A bountiful source of antioxidants that many people don't know about is herbs and spices, oregano and other herbs ranked even higher in antioxidant activity than certain fruits and veg, cloves... turmeric... cinnamon... garlic... basil... and curcumin... to name a few.

Red wine contains a potent polyphenol found in grape skins called resveratrol, which is another good source of antioxidants.



# Compelling Reasons To Eat Slowly

1. Consume fewer calories -- in fact, enough to lose 20 pounds a year without

doing anything different or eating anything different. It takes about 20 minutes for your brain to register that you're full. If you eat fast, you can continue eating past the point where you're actually full.

2. Lose weight. A growing number of studies confirm that just by eating slower, you'll Here are Enjoy your food. It's hard to enjoy your food if it goes by too quickly. Make your meals a gastronomic pleasure, not a thing you do rushed, between stressful events.

3. Better digestion. If you eat slower, you'll chew your food better, which leads to better digestion. Digestion actually starts in the mouth, so the more work you do up there, the less you'll have to do in your stomach.

4. Less stress. Eating slowly, and paying attention to our eating, can be a great form of mindfulness exercise. Be in the

moment, rather than rushing through a meal thinking about what you need to do next.  
5. Rebel against fast food and fast life. A hectic, fast-paced, stressful, chaotic lives -- the Fast Life -- leads to eating Fast Food, and eating it quickly. Rebel against that entire lifestyle and philosophy with the small act of eating slower.

**Christmas Special**  
All 3 for \$85  
normally \$106



## CANDLES



pure Australian beeswax candles are 100% natural. Every Queen B candle is handmade with care for you and your environment.  
Queen B candles at a glance

- Queen B candles are 100% natural – made from pure Australian beeswax

- Queen B candles emit a lovely, light honey aroma when burning

- Queen B candles are all hand-made – each candle is an individual work of art

- Queen B candles burn down inside their painted wrap – giving a beautiful lantern effect

- Queen B candles continue to burn well in a breeze - because they use a specially woven, pure cotton, square braid wick. Queen B guarantee that their candles will never drown their wick.

- Queen B candles are the only hand-painted beeswax candles in the world

Queen B candles... a feast for your eyes, your nose and your lungs.

