



LaDiosa Vouchers
are ideal as 'a last minute gifts'



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

Dear friends of La Diosa,

Welcome to the second edition of La Diosa newsletter. Christmas is knocking on our doors and you may feel a little bit tired as many of us do towards the end of the year. Some may feel confused about what to buy as a Christmas present for the loved ones. Probably like every year you might be thinking "next year I'll be more organized and plan Christmas festive much earlier (my case)". Somehow being caught up between work and daily duties this plan never comes to realization to most of us.

Therefore we decide to offer you some simple solutions to help you during this hectic and busy time so you can still wait for Christmas in a totally relaxed mind and body:

Between shopping lists: Pop in to the clinic and have quick 10min Shoulder and neck massage, value only \$15



Need to THANK anyone special (Boss, Wife, Girlfriend, Coach, Friend, Niece, Aunt, Grandmother, Teacher, Father, Mother, Principal, Cousin, Neighbour etc): Beautiful Gift vouchers available for our 100% natural products and services: from \$20



Indulgence 5: 5 treatments (each valued up to \$99) for only \$395. This upfront purchase of 5 treatments represents a saving of \$100. It is also opportunity for anybody to experience variety of services offered at the clinic. This is special offer as a perfect gift for someone you care about.



Tarot reading with gifted Lucy: Before she leaves for her well deserved holiday Lucy will be available at the clinic in January 5th and 7th

She is incredibly talented intuitive and you might find quite amusing what she can reveal about your coming future (30 min \$88; 60min \$138)

May your Christmas be enjoyable and happy time, shared with one you love and care about the most. Happy New 2010!

Bright blessings, Jasminka



WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT

MENOPAUSE

The Breakthrough Book on Natural Progesterone

JOHN R. LEE, M.D.

with VIRGINIA HOPKINS

IMPORTANT INFORMATION ON PMS, PREMENOPAUSE, AND OTHER WOMEN'S HEALTH ISSUES

"Dr. Lee has provided work in women's health that has greatly influenced and enhanced the way I practice medicine."
-Christiane Northrup, M.D., author of *The Wisdom of Menopause*

Get the exciting facts about natural progesterone and how it can deliver what HRT and Estrogen only promise. Premenopausal symptoms, endometriosis, weight gain, low sex drive, fibrocystic breasts, heart disease, and osteoporosis - most women will

experience these or other hormone-related problems. And today millions of women concerned about aging must decide whether or not to undergo synthetic hormone replacement therapy - and suffer its side effects and increased risks of cancer.

But there is revolutionary news about completely safe, natural progesterone, the only hormone supplement women may need as they age. The exciting clinical findings from its use were first spread by word of mouth. Then came along a ground-breaking book written by acclaimed California physician John R. Lee. Now, in this expanded and completely updated edition, Dr. Lee brings you lifesaving facts that even your doctor may not know about Premarin, Provera, and other HRT drugs, gives you an easy-to-follow nonprescription "Hormone Balance" program, and tells you how to stay energized, strong, sexually vigorous and free from "female problems" before menopause, during the menopausal years, and beyond.

Now available at the clinic for only \$29.99

Top 10 Foods for Women's Health

by Dr. Ariel Policano

1) Raw Chocolate

Improves mood by increasing serotonin and other positive brain chemicals.

Contains magnesium – good for heart health, insomnia, bone density, hormonal balance.

High in Vitamin C and electrolytes.

High in antioxidants – slower aging, disease prevention.

2) Maca

Incredible hormone regulation from the top down – works from pituitary gland.

Adrenal support for strong, steady energy.

Thyroid support for healthy metabolism.

Reproductive support – Balances hormones and reduces hot flashes.

Libido support.

Rich in B Vitamins.

3) Flax Seed

Excellent raw materials for creation of health reproductive hormones.

Anti-inflammatory.

Good for healthy colon.

Lignans improve hormonal balance.

High "electron" food – gives you energy and optimal cellular health.

Possible anti-cancer properties written about by Johanna Budwig.

4) Sprouts

Very nutrient dense.

High protein.

Good source of trace minerals.

continue next page



Meet the therapist

Ivana G.
Psychotherapist,
Counsellor

EXISTENTIAL PRACTICE

The existential concerns of death, freedom of choice, isolation and meaninglessness offer me a tangible framework from where I can address the core struggles of my clients in a real and meaningful way.

Focusing on forming a sense of inner connectedness with the clients, helping them to be in touch with themselves, to

continue next page

Female Hormonal Imbalances are Often Tied to Lifestyle

be with the client completely, 'not doing' or doing nothing, is how I see myself as existential counsellor.

Listening to how a client experiences, sees and make sense of the world I would invite them to open up and describe, what it is like to be them. Together, my clients and myself are able to live those experiences afresh.

I support them to explore their current situation and the way it reflects the choices they have made in response to the tensions and pressures in their life. My aim is in helping my clients become more authentic or become more aware of their actual existence. Also, helping them to acknowledge the reality of their existence and to live more in accordance with their own values, beliefs and experiences.

When we stop treating clients as objects, it is amazing the psychological growth and healing that can occur when two persons, counsellor and client, interact as human beings. It is this relationship that is the most potent therapeutic factor in counselling'

In my existential practice, therapy is a joint venture between my clients and me. A safe environment or space, where my clients can hear themselves and hopefully 'meet' themselves is created, a space where my clients can realize that they can choose to effect change in their life and their relationships.

According to Dr Daniel Kalish, D.C your lifestyle is a major player in many aspects of your health, and that includes keeping your hormones balanced. Hormones are proteins or steroids that are secreted directly into your bloodstream, playing a role in many body functions such as:

- Your body's metabolism of minerals; Regulation of fluids ;
- Reproduction; Sexual function ;
- Responses to stress

The endocrine system, which includes glands such as the pituitary, hypothalamus, thyroid, parathyroid, pancreas, adrenal cortex and medulla, and ovaries, produce hormones in women.

If your hormones are in balance, you likely sleep well, have lots of energy and a strong sex drive, and your immune system and digestive system should be functioning smoothly.

However, it's relatively easy to push your hormones off kilter, leading to an array of varied symptoms and hormone disorders including:

- Adrenal fatigue
- Hypothyroidism and Hyperthyroidism
- Polycystic Ovary Syndrome (PCOS)

.As I. Michael Borokin N.M.D. wrote:

"People tend to think of women's "hormone problems" as starting in midlife with the onset of menopause. In fact, a dysfunctional pattern can begin during adolescent years or even before birth. The severity of hormonal problems may increase with age, but it is not aging per se that is the root of declining health.

It is most often the cumulative physiological effects of stress that cause disruption of the natural rhythms and balancing mechanisms of women's hormones, thereby eventually compromising overall health as well as sexual and reproductive health."

Is Your Lifestyle Interfering With Your Hormonal Balance?

Female hormonal imbalances are often related to stress response. The more stress you're under, the more it unbalances your cortisol levels. Not only is cortisol your primary stress hormone, it is a primary hormone in general, helping your body convert food into energy, normalize blood sugar, respond to stress and maintain your immune system's inflammatory response.

When your cortisol levels become unbalanced due to chronic stress, this in turn deregulates your female hormones as well.

So what types of "stress responses" will interfere with your hormonal balance?

Kombucha Extract



AU\$75

Broccoli sprouts have anti-cancer properties. Alkalinizing – improves metabolism. Satisfies nutritional needs – reduces appetite.

5) Kombucha

Supports excellent digestive health. Improves healthy gut bacteria that helps with production of serotonin, good mood hormone. Rich in enzymes – helps energize the entire body, all organs, hormones and neurotransmitters. Rich in vitamin B-Complex. Alkalinizing – improves metabolism. Has been used by some women as a part of a breast cancer treatment plan.

6) Goji Berries

Very high in antioxidants. High in Vitamin C. Complete protein containing all essential amino acids. Contains factors for human growth hormone. Rich in polysaccharide sugars for healthy immune system.

7) Coconut

Anti-bacterial. Anti-fungal. Anti-viral. Healthy source of saturated fats. Rich in electrolytes. Alkalinizing – improves metabolism. Increases energy.

8) Marine Phytoplankton

Rich in chlorophyll. Alkalinizing – improves metabolism. Cleansing. Vegan source of EPA and DHA. Many different carotenoids means

strong antioxidant support.

Virtually all trace minerals in marine phytoplankton. Great for balancing blood sugar. Good for weight loss – satisfied nutritionally, not as hungry. Energy improvement.

9) Hemp Seed

Complete protein. Omega 3 and Omega 6 present in healthy ratio. Anti-inflammatory. Raw materials for healthy hormones! Contain chlorophyll for nourishment and cleansing.

10) Sea Vegetables

Thyroid health. Breast health. Weight loss. Cancer protection. High mineral content good for blood sugar, focus and creativity.