

**Shimmer**  
*on darling*

**9555 9205**  
606 darling st

The team at *Shimmer on Darling* are pleased to share with you our August newsletter

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### **The gift of giving**

A friend of mine (who serves as a healer) recently told me of an experience he had with the divine powers of the universe. His experience is the inspiration for this month's newsletter.

"I was on my way to work reflecting on some of the things that have manifested for me this year. It's been a good year. I have made a more conscious effort to share more with others and offer daily gratitude to spirit for the wonderful things in my life and since doing so I have gained a new perspective and connection to others. I feel that my quality of life has improved since making this conscious effort.

My thoughts were also concerned with some issues and challenges that lay ahead of me. How would I work through these? I felt nervous and anxious about the choices and course of action that I needed to take. What was I going to do?

It was at this point that my attention was directed to my heart space and I felt a warm comforting sensation begin to calm me. I then heard these words that vibrated through every part of my being... 'Give me your concerns, worries and fears... let me take them from you. Let them all go and allow yourself to move deeper into your heart space...here you will be guided to take the right action. You will then be able to give more to others and yourself.'

This moment has left a lasting impression on me! The realisation that by opening myself to give, I receive really hit home. Also the knowing that by serving and supporting others I am serving the greater good.

Matthew Carloss



## Fragrance of the month

### “Serenity”

A beautiful blend of lavender, rose and clary sage that will calm and sooth the senses. Serenity also promotes creativity and is great for meditation and creating a space for relaxation and healing

## Health tips by Peter Radi (naturopath)

### Stubborn colds and flu

This winter and the last, colds and flu's have been particularly hard to completely shake off. The most common residual symptoms seem to be coughs and congested sinuses.

Part of the reason for this is that the viruses that cause the common cold and the flu mutate and effectively find ways to outsmart our immune defences. Another reason is that we simply don't allow ourselves to recover fully. We all seem able to get time off when we are knocked flat with the symptoms of a nasty head cold but as soon as we feel ok again we're back in the fast lane working, training, partying etc. This is actually the time when we are most vulnerable to repeat infection.

So rest is vitally important. TRY to allow just an extra day or 2 away from it all when you feel you are over the worst of it.

Here are some **scientifically sound** facts and suggestions to help make that immune system more efficient:

- When we are stressed, our adrenal glands use up a lot of vitamin C and zinc, leaving our immune system less efficient at dealing with viruses and bacteria. Long term stress can leave us chronically deficient in these essential nutrients which contribute to chronically sluggish immune function making a full recovery slower. So
  - 800mg-1000mg of vitamin C 3 to 5 times per day with food
  - 20 -25 mg of zinc before bed, away from foodwill make recovery more rapid and complete as we are putting back into our body what the stress has taken out. Think of these nutrients as food for the immune system.
- Powerful immune enhancing herbs include andrographis, echinacea and olive leaf, holy basil and propolis. Herbs specifically for lung, airway and throat infections include thyme, sage, pleurisy root, garlic, elecampane, marshmallow and mullein. Herbs for sinus congestion include golden rod, golden seal, elder, eyebright and horseradish. A combination of these herbs designed specifically for your individual circumstances will work best. **Golden seal needs to be used with care.**
- Certain herbs are excellent at helping prevent infection such as astragalus, korean ginseng and siberian ginseng BUT can actually make infections worse if taken during the acute phase of an infection.

These are suggestions that I've found highly effective in dealing with stubborn residual cold and flu symptoms. **It is essential though to seek the advice of a**

qualified naturopath or herbalist, rather than self- prescribing, as there are some important cautions that need to be observed in certain circumstances

## Calendar

- **Psychic readings and healing**

Appointments recommended – Bookings can be made on 9555 9205

\* Matthew will be on holidays from 1<sup>st</sup> August returning 13<sup>th</sup> August

- **Meditation for spiritual development** – Tuesday nights from 19<sup>th</sup> August
- **Meditation for relaxation** – Saturday afternoons from 24<sup>th</sup> August
- **Reiki I workshop** – 7<sup>th</sup> September
- **Reiki II workshop** – 12<sup>th</sup> and 19<sup>th</sup> October

Registration for mediation and workshops are essential as numbers are limited.

For more information please visit our website at [www.threefoldflame.com.au](http://www.threefoldflame.com.au)