

Let's keep It SIMPLE

There is only ONE Disease and only ONE Cure

After spending the last 30+ years experiencing both personally and clinically the effects of eating the wrong foods for healing the body, it is almost a halleluiah moment to finally discover that every-one can eat healthy, healing foods (and loads of them) and be able to maintain a stable weight. More than just the weight issue - which in itself can be a huge emotional and physical burden to carry around - it is about enabling our bodies to do exactly what they are designed to do - **Eliminate and Heal**.

I am so over both Medical and Naturopathic methods of treating symptoms, it just does not work, maybe in the short term, but you can rest assured when you are treating via the symptom method with either pharmaceuticals or supplements, your problem will reappear.

Remember **'There is only one disease and one cure'** - the disease is a toxic build up in your body and the inability to clean out the garbage - the cure is clean out the garbage. It cannot be more simple than that. Using food to fuel your body to do all the necessary things it needs to do, will have your body back on track in no time, providing you have not left the clean up project to deteriorate beyond help.

Every disease/symptom name that a doctor, naturopath, or media (books, magazines, T.V. etc) can give you are very simply diseases/symptoms of a toxic body. From Cancer to Hemorrhoids, Heart attacks to Athletes foot are all symptomatic of a build up of toxic poisons in your system. Forget the names or labels that some people love to attach themselves to, it is time to clean out the rubbish. Let's hope it is not to late!!

In the realms of keeping it simple, all you really need to do is stop putting the toxic food in and replace it with clean food.

Add some rest time, most people are just so exhausted and depleted of energy that simple daily tasks are beyond them, so 1/2 an hour of rest, laying down, eyes closed, no music, no reading, no T.V. just rest. This will give your body some bonus time to clean and heal. This is supposed to happen when we sleep, but given most peoples sleeping patterns and level of internal cleaning that needs to be done, when you add that extra 1/2 hour a day, it is such a bonus.

To fast track this cleaning, include a walk every day, anywhere from 1/2 hour, will help.

Don't forget sunshine therapy - Vitamin D, get as naked as you can do with out getting arrested and get your body into the sun. NO SUNBLOCK, go gently at first, maybe start with 5-10 mins. And build up to 20 mins. per day, every one needs sunshine therapy.

These 3 simple tips are FREE !! & they can be done whenever it suits you.

What's happening @ Aloha Mana

It is so exciting to be back @ Aloha Mana sharing and caring all things Raw and Healing. We have stepped back into the rhythm of our daily program and projects with so much enthusiasm and excitement.

* For those of you who have visited, will have seen that we are retiling the floors, they are looking fantastic, it is a little inconvenient, but it will be ready for the next uttley-rawfood class on Sunday 24th October.

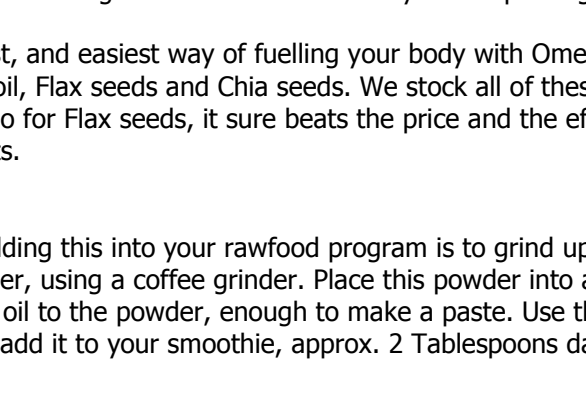
* Getting out into the veggie garden has been awesome, there is nothing that compares to digging in the earth, composting, mulching and planting the most vital green food, knowing all the sunshine healing energy that will be exchanged into the most power packed healing fuel.

* Going to the farmers markets, both the Big Pineapple and Yandina on Saturday mornings is such a gift, so much abundance.

* We have restocked the co-op to bring you some of the freshest, rawest, alive foods. It gets better knowing that we have waved the membership fee of \$50 providing you are a client @ Aloha Mana. If you have not received the updated price/product list let me know.

* It is so encouraging to be working again with clients that truly do want to make changes in their lives, using food for fuel. The Nutritional consultations are a foundation process to look at ways that work for you personally, uniquely, individually and specifically designed to fit into your lifestyle. It is a great starting point to set you on the path of healing your body. Please feel free to call and ask about making a time for your next Nutritional consultation.

* Our website will be redesigned in the next few weeks, adding a blog so we can get more information out in a simpler way.



Omega - 3 Fatty Acid

Omega - 3 Essential fatty acids are such a fabulously simple way of boosting your immune system and lifting you out of any doldrums you may be feeling.

It is so effective in reducing inflammation in the body and improving the effects of depression.

The best, cheapest, and easiest way of fuelling your body with Omega - 3 is with plant based foods Flax oil, Flax seeds and Chia seeds. We stock all of these in the co-op, starting at \$6 a kilo for Flax seeds, it sure beats the price and the effects of animal based supplements.

Flax Mix

A simple tip for adding this into your rawfood program is to grind up 1/2 cup of Flax seeds into a powder, using a coffee grinder. Place this powder into a medium sized glass jar, add flax oil to the powder, enough to make a paste. Use this mix as a dressing on a salad, or add it to your smoothie, approx. 2 Tablespoons daily will be enough.

FAT = Disease and Death

I am not talking fat in your foods, I am talking fat on your body. Having spent 3 months in the States, I am so over seeing the insanity of fat and obese people. Don't think for one minute it is unique to the States, any-one who walks the Alex to Mooloolaba strip will see whole fat families, with matching fat bellies waddling along, usually stuffing some disgusting, dead stuff into their mouths, it makes me want to scream, 'What the hell are you doing' !!

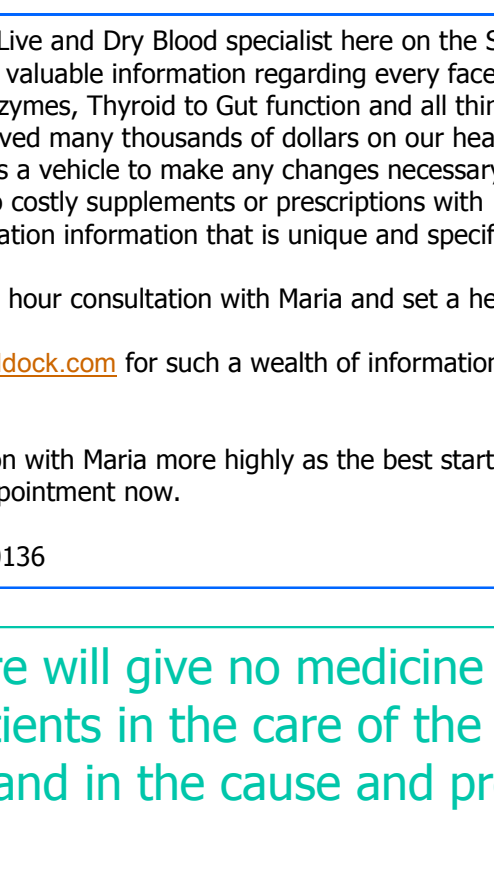
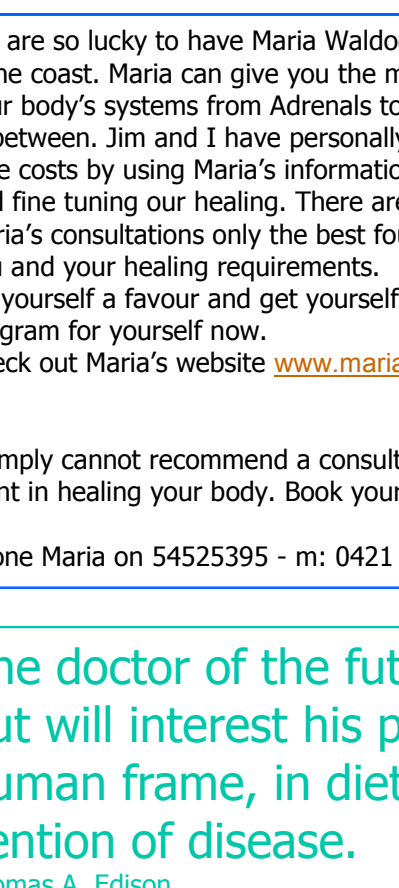
What part of Cancer, heart disease, and other matching labels don't they understand? When are we as a planet going to make these fat and obese people accountable for their choices?

Don't be mistaken this fat fashion is costing us all mega dollars in so many ways, least of all having to look at their disgusting, fat flab, huge fat guts' or the new fashion accessory a front bum !! Tell me do these people ever look in a mirror??

Any-one who is in the healthy weight range, meaning less than 3 kilo's above the recommended level, is part of the endangered Human. Forget trying to save the whale in the ocean, let's try to save the human whale.

Please, please wake up to the glaring fact - Fat = Disease and Death.

There is no pretty way to put this, it is not a pretty picture out there. But there is such a simple answer to this pandemic. Stop eating all the crap food, exercise and clean up your body.



My Life Blood

Find the joy in your life!

We are so lucky to have Maria Waldo, Live and Dry Blood specialist here on the Sunshine coast. Maria can give you the most valuable information regarding every facet of your body's systems from Adrenals to Enzymes, Thyroid to Gut function and all things in between. Jim and I have personally saved many thousands of dollars on our health care costs by using Maria's information as a vehicle to make any changes necessary, and fine tuning our healing. There are no costly supplements or prescriptions with Maria's consultations only the best foundation information that is unique and specific to you and your healing requirements.

Do yourself a favour and get yourself a 2 hour consultation with Maria and set a healing program for yourself now.

Check out Maria's website www.mariawaldock.com for such a wealth of information.

I simply cannot recommend a consultation with Maria more highly as the best starting point in healing your body. Book your appointment now.

Phone Maria on 54525395 - m: 0421 210136

The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.

Thomas A. Edison

This can only happen when greedy doctors of today give away their arrogance and begin to truly care about healing. Do not be fooled into thinking they don't know what they are doing. The Health/disease industry is market driven. Think about it, what would happen if every-one got better !!

If your therapist is not asking you about your food, change your therapist, - if your therapist is not sitting in front of you looking a picture of glowing, shining health, - change your therapist.

UTTLEYRAWFOOD CLASSES

Spring, October 24th will be Beginners guide to Raw Food focusing on Nut milks, Crackers, Nut butters, Rejuvelac (a fermented drink to replace good gut flora) plus an introduction to the kitchen utensils and appliances necessary in a raw food kitchen, along with other food ingredients you may never have heard of. You will be treated to more advanced taste treats at the luncheon that will have been prepared earlier, this way you get to learn the basics at the same time enjoying a wider variety of raw food dishes.

The raw food demonstrations will be kept simple, but I have every intention of providing some of the most awesome, sensational new raw food inventions to add to the lunch table. Guaranteed to impress the most hardcore cooked foody. Just watch this space.

Summer - December 5th will feature the Excalibur Dehydrator, focusing on enzyme rich Breads, Biscuits and Baked dishes - all raw of course

2nd Summer edition - January 23rd 2011 is specializing in 'Smoothies, Soups, and Salads.

Autumn - March 27th 2011 - Just Desserts - this is guaranteed to book out very fast.

2nd Autumn edition - May 22nd 2011 will be an 'Intimate Live Food Luncheon' this class differs in a way that it will be limited to 10 guests only. You will be seated and served your meals in restaurant style. This will be only the second time we have featured this type of class, the first class was a sell out and hugely successful as we are able to treat all the guests to divinely presented, raw dishes that are a cut above in every way.

All this information may vary closer to the times, but it will give you an idea of the program we offer at Aloha Mana.

Looking forward to reconnecting with every-one again

LOL Jim and Roslyn

