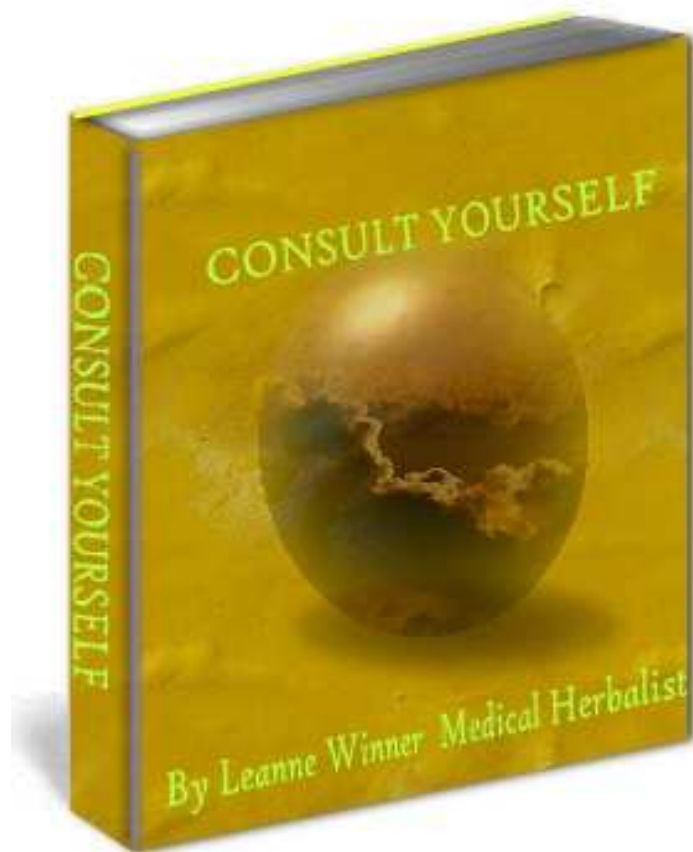


# *Consult Yourself*

*Your How to guide to wellness....*



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\* Product Suppliers

\* Bibliography.

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# Introduction To Natural Health Practices

Natural health practices incorporate anything that can be done to keep you feeling well. The basic requirements for a healthy body function is dependant on the 7 **fundamentals of health. as set forth by** Hippocrates who is known as “the

father of medicine”. The philosophy of natural healing methods is that the body is able to heal itself when given the correct conditions to do so .

**The “conditions” are clean air & water ,exercise, sunlight, rest, herbs ,correct diet, massage and healthy mental outlook.**

**WATER** is a necessity not a luxury. You would only survive a few days without fluids. The body bathes in a fluid medium without which major body functions cannot be performed adequately and the body will begin to malfunction . Symptoms of thirst , fatigue ,constipation and other digestive problems, hormonal imbalances, mental dullness and skin problems all are linked to water deprivation.

**EXERCISE** is an important aspect of our physiology. The old adage ‘use it or you lose it’ applies. If you do not exercise your limbs your muscles will stiffen, lacking tone and suppleness. You will find it increasingly difficult to climb many flights of stairs. Muscles love exercise once they are conditioned and as muscle condition improves you will find it easier to keep pace with a hectic world.

**DIET** “You are what you eat” as the saying goes. Diet is immensely important to your health and wellbeing. In this day and age it is becoming increasingly more difficult to eat pesticide free foods grown in nutrient rich soil ,that have been picked fresh and eaten while their vibrant life force is intact.

**REST** is such a basic requirement it does seem difficult to imagine why anyone would even consider robbing their body of this life given rejuvenation break. By rest I refer to sleep ,recreation and relaxation .All are necessary for a healthy mind and body .

**SUNLIGHT** for good health you need it . The human body synthesizes Vitamin D from sunlight. Vitamin D helps with bone formation, blood clotting and has a role in regulating phosphorus and calcium metabolism. Sunlight therapy is necessary for life.

**HERBS** –nature's medicine grows all around us. From the roadside “weed” to potted delight ,herbs contain a wealth of health giving benefits when selected correctly for your body's needs.

**MASSAGE & POSTURE** Comfortable correct posture is always a bonus to health and often reflects your feelings and energy level.

*Mental health is very important.* One of the secrets to good health is being

happy with what you do and who you are. Stress is certainly a factor that is currently affect most in our modern society. High stress levels are a very important health issue that must be addressed .

**HORMONE BALANCING** is not new .Herbs and diet have been used for thousands of years to alleviate symptoms of hormonal imbalance .Today with the latest research and clinical studies ,better more effective use of these substance highlight to the fact that hormone balance is what keeps us young and vital to large degree.

## In this book we will examine all the above aspects of natural health practices.

This book can be used in 2 different ways.

### By symptom

For example : If you come down with a cold or flu AVOID MUCOUS FORMING FOODS (chapter 3) or go on potato diet (chapter 5).If you have a sore throat gargle or sip slowly a cup of sage tea(chapter 4 )or if you are having problems breathing use frankincense oil(chapter 10 ).EASY

For general health use this book as an at home consultation

- Fill out your patient history chart. Please date it.

Now let's start at the beginning. What you eat , digest and absorb is the fuel that makes and powers your body. So the first step is to get the diet right . This generally gives you a 20-30% improvement in overall health within the first 2 weeks

- Next I work on specifics for your condition.

Check for additional information as you read through this book and highlight or jot down other things that you can do to strengthen your emotional and physical

## wellbeing

When a patient attends clinic they usually have a specific set of symptoms associated with a major complaint they want treated. Often the lesser symptoms are alleviated before the main complaint and a progressive restoration of overall health is achieved over a span of time. Most conditions that are not life threatening normally improve noticeably within 3—5 weeks

For more serious health conditions I suggest that you seek the advise and guidance of a suitably qualified Health professional.

*This book is not intended to replace medical treatment with a GP or natural therapist .Neither will this book exercise for you or give you a massage. It will however give you a starting point to a happier healthier you. In fact if you follow the suggestions in this book you will be on the road to recovery as you are becoming responsible for own health.*

*This book is designed to supplement private consultation by a health professional. The information contained in this book is for general interest. Anyone with major health problems should consult with a health practitioner prior to implementing any of the recommendations in this book.*

Thank you filling out your patient card .Please check back with this card every 2 weeks after you start to make changes to your lifestyle and diet by following the suggestions in this book.

To make assessment easier I use a 1 to 10 scale .If you had to give pain a number from one to ten ,10 being the worse ,1 being minor. How much pain are you experiencing .This gives you a number of severity how bad is it ?  
Do this next to each symptom .

This will help you identify improvements that often occur over a range of symptoms . It is also useful as I have found that most patients forget a symptom and go on with their daily life's when no discomfort is present .Which is great .  
Now work your way through each symptom seeking progressive improvement .Test out the diets, read other books, visit your Doctor or Health Practitioner ,ask questions .Learn how to be your own physician –Know yourself as the mystics use to say .

To be continued .....

**Part 3**

**Chapter 11**

**Managing  
your Mind &  
body**

I discussed in Chapter 9 the impact of stress on the skin .Now in this chapter we are going connect mind , body , emotions and beliefs .

Can your beliefs really affect your health?

By changing your beliefs can you improve your longevity ?

A study found that when people visited practitioners such as faith healers, hypnotherapists and natural therapists antibody levels rose in their bloodstream.

## Happy = healthy .

What is happiness?

A thought ,a feeling, a way of being.

Think about it.

What makes you happy? What is happiness to you?

What makes you sad? What is sadness to you ?

When you think about something sad,reflect on circumstances in life that made you feel sad .Pay attention to how your body feels as you think about sad.

Be aware of the welling up of emotions .Be aware of the tension and fullness within your chest and the lump in the throat.

Be aware of the distress your body may be feeling. Be aware of how ill-at-ease you may be feeling.

Now think about something that made you happy .Feel the change. By now you have probably a sigh of relief and are starting to feel a little better.

## CAN YOU BE HEALTHY AND UNHAPPY ?

I do not think so.

If you dwell on unhappiness you will be unhappy. If you dwell .....

To be continued.....



# HOW TO SUCCEED FINANCIALLY

Financial success is based on a number of facts. To succeed financially is a matter of putting all the elements of success to work together at the same time. When you go onto any new venture it is easy to be motivated and enthusiastic. However, as often happens minor delays and setbacks tend to wear that motivation and enthusiasm down. This is the primary reason for underachieving or failing to reach your financial goal.

## Exactly , what is required to be financially successful ?

Below is a list of attributes and qualities that are required to reach any financial goal.

<b>Enthusiasm</b>	<b>100%</b>
<b>Clarity &amp; mental focus</b>	<b>100%</b>
<b>Luck</b>	<b>100%</b>
<b>Product or service</b>	<b>20%</b>
<b>Planning &amp; budgeting</b>	<b>70%</b>
<b>Choice</b>	<b>45%</b>
<b>Personal power</b>	<b>30%</b>
<b>Kharma(destiny)</b>	<b>25%</b>
<b>Charisma/charm</b>	<b>10%</b>

**Total 500% required to succeed financially.**

How can this be you may ask.?.....

To be continued .....

# Posture and Backcare

Many back problems are often caused purely from incorrect sitting, sleeping and standing and lifting postures.

For the body to function correctly it is important that the body be in positions which put the least amount of strain on joints, muscles and bones. When the body is positioned correctly blood circulates more freely and all of the internal organs can function optimally and nerve messages long the spinal nerves are unimpinged.

With a little practice you can be reeducating your body as to the best way for it to move to maximise health and relieve discomfort.

If you watch a crowd of people you will notice the different postures of each person. Their posture is telling you a tale of their muscular skeletal woes.

## WATCH YOURSELF

Standing with all your weight on one leg ?

Pushing your pelvis forward when standing still ?

Dropping your ribs onto your abdomen as you lean over your desk at work?

Bending from the waist down to pick things up ?

Slumping into chairs?

Straining neck muscles as you read with a book on your lap ?

If you identify with some of these postural faux pas I suggest that you try to rectify them by

1. being aware-make a mental note to mentally note your posture throughout the day.
2. Stand tall and straight. To feel how straight feel stand a little out from a wall. Now sit against the wall with your back fully against wall, knees bent slightly. Tighten your buttocks and stomach muscles this will straighten your pelvis. Now slowly straighten your legs closer to wall while holding the buttocks and stomach firm. This is the correct pos-

ture to prevent lower back strain.

Now take your new posture for a walk. Then retest against wall to see if you have maintained that posture. It may take a little getting use to but the practise as often as possible ,your efforts will be rewarded.....

To be continued.....

## *Consult Yourself edition.*

Comprehensive diet and nutritional section

**5 nutrients found in common foods that reduce your risk for cardio vascular problems -Chapter 3**

**Yes, activate brown fat (the dormant fat store you just can budge when on a regular diet ) with these simple techniques and nutrients.-chapter 3**

**End your food allergies with this diet Chapter 3**

**Drop your cholesterol with these nuts Chapter 3**

**-Improve fertility with nutrition chapter 3**

**-Learn how to address dietary triggers for psoriasis, acne , eczema and other skin conditions chapter 3 & 9**

**-Learn the " how and what" of skin care and preparations for**

**these specific skin conditions. Chapter 9**

**Cure your Back pain - chapter 7 and 8 Back injury rehabilitation exercises and more ....**

**Nausea This herbal tea prevents and cures it Find out more in Kitchen Herbs Chapter 4**

**Cigarette cravings follow these simple tips to reduce cravings -Chapter 13**

**Cool hot flushes you will find 10 non prescriptive remedies for reducing hot flushes -Chapter 5**

**This essential oil relieves depression - Chapter 10 and Learn how to use essential oils to balance most mental and emotional states.**

**And Many more simple, effective techniques to increase you health potential and improve your wellness longevity !**

*Consult Yourself -self help book .*

If you answer YES to any of the following questions

**CONSULT YOURSELF IS FOR YOU !**

Do you want to consult with a therapist but cant afford it ?  
Do you wonder why your therapist has the inside secret to your health ?  
Why does it always seem like commonsense after you've seen your therapist?  
How hard can it be to treat yourself for most common complaints?

## Plus you get 4 Bonus e books

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devastatingly powerful health secrets  
like:



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Book 2 – Herbal Teas for your health .How to mix and blend .....



Book 3 – How to use Thermotherapy to facilitate health improvements simply and easily within your own home... (You'll be so relaxed by easy quick home treatment healing!)How to use "Hot Lava stones" and other healing tools to get the sweet relief you may want



Book 4 – How to see your future health issues now and prepare What's coming up to you... using Biorhythms and Astrology of Health and other secret techniques .

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