

# what's new

At Return to Health, our passion is to get you well and then keep you well! With prevention being the best avenue in regard to health and healing, a strong immune system is required and where we start by strengthen our vitality.

Winter is upon us, so there is no better time to start boosting the immune system to ward off the winter ails. With this in mind, we have developed a Winter Support Kit, just for our clients! This kit is designed to give your immune system the support and boost it needs to get through the winter, as well as support cold, cough or flu symptoms should they arise.

Visit our online shop: [returntohealth.net.au/shop](http://returntohealth.net.au/shop)



Knowing yourself is a huge part of maintaining overall wellbeing. Astrology and your Natal Chart gives an essential insight into what makes you unique and how your energy flows. To help build our clients' appreciation of themselves we'll include a segment on Astro knowledge each month. *Enjoy!*

# june astro

## The Sun – Let Your Light Shine

Being only our second newsletter, we thought to introduce some articles that feature astrological concepts of the planets in our Solar System; and toward that intention we considered it suitable to offer brief thoughts on the "first" planet (star), that of course being the Sun. The astrological Sun, along with its archetypal and mythological context, its cycles, and how it is geometrically aspected to other particular planets and significant planetless points in space, is a vast subject; and so only a few succinct ideas are presented here.

Almost everyone knows their Sun Sign (eg Scorpio, Virgo, etc), but you don't have to know where something is or what it may mean in order to feel its influence.

Astrologically, the Sun represents many things, some of the more obvious being Light or Illumination, Brilliance, Warmth, Generosity, and Power; and in Medical Astrology the Sun rules the Heart.

Since ancient times, the Sun has represented life, meaning the existence of it, not necessarily how the life is lived. Without the Sun, therefore, we would not have life, something even modern science asserts.

This realization adds further meaning to the astrological Sun by emphasizing that the Sun represents the quintessential self during Earthlife (the divine purposeful me). In other words – and in whichever creative fashion you radiate it – you are a light, a lightbringer, maybe even a lightworker. As it is with love, people are drawn to light, and some are drawn to the light in you.

*Continued overleaf...*



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The astrological Sun glyph is a circle with the single central dot, a point of consciousness. This means that you are not only a particular zodiacal Sun Sign, you are here to be the most conscious Sun Sign you can, which of course begins with self, with you, you get the point (pun intended). So, how do you take care of that 'self', how do you take care of that 'you'? How do you nurture and honour yourself? What has come to mind that you'd like to do that's been overly-postponed? Has giving, being generous, or some action or enterprise become instrumental in you feeling drained? Yes, the Sun is generous and gives, but it does so from its overflow, otherwise burnout would have been the result long ago. Giving from your overflow won't deplete you, and you will feel better, nicer, and possibly more authentic. The Sun rules the Heart, so adding heart energy (love and kindness) will make things more effectual, this includes when you give to the self.

As the Sun radiates its solar influence, the astrological Sun is about expression and the sharing of that expression. The first sacred declaration was, "Let there be light", and the Master Jesus has encouraged us to let our light shine, probably because He knew what heartens and would be most fulfilling for us. In what area do you shine? Are you funny? Are you artistic? Are you graceful? Are you inventive? Are you helpful? Are you nurturing? Are you wise? Are you understanding? Are you perceptive? Are you a good listener? Are you considerate? Are you approachable? Are you an encourager? Are you genuine? Are you good with children? Are you loyal? Are you brave? Are you loving? Are you inspired and inspiring? Are you a teacher, healer, or wayshower?

Aside from shining the uniqueness of you own individuality, a message from the astrological Sun is the supportive development of self and other.

Divinity encourages, "Neglect not the gift that is in thee", because like the Sun, there is something truly magnificent about you.

In our next issue, we'll follow the same format by sharing thoughts on the second great light, Luna, the Moon, which/who, not only rules the night, but softens and then reflects the light of the Sun.

**Blessed Be, Jodie Russell-Smith,  
Student Homeopath, Reiki Practitioner, Naturopath.**



## product spotlight

### immune boost therapeutic candle

#### You need a boost!

Whether you're recovering from illness, stress or just feeling general fatigue – your body is trying to tell you something... you need balance and to restore... Light this candle and keeping it near you for extra support, especially through the Winter months!

What a great gift for idea for friends and family – pre-emptive healthcare in a beautiful, practical form.

Find it at our online shop: [returntohealth.net.au/shop](http://returntohealth.net.au/shop)



Come and learn about homeopathy with our range of educational courses! Whether you're interested in learning more about Homeopathy to help your friends or family, or are looking to learn, understand and use homeopathy in a more in-depth way, we have course that we run throughout each year to help you increase your ability to use homeopathy as a first option at home.

learn  
more

- **Homeopathic First Aid Workshop**

This is ideal for parents and those wanting to easily manage day to day ailments and injuries at home for their families.

Next Date 21st July 2018.

Book online: [returntohealth.net.au/events](http://returntohealth.net.au/events)

- **Home Prescriber Seminar**

For those who would like to delve deeper into homeopathy and expand their home use to cover more of the variety of symptoms and illnesses that family members can present.

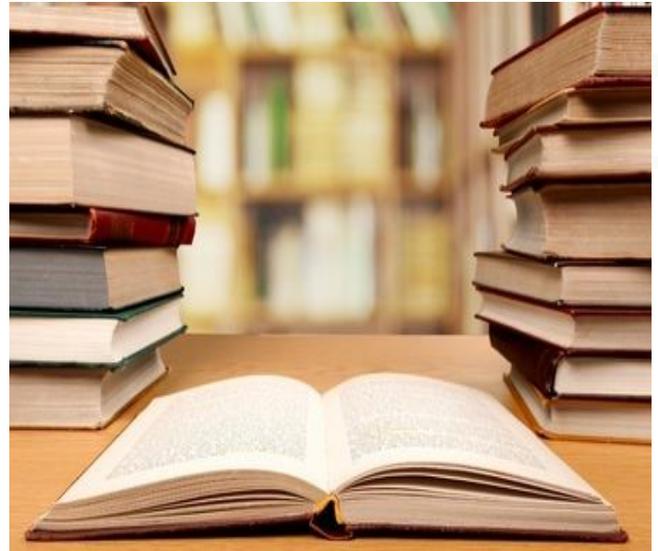
Next dates are 16<sup>th</sup> and 17<sup>th</sup> August 2018.

Book online: [returntohealth.net.au/events](http://returntohealth.net.au/events)

- **Diploma in Modern Practical Homeopathy**

For those interesting in having a professional homeopathic practice in the future or in prescribing homeopathically alongside their existing modalities.

Contact us at [info@returntohealth.net.au](mailto:info@returntohealth.net.au)



## upcoming events

### Homeopathic First Aid Workshop

**Saturday 21st July 2018**

LEARN PRACTICAL AND NATURAL CARE FOR EVERYDAY  
AILMENTS AND INJURIES



Return to Health  
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HOMEOPATHY IS EFFECTIVE, SAFE, NON-TOXIC AND VERY EASY TO USE – COME AND LEARN  
HOW TO PRACTICALLY AND NATURALLY CARE FOR YOURSELF AND YOUR LOVED ONES

### First Aid Workshop

Saturday 21st July 2018  
10am – 2pm  
Tallebudgera Valley, QLD

\$120 includes 4x Homeopathic vials  
and a first aid booklet

Book online via:  
[returntohealth.net.au/events](http://returntohealth.net.au/events)



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# june recipe

Not only are these biscuits delicious, they are a nutritional powerhouse containing Vitamin B1, B6 and E Manganese, Magnesium, Phosphorus, Selenium, Copper, Folate and Niacin.

What a bonus! – Tracey, Homeopath.

## Sunflower Seed Chocolate Cookies

Recipe by Tracey

### Ingredients:

- 1 cup raw sunflower seeds
- ½ cup coconut sugar
- 3-4 Tablespoons unsweetened cocoa powder
- ½ tsp salt
- ½ tsp baking soda
- ¼ cup rice flour
- 1 tsp vanilla powder
- 1 Tablespoon flaxseed powder + 3 Tablespoons water
- 2-3 Tablespoons water
- 3-4 Tablespoons Coconut oil



### Method:

1. Mix flaxseed powder with 3 Tablespoons of water, stir well and keep aside.
  2. Place the sunflower seeds in a blender and blend it till the seed are ground into a course powder. Add the sugar and blend it a little more. Do not have to blend it till the oils are released and it gets to the sunflower seed butter consistency.
  3. Transfer the ground sunflower seed and sugar mixture into a big bowl. Add the cocoa powder, salt baking soda, rice flour and vanilla powder. Stir everything very well and make sure there are no lumps left. Add the flaxseed mixture, oil and mix everything. Now add a couple of spoons of water if required to bring everything together into a soft dough.
  4. Pre heat the oven at 150 degrees Celsius.
  5. Take a little spoonful of the dough and roll them into a ball between your palms. Press it slightly to flatten. If you want crisp cookies, flatten them into thin cookies. Thicker cookies will result in soft and chewy cookies. Place them on a lined baking tray. Repeat with the rest of the dough. NB; You do not need to leave a big space between the cookies as they do not spread too much.
  6. Place them in an airtight container and enjoy within 4-5 days.
- +++ can substitute ground pepitas in place of rice flower.

## treatment menu

### Homeopathic Treatments with El & Tracey

- A 15min drop-in appointment can manage most everyday ailments. \$60
- For minor conditions, a 30min consult is typically sufficient. \$140
- For acute, recurring or chronic ailments a 1-1.5hr consult is recommended. \$205 - \$275

### Reiki with Jodie

30 minutes \$80  
60 minutes \$120

### Therapeutic Massage & Energy Alchemy with Greta

60 minutes \$85  
90 minutes \$120

**therapeutic massage &  
energy alchemy treatments  
introductory offer of  
20% off continues until the  
30th June 2018**



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