

what's new at Return to Health



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!

july
astro

The Moon – Feelings

Hello everyone. Welcome to our second astrological offering in relation to the planets in our Solar System. In our previous newsletter we began with Sun, "he" who rules the day and the entirety of the Zodiac, because without "his" light shining/travelling throughout the Solar System, observing the planets would be impossible. In this issue we'll talk briefly of Luna, the Moon, "she" who governs the night; and while it's a certainty that most people know their Sun Sign, not everyone knows their Moon Sign, but that's an easy-fix these days; a simple internet search for the Moon's position on the day of your birth will let you know.

Astrologically, the Moon, like the Sun, is quintessential to the overall evaluation of the Birth Chart because, fundamentally, it helps reveal an individual's psychology, principally of which is how a person/you feel about things – how you feel about people, places, other cultures, events, situations, the media, politics, wealth, poverty, the past both recent and distant (which includes your childhood), authority figures, suffering, health, your own life, God, etc., – and how you respond to them (even the absence of a noticeable response is still a response).

Continued overleaf...



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The Moon is the closest celestial body to Earth and moves fastest through the Zodiac, taking only 28 days to complete the circuit, whereas the Sun takes a year. Astrologically, this means that all zodiacal influences pass through the Moon's radius before they reach Earth, where you are; which, in human terms translates to everything affecting feelings in one way or another.

Succinctly, each of us has an internal acknowledgement of absolutely everything that takes place or exists in our reality, nothing is exempt. More than any other planet, the Moon indicates how incredibly subjective and uniquely personal are our feeling-responses to life experiences; and so the goal and emotional drive is to feel good.

Even before we are cognitive of it, feeling good is our eminent priority, and with emotional integrity not at the expense of another including children. As with all the planets, the particular zodiacal Sign, House, and degree of where the Moon is positioned will energetically and archetypally "flavour" the influence the Moon. But, you don't need to know those things in order to understand the astrological Moon's established constitutional premise.

Aside from the more-obvious charming influence, that of romance, the astrological Moon is associated with memories, nostalgia, compassion, caring, nurturing, softness, soulfulness, pondering, intuition, conscience, security, mood(s)/mood-swings, women, mother and motherhood. In the body, the Moon is associated with secretions, some fluids, conception, the womb, a woman's menstrual cycle, breasts and breast-milk, and the stomach.

A fundamental message of the astrological Moon is how you (we all) emotive affects the body, which by extension influences, positively or negatively, the state of health. It becomes important therefore, to do those things (with principle and dignity) that make you feel good, even if a little effort is involved; and while an act of kindness toward another may not benefit you directly, it will still make you feel nice and add to your self-esteem, all of which creates a feel-good circularity that enriches your life and someone else's.

The soft and soulful influence of Luna, the astrological Moon, wants you to like the way you feel.

Blessed Be, Jodie Russell-Smith.



product spotlight

Bliss 100% Natural

Therapeutic Bath Salts

Me time is essential anytime, but a beautifully relaxing bath during the winter months can be deeply nourishing for the soul, whilst also detoxifying the body and alleviating strain.

Our blissful bath salts contain:

- Himalayan Pink Salts to deep clean your skin, draw out toxins and cleanse your energy.
- A blend of essential oils to relax and soothe your tired body and mind.
- Ruta Graveolens and Arnica to ease aches and strains whilst Natrum Phosphoricum and Calcium Carbonate help promote recovery and acidity rebalancing.

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



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learn more

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 courses that we run throughout the year to help you increase your ability to use homeopathy with confidence.

- The 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 16th and 17th August 2018.
Book online: returntohealth.net.au/events
- Diploma in Modern Practical Homeopathy**
 For those interested in having a professional homeopathic practice or in prescribing homeopathically alongside their existing modalities.
Contact us at info@returntohealth.net.au or
Visit: study.returntohealth.net.au/courses/study-homeopathy/
- Homeopathic First Aid Workshop**
 This is ideal for parents and those wanting to easily manage day to day ailments and injuries at home for themselves and their families. Next available dates: Sat 21st July and Sat 13th Oct '18.
Book online via: returntohealth.net.au/events

Homeopathic Home Prescribing Seminar

Thursday 16th and Friday 17th August



HPS Seminar Details:

Date: Thursday 16th & Friday 17th August 2018

Time: 10am – 4pm

Where: Tallebudgera Valley, QLD

Investment: \$1200 includes 2x Homeopathic books RRP \$90

Workshop Feedback 2018:

"I recently completed the Homeopathic First Aid and Homeopathic Home Prescribing courses.

The First Aid course teaches you how to work *with* the body in emergency situations, thereby assisting the natural healing process. Parents would greatly benefit from this course, as everything from fevers to gastro is covered from a homeopathic viewpoint. Supportive treatments are also recommended (eg. essential oils, herbs, etc.), so you aren't dependent on homeopathic remedies only (although you'd be wise to have them at hand!).

In the Home Prescribing course, your basic understanding of homeopathy from the First Aid course is expanded upon. Using an example from your own life, you learn homeopathic case taking and how to use your **amazing** books included in the course to solve physical and emotional problems. You'll be able to find the right remedies and know where to source them. For me personally, the best part is the depth of knowledge that EI has to offer, and the support afterwards to ensure that you are able to apply all you learnt when you're by yourself. I now feel empowered to look after my family's wellbeing myself, and I know EI is there if I need backup or if a problem is too big for me to handle.

This course just wet my appetite to delve further into all that homeopathy has to offer! Prepare to have your whole way of thinking about health (physical and emotional) challenged. EI is a great teacher, and I wish I knew all that I learnt here a lot earlier in my life!" **Leandri, Sydney**

"I really enjoyed it (The First Aid Workshop) & found it to be very educational & informative. I found EI's enthusiasm infectious, I have so many questions I want to ask her, another person who speaks my language! Thanks so much for referring me!" **Kristi - Brisbane**



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july recipe

"A nutritious decadent chocolate cake made with beets and topped with a rich chocolate avocado frosting."

Chocolate Beet Cake with Chocolate Avocado Frosting

Ingredients

- 1 1/2 cups gluten free flour
- 1/2 cup cocoa powder
- 1 cup coconut sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup organic coconut oil
- 1/2 cup beets pureed
- 3/4 cup water
- 1 teaspoon apple cider vinegar



For the Frosting:

- 2 avocados
- 8-10 Tablespoons maple syrup (adjust according to taste)
- 1/2 cup cocoa powder

Instructions:

1. Preheat the oven to 350 degrees. Lightly grease and flour a 9-inch round cake pan.
2. In a large mixing bowl, combine the gluten free flour, cocoa powder, sugar, baking soda, and salt. Whisk together.
3. Add the organic canola oil, beet puree, water, and apple cider vinegar. Mix batter by hand.
4. Pour batter into prepared cake pan. Bake at 350 degrees for 35 minutes, or until a toothpick inserted in the middle of the cake comes out clean.
5. Let the cake cool in the pan for about 25 minutes, then run a knife around the edges of the cake and invert the pan to remove the cake.
6. Allow cake to cool completely before frosting.
7. To make the frosting, combine the avocados, maple syrup, and cocoa powder in the food processor. Process until very smooth. Taste it and add more maple syrup if needed.
8. Frost the cooled cake and then store the frosted cake in the refrigerator.

Recipe Notes:

To make beet puree, peel and chop one or two beets. Place in a pan with enough water to cover. Bring to a boil, then reduce heat and cook until beets are tender; about 20 minutes. Let beets cool, then place in a food processor with 1-2 tablespoons of the beet water. Process on high until smooth.

RtH TREATMENT MENU

Homeopathic Treatments with El and 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



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