

Ella's Monthly Cycle

Spot on Fish Farming...

The Ella May Centre recently facilitated a detox night at 'Yoga and Beyond' which included a cooking demonstration and detox talk with booklet. If you missed out on the night the Booklet and DVD recording of the night can be purchased for \$15.....

Besides this, it reignited the Fish debate.... that's right, we've been told that fish is good for us right??... in theory it is, fresh ocean caught fish is high in protein, nutrients and essential fatty acids which are so important for our skin and brains, although, the shift to using majority of farmed fish has escaped public attention.

What's wrong with farmed fish? You ask.... farmed fish are kept in pens far too small, they are stressed and swim in water filled with fish excrement. They are fed a diet that does not mimic that which they would eat in the ocean and are subject to farming practices required to prevent illness and improve productivity. It is thought that the farming of fish has reduced its nutrient and fatty acid content and thus, fish is no longer as good for you as you once thought...

Ask your fish monger, 'is that fish farmed', before you buy anything and aim to buy non-farmed fish... although this means you'll be eating mainly larger fish and there is a whole other argument about Mercury... we just can't win.... but we can do the best with what we've got.

Spotting... some health information ... ~

Advice for spring allergy sufferers...

Spring brings with it birds, bees, babies and pollen for allergy sufferers it can be an unbearable haze of sneezing, itchy watery eyes, runny nose, sinus problems and ear infections....The good news is that this year you don't have to live on anti-histamines, regular medication is no good for your liver or immune system... try out these natural solutions which may give you relief from symptoms of allergies.

1. Vitamin C is a natural anti-histamine
2. Garlic is an age old remedy for respiratory upsets and also boosts the immune system. Garlic can be eaten raw (with other food) or taken as a tablet. Don't use odourless garlic- all the good stuff is in the smell.
3. Horse radish is also an anti-histamine and reduces inflammation in the respiratory tract. Take this in combination with garlic and vitamin C (it often comes in combination with these supplements for respiratory upsets)
4. Avoid dairy food including cheese, yogurt, milk, chocolate and cream. Milk can produce inflammation in the respiratory tract and promote mucous formation in susceptible people. This may exasperate already existing discomfort from allergies.
5. Try some ear candles for sinus and ear infections. You can find these at most health food stores. Follow the instructions carefully and don't forget to cut them open afterwards to see what was in there!

Seek advice from a qualified health professional if you have pre-existing illness and wish to commence the above supplements. The information provided here is generic and may not suit your personal health conditions.



Events for your diary

Noga Growth Group

The Noga Growth group is in full swing and continues to have a good turn out each Monday. Please feel free to join us anytime on Monday nights at 7.15pm at 22 Zadro Ave Bossley Park to chat about life philosophies and daily struggles. Contact Melanie from the Ella May Centre if you would like more information.

Noga Bible Study

Due to recent interest in Biblical Ideas on living and life Noga Bible study has been born. Noga Bible study takes place at 7.30pm at 22 Zadro Ave Bossley Park. This group has a Bible focus and is great for those who want to learn about the Bible, Jesus and Christianity and is also suitable for new Christians. If you would like to attend this group contact Melanie, everyone is welcome.

Slight price increase at the Ella May Centre

As of August 2009, consultation costs will increase by \$5.00. A follow up appointment will be \$50.00 and an initial consultation \$75.00.

Holiday dates for The Ella May Centre

The Ella May Centre will be closed from the 12th -20th of Dec for a brief holiday

Pregnancy & Parenting Network

If you are looking for a network of mothers, fathers and midwives to discuss issues and questions around pregnancy and parenting, come along to the Pregnancy and Parenting Network run once a month at **27 Hart st Dundas Valley**. The next get together is on **Thursday the 29th of oct. from 10-12am**. This session will be on **Natural Choices for Pregnancy and Birth**.

Call Jane Palmer

(02 9873 1750) to let her know your coming
See www.pregnancy.com.au for more info.