

Hi, Folks

How's the New Year/Decade going for you? What are you doing to improve your life? Or is it someone else's responsibility? Doctor, specialist, fortune teller, bank manager, husband, wife, partner, customers, boss, the list goes on! We are a complicated mix of Body, Mind, Spirit, emotions, Chemicals, Structural, Thoughts, Beliefs.

What did you do for Christmas? This was our one day off and we had fun. We joined the local Lions and Whangamata Club with the local Oldies and Lonelies – about 110 people_ and were Table Hosts – a great day had by all. We've worn out a couple of extra massage therapists in the shop as well as doing a few ourselves- lots of happy people, but now things have quietened down a bit and we're debating how long to be open. Seven days, but having the odd half day off here and there. (You've got to make time to spend with the grandkids!). There are still a lot of tourists in town but not too many coming in here.

One of the challenges we have had is the loss of the supplier of our major cream base, but now have a manufacturer and are able to wholesale to others who want it. The next project is an Arthritis Cream which I have had on the back burner for some time.

Last year we ran a competition to celebrate 20 years of making the body Stress and Pain Cream. This was won by Phillipa, one of our locals, who, incidentally, started up the previous health shop "Gingers" with her sister.

While our favourite products are still Nature's Sunshine because of their high quality and effectiveness, we have to complement these with other lines of course which we can mail anywhere. The NFS are good range of NZ made products at a good price. We also carry a few organic shampoos, soaps and toothpaste as well as loose Herb teas and some Gluten and Wheat-free flours. We also sell quite a few Himalayan Crystal Salt lamps as well as the loose salt. We thought we would try out coffee on the shelf, so got in some Fair Trade Organic which I enjoy and have been asked for.

Have you ever considered putting the Super-Green with the Solstic. In the New Year, we had a group of young men staying in Whangamata who were training for competition rowing. They came in for several massages as well as looking for energy drinks that weren't loaded with caffeine and sugar. 1 Solstic and 1 tbsp of Super-Green in 1 litre of water/fruit juice combination gave a slower energy release. The feedback was that it worked really well.



Solstic pk of 30 Retail \$47.20 Member \$35.30 **Super-Green** 200mg Retail \$52.40 Member \$39.00

ASK HOW YOU CAN GET THESE AT MEMBER PRICES

Yesterday – Today - Tomorrow

"There are two days in every week about which we should not worry. Two days which should be kept free from fear and apprehension.

One of these days is yesterday, with all its mistakes and cares, faults and blunders. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed, we cannot erase a single word we said. Yesterday has gone. The other day we should not worry about is tomorrow with all its possible adversities, its burdens, its large promises and poor performances. Tomorrow's sun will rise either in splendour or behind a mask of cloud, but it will rise. Until it does we have no stake in tomorrow, for it is yet unborn. That leaves only one day, TODAY.

Any person can fight the battles of one day. It is only when you add the burdens of those two awful eternities, yesterday and tomorrow that we break down. It's not the experience of today that drives people mad, it is remorse or bitterness for something that happened yesterday or the dread of what may happen tomorrow. Then let us journey together, but one day at a time."

Source unknown

Lots of people have bad backs. This is due to several reasons - posture, old injuries, lack of respect for the body etc. This can be helped by one or some of the following:

Skeletal Strength Retail \$39.80 Member \$30.00

Combination of vitamins, minerals and herbs that are needed by the body for building healthy bones, ligaments, muscles and tendons, as well as enhancing the health of hair, skin and nails.

Herbal CA Retail \$28.30 Member \$22.80

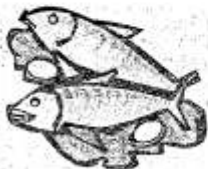
An outstanding source of organic calcium and silica. Relaxing healer for damaged tissues and nerves needed for strong arteries, nerve sheaths, bones and calm nerves. Relieves spasm and cramps and helps heal painful back and spine injuries.

MSM Retail \$32.20 Member \$24.60

We require a minimum concentration of methyl-sulfonyl-methane to maintain normal structure and function. It is used in tissue maintenance and repair to build proteins and strengthen both cell membranes and the connective tissue that hold them together. This especially includes joints, blood vessels, hair, skin, and nails. Among its many varied healing uses it can help increase circulation, reduce inflammation in rheumatoid and osteo-arthritis.



We make sure we get a massage or similar at least once a month. Sometimes Bowen Technique, rarely Osteopathy and at least twice a week on our roller massage bed for 10 minutes. Walking also helps, as does swimming and an Invertex where you hang upside down for a few minutes to open up the discs and let in the hydraulic fluid that keeps them lubricated (we have one we hire out short term).



Study shows fish oil helps mental illness

Swallowing a daily dose of fish oil may stop young people vulnerable to schizophrenia from ever developing the condition, a landmark study has found.

An international psychiatry conference in Melbourne was told yesterday that omega-3 fatty acids, believed to be beneficial for conditions ranging from heart disease to ADHD, could also help delay or prevent the onset of severe mental illness.

The findings could offer a safe way to treat a crippling condition and potentially prevent schizophrenia, without the drastic side-effects of anti-psychotic medications, say experts from the Orygen Research Centre in Melbourne.

"This is an amazing result in a natural product that really puts it out as a serious treatment for people seen most likely to develop psychotic illness," said the lead researcher, Professor Paul Amminger.

The researchers enlisted 81 "high risk" young people aged 13 to 24 who had previously suffered brief hallucinations or delusions. If left untreated one-third of these individuals will go on to develop a sustained psychotic disorder.

Half were treated with capsules of fish oil, a rich source of omega-3 fats, for three months, while the rest took a fishy-tasting dummy substitute.

THE GOOD OIL

- A range of benefits are claimed from the consumption of fish oil, which contains omega-3 fatty acids.
- Fish oil stimulates blood circulation, increases the breakdown of fibrin, a compound involved in clot and scar formation, and lowers blood pressure.
- There is also scientific evidence regular intake reduces the risk of heart attack, and some evidence it might be helpful in cases of depression and anxiety.

One year on, 3 per cent of those who had taken fish oil supplements had developed schizophrenia. This compared with 28 per cent of those who had swallowed the placebo.

Previous studies have suggested that anti-psychotic drugs when used early in illness reduce the rate to about 12 per cent.

However, their use is controversial as they have severe side-effects such as heavy weight gain and increased risk of heart disease.

— AAP

*Your Future Is Not A Place You Go
It's A Place You Create By The Thoughts, Beliefs And Actions
You Choose Every Moment.*

N.Z. HERALD 30 Nov

*Wrinkled Was Not One of the Things
I Wanted to Be When I Grew up!*

We wish you health and happiness.

Roger & Mance.