

AUTUMN NEWSLETTER 2016

NAMASTE MY DEAR YOGI FRIENDS!! It's been a great start to the year, and our days are cooling down a little now that beautiful autumn is here. I made a new year's resolution this year, 'Do something everyday that scares you'. I'm not a fearful person at all, but it's a great way to become aware of getting out of your comfort zone. It helps you to try different activities to what you would normally do, or to tackle something new and challenging with enthusiasm- it could be something big like a new travel destination, or a smaller thing like making that difficult phone call. Join me in the challenge for the rest of.....our lives? Ha ha. My new yoga website is up and running if you'd like to check it out, the address is yogagoldcoast.me The last four newsletters will be available on it if needed. Don't forget to give the posture (or stretch) of the month a go. Do it for 30 seconds to a minute each day and notice a big improvement in your flexibility!!

A MOST DIVINE ROAST PUMPKIN, RISONI & FETA SALAD

(I've made this so many times since getting the recipe from my niece Kristy in Perth)

750g butternut pumpkin, peeled and chopped 1 teas each dried chilli flakes & fennel seeds Sea salt and cracked black pepper $\frac{1}{4}$ cup olive oil 200g warm cooked risoni pasta 4 green onions sliced	100g feta crumbled 40g pinenuts toasted (in a pan on stove) 75g semi dried tomatoes chopped $\frac{1}{2}$ cup mint leaves chopped $\frac{1}{2}$ cup flat leafed parsley chopped 2 tbles white balsamic or wine vinegar 2 gloves garlic crushed
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METHOD

*Preheat oven to 200 deg C. Place the pumpkin, chilli, fennel, salt and pepper and 1 tble oil on a baking tray and toss to combine. Roast for 25 mins or until pumpkin is tender. Place the warm pasta, pumpkin, onion, feta, pinenuts, tomatoes, mint and parsley in a bowl and mix to combine. Add the vinegar, remaining oil and garlic, and toss to combine. YUM!!!

Ha De Ha!!!!!!



**'When I asked if you were flexible Mrs. Smith, I meant your hours'.
(This reminds me of my Mum)**

Acid vs Alkaline Forming foods

There is quite a lot of talk at the moment around acid vs alkaline forming foods. For decades, natural health practitioners have recommended a diet that "alkalizes" the bloodstream. The premise is that diseases including cancer, osteoporosis, rheumatoid arthritis and gout are influenced by dietary acid-alkaline balance. For example, osteoporosis may be caused by a chronic intake of acid-forming foods consistently outweighing the intake of alkaline foods. This leads to the bones being forced to give up their alkaline minerals (calcium and magnesium) in order to buffer the excess acid. It's how the body *reacts* to certain foods is what determines what foods are alkaline-forming and what foods are acid-forming. For example lemons are **acidic in nature**, but have an **alkalizing effect** on the body once they are digested. Similarly, milk is **alkaline outside the body**, but **acidic upon digestion**.

You can find many alkaline-acid food charts on the internet as a general guide and don't worry if one chart is slightly different from another. The small differences in degree ultimately won't make a huge difference. What will make the biggest difference is replacing processed foods with fresh foods and adding more fruits and vegetables to your diet. Here is one chart:

<http://www.rense.com/1.mpicons/acidalka.htm>

**The happiest people don't have the best of everything,
they make the best of everything they have!!**

Turmeric

Turmeric is the spice that gives curry its yellow color. It has been used in India for thousands of years as a spice and medicinal herb. Recently, science has started to back up what the Indians have known for a long time- it really does contain compounds with medicinal properties. These compounds are called curcuminoids, the most important of which is curcumin. Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

However, the curcumin content of turmeric is not that high... it's around 3%, by weight.

Most of the studies on this herb are using turmeric extracts that contain mostly curcumin itself, with dosages usually exceeding 1 gram per day. It would be very difficult to reach these levels just using the turmeric spice in your foods. Therefore, if you want to experience the full effects, then you need to take an *extract* that contains significant amounts of curcumin.

Unfortunately, curcumin is poorly absorbed into the bloodstream. It helps to consume black pepper with it, which contains piperine, a natural substance that enhances the absorption of curcumin by 2000%. You can swallow a few whole peppercorns along with your curcumin supplement in order to enhance absorption, or there are tablets available which contain both. It may also aid in preventing dementia, cancer and heart disease, and can treat depression, arthritis and improve brain function.

Carpets

*For carpet and upholstery cleaning, call **Ian** (Tuesday Night class), owner/ operator of FIBRETEC on **0414 505 018** or **07 55339021**. Ian comes highly recommended, and gives prompt reliable service.*

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Many thanks to Daph Wed & Fri morning, Anne Tuesday morning and Ian Tuesday night. And thank you to all for preparing the hall at relaxation time. Love to you all, Lori xxxx

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### **YOGA SCHEDULE 2015**

**TUES 9.30AM BURLEIGH HEADS AMATEUR FISHING CLUB, MIAMI (this venue may change soon, I'll keep you posted)**

*\* Just past the swimming pool on the left going west on Pacific Ave*

**TUES 6PM TUGUN VILLAGE COMMUNITY HALL, TUGUN**  
**WED 9.30AM TUGUN VILLAGE COMMUNITY HALL, TUGUN**  
**FRI 9.30AM TUGUN VILLAGE COMMUNITY HALL, TUGUN**