

Exciting New Workshops!!

**TWO FELTING WORKSHOPS
USING ALPACA FLEECE**

Where:

**Alternative View Alpacas
65 Pines Road, Mirboo North, Victoria, 3871
Tutor: Brigitte Kat**

10am until 3pm
or leave when you have finished your garment
\$100 each workshop per person

Check out Brigitte's felting at the website:
alpacas@alternativeview.net.au
and click on Funky Felts

To book phone Brigitte on 0427 201 192

- includes all materials
- ad lib tea and coffee
- bring your own lunch
- this is a working alpaca farm
- breath-taking scenery
- a great day out!

WORKSHOP ONE:

Saturday 17th May

NUNO FELT SCARF

This is a scarf with fleece felted through very fine silk. Unique look, exquisite finish, your friends will want to know where to get one!

WORKSHOP TWO:

Saturday 31st May

FELTED SLIPPERS or PIXIE BOOTS

Solid felt. You can make your slippers or booties any shape you like. These are toasty-warm foot apparel, there's nothing like natural fibre to keep the chilblains at bay.

ALPACAS FOR SALE

- Pets
- Male and female
- Sheep guards
- Mothers with or without babies
- Full males

Prices from \$330 including GST
Ring Brigitte on 0427-201-192

Back by popular demand:

HAHA

A man walks into a bar.
After buying a beer he looks around the bar and sees three men and a dog playing cards.
Amazed, the man wanders over and starts watching the game.
After watching for ten minutes, the man leans over to one of the other player's and whispers: "Wow, that's a really smart dog!".
The man whispers back: "He isn't that smart, every time he gets a good hand, he wags his tail!"

Five Foods To Help Lower Blood Pressure

Bananas - Eating two bananas a day for one whole week can lower their blood pressure levels by 10%

Beet - Drink one 500ml glass of beetroot juice a day to produce health benefits for the liver and heart.














Garlic - Consumption of garlic can indeed help lower elevated blood pressure levels

Artichokes - The use of artichokes has been implicated in the lowering of cholesterol levels in the blood

Cocoa - A study conducted by researchers from Germany's University Hospital of Cologne revealed that cocoa can significantly lower blood pressure

Top 10 Sources of Veggie Protein

design / layout by: Q-Max Inandel
www.facebook.com/viberder
Where do you get your protein?
(brought to you by The GIVE Project)
the GIVE project
thegiveproject.org
www.facebook.com/giveproject

 Spinach 49% protein	 Kale 45% protein	 Broccoli 45% protein
 Cauliflower 40% protein	 Mushrooms 38% protein	 Parsley 34% protein
 Cucumbers 24% protein	 Green Pepper 22% protein	 Cabbage 22% protein
 Tomatoes 18% protein	Protein in Meat:	
 Beef 25.8% protein	 Chicken 23% protein	 Eggs 12% protein

Toodle-pip and cheers for now
-Jean

WORKSHOPS

UNDERSTANDING VIBRATIONAL MEDICINES & HOW TO USE THEM \$100

Homoeopathics, Flower Essences and Herbs

Included in the price of this workshop is a first aid kit of 10 x 25ml homoeopathic remedies. Background information to help you understand how vibrational remedies work in the body. Dosing most effectively using a variety of dosing methods for humans, pets, farms, herds of animals. How to make a herbal tincture and a homoeopathic remedy from scratch. A list of herbs, weeds and plants that can be grown easily at home and made into tinctures and homoeopathics, for prevention and treatment of common ailments in humans or animals.

MUSCLE TESTING \$80

Otherwise known as Kinesiology, Muscle Testing provides a window into what is going on in our mind and body. By monitoring a muscle to access information, to reveal what is behind physical pain, mental discomfort, disease, allergies. Muscle Testing can be used for treating animals as well as humans. It gives animals a chance to speak to us when they otherwise cannot convey where it hurts or how they feel. The workshop covers how to muscle test, understanding how it works, testing for yourself, testing for animals, testing on behalf of other people and animals by proxy and distance.

EMOTION RELEASE \$80

Prerequisite to this workshop is to have attended the Muscle Testing workshop. Using Muscle Testing as a tool, the Emotion Release workshop deals with releasing trapped emotions in the body, using the Emotion Code. Emotions can become trapped within our bodies and cause disease. Likewise they can become trapped in areas of land where there has been warring, arguments, accidents, suicides or any detrimental and negative activity in an area in the past. Notice places where stock refuse to stay for any length of time, accident prone areas, patches where vegetation is weak. These trapped emotions can be cleared using the emotion code.

HOW TO MAKE A DREAMCATCHER \$30

A laid-back day spent in the gentle art of making Native American Dreamcatchers. I learned this art from a friend who is a Native Alaskan Aleut, on her last annual visit to Oz. The original dreamcatchers were woven by the grandfathers and grandmothers for newborn children and hung above the cradle to give the infants peaceful, beautiful dreams. They used natural feathers and semi-precious gemstones to decorate the dreamcatcher – one gemstone to each web because there is only one creator in the web of life. Good dreams are clear and know the way to the dreamer, descending through the feathers. Bad dreams cannot find their way through the web and are trapped there until the sun rises and evaporates them. Materials supplied.

WORKSHOP CALENDER

All workshops are held at
15 Harris Road, Korumburra, Victoria
10 am to 3 pm
Pay on the day
Includes vegetarian lunch
Please advise regarding any food allergies

DATE	WORKSHOP	RSVP	COST
Apr 12	Vibrational Medicines	Apr 5	\$100
Apr 13	Dream Catcher	Apr 6	\$30
Apr 26	Muscle Testing	Apr 19	\$80
Apr 27	Emotion Release	Apr 20	\$80
May 10	Vibrational Medicines	May 10	\$100
May 24	Muscle Testing	May 24	\$80
Jun 14	Emotion Release	Jun 7	\$80
Jun 28	Vibrational Medicines	Jun 21	\$100
Jul 12	Muscle Testing	Jul 5	\$80
Jul 26	Emotion Release	Jul 19	\$80
Aug 9	Vibrational Medicines	Aug 2	\$100
Aug 23	Dream Catcher	Aug 16	\$30

IF YOU WISH TO REPEAT ANY WORKSHOP ...

Anyone who has previously done any of these workshops and wish to repeat the same workshop once, may do so at half price.



Until one has loved an animal, part of the soul remains unawakened.

Be yourself; everyone else is already taken. ~ Oscar Wilde

FREQUENCY OF DOSING WITH HOMOEOPATHICS

In acute illnesses (these are the ones that come on suddenly, like a fever or food poisoning), rather than panicking and giving a big dose, its best to give the minimum dose and repeat that dose every ½ hour or so, depending how acute the case is, until there is some improvement.

The more acute, the more often you dose, that is, as close as every 10 minutes for the first 3 doses if it is really serious.

Because this is a vibrational medicine, doubling the dose will still only equate to one dose, and the body only recognises it as one dose. Each time a dose is given it's a kick start to recovery, and boosting the body back to health.

My friend who had a sheep with a foot problem did this with huge success – sheepee was having great difficulty walking, but after only 2 doses, here's what my friend says:

"I've got it worked out why its so successful..... 6 doses in 6 hours..... by the third dose, they are thinking - oh shit here she comes again; I'm outa here, and get up and walk away very quickly!"



...whatever works!

HOMOEOPATHIC AND HERBAL FORMULAS FOR FIRST AID

Available from Jean

Make up you own First Aid Kit

25ml bottle / \$26

50ml bottle / \$37

BITES: Bites and Stings from any Insect or Spider; also for Snake Bite as first aid prior to professional attendance. Rescue Remedy is included in this formula.

BONES: Broken bones, Sprains, Torn ligaments, Bruises. In the case of broken bones, begin using this formula after the bone has been set. If it is used before this, healing will begin too soon and the bone may start to fuse in the wrong place. Give Rescue Remedy in the interim until limb is in plaster or it has been ascertained that there is nothing out of place.

BURNS: Burns, Sunburn, Scalds, Heat Stroke, Dehydration.

EYES: Eye Injuries, Pinkeye, Conjunctivitis, Keratosis.

GUT: Colic, Belching, Bloating, Digestion, Diarrhoea.

IMMUNE SYSTEM: Chill, Fever, Pneumonia, Infections.

MOVEMENT: Arthritic Pain, Muscular stiffness, Paralysis.

PARASITES: Worms, Fleas, Liver fluke, General parasites, Scabies, Ringworm, Barber's Pole worm.

RESCUE REMEDY: Anxiety, Fear, Transport stress, Depression, Grieving, Separation anxiety.

SKIN: Abscess, Septic conditions, Ulcers, Boils, Rashes, Mange.

TONIC: Tonic, Appetite, Weakness, Dehydration, Exhaustion, Adrenals.

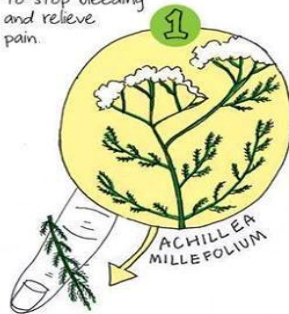
WOUNDS: Wounds, Cuts, Injuries, Before and after Operations.

FIELD BANDAGE

CUT FINGER? OH NO!



Pick some **WILD YARROW**, a common weed you can find in many cities growing in direct sunlight, and apply the leaves and/or flowers to your cut to stop bleeding and relieve pain.



Place **ROSE PETALS** on the cut to inhibit growth of bacteria and keep your cut clean.



Wrap with a nice long, smooth **PLANTAIN LEAF** and tie the wrap with a long stem of the plantain flower.



©marina

Jean's Newsletter – March 2014

Jean Belstead

15 Harris Road,
Korumburra,
Vic 3950

Phone: 03 5655 1648

Email: jbelstead@dodo.com.au

MAIL ORDER
Homoeopathics
Herbs
Flower Essences



Autumn already, what happened? I think the planet must be turning faster, or she's skipping days when we're not watching!!

Like we do to the kids when we're tired, but the bedtime story still needs to be read – we turn 2 pages at once to get through the book more quickly. Did anyone ever get away with it?? I didn't. Sleepy eyes would open: "You missed a page Mum."

After the long dry summer my little Froggy Friend hopped in to tell me that Father Time has marched around, and we need to prepare for wet and cold again.

I'm currently making soup and ratatouille with my veggie garden produce – while still boiling I ladle it into saved jars and screw the lids on tight. As the soup cools the pop-top on the lid sucks down with loud bangs, and there I have my winter supplies to squirrel away.

General "sort-of" Office Hours

9.00 am til 4 pm
Monday to Friday
except
Public Holidays
and
Self Inflicted Time Off

If I'm not available to answer the phone leave a message, and I'll get back to you as soon as I can.

Please be understanding that its hard to get to the phone when I'm working with clients, posting your orders, collecting eggs, attending to the goats, feeding the cats, gardening, family-ing, or just plain waltzing around the paddock.

Thanks for your consideration.

PS emailing works well !!

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THE NATURAL SPA

Once a week for 20 minutes,
sit in a hot bath that contains
a handful of Epsom or sea salts,
10 drops of lavender essential oil,
and a half cup of baking soda.
This combo draws out toxins,
lowers stress-related hormones,
and balances your pH levels.
Please **SHARE** with friends & family!

Food Synergy

FOODS THAT WORK BETTER TOGETHER!

Livelovertfruit



Tomato & Avocado

Lycopene in tomatoes is best absorbed in the intestinal tract when combined with healthy fats like avocado



Chickpeas & Beet Root

Chickpeas are rich in vitamin B6, a vitamin that helps the body absorb magnesium in magnesium-rich foods like beets



Lemon & Green Tea

Vitamin C in lemons allows the body to absorb catechins (antioxidants) in green tea, increasing the benefits of green tea



Broccoli & Tomato

The cancer-fighting substances in tomatoes and broccoli work best when paired together than when eaten alone



Lemon & Kale

Vitamin C (highly abundant in lemons) makes plant-based iron (such as iron-rich kale) more absorbable in the body.