



International Natural Therapists Association Inc



Issue 9

INTA - The International Natural Therapists Association Inc - Australia

Administrator

Here we are once again approaching the festive season and the dawning of a new year. I can remember my parents telling me not to wish my life away as one day you will wonder where the time goes. I think that day has come.



INTA Australia

As you know natural therapies has just boomed in the past few years. All you have to do is just type in the words 'natural therapies' into a search engine on the web and you are overwhelmed with an abundance of information, pictures and products from around the world. I am so happy that we at INTA are endeavouring to create an important portal for our community. With an aim to bringing you all the relevant information and product knowledge that you need.

We have a few new ideas that we believe will benefit you and your business in 2006 and beyond. At this stage they are either in the process of being completed or in discussion groups here at INTA. We are researching more health funds and insurance companies to give you more options and more benefits. At present we're constructing a new and updated database, which will help considerably with the processing of memberships, renewals and will enable us to contact you with new offers and benefits more easily.

To assist both members and staff, we are considering making INTA membership renewals due on a universal date, for example 1st July. This will make reminders and payments more efficient and consistent. If you have any thoughts on this, please don't hesitate to contact us, as this affects everyone in INTA. If all is agreed to, and we decide to go ahead with this, all current and new members will have their memberships pro-rata to the time they are paid up presently.

There is also thought of having an online forum with a chat room section to bring everyone closer. This would be available to 'members' only and each person would have to be 'accepted' to join the forum. We think your current INTA membership number could be the key to the door. This would be essential for security and privacy reasons and help us protect you, our members.

Drop us an email to let us know what you think of this idea, along with what you would like to see on the forum. Remember.... *it's the members who create the community...* info@natural-therapies.org

As we're sure you are all aware, over the past 4 years your INTA has been quite nomadic and has moved from state to state and you have all been very tolerant of our constant changes in address.

This has been due to the fact that your association is growing and constantly requires a bigger home.

We have re-located the office to be near the Brandon Raynor's School of Natural Therapies head office in Yeppoon Queensland. Brandon believes this will enable a closer working environment along with a more family orientated working ideal.

In the very near future we are hoping to become independent of the 'rest of the world' in the administration side of things. This means that the bulk of the administration work will be based in North America and we will have a smaller version, which we feel sure will enable a more personal INTA for our Australian member base.

We would love to hear from anyone who would like to assist with the production of the INTA newsletter in the form of writing a small article about yourself, your business, what you think of natural therapies, a good book you may have read lately or whatever. Please email your ideas and/or stories and we will definitely consider each item for a space in our upcoming newsletters.

Also, we have noticed that quite a few members call the INTA phone number and forget to leave a return telephone number. Remember we operate with a message service, not a direct phone line. Our aim is to talk with each caller however without a contact name and phone number we can't return your call. Another great way to also contact us is via email.

Don't forget, if your membership renewal is due, complete the form enclosed and forward it along with yearly payment to:

International Natural Therapist Association
PO Box 1166
Yeppoon Qld 4703
Australia
Ph: 07 3030 2789 (please leave your name and number)
Fax: 07 4925 0233
info@natural-therapies.org



NATURES HEALING PLANTS - PART V

LEMON MYRTLE (*Backhousia citriodora*)



Lemon myrtle is native to Australia, it's an evergreen tree which grows mainly in Southern Queensland. It has glassy, green, aromatic leaves and grows to a height of 15m.

The plant is native to Australia. It is considered a rare plant, restricted to Queensland. The genus *Backhousia* is named after a British botanist, James Backhouse (1794-1869). The species name *citriodora* 'lemon-scented', is a neo-Latin formation (citrus and odour).

Lemon myrtle essential oil was first distilled in 1890 by a German doctor who sent it home to be used in the essential oil industry. The most recent commercial production of lemon myrtle oil commenced in 1993, which isn't all that long ago.

The essential ingredient is Citral, which accounts for over 90% of the plants essential oil, compared to about 3% in lemon oil. The oil is extracted by steam distillation. It has an intensely fresh lemon-like odour with a sweet undertone. Being used traditionally as a source of citral-rich essential oil for lemon flavouring and fragrance. However, it was supplanted by more economical sources of essential oils rich in citral such as May Chang and Lemongrass. As well as having a wonderful fragrance Lemon myrtle is antibacterial, antifungal, sedative and carminative.

Lemon myrtle leaves have become very popular in Australian cuisine. It imparts an exquisite lemon tang to seafood and chicken dishes. It has replaced the traditional kaffir lime leaves often used in South East Asian dishes.



When using the essential oil, it blends well with grapeseed oil.

The light and non-greasy texture of grapeseed oil makes it the ideal carrier for skins that are well-lubricated already – it leaves a superb silky feel to the skin with no tackiness.

All the blends below are mixed with 20ml or 4 teaspoons of grapeseed oil, which should be enough for one full-body massage.

Green blend – grassy, soft, and soothing with a hint of citrus. Suitable for men and women.

3 drops Clary Sage
7 drops Petitgrain

Citrus blend, total fruit immersion. Great for that uplifting buzz after a workout or busy day in the office.

5 drops Mandarin
5 drops Lemon Myrtle

Exotic Blend – floral and citrus lift. Ideal for the weekends or that long awaited holiday.

3 drops Ylang Ylang
4 drops Bergamot
3 drops Lemon Myrtle

Oriental blend – earthy and woody, relaxing for men and women for any occasion.

3 drops Patchouli
7 drops Sandalwood



Firm-n-Fold Massage Equipment



Brandon Raynor uses and recommends *Firm-n-Fold* massage equipment.

Firm-n-Fold tables are built to the highest standards and come with a lifetime warranty.

Your assurance is guaranteed that these massage tables will stand up to the rigours of a busy practice.

Visit our website www.firm-n-fold.com.au to see our full range of massage equipment and products.





Anatomy – Lesson Five

MUSCLES – what are they?

Various medical websites

One of the most amazing things about the human body is the incredible variety of movement that we are capable of.

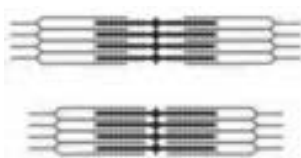


Think about it for a second – the human can skate an Olympic gold program, run a 20k marathon, pull a fire engine, climb Mount Everest - and all of these achievements are due to our remarkable compliment of muscles.

The world muscle comes from the Latin *MUS* - meaning mouse. I guess the early anatomists thought that the bulk of the muscle, the belly, resembled the body of a mouse, and the tendon resembled a tail.

Though they are capable of spectacular feats, a muscle's life is, well boring - it only does one of two things - it contracts (or shortens) or it relaxes (or lengthens). Muscles can shorten by as much as half, and they do so in a very interesting way. Microscopically, muscles consist of sheets of two different proteins - myosin (dark area in diagram below) and actin (shaded area in diagram below) - arranged in fine layers, one on top of the other. When your brain sends down a signal to contract, small projections on the myosin sheet change their shape, causing the lower sheet of actin to slide over it.

Relaxed Muscle



Contracted Muscle

Muscles usually pass over a joint as is seen here and contraction of the muscle causes the joint to flex. Muscle tissue is bright red because it contains lots of oxygen - containing protein.

Muscles are attached to bone by structures called tendons. They're tough, white gristle-like bands that fix the contracting part of the muscle to the bone. Tendons are very strong - the fibres are plaited - and a tendon one inch across can hold 18000 lbs, but tendons don't contract at all - only the muscle belly does that. Tendons sometimes have to travel over quite a long distance to attach to the bone - like tendons on the back of your hand, coming all the way from the back of the forearm.

We are allowed such variety of movement simply because muscles and their tendons are wrapped around joints in every conceivable way. Sometimes, in spots where a tendon might rub or fray, a structure called a *bursa is found.

All of the wonderful motions that are ours as humans are a result of this simple arrangement of sliding sheets of muscle protein.

*See the next INTA newsletter



The Paradox of Age

- ❖ We have bigger houses but smaller families; more conveniences, but less time.
- ❖ We have more degrees, but less sense; more knowledge, but less judgement; more experts but more problems; more medicines, but less healthiness.
- ❖ We've been all the way to the moon and back; but have trouble crossing the street to meet our new neighbours.
- ❖ We build more computers to hold more information to produce more copies than ever, but have less communication.
- ❖ We have become long on quantity, but short on quality.
- ❖ These are times of fast foods, but slow digestion.
- ❖ Tall man, but short character.
- ❖ Steep profits, but shallow relationships.
- ❖ It's time when there is much in the window, but nothing in the room.

..... *His Holiness the 14th Dalai Lama*



The Magic of Vitamins and Minerals

Information sourced – Wai Lana's Favourite Juices

We have had some great response and interest to the article on the Magic of Vitamins and Minerals segment in which we covered the following vitamins A, B-Complex, B₃ Niacin, B₅ Pantothenic Acid, B₆ Pyridoxine, B₈ Biotin, B₉ Folate, Folic Acid, B₁₂ Cyanocobalamin and Vitamin c Ascorbic Acid.

Vitamin	Function	Symptoms of Deficiency	Best Sources
D Calciferol, Cholecalciferol Ergocalciferol	Essential for growth and healthy bones and teeth. Helps the body use and absorb calcium. Essential during menopause and child growth.	Poor calcium absorption. Softening of the bones. Stunted growth. Bone deformity. Osteoporosis. Weakness. Anemia.	Sunshine, butter, milk, yoghurt, vegetables and vegetable oils.
E Tocopherol	Essential for healthy skin and blood circulation. A wonderful antioxidant and anticarcinogen. Protects the body against toxins. Lowers bad cholesterol. May lay a vital role in slowing the aging process. Good for PMS.	Anemia. Increased risk of heart disease an stroke. Muscle wasting. Fatigue. Reduced pituitary and adrenal gland function. Liver and kidney damage.	Seeds, nuts, legumes, olives, soy products, cold-pressed vegetable oils, kiwifruit, tomatoes, peas, butter, spinach, avocado, asparagus, wheat germ, whole grains.
F Unsaturated Essential Fatty Acids, EFAs, Omega-3 and Omega-6 Fatty Acids	Maintains function of cell membranes while helping lower cholesterol levels. Essential for healthy skin, joint lubrication, inflammatory conditions, and transmission of nerve impulses. Prevents dry skin and hair loss.	Lowered immune system. Slow healing. Hair loss. Eczema. High cholesterol. Blood clotting. Behavioural disturbances May damage liver, heart and kidneys.	Omega-3, Grapeseed oil, flax oil, oils of grains, avocado, soybeans, raw nuts and seeds (such as walnuts, sesame, and sunflower) Omega-6; All vegetable oils, nuts, seeds, grains.
K Phylloquinone	Essential for blood clotting. Important for liver function and control, of calcium levels.	Haemorrhages. Nosebleeds. Diarrhoea. Miscarriages.	Cruciferous vegetables like broccoli, cauliflower, brussel sprouts, cabbage, dark leafy greens, yoghurt, molasses.
P Bioflavanoids	Strenthens capillaries. Needed for the proper function of vitamin C. Prevents bruising. Promotes circulation. Stimulates bile production. Reduces pain and swelling	Bleeding gums. Increased susceptibility to colds, eczema, anemia and bruising.	Citrus fruits (especially the skin, pulp, and white pith), peppers, grapes, garlic, blue and red berries.
U Methylmethioninesulfomium chloride (chemical name)	Helps heal skin and stomach ulcers.	Undefined	Cabbage, Brussels sprouts, kale (form of sea weed)



Minerals are inorganic (lifeless) compounds that are nonetheless necessary to sustain life. Although a car runs on gasoline for fuel, it first needs a battery to do even that. Minerals are similar to batteries – they enable our bodies to use fuel. In fact, minerals are needed for the proper functioning of all other nutrients. They also help balance the body systems, strengthen immune function, and keep us mentally alert. Derived mostly from foods grown in quality soil, minerals make up about 4% of our body weight. Mineral supplements should be sought only in cases of a known deficiency. *Unfortunately, world-wide our mineral rich soils are being constantly depleted and the minerals that were once abundant in the earth are just not available to us through our food.*

Mineral	Function	Symptoms of Deficiency	Best Sources
Calcium	Strengthens and maintains bones and teeth. Necessary for proper function of the nervous system. Assists blood clotting and fat and protein metabolism. Helps regulate muscle contraction and relaxation, including the heartbeat.	Muscle cramps. Joint pain. Weakness. Low blood sugar. Tooth decay or loss. Extreme or long-term deficiency causes osteoporosis.	Dark leafy greens (especially collard greens and kales) watercress, broccoli, seaweed, dairy products, almonds, figs, dates, apricots, parsley, tofu, beans, peas, sunflower and sesame seeds.
Chromium	Essential for insulin function and regulation. Helps regulate blood sugar and cholesterol. Important for metabolism.	Decreased ability to metabolise sugar, fat, and carbohydrates. Depressed growth,. High cholesterol. Deficiencies are often associated with diabetes.	Peanuts, apples, grapes, whole grains, cheese, nutritional/brewer's yeast, mushrooms, spinach, honey, molasses.
Copper	Necessary for healthy blood, blood vessels, bones, skin, and nerves. Also needed for proper skeletal, nervous, cardiovascular, immune, and thyroid function. Aids enzyme function and helps the body use iron and vitamin C.	Anemia. Loss of skin or hair colour. Degeneration of the nervous system. Skeletal defects. Reproductive problems.	Brown rice, seaweed, wheat germ, nuts (especially almonds) potatoes, beans, leafy greens.
Iodine	Essential for proper thyroid function. Protects against radiation. Helps regulate body temperature, energy production and metabolism. Needed for healthy hair, skin and nails.	Enlargement of the thyroid (goiter). Hypothyroidism. Rapid pulse. Heart palpitations. Nervousness.	Seaweed, algae, iodised salt.

Next issue we will continue with Minerals and discuss Iron through to Zinc.

As mentioned in the first section of this article, vitamins and minerals are generally depleted by stress, caffeine, alcohol, smoking, antibiotics, sleeping pills, junk foods, excessive sugar intake, excessive protein intake, dieting, illness, extreme heat, radiation, pollution, pain relievers, and the use of laxatives and diuretics.

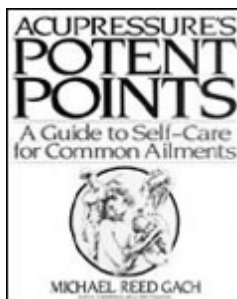


ACUPRESSURE POINT RECIPES

Michael Reed Gach

www.StressReliefProducts.com

Acupressure is as old as instinct itself. The natural response to hold a place on your body that is aching, wounded, or tense. The impulse that makes you double over and press your stomach in response to abdominal cramps is an example of the instinctive practice of acupressure.



Acupressure may well be the most ancient form of physical therapy.

A natural, hands-on healing art

Over 5000 years ago, the Chinese discovered certain points on the body which, when pressed, punctured or heated, had beneficial effects on certain ailments. Gradually, through trial and error, more and more points were discovered that not only alleviated pain but also influenced the functioning of internal organs. More recently, high-tech equipment has scientifically revealed that these points actually have a higher electrical conductivity on the surface of the skin.

In traditional Chinese medicine, methods range from the most natural to the most intrusive. The most down-to-earth, natural healing methods, such as breathing exercises, dietary therapy, acupressure and herbology, were used as a people's form of hands-on, organic healing. If more treatment was needed, acupuncture and chiropractic were used as more complete and manipulative, followed by drugs and surgery, which use the most drastic interventions in last-resort medicine.

Acupressure and acupuncture

Acupuncture and acupressure use the same points. The fundamental distinction lies in the needles used in acupuncture and the gentle but firm pressure of hands (and feet in some techniques) used in acupressure. However, using the power and sensitivity of the human hand, acupressure continues to be more effective in relieving tension-related ailments in self-treatment and in preventive health care.

Balance systems of the body

Many ailments can be the result of too much stress challenging the body's balancing systems beyond their limits. The resulting tension and internal stress inhibit the body's ability to cope effectively with the disrupting condition. In order to relax muscular tension and balance the vital forces of the body, acupressure uses a system of points, which tend to collect muscular tension, and meridians, the pathways along which healing energy flows from point to points.

Acupressure considers symptoms to be an expression of the condition of the person as a whole. Thus, acupressure sessions focus not only on relieving pain and discomfort, but also on responding to these tensions and toxicities in the body before they develop into illnesses. That is, acupressure works before the constrictions and toxins have caused damage to the internal organs.

The body's warning signals

From an acupressure point of view, tension is a stagnation of the bodily flows: the nerves, meridians, lymphatic ducts and blood vessels. Lack of exercise, poor diet, alcohol and drugs all contribute significantly to this stagnation. Emotional repression, neurotic habits, as well as the common stresses of the day-to-day living, cause blockages within the body. These physical tensions or blocked emotions (whether conscious or not) lock the homeostatic mechanism of the body, restricting proper functioning. Headaches are one example of the body's warning signals. They indicate muscular tension and possible oxygen deprivation in the brain. Instead of taking aspirin to repress such a signal by cutting of the body's natural alarm system, acupressure releases the tight, constricted muscles to correct the imbalance and its cause.

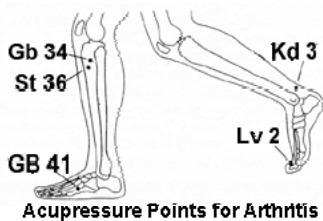
There are many causes of headache and it's a good idea to talk with your client about what may be triggering each headache prior to making a final decision upon which acupressure points to use.

These can include emotional stress; chronic shoulder and neck tension, which can partially block the circulation of the blood to the head; meridian imbalances; cervical misalignment, which creates strain on head/neck muscles and pinched nerves; intestinal congestion; and dietary imbalances, such as the contracting effect of salt, the expanding effect of sugar, the toxicity of most meats.



In extreme cases, headaches can signify more serious conditions such as earaches, toothaches, rheumatism and even internal haemorrhaging.

Try these acupressure points below:



The practice of acupressure has developed primarily through a combination of instinct and hands-on experience. Its principles and healing techniques have also been influenced by individuals who could feel or see trigger points and meridian pathways.

Some healers integrated breathing meditations and mudras (hand positions), while others added herbal remedies and massage. This exciting evolution of acupressure continues today among contemporary practitioners who incorporate traditional principles while discovering new point formulas and bodywork styles of their own.



Pregnancy and Essential Oils

Various medical and natural therapies websites

More and more members have been asking questions in relation to massage during pregnancy. There is a lot of differing opinions and information available in regard to what to do and what not to do. There are many that profess that some essential oils should not be used at all during pregnancy, although we agree with this in essence there are always circumstances where this can't be avoided. A clear example of this is that women are often unaware they are pregnant until approximately 4-8 weeks into the pregnancy and they may be receiving aromatherapy massage without any problems at all.

Essential oils are quite safe, if used appropriately. Always remember essential oils should always be used with caution.

As a general rule we would advise that you rely on your client for an overall picture of her health during past pregnancies (if any) and her health just prior to becoming pregnant. Both of these are quite important when considering the use of essential oils for their therapeutic values.

Aromatherapy massage may help to relieve the symptoms of morning sickness, assist with reducing stretch marks, may lessen or slow the onset of varicose veins, and may also minimise backache and labour pains.

It is important to use Essential Oils with caution, particularly being aware of any contra-indications of the oils that you are working with. There are many oils that should be used with caution during pregnancy and some that can be used at certain stages.

Some essential oils should not be used when there are indications of blood pressure variances, while others can reduce or increase blood sugar levels and therefore should be used with caution by diabetics.



During the first trimester of pregnancy, the production of hormones are conducted by the ovarian follicle. After this, production of chorionic gonadotrophin is taken over by the placenta.

The production of hormones is approximately 100 times higher during pregnancy than during a standard menstrual cycle. With this in mind the reduction of these hormones would need to be excessive to create a miscarriage. Essential oil usage is generally around a 2-5% basis, meaning that you would not be using more than 5% essential oils in any aromatherapy application, under normal guidelines.

It would be extraordinary if the use of essential oils alone created the reduction of hormones to the degree that a miscarriage or damage to the foetus was created. Once again, having said this, we as an Association always recommend that you don't use essential oils in the first trimester and during the second and third trimesters halve the usual quantities of your blends. Enjoy your pregnancy massage as much as your client will enjoy receiving a Raynor Massage Therapy during pregnancy.



COUSCOUS

Information sourced from various websites

Cous Cous is a traditional staple food in North Africa; it is also common in Western Africa whence it has spread into Central Africa. Couscous is a pasta, made by mixing flour and water to form a paste which is then formed and dried.



Most couscous is made with flour ground from durum wheat, but rice, maize (corn), or cowpea (black-eyed pea) flours are sometimes used. Home-made couscous is rare these days; even in rural Africa most people buy ready-to-use couscous from a store or market.

In Northern Africa the word *couscous* refers not only to the pasta itself, but also to a dish of stewed meats and/or vegetables that is served with the pasta (just as the word *spaghetti* means both the noodles or a dish of noodles with sauce).

The traditional method of preparing couscous is to steam-cook it in a special pot called a *couscoussière*. The *couscoussière* consists of two parts: the lower part is a cooking pot, usually rounded on the sides like a barrel, the upper part is a second pot (with a lid) that fits snugly on top of the bottom pot. The top pot has holes in its bottom that admit steam from the lower pot.

The stew cooks in the bottom pot while the couscous is steamed on top. (Real couscous is always steamed, never boiled.) Most traditional couscous recipes call for the couscous to be dampened with water (or oil), then steamed, removed and allowed to cool, mixed with butter or oil, then steamed again, and then perhaps cooled and steamed a third time.

What you need



- 6 cups couscous (not "instant couscous")
- 2 cups warm water with 2 teaspoons sea salt
- 1½ cups olive oil or similar
- chicken or vegan stock

What you do

- Put half the couscous in a large bowl. Sprinkle half the salted water over the couscous. Rub your hands with a bit of the oil and sprinkle the rest of the oil over the couscous. Use your hands to evenly distribute the oil and water into the couscous. Let the couscous form small pellets, but break any lumps. Add the remaining couscous and continue the process, adding more water and oil to make the couscous uniformly damp, but not wet.
- Place the couscous on a clean cloth, cover it with another cloth and leave it to rest for an hour or two.
- Bring the vegan or chicken stock to a very gentle boil in the bottom pot. Place the couscous in the top pot, cover, and let the couscous steam for about an hour over the simmering broth (or stew). Make sure that the steam is going up through the couscous and not escaping out the sides, especially if you are using an improvised couscous cooker.
- Remove the couscous from the steamer and place it in a clean bowl. Massage some more oil or butter into it (careful not to burn your hands) and let it cool for about fifteen minutes.

Even if you don't make couscous the traditional way, now you know there's more to it than pouring it from a box into a pot of boiling water.



May the holiday season fill
your home with joy ...
your heart with love ...
and your life with laughter

... And may you have a safe,
caring and sharing New Year.

All the best from everyone at INTA



Ciao, See ya later, Aloha, Adiós, Slán libh, Aroha nui,
Chao, Namasté, Auf Wiedersehen, Itte rasshai, salut,
Joi gin, Salammat jalan, Vaarwel, and Goodbye