



# NEWSLETTER

## Rekindling Your Relationship

If you're anything like many couples in a long-term relationship (especially with kids), your relationship can sometimes feel a bit ... flat or you may even feel like you've drifted apart and wonder where the love has gone.

Keeping love and passion alive or even just feeling connected can feel like a difficult task, in the midst of trying to juggle raising the kids, your career, finances, your in-laws or whatever it is that adds to your daily stress load. Sometimes you may be so caught up in your routines that you don't even notice that you haven't been paying attention to your relationship until you wake up one day asking yourself who is this person you're sharing your bed with? You may feel alone and perhaps worried or confused. You question whether you can ever get the love back and feel truly connected again.

The good news is that relationships can be improved. Very often, the experience of 'losing the love' (and finding it again) can teach couples a lot about each other and about themselves. Love can frequently be rekindled and often to a couple's surprise, their love may grow deeper than it has ever been.

### How can I rebuild our relationship?

Sometimes rekindling the love can be as simple as changing a few routines at home such as reducing screen time for example to give you more time together, going on a 'date night' once a month, scheduling time for intimacy or socializing more together. In other cases however, couples have drifted apart so much that they may feel as if they really don't know each other anymore. In any case, some general recommendations on building stronger relationships can be made:

1. Learn about your partner, get to know her/ him in a deep way. Learn about their worries, hopes, and goals in life. Learn about their history and the facts and feelings of their world. With this knowledge you'll be able to see things from their perspective.
2. Make a conscious effort to look for the positive, likable characteristics in your partner and express your appreciation of these qualities to him/her often and remember the good times you shared.

3. Avoid criticism, defensiveness, contempt and stonewalling. Research has shown that there are some patterns of interaction in a relationship that are very destructive to love: the **four** things that really destroy marriages. Talk about your partner in positive terms to others and watch your self talk too – no relationship can grow on criticism. We grow only on our strengths.
4. Improve your communication, learn how to communicate your needs in more effective ways – build your skills so you can communicate assertively without threatening your partner or being submissive and learn how to listen more effectively. This can be done by attending courses, reading books and in counseling.
5. Turn toward each other, connect and be there for each other during minor events in each other's lives and respond favorably to each others bids for attention, affection, humor and support.
6. Create a shared meaning and purpose. Define the unique identity of your relationship and family and an appreciation of the roles and goals that link you.
7. Attend counseling with a therapist specifically trained in couple therapy if you feel you need some support in resolving an issue that needs to be discussed and worked through.
8. Be courageous and take the first step in creating the changes you yearn for and don't wait for your partner to go first. If you are brave he will inevitably have to follow.

It is true that relationships such as marriages can feel like hard work at times, and this normal. However, it is also true that love can be rekindled and there can be great joy in a fulfilled, loving and committed relationship.



*Inbal Sofer, Counsellor and Psychotherapist.*



### SPRING - A TIME FOR HAIR REGENERATION

Many of us begin to notice significant hair loss in late autumn, particularly in May, June, leading many to believe that hair loss could be seasonal. After careful analysis Swedish researchers have confirmed that some hair loss is indeed seasonal

Humans tend to shed between **50 and 100** hairs every day, a direct result of the hair growth phases. A typical strand of hair has a life cycle of between 24 and 72 months (2 and 6 years) during which time it will grow normally. However around 10 per cent of a person's hair may be in a "resting" phase (known as telogen), at which point the hair can fall out.

Research suggests that we experience slightly higher rates of telogen during summer, which sees the affected hairs falling out around 100 days later, in autumn.

#### What could we do to enhance hair regeneration and sprouting over spring time?

- Eating a diet rich in protein and vital vitamins and minerals is an essential prerequisite to healthy hair growth. Opt for foods high in vitamins A, B, C, and E, iron, zinc, copper, magnesium, and selenium. Vitamin B-complex, in particular, is extremely important for making your hair grow faster.

So, include a variety of foods like milk, cheese, yogurt, chicken, eggs, whole grains, salmon, spinach, broccoli, bell peppers, cabbage, parsley, grapefruit, avocado, brown bread, oats, and alfalfa in your diet to nourish your hair and scalp. Plus, drink fresh fruit and vegetable juices, such as orange, grapefruit, carrot, beet, and lettuce juice. Fish, flax seeds, walnuts, beans, winter squash, olive oil, and other foods rich in omega-3 fatty acids are also good for hair growth as about 3% of a hair shaft is made up of omega-3 fatty acids.

- Stay stress-free
- Add vitamins and mineral supplements such as zinc, iron, E, Amino acids, fish oil when required
- Massage your scalp. Massaging promotes blood flow to the scalp, which in turn stimulates the hair follicles



Genya Fleischer & Galia Atteslander, Naturopath/Acupuncturist

### 5 Ways to Change Your Brain

It used to be thought that intelligence is determined by birth and that there is little one can do to change it. But new developments in neuroscience are giving us a much greater understanding of the brain. The brain is actually dynamic and the activities we engage in every day can have an influence on the brain's structure and chemistry!

1. Exercise
2. Change Your Routine
3. Listen To Music
4. Challenge Yourself
5. Meditate



Chiropractor, Dr Sandra Buchanan

Gotu Kola is often used by Naturopaths and Herbalists to rejuvenate and repair skin. Clinical experiments have shown that the triterpenoids in the plant can repair body tissue by stimulating collagen synthesis. The herb is also a vasodilator and blood vessel strengthener. The herb also has anti-inflammatory and antioxidant properties. It's a great addition to any rejuvenation tincture that can be prescribed by your naturopath.



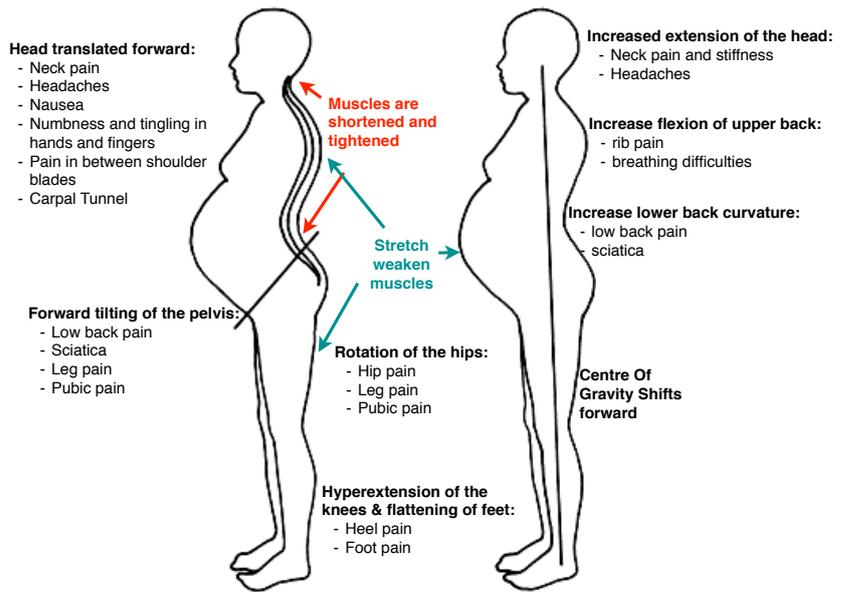
### The Pregnant Body

What a wonderful time in a women's life, the ability to experience the making of a little life.

Many women can experience aches and pains as the belly grows. This is due to our bodies curvatures changing, muscles lengthening and shortening causing joint and ligamentous strain. The image shows an in depth view on the changing pregnant body.



Daniella Zampierollo, Osteopath



### Health Benefits of exercise

These days, so many people see exercise as a weight loss tool, which it is, however it is so much more than that!

Some of the health benefits include:

- Improve pain levels and quality of life in people with arthritic conditions.
- Reduced risk of heart disease, reduced blood pressure and cholesterol levels, as well as improved blood sugar levels in those with diabetes.
- Improve function in those with COPD
- Improved quality of life in those with parkinson's disease and MS
- Improves mood, energy and symptoms of depression
- Improves symptoms of those with chronic fatigue syndrome

And the list goes on! Exercise doesn't need to be hard, 30 mins of moderate exercise 5 days a week is all you need to kickstart yourself onto a path of better health and wellbeing.

Remember to seek medical advice before commencing any exercise program



Shanee Fleischer, Physiotherapist

### Using Essential Oils in Hair Rinses

**Fennel/Rosemary/Sage:** For Dark hair to give luster and shine.

**Lemon/Camomile:** For fair hair to lighten and brighten.

Add 1 drop of each essential oil to 600ml of water in a glass bottle well sealed, shake vigorously and allow 24 hrs for the oils to be taken by the water. Use as a final rinse to impart shine and luster to the hair and aromatised the head area while providing a nourishing treatment to the scalp. You will notice a marked difference in the way you feel after aromatherapy hair treatment. Many people experience greater clarity, more energy and a care-free feeling.



Zhanna Khortik, Massage/Beauty Therapist