

Self Healing Australia

Newsletter Summer 2011

Summer Foods

Summer is the season when we can feel most open and inspired to follow our passion and joy.

However it can also be a time when we can become a little manic or obsessive about things, feel sad or not connected to other people.



Foods that are important for Summer are corn, polenta, bitter greens, salads, and tofu. These foods nourish and regulate the heart and small intestine helping absorption and circulation in the body.

Summer Cooking Style

With the seasonal change from Spring to Summer cooking methods become lighter and shorter. Stir-frying, steaming, and light boiling are the main cooking methods for the season. Vegetables are chopped finer or in matchsticks for quicker cooking. Salt and tamari are used in smaller amounts.

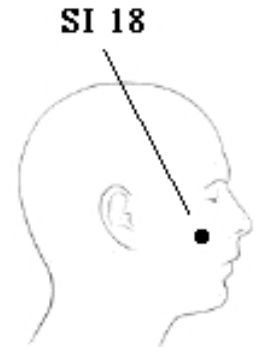
Corn is harvested at this time and is the most suitable grain for the season. Sea vegetables can also be used as condiments or in light-pickled salads. Small amounts of fresh summer fruit can be used with meals as they provide a cooling effect.

If you're living in the northern hemisphere, Winter foods and cooking styles are available free online in the [Macrobiotic Handbook for All Seasons](#)

Shiatsu Point Therapy for Facial Disorders & Toothache

In the ancient 5-Element theory, Summer relates to the Fire element which includes the Small Intestine and Heart meridians.

The Small Intestine meridian creates on the internal level by turning food into fire. It is the furnace or powerhouse of the hara which provides the energy for the heart to regulate.



The Small Intestine meridian relates to the inner cortex of the brain which involves thoughts, intuition, and creativity. When we're feeling a lack of energy at the physical or creative level, we can often be attracted to stimulants like caffeine, nicotine, and drugs to kick start ourselves.

When the meridian is balanced, we feel passionate and excited about our lives and our creative endeavours. We're also more in touch with our intuition and are able to assimilate new situations with ease.

SI 18 is located in the depression at the bottom of the cheekbone. It can offer symptomatic relief from facial disorders such as spasms and twitching as well as toothaches.

Treatment

Using your index finger apply pressure until you feel the soreness in the point.

Taking deep breaths and maintaining the pressure breathe slowly in and out of the point until you feel the tension and pain disappear.

To discover more shiatsu points please click [here](#).

Bach Flowers - Mimulus



Mimulus can be taken when we have fears or anxieties about something specific, such as: an upcoming interview or exam, spiders, the dark, being alone, pain, flying, and separation.

It can also be used when we are highly sensitive to our environment including the people around us.

Spiritually, Mimulus can be helpful when we get too caught up in negative thinking and have lost our faith in life, the universe, or God.

Taking Mimulus can help us regain a truer perspective and realise that fear is a something we project from our minds into the future. It can support us staying in the moment and being able to deal with each minute, hour and day as it comes.

General dosage is 4 - 5 drops under the tongue at least 3 times a day, or whenever we feel discouraged, anxious, fearful, or shy.

Modalities & You Reflexology

What is Reflexology?

Reflexology is a hands-on therapy which activating the healing powers of the body by pressing the reflex areas in the hands and feet which correspond to all the major organs, glands, and parts of the body.

How does reflexology work?

According to reflexology theory, there are ten energy zones - five on each side of the body - that run from head to toe.

These zones end in each foot and hand. Stimulating an area in the hands or feet using pressure with the thumbs and fingers affects the entire zone throughout the body. For example, working the liver reflex area on the foot will revitalise and balance the liver as well as other areas related to the zone.

By systematically working all the zones, the body can relax deeply which then allows its natural healing power to surface and you experience a sense of well-being at all levels .

Tofu & Vegies Shishkabab

- 4 button mushrooms
- 4 yellow squash
- 2 zucchini
- 4 tomatoes (optional)
- 250g white tofu
- 1 clove garlic
- 1 tablespoon mustard
- 2 tablespoons tamari
- 2 tablespoons rice vinegar
- 2 tablespoons oregano or basil
- sea salt

Cut tomatoes in halves and sprinkle sea salt on the inside leaving them for 15 minutes in a bowl. Then scrape off any excess sea salt and throw away the excess water from the tomatoes.

Wash and cut vegetables in big chunks and cut tofu into thick 2cm squares. Place them in a large bowl.

Prepare the marinade in a small bowl by mixing rice vinegar, tamari, crushed garlic clove, mustard and herbs together.

Then pour the marinade over vegetables and let sit in the fridge for about 1-2 hours before making the shishkababs.

Then place cut pieces of vegetables and tofu on wooden skewers and either grill or barbecue each side for 10 minutes.

Add 1 tablespoon of kuzu dissolved in a little cold water to leftover marinade. Simmer until kuzu turns transparent and then pour sauce over shishkababs.

Serve with noodles or rice.

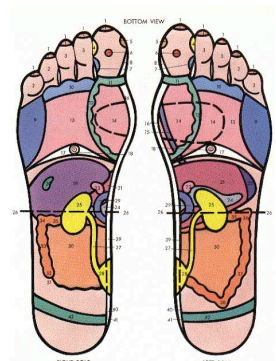
You can try some additional recipes in our free online

[Macrobiotic Handbook for All Seasons](#)

What conditions can reflexology treat?

Since reflexology treats the whole person, not the symptoms of disease, most people benefit from treatment. The therapy brings relief to a wide range of acute and chronic conditions, and is suitable for all ages.

It is also a preventative therapy which means that you don't have to be ill to benefit from reflexology because it helps to maintain good health as well as being a pleasurable experience at any time.



Yoga for Summer Bow Pose

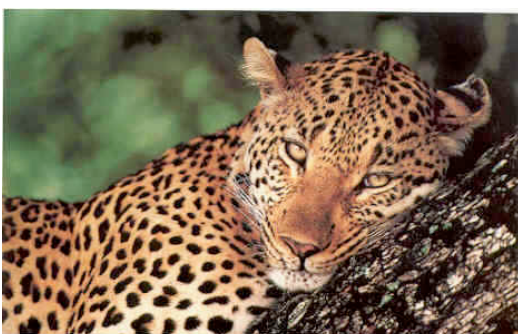
This pose strengthens abdominal muscles and helps relieve back and shoulder stiffness.



© pic courtesy of [Viaden Mobile Inc.](#)

- Lie on your stomach, keep your legs at hip width apart.
- Inhale and bend both legs. Exhale raising your head and upper torso while stretching your arms towards your feet.
- Breathe in and out holding position for 3-4 breaths, making sure you keep looking straight ahead.

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Small Intestine Meridian Meditation

Close your eyes and imagine the sun. Feel the warmth and glow of its rays upon you face.

Feel your whole body start to glow, first your face then neck and shoulders, chest, arms, torso, back and legs.

Then feel the heat start to gather in your lower abdomen just below the navel, and imagine the heat igniting inside of you to create a furnace of raw energy.

Feel the intensity of that furnace and understand that it is the source of all your energy and power.

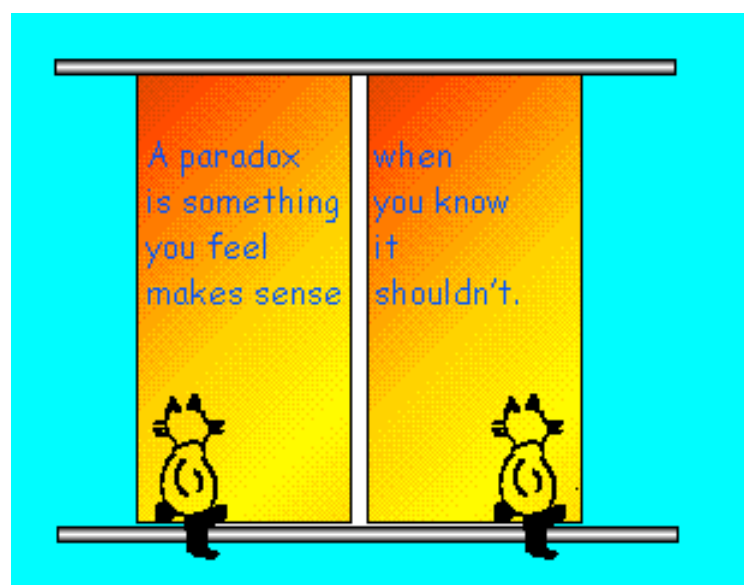
From that furnace, let the energy stream forth to all parts of your body until it is coming out of your mouth, eyes, ears, fingers and toes. Let that energy stream forth into the world like a spark that ignites the flames in other peoples' hearts.

Feel the inspiration and joy as they too light up and become powerhouses and lighthouses to each other.

Allow yourself to become one with all things, connected to them by all the energy of the Universe. Smile to yourself.

Then slowly return to your body.

On the Fence



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