The Herbal Planet

Free

Spring 2007 page 2

Suite 2 Franklin Square 60 Railway Street Mudgeeraba 4213.Queensland. herbheaven-hhhc@hotmail.com 07 55228230.

PEACE MIRRORS PEACE. (CONTINUE) BY ANNMAREE MILLER.

Let's look at the facts again, **radioactive iodine from the fallout causes thyroid cancer.** You may say," Nonsense why would they keep doing or encouraging such testing around the world? Well **did they worry about us when cigarettes came out and they knew their destructive potential, NO!** Within a sixteen year period after the Chernobyl meltdown , 8353 individuals in Belarus, a place in the direct downwind pathway of Chernobyl, were diagnosed with thyroid cancer. Now 'they' are saying that the wild life is coming back to the area, however, what they aren't telling you is that they are deformed.

Fact, yes in the beginning the carbon emission is substantially lower for a nuclear power station. However, because the **nuclear station requires fossil fuel to produce the nuclear energy, and it increases every year because more fossil fuel is needed then within10—20 years time the carbon emission will be the same**.

What's the answer you may be saying, well let's look at the 1 km high wind tunnel located in the center somewhere of Australia, that is either finished or still being built. It has a circumference of **wind tunnels that result in producing enough electricity to supply Perth!!!!!!!!!!!!!**

Why can't we have seven of those built we only need one for each major city to start with.

Could it be because the Government doesn't fund the wind tower, and that the coal industry gets it (2.5 billion funding?) and may not approve?

Could the 35 USA bases in Australia want to have the nuclear power station, which a minimum of 6 in Qld are proposed. Yes! Queenslander's that's in Townsville, Bundeburg, Rockhampton and God knows the other places?

Do you as an Australia want to see our pure non-radioactive food, be contaminated like the European food chain, from a potential incident like the Chernobyl meltdown?

New Zealand had the courage to say no to nuclear energy.

All the countries around the world have so many beautiful gifts to share with the planet. The middle east has it's oil , Pakistan has it's gas or in that region, Australia has (at the moment anyway) it's pure food, and so on. Does one country really need to be in control of the whole planet? Let alone space, as I found out on the weekend the USA government is sending anti-satellites into space to 'shut down' the other countries satellites. Hello!!!! Are we paying attention? Remember I did say I was passionate about life and this concerns the lives of everyone (every living thing) on this beautiful planet.

As a participant at the conference you can imagine the response was overwhelming to say the least.

So as a group we asked Helen what can we as individuals do to continue this awareness? The response was simple, it doesn't matter who the leader is you choose, because they are pretty much still in puppet mode, however, the Senate choice needs to be a party who promotes a **NON– nuclear power** orientated policy.

Let's look at the wind tower and solar energy more etc. As Christ said or who ever **'LOVE BEGETS LOVE**.' Terrorism or promoting the fear, will attract or provoke terror. **The greatest source of power will ultimately be one that promotes health for the individual, couples, families, communities, nations and the planet earth.** Let's make it a healthy choice. You as an individual, have the power to make a difference in this world, because ultimately you are a being of peace. Let's extend this level of peace/health consciousness to the community of peace/ planetary consciousness .

Namaste and love always. Annmaree.

Reference—Dr Helen Caldicott, 2006. ***Nuclear Power is not the answer to global warming or anything else.***

Networking the Holistic Health Care workers in the Gold Coast area.

Terence Carfrae -Holistic Health Coach, specializing in Nutrition and Exercise. **0415 181 535.**

Kaye Murrell—Bowen, NLP, and Skin Rejuvenator Treatments. **0411 722 112**.

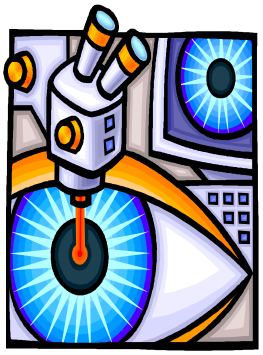
Molinda's Mobile Massage- 0408030908.

Mudgeeraba Dental Surgery—Holistic Dentistry. **55 30 31 94**

Dr Jane Chapman, Holistic Medical Doctor. **55031966, 0439 947 627.**

Annmaree Miller © 2007

Eyes Talk



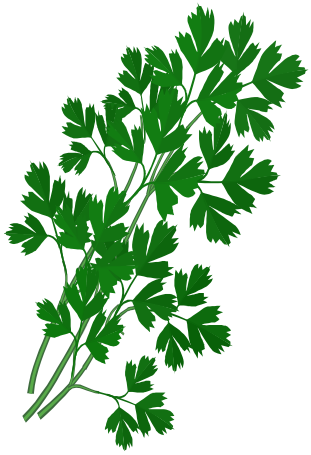
According to the Iridologists world wide. The eyes are not only an organ to see out of, they are also an organ to observe within, Since the dawn of it's modern day discovery in the mid 19th century, people such as; Dr Ignatz Von Peczely, Philipus Meyers, Theodore Kriege, Dr Bernard Jensen, Dorothy Hall, Nils Liljequist, Dr Lindlahr just to name a few, have contributed to the development of Iridology as a science.

How is it that the eye is a topography of the body.? Well firstly it is one of the first organs to develop in the embryo with a direct connection to the entire body via the nervous system. Secondly, it is an extremely complex tissue in the body, with hundreds and thousands of nerve endings, as well as containing the most minute muscles and capillaries. And Thirdly the one hundred and fifty years or so of clinical usage, that has stood the test of time.

Iridology may be used as a diagnostic tool for health problems experienced in the present, or it may be used as a general constitutional guide for predisposed vulnerabilities.

Herb Heaven—HHHC provides computerized data with every 1st consultation. Allowing you to take home your own record. For an appointment phone **55228230**

Fad herbs versus Individual herbs



Do you remember the 70's and the popularity rise of the great garlic plant or the amazing aloe vera in the 80's. Then it was the exciting Echinacea plant in the 90's that took the media by storm. In the mid to late nineties it was the savior plant, nature's own Zoloft as described by "Time" magazine, good ol' St John's Wort.

Now in the 21 century plants from other countries like, Macca and Goji are being reputed to cure all. Yes, there are people with different ailments who get results, however, I wonder if it's the fact that most of these plants mentioned are either great tonic plants in general or they assist the liver or the nervous system. These two areas in particular being greatly over used in western society. As well as major areas associated with the bodies ability to cope with over work or distress. Therefore, allowing the person to feel better anyway.

Individuals need individual care especially when it comes to realigning the mind /body to it's healthiest possible state. That's where people like myself can assist with choosing specific herbs to meet your needs.

Try a herbal tea to suit you.

Peace begins within

The Journey Home a Deep Relaxation CD. RRP $ 25

'**The Journey Home a Deep Relaxation.' CD** that guides the listener through various parts of their being. Through the technique of concentration or dharana one is able to unravel the fears, doubts and built up stresses that naturally occur throughout ones life. Therefore, allowing life's journey to be a more peaceful and loving one.

The effort you apply in concentration will be rewarded by the affect you feel, that being a truly deeper sense of peace. This experience will potentially overflow into your everyday living.

The CD is a tool that through practice you may experience peace, happiness zand love beyond your wildest dreams.

Namaste and

love always. Annmaree.

ANNMAREE MILLER ©

INSIDE STORY HEADLINE

This story can fit 150-200 words.

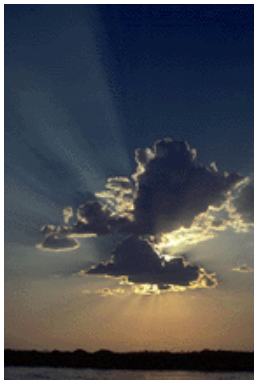
One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

INSIDE STORY HEADLINE

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

INSIDE STORY HEADLINE

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

Caption describing picture or graphic.

Suite 2 FranklinSquare
60 Railway Street
Mudgeeraba
QLD 4213.

07 55302280
0422100631

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

We're on the Web!
example.microsoft.com

Treating the individual through holistic care

BACK PAGE STORY HEADLINE

Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.