



Hi, Dear Friends & Clients:

Thank you for your support and business in 2011, and wishing you a happy and healthy New Year. The cartoon was sent to me by a dear friend, and it is oh, so appropriate.

Many of you and I have had the discussion of what Maya 2012 means, whether according to historians, Rosita or the scare mongers. Rosita says as this is a Year of Change: paint a room or a wall to start the ball rolling.



**PERSONAL:** Am settling into the new office space, and ankle mishap is almost a memory. If you haven't been by to visit, please come and say hello. The spacing has allowed all aspects of the practice to come to fruition, and I am having fun at work again!

My personal Maya 2012 Change challenge is coming to grips with all of the new software I bought for the Mac Air last August and am finally getting around to using!

**SERVICE OF THE MONTH:** *Champissage* is Indian Head Massage, a combination of movements and pressures working face, scalp, neck and shoulders, utilizing essential oils that relax, promote circulation and ease breaths. With the weather and air pressure on a

bipolar bend, sinus and migraine headaches are rearing their ugly heads. (Imagine what the plants are going through; one day budding, next frozen.) Champissage gives great relief, and can be done as a solo treatment remaining clothed and seated in a chair, with or without the conditioning oils, *or* as an add-on to any treatment.

**FACIAL OF THE MONTH:** Again, dictated by the weather: Deep Hydration Facial, no extractions. As skin is responding to air conditioning one day, heat the next, lots of wind and no humidity, it is gasping for any relief you can give to your face. Relax and nourish with gentle hydrating cleanser, 2 treatment potions under steam, facial massage with rehydrating cream, and another moisture drench during mask time. Add a Paraffin Hand Treatment for rejuvenation of those parts of the body exposed to the elements, looking like “Granma’s hands”.

**RECIPE OF THE MONTH:** *Cashew Coleslaw:* as always, use organic produce when possible

Ingredients: 4 ounces finely ground unsalted organic cashews, 2 c grated raw cabbage, 1 c finely chopped parsley,  
1 c finely chopped asparagus. (The vegetables are prepped raw; however, if you have digestive issues, the cabbage and asparagus can be lightly cooked.) Put all of the “greens” into a salad bowl toss thoroughly. Add in ground cashews. There is enough protein to be a fast, nutritious meal.

**NEXT MONTH:** I will be adding several links regarding food. I was crushed in December to learn Kashi brands is actually owned by Kelloggs, that labelled organic wines can be processed in such a manner to negate the “organic” and that once again the FDA and Monsanto are up to their old tricks. It behooves us to remember that most of the digestive disorders and cancers were not in existence 30 years ago; more later.

***Yours in optimal health, naturally,***

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