

Dear Clients & Friends:



It is with gratitude and a sense of accomplishment that I announce the debut of the new www.KamalaHealth.com webpage. While the old one represented the support of a community of instructors that helped me grow into the therapist I am today, the new one represents the direction of the business.

Thanks to the real clients who posed for treatment pictures, and my friend who patiently worked with me for a year designing the page. Take a few minutes to visit, and give me your feedback. The buttons are easier to use, and the entire format reads easily on your SmartPhone.

PERSONAL: I'll be out of the office, attending the Maya Practitioners Convention in Mexico, 3/17-3/21. It will be good to reconnect with Rosita, and to learn some additional male health and female pelvic pain release techniques. We are also visiting the original shrine of Ix Chel in Cozumel, the patron goddess of the work, and re-dedicating ourselves to her work.

Meanwhile, I have been reclaiming my yard and gardens at home, a big job since it has been almost 8 years (due to travel, teaching and aging parent care) since I have been home in Friendswood most evenings and weekends. The herbal gardens are replanted, the native plants sections have been released from their frozen, dead wood and are sending new sprouts out to nourish the bees and butterflies, and I am waiting on my tropicals' collection to see what will send out a green shoot and what just gave up after 2 years of late freezes.

HEALTH WARNING: My family has fully recuperated from the flu that hit the 3 of us, one at a time over consecutive days, on Valentine's weekend. Laura even used the Tamiflu/Medrol dose pack combination on Days 1 and 2 to no effect, except the \$120 out of my checking account. If you have a combination of fatigue, fever and a cough that doesn't go away in a couple of days, with or without the sensation of a gorilla sitting on your chest, welcome to the 2011 Flu.

This is a different strain from the Flu Shot strains. Peak season hitting Houston over next 3 weeks. Stock up on Oscillocoquinum, herbal cough syrup and Alacer Vitamin C 1000 units. Take the Vit C daily now through May, and use the rest when first symptoms hit. Let the fever run for 2 days, keeping up your fluids, then treat with Salgesic (from my office) or herbal fever reducer. If you are effected, plan for a week in bed, and another 10 days to recuperate from the fatigue--light work days. Wear a mask to prevent your germs from affecting others, and to protect your damaged respiratory system from the high pollen counts we will have later this month. Congaplex (available in my office) will get you over the lung cell damage quickly, and back to breathing deeply and normally.

This flu kicked my butt: my daughter reminded me I had not been seriously sick for more than a day or 2 since she was 9. She's now 21. Take your precautions, please!

SERVICE OF THE MONTH: It's time for diamond tip microdermabrasion, especially after the overuse and long time we needed indoor heaters, and before we start healthy tanning from more time outdoors. This effective treatment helps your skin shed old cells, and need less amount of products for moisture. *Microderm with Facial \$145, free hand treatment with same facial, or add on for arms and hands as \$20 when getting massage or body treatment.* (Yeah, nothing like seeing Your Tired Face in the mirror and then Grandma's hands when you look down, right?!)

UPCOMING CLASS: April 9 is the date and my office is the place for the one day **Hands on Health, the Maya Way**, 9:30a-4p. A review of how the body works, what creates illness/disease and how to treat yourself to maintain daily good health. CEs for massage, midwives and acupuncturists. For more info and to register, go to www.arvigotherapy.com/node/197. Several persons expressed an interest in this class when first announced last fall; this is the second offering, and the third and final one for 2011 will be in June in Friendswood. This fall will debut the 3 day class/weekend seminar, and future offering will alternate the 2 courses each year.

RECIPE OF THE MONTH: My taste buds are just now returning from 3 weeks of ginger and lemon tea, so I've been craving sharp pungent tastes. Thanks to Vegetarian Times for this offering of spring veggies:

Red Cabbage Salad with Pears and Walnuts. Serves 6. This salad should be served as soon as it is made so the cabbage retains its vibrant color.

Ingredients: 1 Tbs. plus 1/2 tsp. red wine vinegar; 1 Tbs. grape seed oil; 2 tsp. pomegranate syrup; 1 tsp. Dijon mustard; 1/2 head red cabbage, cut in half, cored, and very thinly sliced (4 cups); 1 Bartlett pear, cored and sliced; 1/2 cup toasted walnut pieces; 1/3 cup thinly sliced red onion. *To make pomegranate syrup, simmer 1 cup pomegranate juice with 2 Tbs. sugar and 1 Tbs. lemon juice over medium heat 1 hour, until thick.*

Directions 1. Whisk together vinegar, oil, pomegranate syrup, and mustard in small bowl. Set aside.
2. Toss together cabbage, pear slices, walnuts, and red onion in serving bowl. Add dressing, and toss to coat. Season with salt and pepper, if desired.

YOURS IN OPTIMAL HEALTH, NATURALLY,

DEBORAH DOERING AUSTIN, DN, RN
KAMALA CENTER FOR RADIANT HEALTH, PLLC
1547-A RUTLAND AT 16TH, HOUSTON (HEIGHTS) 77008
[832-818-0186](tel:832-818-0186) WWW.KAMALAHEALTH.COM

EVERY RELATIONSHIP WE HAVE IS A JOURNEY TOWARD HEALING AND TRANSFORMING THE SOUL.

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