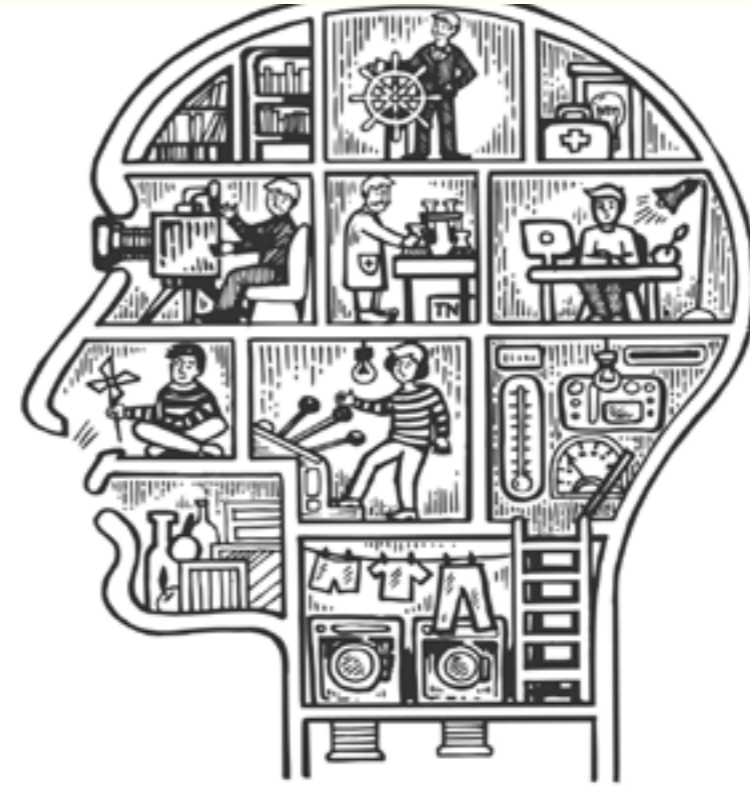


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TOP TEN THINGS TO DO DURING THE COVID-19 LOCKDOWN

SO, YOU FIND YOURSELF HOUSE-BOUND AT HOME AND THE NOVELTY OF NOT GOING TO WORK HAS WELL AND TRULY WORN OFF. WHAT ARE YOU GOING TO DO WITH YOURSELF OVER THE NEXT 90 DAYS, OR, HEAVEN FORBID, THE UNFORESEEABLE FUTURE? HERE IS A LIST OF THE TOP TEN THINGS TO DO DURING THE COVID-19 LOCKDOWN TO PREVENT COUCH SORES AND NETFLIX POISONING. MANY OF US HAVE NEVER FACED THE RECLUSIVE PATHWAY, WHICH STRETCHES BEFORE US NOW. WE HAVE BECOME DEPENDENT UPON THE STRUCTURE AND CONTENT PROVIDED FOR US BY THE ECONOMIC IMPERATIVE OF WORKING FOR A LIVING. HERE ARE, THEN, THE TOP TEN THINGS TO DO DURING THE COVID-19 LOCKDOWN.

1. TELL YOUR STORY VIA PODCAST. THIS IS THE PERFECT OPPORTUNITY TO RECORD YOUR TIME ON THIS PLANET. WORST CASE SCENARIO THE CORONAVIRUS KILLS YOU AND THIS IS YOUR CHANCE TO GET DOWN FOR POSTERITY THE SALIENT ASPECTS OF YOUR LIFE. IF YOU HAVE KIDS, THEY WILL BE ETERNALLY GRATEFUL FOR THIS PERSONAL TESTIMONY IN YOUR OWN VOICE. TECHNOLOGICALLY ALL THE TOOLS ARE FREELY AVAILABLE ON THE WEB. AUDACITY IS FREE SOUND EDITING SOFTWARE, WHICH IS EASY TO USE. YOU WILL NEED A MICROPHONE TO RECORD YOUR VOICE. YOUR PHONE CAN DOWNLOAD APPS FOR RECORDING YOUR VERY OWN PODCAST, LIKE SOUNDCLOUD- SUITABLE FOR BOTH ANDROID AND IPHONES. THERE ARE DOZENS MORE TO CHECK OUT. YOU CAN HAVE YOUR PODCAST HOSTED FOR FREE AT ANCHOR.FM OR PAY A MODERATE MONTHLY FEE AT PODBEAN OR ONE OF THE MANY OTHER HOSTING PLATFORMS. DO THIS FOR YOURSELF IT IS CREATIVE, RATHER THAN CONSUMING MORE OF OTHER PEOPLE'S STUFF, AND IT IS INCREDIBLY EMPOWERING TO BOOT.
2. EMBRACE THIS ENFORCED RETREAT FROM THE HURLY BURLY NATURE OF NORMAL LIVING AND READ THOSE BOOKS YOU HAVE ALWAYS WANTED TO. THOSE BOOKS THAT HAVE SEEMED TOO HARD, PERHAPS SOME RUSSIAN WRITERS LIKE FYODOR DOSTOEVSKY AND TOLSTOY. READING THE IDIOT, CRIME AND PUNISHMENT, AND THE BROTHERS KARAMAZOV MAY INITIALLY BE TOUGH BUT ULTIMATELY VERY REWARDING. SIMILARLY, WAR AND PEACE AND ANNA KARENINA ARE NOVELS WELL WORTH THE EFFORT OF READING. ALTERNATIVELY, YOU MAY WISH TO TACKLE BOOKS BY MARCEL PROUST OR THOMAS HARDY, OR BY HERMAN MELVILLE OR HENRY JAMES, OR NOVELS BY JANE AUSTEN OR A BRONTE SISTER. MODERN BOOKS CANNOT TAKE YOU TO THE PLACES AND FEELINGS THAT THESE MASTERPIECES CAN. DO YOURSELF A CORONAVIRUS LOCKDOWN FAVOUR AND GET HOLD OF THESE BOOKS FOR FREE VIA AMAZON KINDLE.
3. MY THIRD TOP TEN THING TO DO DURING THE COVID-19 LOCKDOWN IS TO TACKLE THE DINNER MENU THAT YOU HAVE ALWAYS WANTED TO PREPARE AND COOK. ONE OF THE AREAS OF LIFE, WHICH CURRENTLY REMAINS CONSTANT IS THE SUPPLY OF MOST FOODSTUFFS. MANY INGREDIENTS ARE STILL BEING PRODUCED AND AVAILABLE IN SHOPS AND SUPERMARKETS. PERHAPS YOU HAVE DREAMT OF WHIPPING UP A TURDUCKEN, WHICH IS A WHOLE TURKEY STUFFED WITH A DUCK STUFFED WITH A CHICKEN. THIS RUSSIAN DOLL OF A DISH RELIES UPON SOME SERIOUS SMALL BONE REMOVAL AND ENSURING THAT EACH LAYER OF FLESH IS COOKED WITHOUT BEING DRY AND OVERCOOKED. YOU NOW HAVE THE TIME TO DEVOTE YOURSELF TO THIS GOURMAND TASK. WHO IS GOING TO EAT ALL THIS FOOD IS ANOTHER QUESTION ENTIRELY IN THIS TIME OF LIMITED GATHERINGS? ALTERNATIVELY, YOU MAY LIFE TO TRY YOUR HAND AT SOMETHING SMALLER LIKE A SOUFFLE? YOU CAN MAKE A SWEET OR SAVOURY SOUFFLE. HOW ABOUT A CHOCOLATE SOUFFLE OR A PARMESAN CHEESE SOUFFLE? FLEX YOUR WHISK WRIST AND GET BEATING BABY!
4. ANOTHER NEAT ACTIVITY TO ENGAGE IN DURING THE CORONAVIRUS PANDEMIC QUARANTINING TIME IS TO EMBARK UPON AN EXERCISE PLAN. WE MUST NEVER FORGET THAT WE HAVE MONKEY-BODIES AND THEY REQUIRE REGULAR PHYSICAL CONDITIONING. GRAB A PEN AND PAPER, YOUR PHONE, OR YOUR COMPUTER KEYBOARD AND JOT DOWN AN EXERCISE REGIME. NOTHING TOO STRENUOUS BUT DO GIVE YOURSELF SOME MANAGEABLE VARIETY. IF YOU CAN GET OUTSIDE FOR A BRIEF WALK OR JOG, WITHOUT GETTING ARRESTED, THEN, THIS CAN BE GOOD FOR YOUR HEALTH. REMEMBER TO ABIDE BY SOCIAL DISTANCING REQUIREMENTS, TO AVOID CATCHING THE VIRUS. HOWEVER, THERE ARE MANY INDOOR EXERCISES THAT YOU CAN DO AT HOME. MAKE A DAILY PLAN AND SCHEDULE IT FOR THE MOST APPROPRIATE TIME OF THE DAY TO SUIT YOU. TAKE A DEEP BREATH AND STRETCH!
5. MAKING PLANS DURING ALL THIS FREE-TIME IS ONE WAY TO AVOID GETTING LOST AND DISPIRITED. WE ALL LIKE TO ACHIEVE THINGS IN OUR LIVES AND UNDERSTANDING THAT WE CAN STILL DO THIS ON A MICROSCALE CAN BE A RELIEF. YOU NEED TO THINK LIKE A PRISONER DOING TIME. ALBERT SPEER, HITLER'S ARCHITECT, SPENT DECADES LOCKED INSIDE THE WALLS OF SPANDAU PRISON IN WEST BERLIN, GERMANY. TO KEEP HIS SANITY, SPEER WALKED AROUND THE WORLD, WHILST LOCKED UP INSIDE SPANDAU. NELSON MANDELA MAINTAINED HIS SANITY WHILE IMPRISONED ON ROBBEN ISLAND FOR 27 YEARS. WHEN HE WAS NOT BREAKING ROCKS, HE STUDIED AFRIKAANS IN A BID TO UNDERSTAND HIS ENEMY. MAKE A PLAN FOR YOURSELF GOING FORWARD IN LIFE AND MAKE A PLAN FOR YOUR TIME IN CONFINEMENT.
6. LEARN A NEW LANGUAGE, THIS IS SO EASY THROUGH THE MANY FREE APPS AVAILABLE ON PHONE AND COMPUTER. DUOLINGO IS GREAT; AND I AM CURRENTLY LEARNING GERMAN AND SPANISH. LEARNING A LANGUAGE SHARPENS UP YOUR INTELLECT, LAYING DOWN NEW NEURAL PATHWAYS. DO DAILY SESSIONS AND YOU CAN SET YOUR WORKLOAD LEVEL. LEARNING NEW WORDS CAN BE GREAT FUN AND IT WILL, ALSO, IMPROVE YOUR UNDERSTANDING OF YOUR MOTHER-TONGUE. DISCOVERING AND PRACTISING THE SEMANTIC STRUCTURE OF LANGUAGES REVEALS LOTS ABOUT ALL LANGUAGES. YOUR WORDS CREATE YOUR WORLD!
7. CREATE SOME ART ONLINE. DOWNLOAD SOME FREE GRAPHIC DESIGN SOFTWARE AND PRODUCE A BIT OF ART ON YOUR COMPUTER AT HOME. CHECK OUT GRAVIT DESIGNER. DIGITAL ART CAN BE FUN, AND IT CAN BE A VERY USEFUL SKILL TO MASTER. GRAPHIC DESIGN IS A BIG PART OF THE MODERN WORLD. USE THE COVID-19 LOCKDOWN TO EXPLORE SOME PARTS OF YOURSELF, WHICH MAY HAVE LAIN DORMANT FOR MANY YEARS OR DECADES. USE THIS TIME TO IMPROVE YOURSELF AND TO MAKE YOURSELF BETTER. PUT YOUR EFFORTS UP ON SOCIAL MEDIA AND SHARE THEM WITH THE WORLD. WHO KNOWS WHAT MAY COME OF THIS? YOU MAY HAVE LOST YOUR JOB, TEMPORARILY OR PERMANENTLY, AND IT MAY BE TIME TO FIND SOME NEW SKILLS. DO NOT LET YOUR INEXPERIENCE PREVENT YOU FROM HAVING A GO. JUST DO IT!
8. THE DIGITAL REALM I.E. GOING ONLINE IS A REAL SAVIOUR DURING THIS COVID-19 LOCKDOWN. IMAGINE IF THE INTERNET AND WORLD WIDE WEB DID NOT EXIST THROUGH THIS CORONAVIRUS PANDEMIC. THINK ABOUT THE COMMUNICATION MADE POSSIBLE VIA EMAIL AND SOCIAL MEDIA PLATFORMS. EXPLORE PARTS OF THE DIGITAL REALM THAT YOU HAVE NEVER BOTHERED LOOKING INTO. CREATIVE SOFTWARE IS AVAILABLE FOR ALL SORTS OF THINGS TO DO AND CREATE. GET INTO IT!
9. GET SOME SOIL BENEATH YOUR FINGERNAILS AND PLANT A FEW THINGS IF YOU CAN. IF YOU DO NOT HAVE ACCESS TO A GARDEN, THEN, PUT SOME HERBS IN PLANTERS ON WINDOWSILLS OR BALCONIES. GROWING THINGS IS A GREAT WAY TO REMAIN GROUNDED IN THE BASICS OF LIFE. NOT TO MENTION THE CULINARY INPUT TO THE DISHES YOU COOK AT HOME. FRESH HERBS MAKE A HUGE DIFFERENCE TO COOKING. GROWING VEGIES IS ANOTHER PRODUCTIVE PAST TIME. YOUR HEALTH CAN BENEFIT FROM EATING FOOD THAT YOU HAVE GROWN YOURSELF.
10. MAKE A HEALTH PLAN FOR YOUR TIME IN THE COVID-19 LOCKDOWN. STOP OVERINDULGING IN ALCOHOL BECAUSE EXCESSIVE DRINKING ONLY MAKES THINGS WORSE. YOU MAY TEMPORARILY ESCAPE IN A HAZE OF INTOXICATION, BUT YOU WILL PAY FOR IT IN THE MORNING AND IN THE DAYS AND WEEKS TO COME. EAT WELL, WITH PLENTY OF FRESH FRUIT AND VEGETABLES. ADJUST YOUR DIET TO YOUR NEW LIFESTYLE. YOU MAY BE EXPENDING LESS ENERGY AND LEADING A MORE SEDENTARY LIFE. THEREFORE, YOU PROBABLY NEED LESS FOOD AND LESS CARBOHYDRATES. EAT LESS BREAD, PASTA AND SWEET STUFF. THINK ABOUT STAYING HEALTHY AND EAT HEALTHILY IN RESPONSE TO YOUR NEW HEALTH PLAN. GOOD LUCK WITH YOUR CONFINEMENT AND STAY HEALTHY MY FRIEND.

Cruelty Free Makeup Choices for Eco Conscious Young Adults

Not many people, really, want to hurt animals or be involved with things that hurt animals. It is ignorance, rather than indifference, which places so many innocent animals in daily peril across the globe. This is why it is so important for the message to get out; and for consumers to know which products contribute to animal cruelty. Once someone becomes aware that their regular consumption of this product is part of the chain of hurt, then, often, they choose to purchase something else. The internet has been a great boon for spreading the truth about companies that test their products on animals.

Cruelty Free Makeup Choices for Eco Conscious Young Adults

PETA are People for the Ethical Treatment of Animals, and they boast some 6.5 million members and supporters globally. They have some muscle in the marketplace when it comes to identifying transgressors and 'the good guys'. More and more young people are factoring in the ecology of the planet, when it comes to making consumer decisions. They are supporting brands and manufacturers who do the right thing, when it comes to animals and the environment. An Australian makeup brand, which is cruelty free and environmentally friendly will win friends and consumers.

Makeup and cosmetics, generally, are a funny thing, in that it is an industry built on vanity. People, mainly women, applying topical substances to their faces and bodies to look a certain way. The irony of an innocent animal suffering or dying, so that some person can, hopefully, look and feel better about themselves is acute. You do not see many animals wearing makeup. They are not lounging about in the pursuit of some ideal identity seen on TV. Putting aside the nature and morality of wearing makeup per se, it is clear, that no animal should suffer in the production of these human foible fripperies.

The thing about women wearing makeup, it is, often, handed down from mother to daughter. Behaviours like these are cultural and familial. Little girls grow up watching mummy apply her make-up in front of the mirror. Cosmetics and makeup are, usually, inessentials, which have been promoted as more integral to the concept of beauty and personal attractiveness, than they really are. Applying make-up becomes a ritualised process in the lives of these women. The application of different faces for different roles. Sexual attractiveness. Demure maiden. Mother. Co-worker. Etc.

Herbal Remedies for Common Complaints

Herbal medicine has been around, probably, since the dawn of time, as it relates to human beings. It is the natural way of treating many of the common complaints we suffer from, even now, in the 21C. Sourcing your herbal remedy from a trusted manufacturer remains an important factor when it comes to the safety and efficacy of treatments. In this article, we will be listing some herbal remedies for common ailments. I would like to acknowledge the use of Thorsons Concise Encyclopaedia of Natural Health, as a source for some of the information contained within this article.

Drinking Too Much Alcohol

Starting with an 'A' and another substance that has been with humankind from the very beginning, alcohol. Imbibing alcohol has been a part of a rich tradition in the history of human beings. Of course, too much of a good thing can be problematic for our health, and the wellbeing of ourselves and our relationships. Here are some herbal helpers to be aware of.

Evening Primrose Oil for its Gamma Linolenic Acid (GLA): can assist with liver damage and mood swings. GLA is a rare anti-inflammatory omega-6 fatty acid.

Skullcap, Motherwort, and Lavender can assist those who are having a break from alcohol by reducing withdrawal symptoms.

Eating a healthy diet, high in fresh vegetables and fruit, is always advisable. Zinc via chicken, fish or meat, or a supplement, can, also, be helpful for those drinking too much alcohol. Vitamin B and C are a must for drinkers.

Allergies or Hay Fever

Feverfew has anti-inflammatory properties, which can assist in reducing the symptoms of allergic reactions.

Wild Cherry Bark is another botanical with anti-inflammatory properties and has been traditionally used to treat coughs and respiratory issues.

Fenugreek is a multitasking medicinal herb, which has traditionally been employed to aid with digestion, reducing stomach inflammation.

Haemorrhoids

Haemorrhoids or piles are common in the west, due to the prevalence of low fibre and processed foods in our diets. Piles are, often, the result of constipation, pregnancy, and straining on the toilet. Herbal remedies for this common complaint include:

Witch Hazel lightly sponged onto the anus in a solution can reduce bleeding.

Pilewort ointment applied twice daily can assist in the treatment of these protruding veins around the anus.

Drinking plenty of fresh water every day, 8 glasses are recommended, and eating more high fibre foods like wholegrains, fresh fruit and vegetables, and pulses, will help this condition. Avoid spicy

The Art of Blogging

I want to make a confession first up, which is that I hate the word blog and all its extensions – blogging, blogger, blogged and blogs. Short for ‘web log’ apparently, blog, is an ugly word let’s face it. It sounds to me like a colloquial term fit for acts of defecation. Thus, the art of blogging is akin to a ballerina farting loudly throughout a performance of the Nutcracker Suite. OK got that off my chest. I wonder who came up with the term in the first place? I Googled it and according to a Wikipedia entry ‘weblog’ was so named by one Jom Barger in 1997 and one Peter Merholz reduced the two words to ‘blog’ in 1999 via a phrase posted on his blog. Now you know.

Blogging is an Emerging Genre

Blogging is writing, a form of written communication in the digital age. Blogs are most commonly websites carrying posts containing opinion pieces. This emerging genre of written communication has been influenced by something called search engine optimisation (SEO). Very many blogs are written to improve the ranking and traffic to associated websites. This poses serious credibility questions about many of the blog postings that you may read on the internet. Of course, there are blogs written without recourse to SEO, but they are definitely in the minority.

The 400-Word Blog Post

The 400-word post has become a stand-alone genre in the 21C. This word length can generally satisfy the sampling spiders of search engine algorithms. There are rules that writers of these posts must adhere to if they are to attract the positive attention of search engines. Content on websites, in the form of text primarily and images to a lesser extent, is regularly searched by Google, Bing, Safari etc. The art of blogging must enhance the chances of keyword searches coming up with quality results for those end users seeking specific information.

In my role as a professional blogger I have written 400-word posts on just about every topic under the sun. My mother always said that I had the gift of the gab and I have channelled this talent for bullshitting into the written digital medium. I use the term bullshitting not to mean outright lies but rather the willy nilly casting of authoritative opinions. In fact, my modus operandi is to always tell the truth in my blogging wherever possible. I have described myself as a hack journalist of the digital age – a paid writer churning out endless 400-word posts for the direct benefit of clients I usually never see or hear. To

keep my sanity, I focus on the message contained within my penned 400 words (no actual pen is involved). If I can communicate a sage message to the readers of my posts, then, I can walk away with some modicum of satisfaction.

Two topics that have more in common than you might think are subjects I have been commissioned to write on a lot – sex and plumbing. Both practitioners of these ancient occupations, it seems, are either not great with words or are simply too busy to write their own copy. The two areas share concerns with couplings and both charge like wounded bulls. I was once critiqued by a phone sex operator client and censured for writing content that was too dirty. There are degrees of indecency and obscenity, even in the art of blogging. Dentistry is another demanding client of my blogging and I can detail great swathes of dental lore for those who may wish to know of these things. Superannuation and those who deal in such financial products and insurance, also, regularly call upon my skill set. Lawyers have recently come to the party and especially those who dabble in compensation law. Money lenders, whores, electricians and plumbers are all members of my art of blogging SEO family. DJs and wedding singers have joined the club, and now that I think about it, a bouncy castle provedore, vape shops, landscape gardeners, builders, conveyancers, plasterers, carpenters, healers, chiropractors, herbalists, bookies, locksmiths, security specialists, lighting shops, air conditioning contractors, speciality food stores, natural health providers, debt collection agencies, phone sex operators, life coaches, personal development seminars, sound therapy, disability advocates, and my apologies to all those I can no longer remember. I did, however, at the time compose authoritative text upon the concerns of all these agencies. Research is an important factor in the art of blogging. Knowing where to look and knowing how to discern the valuable from the hot air is of paramount importance.

I think about the demise of old-world genres like letter writing and diarising. Emails purport to having replaced the letter but these two written expressions of communication have very different characteristics. Emails in my experience are generally written with an air of haste and target an immediate response from the reader in the main. The instantaneous reality of the medium permeates the content a lot of the time. Personally, I primarily associate emails with work, probably because this was the realm in which the medium was first introduced into my life. To this day, I have difficulty in dealing with very personal emails. Diary entries are a better fit with digital

web logs and many owners of blog sites would consider their blogging as public diarising. Diaries were usually private affairs until their publication post-mortem for the celebrated and famous. The digital age, especially via social media, has reduced the realm of the private self, our inner worlds. Thoughts once kept private are splashed out on Facebook, Twitter and in blog posts. More recent generations of us seem compelled to list their lives on social media platforms. Things are more real for them when they can see them on the screens of their ubiquitous phones.

The art of blogging is now a prerequisite for the modern human being. Being able to compose a readable post on a topic, most usually autobiographical, is an essential 21C skill. We are all asked to write our own profiles for an abundance of digital mediums deemed necessary for work and personal activities. Self-promotion is a basic requirement of the modern world. This means that a grasp of your own language in the written form is more important than ever before in the history of humanity. Alas, there is a surfeit of bad copy on the web. There are very many poorly written posts and pages among the trillions online. Whether this is due to incompetent software programs, digital copywriters in the third world, and/or illiterate website owners it is not a great cache of written communication by human beings. The world wide web lacks a good editor.

Our kids, are, and will be, looking to the internet for their written language learning. Let us hope that they quickly learn to become discerning in their perusing of these billions of blogs and web sites. The digital realm is now our global library of text and images. The art of blogging is having its 21st birthday. It is a young entity and, perhaps, should be judged accordingly. In time, like most things, it may well evolve into something worth watching. I will be doing my best to sustain the genre into the 21C. Perhaps, vlogs will replace the blog, with hacked human beings too busy to bother with something as boring as reading. Watching and listening may well be the way forward into the future. The death of writing and reading something worth reading will be an awful shame in this blogger’s opinion. Life may well become so pre-digestible that all information will be masticated prior to consumption by the children of tomorrow. The glazed look in his and her eyes while hovering over their screen was a harbinger of the demise of Homo sapiens. If only the art of blogging could have saved us from our deletion from the main game in time. I will write a 400-word post on this and hold my breath.

Organic Sommelier

With The Sacred Chef



For the freshest fruit
flavors available in your
wine drinking experience,
it is hard to go past good
organic wine. When the
fruit on the vine has been
treated with beneficial
care - from the vineyard to
after taking the wine making
to a whole new level.

but the wine, like you, has not been fully nurtured. The number of
pesticides used in growing the fruit, and the amount of
fertilizer used, can be a lot. It's not just the amount of
pesticide used, but the type of pesticide. Some are
more effective for longer periods of time, but they
can be more harmful to the soil and the plants.
Organic wine is made from grapes that have been
grown without the use of synthetic pesticides or
fertilizers. This means that the grapes are healthier
and the wine is better for you. Organic wine is
also better for the environment. It's a win-win.

RED WINES

Pinot Noir
With moderate red wine aromas and a hint of spice, Pinot Noir is a popular choice for many wine lovers. It is known for its delicate and elegant flavors.

California Pinot Noir
Many wine lovers love the smooth, velvety texture of California Pinot Noir. It is known for its rich, dark colors and complex flavors.

Italy
Italy is known for its rich and bold red wines. The country's diverse climate and soil conditions create a wide variety of wine styles.

France
France is known for its elegant and refined red wines. The country's long winemaking tradition has resulted in some of the world's most famous wine regions.

Spain
Spain is known for its bold and spicy red wines. The country's diverse climate and soil conditions create a wide variety of wine styles.

Germany
Germany is known for its elegant and refined red wines. The country's long winemaking tradition has resulted in some of the world's most famous wine regions.

Australia
Australia is known for its bold and spicy red wines. The country's diverse climate and soil conditions create a wide variety of wine styles.

WHITE WINES

Chardonnay
Chardonnay is a popular white wine variety known for its versatility and elegant flavors. It can be made in a variety of styles, from light and crisp to rich and buttery.

Pinot Grigio
Pinot Grigio is a popular white wine variety known for its light and crisp flavors. It is often made in a dry style, but can also be made in a sweeter style.

Riesling
Riesling is a popular white wine variety known for its aromatic and elegant flavors. It is often made in a dry style, but can also be made in a sweeter style.

Sauvignon Blanc
Sauvignon Blanc is a popular white wine variety known for its bright and zesty flavors. It is often made in a dry style, but can also be made in a sweeter style.

Shiraz
Shiraz is a popular white wine variety known for its bold and spicy flavors. It is often made in a dry style, but can also be made in a sweeter style.

Merlot
Merlot is a popular white wine variety known for its smooth and elegant flavors. It is often made in a dry style, but can also be made in a sweeter style.

Malbec
Malbec is a popular white wine variety known for its bold and spicy flavors. It is often made in a dry style, but can also be made in a sweeter style.

Wine Review

Tangra River 2007 California Merlot Paso Robles

This is an excellent wine with a complex bouquet of flavors that is both elegant and powerful. The wine is made from Merlot grapes grown in the Paso Robles region of California. It has a rich, dark color and a smooth, velvety texture. The flavors are a mix of dark fruit, spice, and earth. It is a great wine for those who enjoy a bold and spicy red wine.

Collon Wine 2007 Margaret River White

An excellent white wine from the Margaret River region of Western Australia. The wine is made from a blend of Chardonnay and Sauvignon Blanc grapes. It has a light, crisp character with a complex bouquet of flavors that includes citrus, stone fruit, and a hint of spice. It is a great wine for those who enjoy a light and elegant white wine.

Hoggs 2007 Paso Robles Pinot Noir

A great Pinot Noir from the Paso Robles region of California. The wine is made from Pinot Noir grapes grown in the Paso Robles region. It has a rich, dark color and a smooth, velvety texture. The flavors are a mix of dark fruit, spice, and earth. It is a great wine for those who enjoy a bold and spicy red wine.



The range of massages, skin treatments and other healing techniques will vary from place to place, but a health retreat will be judged by the quality of its practitioners. **Relaxation that comes from the caring touch of a genuine healer is the desired outcome.**

ASK people if they know what a health retreat or spa is and most will give an affirmative answer. Attempt to qualify that by enquiring, "Have you actually been to a health retreat?" and not quite so many can say yes. You may have read about health retreats or spas, or know a friend who has been to one, but perhaps you haven't been to one yourself. With that in mind, the WellBeing team recently conducted some experiential research and is pleased to share its findings with you.

Ancient origins

The origins of the health spa date back thousands of years, and there are many well-known surviving examples of Roman bath-house culture throughout the world. The town of Bath in England, for example, sits above the active hot springs around which the Romans established one of their bath houses. The town of Spa in Belgium is the likely origin of the word "spa", as this was a particularly popular Roman health retreat.

However, just about every culture created a place for its people to gather, bathe and relax. Baths were most often (but not always) built above naturally occurring hot springs, and the Romans built vast ovens to heat some of their bath houses when necessary. Turkish baths were famous for the skill and artistry of their attendants, with the experience of visiting the baths encompassing massage, scrubbing, sauna, barbering, shaving and, of course, bathing. Communal bathing has always been important in the Japanese culture, with each village or suburb in Japan having its own bath house. Many of the therapeutic practices we are familiar with today — massage, aromatherapy, fasting and detoxification, thermal therapy and spa therapy — had their beginnings in these places of rest and recuperation.

Considering later sociopolitical attitudes to health spas in Western communities, it seems that we of Anglo-Saxon heritage and the Protestant work ethic lost the thread of connection with these sanctuaries of delight hundreds of years ago. The early Christian Church considered them places of heathen practice that promoted sinful preoccupation with the body; its doctrine did not allow for such comforts of the flesh.

This attitude later evolved into the reality that health spas were places only for the wealthy and powerful, who, of course, were seen by the masses as inherently evil anyway. So the health spa became a rare treat for the rich and famous (and today, something we read about in the Sunday papers in relation to "recovering" celebrities).

Andrew's story

Andrew, one of our researchers, went to CampEden Health Retreat in Currumbin Valley, Queensland — the longest established health retreat in Australia, having been operating since 1983. As CampEden is the forerunner of the emergence of the health retreat industry in Australia, we thought we'd look at what it could offer Andrew.

Andrew has a few health challenges that have been confounding doctors and naturopaths for a number of years, notably virulent eczema that has not responded to treatments by skin specialists or holistic practitioners and continues to plague Andrew's life. So it was with grateful optimism that he agreed to make the trip north to CampEden.

They say that first impressions count, and from the moment Andrew arrived at camp for his introduction session with his team leader, his vulnerability met with a welcome and caring energy. "I think that for most people, when arriving at the door of the unknown, handing over control of the basics of life — what and when you eat, and your sleeping arrangements — and facing new day-to-day activities, there are fears and reservations about what lies in store for you. The sooner you engage a certain degree of trust in those you're undertaking the journey with, the better you feel and the further you can let yourself go," he said.

He also commented on just how beautiful CampEden's location in the Currumbin Valley is, and I think from my own health retreat experience that visual inspiration is important when you are embarking on a life-changing course. The health retreat experience can be likened to climbing a mountain from where you can look down on your life in the everyday lane and see what, where and how you can make adjustments towards a healthier lifestyle.

CampEden is a luxurious retreat in the resort league. When faced with the array of equipment in the gym hall, Andrew felt like he was looking at a circus big top — a little daunted but ready for what the week had in store for him. On your arrival, a wellbeing assessment is carried out so that a tailored program can be created for you. For someone like Andrew, who has a number of personal health requirements, this was particularly apt. He met with the beauty spa manager who performed some skin testing procedures to find the right products for his sensitive skin.

CampEden is structured like a true camp with team leaders and group support leaders, and these people become your personal guides. When you're voluntarily relinquishing control, the primordial issues — particularly food — become even more

bought G.D. Sente and the Aspartame business became a separate subsidiary; the NutraSweet Company. I would love to tell you that it is not about money

damage by crossing the blood/brain barrier. Again there is scientific debate over whether humans are as susceptible

Bad and terrous to eat...

By Susloa Hamilton

A recent survey of 166 studies into the safety of Aspartame found that 74 of them had NutraSweet related funding and that they all found that Aspartame was safe. Whereas of the 92 independently funded studies, only 8% of them found that Aspartame did not have safety concerns in humans to answer to.

or that there was never a suspicion of corruption; but I cannot. In 1995, the FDA Epidemiology Branch Chief Thomas Wilcox reported that Aspartame complaints represented 75% of all reports of adverse reactions to substances in the food supply from 1981 to 1995.

The metabolic journey that Aspartame takes once ingested causes it to break down into several residual chemicals and further break down products include formaldehyde, formic acid and diketo piperazine. Exposures to very low levels of formaldehyde have been proven to cause chronic toxicity in humans. There has however been scientific disagreement regarding how the body deals with the methanol and formaldehyde produced by Aspartame, and this debate is one of the key reasons why Aspartame has not been reviewed and subsequently banned by regulatory government bodies in the western world.

The phenylalanine component of Aspartame, which is one of the nine essential fatty acids, makes up around 50% of Aspartame's mass and this is highly unsafe for those with the rare genetic condition known as

to this extensive brain damage as are the rats, for which the research shows conclusive proof. Further concerns regarding Diketo piperazine, which is created in products as Aspartame breaks down over time, can through nitrosation in the body create a chemical which can cause brain tumours.

So we are left with a situation of scientific disagreement paralysing regulatory bodies, and lots and lots of health complaints, ranging from the small, to claims involving hundreds of thousands of possible deaths. A recent survey of 166 studies into the safety of Aspartame found that 74 of them had NutraSweet related funding and that they all found that Aspartame was safe. Whereas of the 92 independently funded studies, only 8% of them found that Aspartame did not have safety concerns in humans to answer to. Science may not be as clean and trustworthy as those white lab jackets that so many scientists are fond of wearing might indicate to us. After all, if you ask the right questions in any scientific study you can pretty much get any answer you are after. Omission is as much of a cause of death as anything else.

COMPANY
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WIP APPROACH

What Do Biotechnology Companies Do?

Biotechnology is the application of biology (the study of living organisms) to a technological outcome. The companies involved in this ground-breaking and rapidly evolving industry are seeking to profit from their innovation in a variety of fields. These areas include pharmaceuticals, agriculture, engineering, and medical science. Research and development lie at the heart of what biotechnology has to offer, so, many diverse applications in our lives. Biochemical engineering is providing new building blocks for human beings to construct our world with. Biomedical engineering is deriving new health care treatments via the synthesis of these two approaches to understanding how things work. Interdisciplinary specialisation is leading to breakthroughs in diagnosis and therapeutic solutions to health issues we face as human beings. Genetic engineering has seen the utilisation of genes to modify and manipulate cellular behaviour. DNA and Generically Modified Organisms (GMOs) are terms that have entered the modern lexicon to describe new understandings in this field. GM foods and crops have been at the forefront of the most successful biotechnology companies operating today around the globe.

Biotechnological Research & Development Produce Profits

Biotech companies are investing heavily into research and development in the hope of making vast profits from their game changing innovations. Companies like Ciba-Geigy and Calgene have developed virus resistant and pesticide producing crops through GM. Multinational corporation Monsanto is making billions of dollars annually from their GM agricultural products. They tightly control and license farmers to use their hybrid seeds to plant their crops. These include cotton, corn, soy and vegetable seeds. GM foods have attracted a great deal of controversy from green groups and farmers who resist their introduction on the basis of biosafety. Scientists developing genetically engineered crops have also been awarded the World Food Prize to honour their achievements in improving the quality and availability of food in the world. Genes are being removed or added to produce new versions of these plants. Transgenic, Cisgenic and Subgenic are all different types of gene modification. Studies by various scientific review journals have found that GM crops have had a positive effect on farming and agricultural production. GM crops have lower production costs, but higher seed costs, and, importantly, yield increases of between 9% and 25%.

History of Biotechnology

The ancients employed biotechnology through their farming applications. Domesticating wild animals into livestock was one of the earliest and most profound applications. Equally, the breeding and selection of the best crops for a particular environment was another integral historical biotechnological application. Human beings and their evolution from a largely hunter gatherer modus operandi to an agrarian one, is a big part of our overall success as a species on this planet. Another keen example is the application of wild yeasts to brewing and breadmaking. Fermentation remains an important part of food production today, especially with the increasing popularity of a return to natural processing. Our enduring attachment to alcohol in all its many guises, with wine and beer at the forefront, remains a major biotechnological achievement, which continues to this day. Soy sauce and fish sauce are fermented to please the palates of half the world's population. Biotechnology led to the development of antibiotics, which have saved countless millions of lives, since the beginning of the twentieth century.

Biotech Companies are the Future

Biotechnology companies are the future, when it comes to large investor and shareholder profits. Some say they are, also, the future, when it comes to saving the planet. Recycling and waste management are being transformed by biotech applications. Bioremediation can clean up industrial

Improve the Pains of Aging with Some Simple Lifestyle Changes
There are some simple lifestyle changes, which we can all make to improve painful situations associated with aging. Many of us do get caught up in habitual behaviours, which are no longer age appropriate. Mindless repetition is an invisible killer within our modern urban lifestyles. We are all starting to read about the dangers of too much sitting and the sedentary lifestyle. Awareness of this can be extended to include how we move about in our lives and whether we are doing the same old routines. People, unfortunately, can become like robots moving about in repetitious patterns; and this does not serve us well for our health and wellbeing.

Improve the Pains of Aging with Some Simple Lifestyle Changes
We are learning that having lots of regular mini breaks, in any activity that we are involved in, is good for our health. Break things up at work and in your home-based activities, have short rest stops. Get up from prolonged tasks and stretch and walk about. Don't drive vehicles for long distances and periods of time without lots of stops and movement breaks. As we age, getting the blood circulating around our bodies becomes even more important. We can seize up if we do not get some gentle exercise when working at a desk and sitting on the couch.

If you can walk to the local shops instead of taking the car do so, but don't then carry heavy shopping bags home. Be smart with your physical exercise choices. Lie on your back sometimes and do some gentle leg and arm raising movements. Turnover on your stomach and carefully raise your legs to strengthen your lower spinal core. Don't sit still for too long. Go outside when you can and refresh yourself with a walk or turn around the garden.

Back pain is so often exacerbated by sedentary behaviour and human beings can help themselves by taking positive action. Gentle exercise is the thing, nothing too sudden or dramatic. Approach your physical exercise carefully and with gradual steps, building up to longer and more demanding movement. Don't lift unsuitable weights at work or at home. Evaluate whether there are old chairs, couches or beds, which are aggravating your back through poor design. Don't put up with pain, just because you feel like it has always been there. Make changes in your lifestyle to effect positive improvements.

Arthritis – Complete Chiropractic
 Arthritis, many of us have heard the term and may know people that suffer from the condition, but, what actually is it? Arthritis is a general name for around some 100 medical conditions which affect the musculoskeletal system. Wherever two or more bones meet can be a target for arthritis to occur. Osteoarthritis is the most prevalent form of these joint diseases. Rheumatoid arthritis is, also, a common manifestation of this painful joint inflammation and autoimmune illness. Ankylosing Spondylitis is another joint disease which affects many Australians. Chiropractic has had a considerable amount of success in treating many forms of arthritis and their associated symptoms. The fact that we work with the spine, which carries our nervous system, means that we are realigning important joints in the neck and back. At Complete Chiropractic, we are helping our clients alleviate pain and overcome debilitating symptoms associated with their arthritis.

Chiropractic Treatments for Arthritis
 As healthcare professionals, we evaluate

the health and wellbeing of every client we see. Our approach is a whole body one and we treat each client individually in response to their unique manifestation of the condition. Our practitioners know a lot about health, diet and many of the causes for inflammatory conditions like arthritis. At Complete Chiropractic, we will not only treat your painful condition, but help you understand ways to effectively manage and reduce the problems associated with it.

Relief for Painful Joint Pain
 Your chiropractor can provide effective relief from painful joint pain and inflammation. We can exercise the area and improve mobility. Our natural approach to treating arthritis can, also, reduce the amount of prescription pain relief drugs taken by our patients. Regular sessions with one of our trained chiropractors, over a 6 to 8-week period, can result in substantial relief from arthritic pain and a greater understanding of how diet and exercise can improve the overall situation. Contact us now to make an appointment or to find out more about our

Brisbane Day Spas: Here's 3 We Recommend Highly

A day spa experience can be a wonderfully rejuvenating thing. If the therapists are well trained and delightful, and the facility itself is designed to be a real retreat from the busy urban existence we all inhabit, then, healing can happen on a profound level. Australian cities have embraced the day spa concept and in most of the major cities you will find a few exceptional examples. If you have never been to a day spa, it is a special experience, and we urge you to do so. Brisbane is home to some fabulous day spas and here are three that we recommend:

Brisbane Day Spas: Here's 3 We Recommend Highly

The Sakura Day Spa Brisbane is a suitably tranquil place to find sanctuary from the modern hub bub we now call living. As the name suggests, it has an Asian feel to it, a graceful, contemplative ambience. The many treatments can transport you to a calmer space within yourself and the look of the place supports that process. Aromatherapy works via your olfactory sense and smell is one of the most profound sensory experiences. The staff here are wonderful, very good at what they do and respectful of your head space. Many women feel that they lack pampering in their lives and here at Sakura you can top up on that pampering to feel special once again.

Sakura Day Spa

1A/54 Vernon Tce, Teneriffe/New Farm

Brisbane, Qld 4005.

07 3257 3408

admin@sakuradayspa.com.au

Five star international hotels are often home to day spas and the Marriott Hotel in Brisbane is a shining example of that symbiotic relationship. Top quality is an ethos which inhabits this modern day palace of your dreams. Pools are very important at spas, the best spas have a surfeit of pools and they usually look and feel amazing. The pool deck here is no exception, with river views and a tremendous sense of space. You can get wrapped, scrubbed and reborn at Dome, amid a nurturing haze of luscious aromas. This is professional beauty treatment at its best.

The Dome Spa Retreat

Brisbane Marriott Hotel, Level 4

515 Queen St, Brisbane

QLD, 4000.

07 3833 1300

enquiries@domesparetreat.com

CHECK OUT YOUR HERBAL SUPPLEMENT BEFORE BUYING IT

HERBAL SUPPLEMENTS ARE NOT ALL MADE THE SAME. YOU NEED TO DO A LITTLE RESEARCH INTO WHAT YOU MIGHT BE TAKING BEFORE YOU COMMIT TO CONSUMING IT. THE FUNNY THING ABOUT HUMAN BEINGS IS THAT WE FIND OUT ABOUT A REMEDY OR NEW HEALTH SOLUTION AND WE ASSUME THAT IF WE KNOW THE NAME OF THE HERB OR THE MEDICINE WE ARE ON THE RIGHT TRACK. HOWEVER, NOT ALL HERBAL MEDICINES ARE THE SAME, AS THERE ARE MANY DIFFERENT WAYS TO PREPARE THEM. CHECK OUT YOUR HERBAL SUPPLEMENT BEFORE BUYING IT, IS MY SAGE ADVICE ON THIS IMPORTANT POINT.

MOST HERBAL MEDICINES ARE MADE FROM EXTRACTS

UNFORTUNATELY, MANY HERBAL SUPPLEMENTS MAINLY CONTAIN EXTRACTS NOT PLANTS. WHEN YOU EXAMINE THE LABEL OF A HERBAL SUPPLEMENT IN A STORE, LOOK FOR THE WORDS, "EXTRACT, STANDARDISED EXTRACT, OR EXTRACT EQUIVALENT." WHEN YOU SEE THAT ON A LABEL, THIS MEANS THE PRODUCT HAS BEEN MADE IN A FACTORY, RATHER THAN FROM A PLANT. "JUST EAT THE PLANT!", THIS HAS BEEN THE CATCHCRY OF PHARMA BOTANICA FOUNDERS, PAUL AND MELISSA GRIBBLE, FOR MORE THAN 21 YEARS. PHARMA BOTANICA IS THE ONLY AUSTRALIAN MANUFACTURER THAT EXCLUSIVELY USES 100% PLANTS IN ALL OF THEIR HEALTH FORMULATIONS. EVEN THEIR CAPSULES ARE MADE FROM HEALTHY KALE.

DO YOU KNOW WHAT YOU ARE ACTUALLY GETTING?

ANOTHER ISSUE PERTAINING TO EXTRACTS, IS THAT IF PARTICULAR CHEMICALS OR CONSTITUENTS IN A BOTANICAL ARE THE ONLY ITEMS OF INTEREST, THEN, THE BOTANICAL SOURCE MIGHT BE IMMATERIAL. IF ALL YOU WANT IS THE ALKALOID CAFFEINE, FOR EXAMPLE, IT CAN BE EXTRACTED FROM COFFEE, TEA, YERBA MATE, GUARANA, OR, EVEN, SYNTHESISED. WITH AN EXTRACT, YOU CANNOT REALLY KNOW WHAT YOU ARE ACTUALLY CONSUMING.

WHOLE HERBS ARE BEST

WHOLE HERBS, WHICH IS THE PHARMA BOTANICA WAY, ARE PRETTY MUCH WHAT THEY SOUND LIKE. THE HERB IN NATURAL FORM – LEAVES, STEMS AND/OR ROOTS – IS DRIED, THEN, CUT AND SIFTED, AND, THEN, MILLED INTO A POWDER. POWDERS ARE, EITHER, PACKED INSIDE A CAPSULE OR SOLD LOOSE, SO, THAT YOU CAN ADD THEM EASILY TO A JUICE OR SMOOTHIE. "SINCE YOU

The Cosmetic Healthcare Business is Booming

Healthcare businesses are extending their domains into the aesthetic and cosmetic sectors. More doctors and dentists are getting on board the vanity bus to drive their profits further. People want to look good and feel good in the 21C. This means that GPs are brushing up on their cosmetic surgery skills via 6-week courses and putting out the shingle to advertise these new services to their clients. More people are going under the scalpel and laser to achieve a better visage. Dental clinics are offering more and more cosmetic services in conjunction with their traditional dental hygiene services. The cosmetic healthcare business is booming.

Consumers Purchasing Cosmetic Makeovers

Men and women are using their hard-earned dollars to transform their looks via cosmetic surgery and similar procedures. This trend is happening here in Australia and globally, predominantly in the wealthier section of society. These services are getting cheaper and many people choose to travel to countries where these procedures are cheaper, and the traveller's dollars buy more because of the currency exchange rates. Aesthetic tourism is booming in western nations, as consumers combine holidays with a nose or boob job. The cosmetic healthcare business is booming all over the place.

Some of the Best Dentists in the World are Operating Here

In Australia, in cities like Melbourne, there are some fine examples of boutique dental clinics, which offer some very sophisticated services. Click here for more to check out a perfect example of this online. Going to the dentist is a very different experience in 2018, than it was, even, 10 years ago. The number of pain killing options available is amazing. The variety of procedures for cosmetic dentistry is equally impressive. We have some of the best dentists in the world operating here, but you will have to pay for the privilege.

Many Dentists Make Tooth Work

According to the Australian Dental Industry Association, there are some 17, 240 dentists operating in Australia. There has been a 3% increase in the number of dentists over the past 12 months. The whining sound of that high-powered drill has not deterred clients from spending more at the dentist either. The Dental Board of Australia is the controlling body in this country. Every practicing dentist must be registered with this body to work in Australia as a dentist. Dentists earn a good income and the business is, even more, lucrative, with the boom in cosmetic healthcare.

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