

Sunflower Oracle

Wellness Network
East Coast Edition 2
Summer 2021–2022

Bay of Plenty
Mount Maunganui
Papamoa
Tauranga
Te Puke



Holistic Wellness
Kinesiology
Theta Healing
Holistic Massage

Crystal Reiki
Craniosacral Therapy
Coaching &
Counselling

Sunflower Oracle Wellness Network

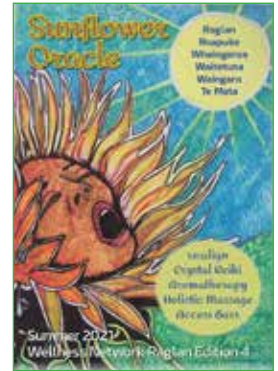
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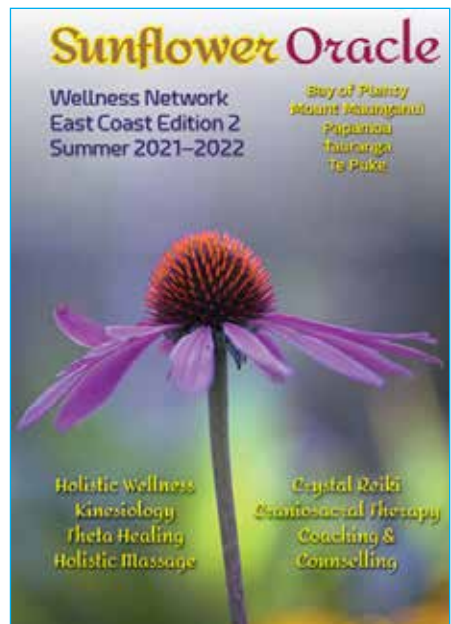
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Sunflower Oracle

Online Directories

Healers, Modalities & Online Services options

Hamilton • Raglan

Tauranga / East Coast

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The content of Sunflower Oracle magazines and websites is for educational and informative purposes only and is not intended to serve as medical or professional advice.

You should consult your physician, other health care professional and the healer to determine if the modality is suitable for your unique needs.

Welcoming the Sun

Vicki Shannon



It is Summer! Finally the days have become longer, the sun is shining more often and the temperature has increased. You may find yourself smiling more, feeling lighter and becoming more connected to Mother Gaia.

This is natural – as human beings we need natural light. It boosts our body's ability to store vitamin D, leads to higher productivity, benefits our vision and helps us to sleep.

Did you know that your body makes Vitamin D from cholesterol when your skin is exposed to sunlight and that scientists believe that the "happy" hormone called serotonin increases when nights are short and days are long?

That is even more reason to make the most of the beautiful weather of Summer. Many psychiatrists prescribe people get out in the sunlight for at least 30 minutes a day to help prevent or treat mental health conditions. The connection with nature also helps us to feel more uplifted and more connected to the energy that is all around us and Summer is the best time of year to do this.

Get out and go for a walk, lie on the grass, go for a swim, hug a tree – do



something that gets you into nature and maybe take the Sunflower Oracle magazine with you.

Embrace the light and welcome the Sun as we at the Sunflower Oracle welcome you to the Summer edition.

7 Health Benefits of Sunlight

- Improves your sleep. Your body creates a hormone called melatonin that is critical to helping you sleep
- Reduces stress
- Maintains strong bones
- Helps keep the weight off
- Strengthens your immune system
- Fights off depression
- Can give you a longer life

Sunflower Oracle

TAURANGA / EAST COAST

Edition 2, Summer 2021-2022

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& Ronja Skandera

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Noeline Levinson

Family Focus



pregnancy and birth using homeopathy. I give free talks to midwives, antenatal groups, play centres, mum's groups. And of course I also offer one on one consultations.

Secondly, I offer Sound therapy, based on the Tomatis method, for pregnant mums.

The baby's ear is the first sense to be fully developed in Utero. Sound is responsible for the development of the brain pathways, and also assists with the growth of every organ, via the vagus nerve.

The baby hears mother's voice, through the spinal column, using bone conduction. The sound therapy is the most beneficial activity a mum can do, to enhance the bond between her and baby and to prepare the baby's brain for learning.

Recently I have started treating people who have side effects from or an adverse reaction to the Pfizer vaccine.

NOELINE LEVINSON

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I am an acute prescribing homeopath, and what that means is that I only treat acute conditions. Such as colds, fevers, flu, post birth and surgical recovery, etc.

I am teaching a First Aid Homeopathy Course for Mothers, Babies and Children (up to 11 years old), empowering mums who wish to take a more natural route with their babies. Doing this course will educate mum's how to cope with teething, colic, fevers, rashes and all sorts, that are perfectly normal for babies to experience.

I also assist mums during their





Diane Rosenberg

Replenish Kinesiology

Welcome to Replenish Kinesiology ... my name is Diane Rosenberg and I have been working with clients for over twenty years. I work with energy circuits of the body, colour essence balancing oils, nutrition, flower essences, crystals and my hands ...

We are all individuals and our health issues can vary from person to person. Through the process of muscle testing, your body will alert me to the type of balancing procedures that can benefit you best. This is your body's natural innate wisdom and awareness working. Kinesiology balances address your unique physical, emotional, spiritual and nutritional needs, facilitating a balanced state of being. This is when we can destress, heal, feel more connected and repair best.

I regularly hold workshops in Tauranga and around the country, teaching all these amazing modalities

A Kinesiology session may:

- Relieve long standing pain, improve posture and flexibility.
- Clear emotional and physical stress to increase your vitality.
- Encourage better digestion, sleep and allow for increased clarity with a more positive outlook on life.
- Connect and align to your vibrational potential.

"Diane is an awesome practitioner. I've had the blessing of receiving a treatment while on a flash visit to NZ and I highly recommend her. Some of the qualities I look for when I'm seeking help are compassion, emotional safety, reassurance, respect and Integrity. Diane offers these qualities to the highest degree. She assists you to choose your plan to fulfill your dreams, goals and values. To anyone who hasn't tried kinesiology yet you don't know what you are missing."

– Helen F, Brisbane

90 minute Consultations in clinic or via zoom.

DIANE ROSENBERG

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Clinic rooms in Pyes Pa and Papamoa



The Oracle's Experience

Glenda Ruddenklau, CranioSacral Therapy

"I treat what I find."

Glenda was friendly and welcoming after my two hour drive from Hamilton. I felt instantly at ease and her intuition spoke volumes when she identified pain in my lower back and head (I had had a headache all day that would not ease) before asking any questions of me.

Glenda worked by placing her hands on different parts of my body and combining Reiki and CranioSacral techniques to release trauma and emotions stored in the cells. She identified some emotional issues I was carrying (stored in the heart chakra) and grief (stored in the hips).

Using gentle pressure and the warmth of Reiki she began to release this tension. My legs began to twitch when she was working on my hips and it felt like a weight was lifted by the end of this part of the treatment!

At all times Glenda was gentle and

soothing. I felt like I had known her my whole life and could easily share past traumas and emotional experiences which assisted her in the healing. When Glenda worked on my head, using the CranioSacral techniques (gentle pressure on points in the ear and at the bottom of my skull), I felt weightless and the pressure headache I had experienced all day began to ease.

Upon completion of the one hour session Glenda provided me with an informative brochure about what to expect over the next three days. She also explained the process and areas that were especially difficult and would require more work.

This helped to make me feel more comfortable with the healing I had just received and interested in experiencing more.

Afterwards I felt light and free. I would recommend this gentle restorative

treatment for all. It is especially beneficial for babies and young children. Glenda's manner is professional, comforting and supportive all at the same time.

Q&A with Glenda

What services do you offer?

CranioSacral therapy and Reiki energy healing. The two modalities work seamlessly together and



there is a large measure of intuitive healing. I specialise in something called SomatoEmotional Release (bodymind healing), and also CranioSacral for Pediatrics working with babies and children.

Why is this work so important to you?

So many people just can't find relief from uncomfortable symptoms or poor health, and it is so rewarding to work in a very holistic way to improve their physical, emotional and mental health. It is so nice to be working in a non-invasive and safe way that can give so much improvement for even the most vulnerable or frail clients. People find it an uplifting and relaxing experience.

Could you tell us about how your interest in holistic healing/craniosacral therapy/ Reiki began?

A very long search for improvement in my own health led to much reading, research, trial and error. Eventually when I came across Reiki and CranioSacral therapy I found something that transformed my own health and energy in the most amazing way. I am still very motivated to pass the benefit on to other people.

What obstacles did you face to get to where you are now and how did you overcome them?

Well the obvious ones of difficulty finding the health and energy to do anything, and then 25 years ago people's mentality was much less accepting of the holistic, complementary field of medicine.



However I never let that put me off my journey and happily people are much more open-minded now.

Who should people seek cranial sacral therapy as a holistic wellness technique?

It would be my first port of call for unwellness of so many kinds, because CranioSacral gets gently in amongst all the physiological and neurological systems in the body. It will free up soft tissue, realign the skeletal element, improve function of the nervous system, balance the glandular system, lower

stress, raise immunity, help chronic pain – and that's before we even start talking about emotional healing!

For specific conditions people can have a read on my website.

I do love that it is a safe, gentle, effective treatment from newborns to the elderly.

Could you share a wellbeing tip with the community?

Listen to your inner wisdom when it comes to your body and your health. One size doesn't fit all when it comes to nutrition and health. Do be informed, read, listen – and remember the greatest expert on us – is us!

If you could tell your younger self one thing what would it be?

Don't second-guess or doubt yourself. Trust your intuition and keep moving forward with peace and courage.

– Experience & Q&A by Vicki Shannon

Renew Energy, Mind & Body

Nicola Mary Burton

Self-Care is important around this time of year!

As the pressure upon us speeds up to complete deadlines, finish up projects, juggle family with social activities – and perhaps you may be preparing for the festive season. Phew!!!

Taking care of our energy is the Yin and Yang to balancing our lifestyle. There are many holistic modalities to choose from, including Reiki healing. It is a beautiful energy healing treatment, a gentle technique which helps to support your overall wellbeing.

Reiki Energy Healing is a non-intrusive Japanese Technique and assists to reduce stress and helps promote healing.

We know that everything in the Universe is energy. Including our emotions. Consider, just for a moment, someone angry – and how your 'own' emotions can be affected by their energy. Especially leading up to the busy festive season.

Now recall a celebration where everyone was happy, everyone joyous, including you. I am certain that you experienced an expansion in your own energy, feeling possibly intoxicated with heightened energies that leave your mind, body and spirit bathing with the warm and fuzzies.

We have all experienced emotional blocks at different times in our lives. Maybe it's those disappointments in not landing that job or promotion you had hoped for? The offer on the dream house or car that fell through. This energy can get 'stuck' somewhere in the mind, body and soul.

Reiki is Pure Life Force Energy and helps to unblock and dissolve those physical,



mental, spiritual and emotional blocks. It's for enhancing the body's natural overall healthy balance, wellness, vitality and wellbeing. Reiki can heal all facets of your life. Imagine the benefits of this healing modality, and gifting yourself with a feeling of peace and calm as you recharge and re-centre your mind, body, spirit and soul.

Make Reiki energy healing a part of your self care personal ritual.

Love & Bliss

Nicola Mary Burton

Relationships Therapist and

Transformation Healing Practitioner

Tasmin Fourie

ROAM Holistic Wellness

Heya, I'm Tasmin.

I am a wife, Mumma of two beautiful little girls, a qualified Homeopath and Birth Doula. I moved to New Zealand from South Africa in 2019 with my husband and daughter. I have a small home-based practice in Pyes Pa, Tauranga.

As a Homeopath

I studied in South Africa at the University of Johannesburg and completed my Mtech in Homeopathy in 2017.

I absolutely love how individualized Homeopathy is and seeing the positive impact it has on people's lives. I have a special interest in women's/maternal health as well as children's health, including learning barriers.

As a Birth Doula

It was through my own journey of pregnancy and birth that sparked a desire to support women in pregnancy and birth. I knew that I wanted a different birth experience from my first! I had an 'emergency' C-section with my first and so badly wanted to have a VBAC (Vaginal Birth After Caesarean) second time round.

I had heard that having a Birth Doula



reduced the section rates and helped women have a more positive birth experience, no matter how she birthed. I wanted to feel heard, loved, supported, and educated in my choices.

I trained as a Birth Doula through DONA International and am excited to support women and their families through one of the most magical times in their lives.

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Cancer Healing Roadmap

Justine Laidlaw



No one should feel like they are alone on their healing journey.

Learn to experience inner wellness and freedom in your cancer journey from the comfort of your home by working with Justine online or in-person.

Justine primarily works with clients recently diagnosed or living with cancer or chronic illness. Cancer does not just affect you physically – it causes anxiety, stress, depression, damages confidence, challenges relationships, and affects your working life.

Justine is renowned in NZ for her integrative approach to cancer as a certified holistic cancer coach & functional medicine practitioner and runs online cancer healing workshops nationwide. As a cancer survivor herself she will help you navigate integrative healing therapies like Ozone, IV vitamin C, cancer healing foods, stress reduction techniques, exploring your support needs, releasing suppressed emotions, relationship challenges and

opening you up to the spiritual component of healing fully.

Testimonial

"You have been such an inspiration to me. I can not ever express how that one phone call I made to you upon my husband's diagnosis calmed me. I have gone on to attend 2 incredible events organised and run by Justine. Thank you for the light you continue to shine you are one of the true gems in this world".

– Much love and gratitude Hayley xx

JUSTINE LAIDLAW

Holistic Cancer Support
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THE NATURAL BIRD
JUSTINE LAIDLAW

The Journey ThetaHealing™

I began my healing journey by having to heal myself, after some health challenges, finding The Journey and graduating as a practitioner in 2005.

I set up my practice, Lovelight Holistic Health, then qualified as a ThetaHealing™ practitioner shortly after. Since then, I have used these modalities together to enable people suffering from a variety of frequently inexplicable issues, often associated with traumatic events experienced earlier in their childhood, present or past lives, to release these traumas and move on with their lives to become all they wished to be.

Any other issues that arise will be dealt with appropriately, and telephone or email support is available after a session.

A session usually lasts between two and five hours and includes ThetaHealing™ belief changes and a full Journey process. Sessions are always conducted in person and, as I schedule only one session per day, can extend to allow whatever challenges you have to be fully explored and cleared.

I have spent much of my working life as a teacher at all levels, am happily married (for 45 years) to my wife, with whom I



have three grown children and several grandchildren.

If you have any further questions about the healing work I do or about me, please visit my website.

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ThetaHealing™ RECONNECTIVE HEALING THE JOURNEY
Physical, emotional, intellectual and relationship healing.

Book Review

Awakening the Buddha Within

Awakening the Buddha Within by Lama Surya Das was the first book I read that piqued my interest in Buddhism and the Buddhist practice.

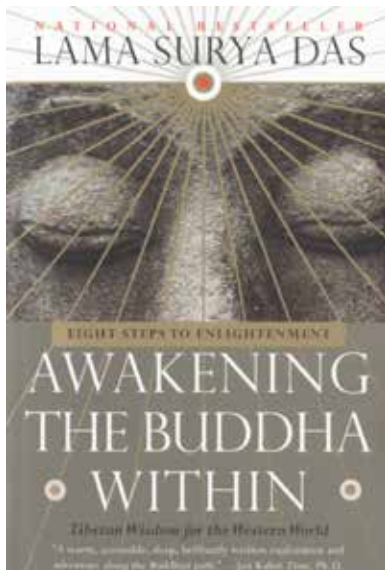
It introduced the fundamentals of Buddhism while following Lama Surya Das' story and examples from his life.

I was just beginning my path as a meditation teacher and this book helped to guide me, awaken me and support me on my journey.

Some of my favourite chapters are Part Two, Chapter 1, which introduces you to the Four Noble Truths. They are at the core of Buddha's teachings but are often the most misunderstood.

Some of my favourite quotes are:

Truth telling begins by becoming aware of what you tell yourself. – page 204



Daily meditation is the simplest means by which we stay on the essential path of awakening.

– page 77

From the sutra of Holy Buddha:

*Until you reach the path
You wander in the world
with the previous Buddha
Completely wrapped inside
As in a bundle of rags
.... You have this precious
Buddha! Unwrap it
quickly!!!*

I would recommend this book to anyone who is interested in Buddhism or Buddhist practises. It is easy to read with real life, modern day ways to interpret the Eight Fold Path and Four Noble Truths.

The book includes different meditation scripts and an interesting epilogue about a contemporary path to Buddhism.

– Vicki Shannon

Take part in our Prize Draws

ONE: Like our Facebook page and mention one of our healers to go in the draw to win a free crystal package from the Boho Store and a Crystal Reiki voucher.

TWO: Create an article for the Sunflower Oracle based on holistic wellness and receive a free 6 month profile if you are a new healer/practitioner or create a holistic wellness product.

THREE: Take a photo of you meditating using the **Self Care** column, or in a yoga pose from the Sun Salutations to win a crystal package and sage stick for smudging.



Kati Ludwig

Coaching – Counselling – Therapy

I am a hybrid-healer who weaves spirit and energy medicine through a scientific background of clinical psychology.

I transform my client's lives to be hopeful, stable and empowered.

You are your own guru. Be inspired by your own story.

Your answers lie within you, you only need the tools to access them.

My mission is to help people to hold space for themselves and to achieve steadfast inner peace. I approach the biology and the hardened industry of clinical dis-ease with a maternal, soulful presence.

I have mastered traditional cognitive therapy, but my piercing eyes and understanding reach into one's body, far surpassing the limits of the mind, in order to meet the soul exactly where it is and

coax it back into its full vitality.

KATI LUDWIG

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kati
LUDWIG

The Oracle's Experience

Diane Rosenberg, colour kinesiology

"I can have the life I desire."

**An enlightening, reaffirming and awakening experience!
Soul Power colour therapy with Diane was amazing!**

Using my body's own needs and spiritual guidance, a series of four colours were chosen for me that represented my spiritual path. These were selected by Diane using my body's responses.

Diane asked questions and the reaction of the muscles in my hands indicated which colour bottle to select. One bottle represented my life's purpose, the next my challenges, the third my progress and the final bottle my potential. A beautiful array of colourful bottles now lay in front of me. I had no idea what they meant but I was keen to find out.

Once the path was chosen, I was given a card with a list of words for each colour. Diane asked me which word I was drawn to and what it meant to me. This provided more clarity on the meaning of each colour. For me this was reaffirming of the journey that I am currently on.

It was a peaceful experience that was both comforting and awakening at the same time. I felt more in tune with myself due to the guidance I was receiving in this session.

After the selection of these truly magical colours, Diane worked on clearing blockages, inflammation and toxicity in and around my body. This was a combination of energy clearing, crystal work, colour



therapy and was informed using the meridian system.

The meridian system is a concept in traditional Chinese medicine (TCM). Meridians are the paths through which the life-energy flows through and around the body. Guided by what my body needed Diane used a combination of energy clearing work in my aura as well as colour therapy oils and crystals.

I walked away with a new found peace of mind and the two hour drive back to Hamilton was like floating on a sea of calm.

The final colour bottle that represented my future potential was gifted to me at the end of the session, as well as an information sheet with all the words and phrases that I had said. This was very valuable as I am now able to look back over it and reflect on everything I learned and gained from this session.

Q&A with Diane

What services do you offer?

I work with these therapies – Kinesiology, colour therapy, nutritional/allergy testing and emotional/energy Soul Power balancing. Face to face or online.

Why is this work so important to you?

These therapies are so amazingly effective, as they basically use your own body's wisdom to deal with stress and encourage your own natural healing ability. I see my clients leave empowered with purpose, free from emotional and physical pain and feeling more positively in charge of their future. I just love that!

Could you tell us about how your interest in holistic healing began?

I have always had a belief since my youth in nature and the power of our intentions to create and maintain well being. When I discovered the philosophy of Kinesiology twenty years ago I knew I had found a life changing modality I would always be able to use and share with others.

What obstacles did you face to get to where you are now and how did you overcome them?

I spent years in unfulfilling and low paid jobs, but continued to put myself through training aligning to my natural abilities. At the start of 2020 in lockdown I had a moment of clarity, which led me to quit my job, trust myself and my desire to live my dream of a balanced life. I am now fulfilling my role in the community, helping those who are drawn to me to fulfil their dreams too.

Who should seek colour kinesiology as a holistic wellness technique?



The beauty of Kinesiology and colour/energy alignments is that it is safe for all people. Anyone experiencing emotional or physical pain are out of balance on some level. Often I see clients who can't get answers from the orthodox means. Your body holds your answers. Kinesiology can tap into this information and give me guidance, specifically for your needs. The techniques used are sometimes immediate and non invasive.

Could you share a wellbeing tip with the community?

To be a well being ... we need to be balanced holistically – physically, emotionally, nutritionally and spiritually. When emotionally stressed, find a quiet space and place your hand lightly on your forehead across the bony part of the skull (frontal eminences). Breathe a few deep breaths and hold for a few minutes. This is a major emotional stress release point. It is very relaxing when someone else can hold these points for you!

If you could tell your younger self one thing what would it be?

Never give up on your passion and purpose – as you will always need them in this magical life.

– Experience & Q&A by Vicki Shannon

Colleen Smith

Holistic Massage

Advanced Massage & Energy Healing

Kia ora Koutou – My name is Colleen: I am a Healer and Advanced Massage Specialist and have been working in the Healing field for over 25 years.

I am also an open channel for spirit and am blessed to work with some very high energies.

I currently offer Healing, Massage, Lymphatic Drainage and Reflexology.

Holistic Massage – can incorporate anything from Energy Healing and Relaxation, through to deep tissue massage, and work on injuries. Each session is tailored specifically to the needs of the person I am treating.

The environment I work in is also very important to me and the session is, quite simply, all about you.

It has long been acknowledged that Massage combined with a healer's touch, can move through far more than just the physical layers.

Elohim Healing – balances the Chakras, clears your major energy lines and balances your body's blueprint, while grounding and balancing you. Importantly it is also one of the few healings to release any negative energy.

Physical and emotional release



techniques are also included, creating a powerful and complete healing.

Elohim serves as a major clear out of the old and aligns us with the new energies which we and the earth have now moved into. A total re-set.

Personally there is no greater reward than helping someone shed that which does not serve – freeing them up to be much more of their true self.

COLLEEN SMITH

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Dionne Norman

Little Reiki Retreat

It's great that you're here! I love working with people to help them to re-align to a happier sense of well-being, through the healing energy of Reiki.

Based in the beauty of the Lower Kaimai in Tauranga, amongst the boulder river and native bush, I teach all course levels of Usui Shiki Ryoho Reiki:

- Reiki First Degree
- Reiki Second Degree
- Reiki Master
- Reiki Teacher

I offer Reiki treatments and I'm a registered member of Reiki NZ Incorporated. I adhere to their Code of Ethics and Rules of Practice. Reiki NZ Incorporated is a member of Natural Health Practitioners New Zealand, an umbrella organisation for all forms of natural health modalities in Aotearoa. I'm also a Healing Touch Practitioner and a member of Healing Touch New Zealand and Healing Beyond Borders (Colorado, USA).

I've dedicated my life to sharing the love of Reiki, by uplifting and inspiring others on their spiritual and healing path with Reiki. It's a journey that I believe will be filled with love, laughter and fun.



It'll be an honour to work with you as you venture on your own Reiki journey of alignment and discovery.

I look forward to meeting you soon.

DIONNE NORMAN

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Sacred Self Care

Water Meditation by Vicki Shannon

Summer is filled with opportunities for you to swim, splash, dive, play or even walk through water. Water is a symbol of renewal, transformation. It moves around obstacles as if they were nothing.

For this self care ritual you will invoke the cleansing power of water through a short meditation exercise.

Gently close your eyes and bring your awareness to your breath. Feel the natural rhythm as you breathe. Breathing in through your nose and out through your mouth. Let all thoughts and feelings of your day wash away.

Visualise a gentle stream – the water is free flowing over the rocks. Grass graces the banks as this stream meanders its way down through a paddock, not blocked by any object or obstacle.

Focus on the gentle sound the water makes as it flows over the rocks with ease, while breathing in through your nose and out through your mouth.

Water is cleansing and transformative. It purifies us and releases all tension and

negativity from our day. Focusing on the release in your mind, call on the water to cleanse you and release you from whatever you are holding on to.

“Water I ask that you cleanse me of and allow me to flow through and past this.”

Imagine you put your hands into the stream at your feet and feel the water washing over your hands, moving around your hands as if you were not even there. Water knows no obstacle.

Imagine the water flowing over your hands, taking with it whatever you are holding on to.

Imagine this as the colour red. A red orb is now carried by the water into the stream. Picture this pain or hurt being diluted by the water and gently, with no judgment, being washed away.

Give thanks to the water.

“Thank you water for releasing me from this pain/negativity.”

Take a deep cleansing breath in through the nose and out through the mouth.



Jess Stewart

Natural Wellness for Mum & Baby

Hi! My name is Jess Stewart, I'm a local mum, a Qualified Medical Herbalist and creator of Hey Mama Natural Remedies. My passion and purpose behind Hey Mama is all about supporting Mums in their Motherhood journey using a gentle, natural and holistic approach.

For me, becoming a Mum was one of the steepest learning curves of my life. It was simultaneously one of the most empowering and joyous experiences, while also being the hardest and most challenging I have ever faced.

I wanted to use my personal experiences of motherhood and my knowledge as a Herbalist to help other Mums look after themselves – naturally and holistically. To help them regain their balance, energy, vitality and to feel empowered and connected in their Motherhood journey.

I have developed a range of natural products designed specifically for Mums to use during pregnancy, birth and into the postpartum period to help support their



physical, mental and emotional wellbeing. I also created a range of natural products to help support the health and wellbeing of your beautiful babies and growing family too!

I understand the ups and downs of Motherhood – the physical, mental and emotional challenges you go through. If you would like to know more about how natural remedies can support you through this time, please get in touch. I would love to support you!

Wishing you abundant health & happiness,

JESS STEWART

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Hey Mama
NATURAL REMEDIES

Michelle Blakely

Wholehearted Holistic Health



As a Registered Natural Health Practitioner with over 20 years' experience specialising in Holistic Health, I love helping and empowering people to have a full and rewarding quality life.

It's a privilege to help others reach their full potential.

"Taking time for yourself, being mindful and having tips for optimal daily wellness can bring about positive solutions for physical, mental, and emotional well-being."

If you're feeling exhausted, overwhelmed, low in energy, anxious, worried or anything else that feels a bit stressful ...talk to me.

There is no need to suffer.

Treatments can provide unique support for your body, with a proactive health approach for all ages, in numerous areas including anxiety, mood and mental health and many stress related issues, sleep, pain, sinus and respiratory issues, gut health, metabolism, circulation, allergies, hormones and more.

I offer in-clinic body treatments and coaching work, as well as online consultations and courses, covering all aspects of wellness for all ages, effective in shifting the body into harmony both physically and emotionally.

- Massage
- Reflexology – all body systems incl Stress Relief, Maternity, Fertility, Endocrine, Lymphatic, Mental Health
- Energy & Frequency healing
- Light Therapy
- Aromatherapy
- Chakra balancing
- Ear candling ~ surfers & congestion
- Specialty Facials

Our bodies are equipped with an innate way to heal given the right environment and support. I love seeing positive results through treating the body as a whole.

Contact me for a 30-minute Complimentary Health Consultation with 20% off your First Treatment!

MICHELLE BLAKELY

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Glenda Ruddenklau

Certified CranioSacral Therapist

My journey with CranioSacral Therapy and energy healing was motivated from looking for a solution to my own long-standing health problems which mainstream medicine was not addressing.

Energy healing and CranioSacral Therapy were the turning point to massively improved health and energy levels.

As a result I trained, and for the last 25 years been very happy to use these two modalities to assist people of all ages – from newborn babies to 90 year olds. The treatment is very gentle, safe and effective.

It releases soft tissue, structurally re-aligns the body, frees up spinal and meningeal membranes, improves function of spinal and cranial nerves, and all the consequent body systems. It also lowers stress. In addition I work very specifically in the area of SomatoEmotional Release.

Further details of everything, including conditions that can be treated by CranioSacral Therapy and Reiki energy healing, are on my website.

I work in Papamoa Beach, Bay of Plenty, and Oamaru, North Otago.



I have also been teaching Reiki for 25 years for people wanting to learn energy healing for themselves. Reiki 1, II and III and Master/Teacher are available.

Teaching is



a love, having been a registered piano and singing teacher for 50 years, and a Polytech tutor.

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Air-Purification Plants

Ronja Skandera

Reading the World Health Organization's statistics and facts about the link between household air pollution and health is frightening.

To summarise the problem – the average person spends 90% of their day indoors. The air inside the home contains a multitude of toxins and pollutants (in many cases 2 to 5 times more than the air outside, and in the worst cases 100 times more) that are responsible or at least contributing factors to severe allergies, asthma, lung cancer and heart problems.

Most of us are probably conscious of the quality of the roughly two litres of water we drink per day. But what about the 11,000 litres of air that we inhale each day?

Fortunately, there are some instant improvements we can make. Opening the windows, avoiding harsh cleaning products, fixing any leaks, vacuuming regularly, replacing old carpets, cleaning areas of mold, washing and airing bedding frequently...

But studies have also shown the efficacy of certain indoor plants. Science tells us that in isolation, a single indoor plant can contribute between 0.9 and 9% of pollutant removal. Though this may not be staggering, in conjunction with some of the other suggestions, you can make a real improvement. Not to mention the added mental and emotional benefits of surrounding yourself with plants!

Here are a few suggestions:

- **Rubber tree/plant** – the rubber tree's secret superhero power is fighting off mold and bacteria. It is also one of the highest oxygen producing plants. Keep out of reach of plant-partaking pets.
- **Spider plant** – having little to do with spiders, this plant sprawls from its pot and looks great on window sills. It is pet friendly, and helps to remove chemicals in the air.
- **Mother in Law's Tongue** – sporting a cool name, this plant is easy to grow and happy in any lighting condition. It filters toxins and doesn't take up much room. Toxic to household pets.
- **Golden Pothos** – a fast-climbing vine, it looks great crawling along a shelf or draping down a wall. It filters toxins and is very hard to kill. Should be kept out of reach of household pets.
- **Bamboo palm** – this magnificent indoor palm is sure to grace any space. It is safe for pets, and filters toxins from the air.



Te Pae O Rehua

The Beam of Beauty

Repairing and Restoring the Mauri – one Uri at a time

I've always had a strong knowing that trauma was about so much more than others were open to or have been limited by through their own experiences.

So, imagine my relief when my Compassionate Inquiry teacher Dr Gabor Matè, confirmed what I've always known with just one simple truth;

"Trauma isn't what happened to you, trauma is what happened inside of you in response to what happened to you."

Gabor's work is very similar and very much aligns to how I've always naturally worked, and my knowing of what is needed for humanity as a collective.

This method supports and guides people to the truth and inherent wisdom within that has been lost or become disconnected during one's life and their experiences.

The relational container of safety and co-regulation developed in this space reveals and gently guides to the surface truth that has been too painful to see and feel, while being acknowledged, witnessed and held for the first time.

When we feel safe enough to move through the world in an organised way we can connect through four pathways; Self, Others, the World and Spirit.

Every human has a true authentic self.



Trauma is the disconnection from it and healing is the reconnection to it.

MISSY

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