

NEWS & EVENTS



Circles of Learning

Foods to Feed the Brain

What to eat

Walnuts look like the brain and have all the nutrients that are important for good brain function.

Omega 3 oil is vital for the brain. Your daily requirements can come from fish, flaxseed, walnuts, chia seeds, kidney beans

Berries, including strawberries, raspberries, blueberries (organically grown).

Eggs for protein

Vegetables as many varieties and colours as possible

Drink water and plenty of it. Our brains are around 95% water and they need to be filled up.

What not to eat

Refined sugar is damaging and can be replaced with natural fruit sugars.

Artificial sweeteners

Artificial flavouring and food colouring and damage is more in children

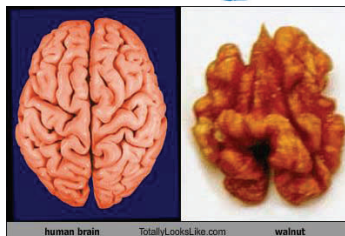
Cereal bars cause a rush of high energy followed by low energy

Lollies contain sugar and colourants

Doughnuts can cause wild uncontrollable changes in blood sugar

White bread and rolls cause sugar highs and lows

Processed foods & Energy drinks Click to read more



June Diary

Essential Oils 'Playshop'

Discover the power of essential oils and how to use them in everyday situations, June 3, how they support emotions,

June 17, how to protect your health, 1st July, how to eliminate toxins, 22nd July, how to improve your energy 29th July.

Choose one or all t. \$45 each session 10-12noon, 1C New Beach Rd, Rushcutters Bay. More info and To book <http://www.advancewithhealth.com/Seminars.html>

Singing Therapy Workshop to develop your voice, to heal, empower, inspire & create songs. Call **Loretta King** 0404 123 397 / www.lorettaking.com

Half way through the year....already!!

Schools that are being supported through the Clever Cid Health & Play program by Cross City Tunnel are reporting excellent results in the improvement of the children's learning abilities and their class behaviour. The children love the garden and the games that help them build their self esteem and allow them to focus and concentrate in class. Check out Clever Cid here and contact us to see if your school can be gifted with the program.



For books and products to help your children click here. All products for sale through Circles of Learning are personally chosen for their excellent information, and to assist you as parents to fulfil your role with ease and have happier, healthier children. Click here to see what is available.



Check out the workshops listed in the June Diary above.

Warm wishes, Judith



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