

# Happy Ayu Newsletter

Nourishing Australia and New Zealand with Ayushakti Ayurveda

VOL. 13, SPRING 2006



## Blossoming Spring Energy

*By Dipika Delmenico*

How is your energy this Spring? Do you find yourself wishing for more energy?

We are now at a significant seasonal junction point. Spring is when we transition from the inward quietude of the Winter months into the bloom and warmth of the new season. To see, feel, smell and touch the change around us is energising.

Yet fatigue is a common complaint at this time of year. Fatigue can be caused by mental and physical stress from work, pollutants in diet and lifestyle, relationship stressors, a sedentary lifestyle or poor dietary choices and habits. Lack of good sleep is another one. Not enough laughter and fun is another cause of fatigue!

At this seasonal junction we are more vulnerable. Not only is the external environment changing around us but our internal state changes and is directly affected by the change around us. If we are already depleted or fatigued, it is at these junctions that we can be vulnerable change and become immuno-compromised. That means that we must take care not to get colds, flu, sinus, stiffness and other illnesses.

We live such busy lives that many of us actually loose the

*Continued page 2*



## New for 2007!

For deeper work on your health, we recommend the new one-week Rejuvenation Weeks at Healing Dreams Retreat (see p.3)

*Pulse Reading Training coming to Australia*

*In Australia we are currently working to bring the Practitioner Pulse Reading training to our shores.*

*Ayushakti Ayurveda is offered through a living lineage of teachers and this has been the case for over 2000 years. It is a rare and unique opportunity to be trained by Masters of Ayurvedic wisdom.*

*The course is designed for health professionals in both allopathic and traditional medicine models.*

*Keep an eye out in this newsletter for dates and further information about this great opportunity!*



## Upcoming Clinics

*“The key lies in the Pulse, the body’s most subtle language.”*

### **Sydney:**

November 23 & 24,  
The Intuitive Well,  
70 Bronte Rd,  
Bondi Junction

### **Melbourne:**

November 26 & 27, Love  
Your Body Studio, 2B  
Willis St,  
Malvern

### **Queenstown:**

December 1 & 2

Specialist pulse reader, Vaidya Ketki Trivedi, will visit Australia and New Zealand in November and December.

Ketki Trivedi has been personally trained by the world-renowned Ayurvedic masters, Dr Pankaj Naram, and his wife, Smita Naram. As a Vaidya, Dr Trivedi is a master pulse reader.

She has great depth, expertise and love for Ayurveda and has been the Chief Resident Physician at Ayushakti for the past 16 years. Dr Trivedi’s specialties include chronic ailments such as arthritis, gynaecological problems, skin, asthma and obesity.

If you would like to make a booking to see Vaidya Ketki Trivedi, please call Stephanie McGrath on 0421 642 638 or visit the website at [www.amritaspice.com](http://www.amritaspice.com).

## Recipes: Pizza de Pumpkin and Beetroot



2 wholemeal flat bread  
1 small onion  
1 clove garlic  
2 large handfuls baby spinach  
1 cup grated pumpkin  
1 medium beetroot  
1/2 cup fresh ricotta  
Olive oil  
Rock salt  
Black pepper

Parmesan cheese  
1 tbspn pine nuts

*Start by making spinach puree:*  
In olive oil, sauté onion, garlic, spinach, salt, 2 pinch black pepper and water to cover. Simmer covered for 10 minutes. Let cool. Then puree.

Grate pumpkin and beetroot.

Baste pizza base with spinach puree, sprinkle with pumpkin and beet, crumble over ricotta, pine nuts and parmesan.

Bake in hot oven for 15 minutes.  
Serve with rocket leaves.

## Remedies: Relieving Cough



Cough may be caused by an aggravating diet, exposure to dust, pollen, air pollutants, smoking, over exertion, exposure to cold or dry climatic conditions. Here are some home remedies for cough.

### **Dry cough:**

1/2 tsp raw sugar  
1/2 tsp ghee  
1 tsp turmeric powder

Mix together and take 3 x daily.  
If dry cough and constipation, take 1 tsp castor oil or vaca oil before bed.

### **Wet cough:**

1/2 tsp honey

1/4 tsp cardamom  
1 tsp turmeric powder.

Mix together and take 3 x daily

### **Children's cough:**

4 tsp sugar  
1 tsp long black pepper or black pepper corns  
1 tsp cardamom powder  
1/2 tsp cinnamon

Mix ingredients together and keep in sealed jar or container. Take 1/4 tsp with honey to taste 3 x daily.  
and  
1/2 cup unhomogenized cow milk  
1/2 cup water

1/2 tsp turmeric powder  
1/2 tsp fresh basil juice  
1/2 tsp sugar.

Bring ingredients to gentle simmer.  
And drink 2-3 times through day. If cough is dry add 1 tsp ghee.

### **ENERGY BOOSTER:**

Feeling low on energy? Fatigued?  
Daily juice:

4 carrots  
1 small beet  
1 apple

If digestion is low or you are feeling flu-ish then add 1 knob fresh ginger.

## The Six Keys to Wellness



There are six healing tools of Ayurveda. These are used synergistically to bring balance and foster wellness.

- Diet
- Lifestyle
- Home remedies
- Herbal Formulas
- Marma
- Panchakarma

One of these will form the focus for each edition of the newsletter.

*(from page 1)*

ability to fully relax and let go. Isn't that amazing? The simple act of relaxing, of being still and rested, is hard for many of us to achieve. Wah!

A lack of true rest depletes us of energy: vital energy that brings clarity, enthusiasm, joy and youthfulness. When we cannot relax or rejuvenate, toxins are created in the body. They are not just created, they also cannot be mobilized or released. Thus fatigue increases and energy levels become more depleted.

Often a vacation or rest will boost our energy. Many of us require more than this. Dietary changes, herbal reme-

dies, lifestyle changes and purification treatments all support you at this time. Please check out our Energy Booster juice recipe above.

You are always recommended to see your Ayurvedic practitioner for pulse evaluation at these seasonal junctions of change. To support and rebalance, to build and nourish. To give you more energy.

We plant new seeds in the garden at this time, let's plant new seeds of growth within our own being too. Let's recommit to our wellness, our purpose and how we wish to live our lives.

*Dipika Delmenico*

# Ayurvedic Retreat in pristine nature

“Really, the air is like velvet,” exclaims David Tresemer, owner of the Healing Dreams Retreat on Flinders Island where the AmritaSpice Retreats will be held throughout 2007.

The Rejuvenation Retreats are a new and exciting venture for AmritaSpice, bringing the deeper transformative process of Ayurveda to Australia. The Retreats are designed to renew your youthfulness and enthusiasm for life by eliminating deep-seated tiredness and stress.

A team of Ayurvedic practitioners will be on hand to diagnose and oversee your treatments including Ayurvedic massage treatments, diet and herbal medicines. You will also be in the supportive arms of a glorious mountain and clean air and water of the Healing Dreams Retreat.

The link between Healing Dreams and AmritaSpice traces back to Dr Pankaj Naram himself.

“I met Dr Naram in Varanasi (India), actually on the banks of the Ganges River,” David said.

“I wanted to know more about his work and he gave me a three page document by Dipika Delmenico. It was brilliantly written... You can find people who are able to express dogma and philosophy, but Dipika was talking direct from her heart and that is a rare and wonderful thing. So I wanted to look her up and find out what she does.”

After visiting Flinders Island, Dipika fell in love with the island. She decided to combine efforts with David and Lila Tresemer to hold powerful Ayurvedic Retreats in the raw natural environment of Healing Dreams Retreat – “elegance at the edge of the wild,” as David says.

“The context is so important for these Retreat experiences,” David said, “The life forces on the island are strong in every respect.”

David visited Flinders Island for the first time in 1998.

“I fell in love with the place,” he said,



The raw, untouched beauty of Flinders' Island in the Bass Strait, and below, elegance close to the wild.

“There is a grand mountain there... it is actually a *living* being. The mountain is right behind and surrounding the retreat site. In fact, the Healing Dreams Retreat is surrounded on three sides by National Park— 40,000 acres of it!”

*“You can partake of the healing forces of nature.”*

Everything at the Retreat will support true health - access to nature, Ayurvedic food from the Retreat's own biodynamic farm, excellent accommodation

and facilities, plus the range of Ayurvedic treatments, guidance and consultations.

“You can be very close to the strong, natural forces in the wild without having to sleep on the ground and eat dried carrots! You can partake of the healing forces of nature.”

“Health is a new outlook on life,” David said, “What I want for the people who come to the retreat is that they discover their own deep vitality.”

David Tresemer, himself a psychologist and astrologer from Boulder in the US, plans to take the first Retreat as a full-paying customer.

“Are you kidding? What a privilege to a do Rejuvenation Retreat here! I'll be there!”



## Dates and Prices

AmritaSpice will hold Rejuvenation Retreats and one Panchakarma Retreat at the Healing Dreams Retreat in 2007.

### **Rejuvenation Retreats**

AUD\$2900 single room  
AUD\$2550 each for twin room.  
February 19-27th, 2007  
April 30-7 May, 2007  
September 1-8th 2007

### **Four-week Panchakarma Retreat**

3rd-30th November  
\$ tba

*Book early, as numbers are limited.*

### **For more information:**

[www.HealingDreams.com.au](http://www.HealingDreams.com.au)

### **E-mail to register:**

[bookings@HealingDreams.com.au](mailto:bookings@HealingDreams.com.au)

*A poet is someone  
Who can pour Light into a spoon,  
Then raise it  
To nourish  
Your beautiful parched, holy mouth.*

Hafiz, 1320-1389



## Sign up as a member of AmritaSpice.com

Almost 200 friends of Amritaspice have already logged on and signed up as members of [www.amritaspice.com](http://www.amritaspice.com).- far exceeding our expectations!

Thank you and we hope you continue to find the website useful and supportive on your journey of Ayurveda.

We now plan to expand our use of this terrific medium in the next period of time.

So we're very keen to support as many of our good friends and clients as possible to access this 21<sup>st</sup> century medium of communication.

Just follow these steps:

1. Type the URL – [www.amritaspice.com](http://www.amritaspice.com) - into the address space of your Internet browser.
2. When our Home page pops up, and the “Welcome to Amrita Spice Co” screen appears, hit the “click to join” tab.
3. Fill in your details, and hit the Add/Update button.
4. Log out of the website.
5. Immediately, that is, within minutes, you will receive an email from [amritaspice@aol.com](mailto:amritaspice@aol.com) with details of your user name and password. Be careful here, because this message sometimes gets into Spam/ Junk mail so you'll need to check this section of your emails to pick up our response.
6. Follow the directions in our message about your user name and password.
7. Make sure you record these bits of info somewhere . If you're like me you are already members of several websites and it becomes challenging to recall them all!!
8. Back to '1' and access [www.amritaspice.com](http://www.amritaspice.com).
9. This time, hit the 'login' tab in the Home Page. A small screen will pop – up in which you can fill in your user name and password.

Here you are, ready to access all the items listed on the Left of the screen.

But more of that, next newsletter....

Warm wishes, *Stephanie McGrath, Clinic Manager*

## Our next 12 months

### November 2006 Clinics

Clinics with Vaidya Ketki Trivedi in Sydney, Melbourne & Queenstown.  
(details on front page)

### 2007 Clinics

Every month throughout 2007, Dipika Delmenico will hold clinics in Sydney and Melbourne. Check the website for details and updates.  
[www.amritaspice.com.au](http://www.amritaspice.com.au)

### February 19-27th

Rejuvenation Retreat, Flinders Island

### April 30-7 May, 2007

Rejuvenation Retreat, Flinders Island

### July 2007

Clinics with Vaidya Pankaj Naram in Sydney, Melbourne, Queenstown and Auckland.

### September 1-8th 2007

Rejuvenation Retreat, Flinders Is

### November 3rd-30th:

Four-week Panchakarma Retreat, Flinders Island

### Early Nov 2007

Clinics with Vaidya Ketki Trivedi in Sydney, Melbourne & Queenstown.