



Body language event...

Welcome to the penultimate newsletter of 2003. One more month to go & "the silly season" is already upon us with the pressures of Christmas starting to creep up on us.

In this issue of "Directions" we have some insightful feedback from participants in the fun Body Language Module, held in Sydney on the 12th of November at the Hunter Hotel. We also take a look at this month's Feng Shui flying stars (a very popular method because it is logical & very easy to implement once you have understood it's principles & it also offers accurate & effective results). We suggest a couple of healthy spring drinks for looking good & feeling good.

Lastly, we take a glimpse at the effects of microwaving those veggies & a reminder to hurry & renew your membership to the Australian Centre for Corporate Advancement so that you don't miss out on the next issue of Wellbeing which includes a special bonus 60 minute music CD & many other benefits. Jump on the website for further details.



National President—Vivienne Kariotoglou

Comments...from the Body Language module

"Body language appealed to me as an insight into people's behaviour and natural reactions in different situations. The course was entertaining and fun (and the food was divine). I find myself observing body language all around me now - in business, social and in the media. I strongly recommend the course!"

Dr Paula Avramidis



Body language in full swing...

"Body Language course was very beneficial. The course provided an explanation for all the messages & signals that we receive from all the people around us that have previously not been understood. The course gives a foundation to base some interpretations of people's body language in a variety of social & work situations"...

Jason Hartmann

"The course was very interesting - I enjoy learning new things and the course provided some great new perspectives which I can use in my everyday life. I had noticed body language in the past but this course presented it in a refreshing light."

Mrs Poppy Avramidis



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Feng Shui for November 2003

From November 9th to December 8th is the month of the Yin Water Pig/Boar with the energy of #5 Yellow Star ruling the central palace. The energies present during the month affect most of the sector where the main door, the bedroom/door or the office is located. What do we do with this information? Remember, in Feng Shui, the more activities within a sector, the more the energies that exist are activated. Hence:

- Use the beneficial areas more & the areas of negative influences less.
- If possible, use another door if your main door is negatively affected this month.
- Use the good sectors to solve existing problems whether they concern relationship or money matters.

Beneficial Sectors:

West (W), Northeast (NE) and South (S)

The **WEST (W)** Sector is by far the most favourable for the year with the visiting annual #8 Star. If your office or office door is located in this sector, you may have observed many months of positive influences in this sector. The auspicious combination of Ch'i this month continues to promote excellent career performances & financial success.

Try to use this door or room as often as possible as this is a very effective way to activate this wonderful energy.

This would also be a good room to move into this month for those whose bedrooms are in the southwest or north. If you cannot move into a west bedroom try & move your bed into the west of your bedroom.

The **NORTHEAST (NE)** brings happy events, a possible marriage if your room is located in the northeast. Anyone occupying this sector will feel uplifted in energy, focus & optimistic with the tasks ahead of them. A time for recognition & new beginnings for those using the northeast sector of their office. Real estate & property agents will find improvement in November if they are able to use this area frequently. Possibility for a promotion, a career change or even a new venture in the pipeline if you use the northeast sector.

The **SOUTH (S)** embraces popularity, promotions & recognition in all your efforts & contributions in the work area. Opportunities come in different shapes & sizes. Keep a look out for them as the combination here suggests that there may be many opportunities for career change or new business ventures.

Problematic Sectors:

Northwest (NW), East (E) & Southeast (SE).

The **NORTHWEST (NW)** indicates tension & jealousy between competitors. Office politics may take centre stage. The tension & stress may manifest themselves in skin related problems. Do not cure this sector with more metal. Use more blue or black furnishing (rug/mat or similar) or objects instead.

If your office main door is in this sector and your business is already suffering from stiff competition, stay low this month. This is what Xuan Kong is about: understand the influence of the energies and make informed decisions.

Students under this influence may struggle with their studies. So try to relocate their bed or desk to the south or northeast sector of the room.

The **NORTH (N)** should be cured with metal objects, ornaments, a six-rod metal wind chime or a Wu Lou if you do not have them placed already as an annual cure, especially if this is your front door.

Pregnant ladies must take extra care this month if their room is in the north sector of the house. Please do not spend too much time in this room. The combination of Ch'i here indicates problems related to the stomach, intestines & bowels.

There are energies at work in the **EAST (E)** that portend deception & betrayal. It can be an emotionally stressful month. Have patience. You can use red furnishing or place a bright light in the east corner of the room to ease interaction.

The **SOUTHEAST (SE)** is where the annual #5 Yellow Star resides but its effect this month will be slightly less felt with the visit of the monthly #4 Green Star. Do continue to be cautious if your front door is here & especially if you are a gambler, do not take risks.

The **SOUTHWEST (SW)** is still argumentative after last month. Quarrels & disputes are common with this combination of Ch'i. Children may experience stiff competition & peer pressure. The stress from this influence can sometimes cause eating disorders resulting in a stomach related illness.

It is hard to move out of a room but please do so if you can. If not, you can relocate your bed or desk to another good corner of the room. This is especially true for the elderly & children.

Drinks for looking good, feeling good

Losing weight

Our weight is closely connected with our health in every sense, for being overweight not only affects how we feel about ourselves & our confidence but also contributes to a range of health problems, including diabetes, high blood pressure & heart disease.

Don't be tempted to deprive yourself, miss meals or go for long periods without eating, as this sends stress messages to the brain & will lead to overeating or binging on the wrong kinds of foods.

Pear-pyrus communis

- Diuretic action helps eliminate toxins, aiding excretion of uric acid (helpful for gout sufferers) & fluid retention
- Relieves constipation & diarrhea
- Reduces blood cholesterol levels
- Increases mental alertness

Thai tango

Almost a meal in itself, this exotic combination of tropical fruits makes a great way to start your day. It is filling & yet slimming at the same time. The sweet juicy papaya is highly nutritious, packed with vitamin C & beta-carotene, & together with the pears provides a good source of fibre to ensure efficient bowels. Papaya also contains enzymes which are a great aid to digestion. The tangy limes adds bite, stimulates digestion & clears excess fluid from the body.

100g fresh papaya, sliced
juice of 1 lime
2 medium pears, peeled & sliced
200ml rice milk
a pinch of ground ginger
ice cubes (optional)

Combine all ingredients & blend. For a long refreshing drink, pour over ice.

1 serving

Apple & Apricot Slimmer

A delectable smoothie for those watching their weight. Apricots are high in fibre & low in calories & at the same time satisfy that urge to have something sweet. Apples aid digestion & absorption & have the ability to dampen the appetite, which is always a great bonus.

6 dried apricots
125ml apple juice
100g natural live yoghurt, low fat
a little freshly grated nutmeg

Cook the apricots in a little water until soft then drain. Blend with the apple juice and yoghurt & top with a sprinkling of nutmeg.

1 serving

Apricot-prunus armeniaca

- Improve resilience to stress
- Help protect against bowel disease
- Protect against heart & arterial diseases

Veggies lose antioxidants in the microwave

Getting the necessary nutrients from vegetables may be even harder than you thought. New research shows that different ways of preparing, storing & processing vegetables can affect how good they are for you. Cooking by microwave is the nastiest way to preserve key nutrients in vegetables, while steaming is the best, according to a Spanish study reported in *New Scientist*. Steaming the vegetables left the antioxidants almost untouched, but microwaving virtually eliminated them. Vegetables that are blanched before freezing (a common processing technique) can lose up to one third of their antioxidants. Frozen storage can also cause losses, albeit much smaller ones. Two studies detailing these findings also appear in the November issue of the *Journal of the Science of Food and Agriculture*.

The Spanish study found that the simplest cooking method was also the worst when it came to preserving nutrients. Broccoli lost 97% of flavonoids, 74% of sinapics and 87% of caffeoyl-quinic derivatives (three different types of antioxidants) when it was microwaved. When boiled the conventional way (i.e. not in a pressure-cooker), this green lost 66% of its flavonoids; when tossed in a pressure cooker, broccoli lost 47% of its caffeoyl-quinic acid derivatives. Steamed broccoli, on the other hand, lost only 11%, 0% and 8%, respectively, of flavonoids, sinapics, & caffeoyl-quinic derivatives.

Membership Renewals

Dear Valued Members,

If your membership to the Australian Centre for Corporate Advancement has lapsed, **HURRY** to renew your membership today so that you don't miss out on your next issue of Wellbeing-November Issue which includes a special bonus 60 minute music CD & many other benefits. Please visit our website for further details: www.ac4ca.com

How to renew:

Enclose a cheque/money order for \$55 (incl. GST) &

POST: ACCA PO Box 398 Drummoyne NSW 1470

CALL: 1300 137 038 (cost of a local call anywhere in Australia)

FAX: 1300 136 038

EMAIL: membership@ac4ca.com