



Autumn has arrived...

Hello everybody & I hope this issue of 'Directions' finds you fit & healthy. If not, then read on... Already into mid-March & the work tempo has picked up swiftly. Deadlines appear harder to meet? Hours worked are getting longer, overtime is ignored & staff turnover is at an all time high?

Robust pay packets are not necessarily enough. We have discovered that contributing to the health of employees has shown to have clear benefits both for the individual as well as the business. Hence we take a look at our on-site yoga & massage classes. Take advantage of our March offer & give us a call.

We also have some quick & interesting exercises to perk up both the right & left hemispheres of the brain so try them –no cheating.!

Our eyes are often uncared for & we have 2 recipes that you can indulge in to promote their lustre. Finally, we look at the Feng Shui (flying stars) update for the month. Until next time, stay in top form.



National President—
Vivienne Kariotoglou

On-site Corporate Massage/Yoga

How are you feeling?
Tired? Lethargic?
Uptight?
Back pain or headaches.
stressed job...
Or do you just need to relax?



We at ACCA have found that the benefits of massage & yoga leads to a more contented, more motivated workforce & is a way to counter absenteeism. Other benefits include: increased productivity, increased morale, focused concentration, relaxing yet revitalizing, minimum disruption to your working day, convenient & cost effective.

Head & neck massages together with yoga can be very valuable in a business environment. Aches & pains can be effectively relieved & a total control of mind & body can be attained for a work/life balance.

On-site massage can form part of your corporate stress management or healthy

lifestyles program. It is suitable for large or small companies, & we can tailor to suit your needs. A small working space is all that is required. Treatment times can vary from 15 minutes to over an hour depending on your staff's needs.

Healthy people make healthy business!

MARCH/APRIL OFFER

Until the 30th April, try our

Workplace masseuse who will come to your office & massage

up to 8 people for \$100. Take

action now to manage stress in

your workplace.

Call 1300 137 038 or email us

info@ac4ca.com & for further

information please visit our

website www.ac4ca.com

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Exercises to improve the left brain? Exercises to improve the right brain?

LEFT HEMISPHERE

- Analytical
- Verbal
- Rational
- Logical
- Sequential, linear
- Time-oriented
- Tendency toward science & mathematics
- Frank, direct
- True, untactful
- Sensible
- Forceful

Exercise 1

Column A is a list of 10 definitions. Column B is a list of words that fit these definitions but in the wrong order. Match the correct word to its definition.

Column A

Female demon
Relating to animal fat
Fleshy part of plants
Small, delicate & charming object
Over-fussy attention to details
Fine parchment
Warning of danger
Encouraging, urging on
Heroic knight or hero
Bland or uncontroversial

Column B

hortatory
monition
anodyne
lamia
herbage
paladin
adipose
vellum
punctilio
bijou

Exercise 2

Nick has \$3 more than Brett, but if Brett had three times more than he has now, he would have \$12 more than the original combined amounts of money. How much does Nick have?

Exercise 3

Insert the same single digit number twice to make this calculation correct: $6 \div 8 = 27$

Exercise 4

Which word in brackets is closest in meaning to the word in capital?

VITUPERATION (spirit, blame, sparkle, quickness, silence)

VENT (dismiss, conceal, prohibit, harm, inhibit)

RIGHT HEMISPHERE

- Intuitive, imaginative
- Spatial
- Synthetic
- Creative, artistic
- Simultaneous, holistic
- Timeless, spiritual
- Tendency toward music, art, dance
- Flexible
- Playful, fanciful
- Complex

Exercise 1

- Which word comes next in this sequence?

squirrel, squash, streak, house

Is it: **prove, print, charm, castle or stair?**

Exercise 2

- What do these phrases have in common?

Sweet-talk, closed doors, coffee table, belle époque

Exercise 3

- What letter should replace the question mark?

A, E, F, M, ?, W, Y

Exercise 4

- What number should replace the question mark?

9, 18, 23, 26, 29, 46, ?, 52

Exercise 5

- What number should replace the question mark?

1, 11, 21 1112, 3112, 211213, 312213, 212223, 114213,
31121314, 41122314, 31221324, 21322314 ?

Answers will be published in our next newsletter-stay alert!

Clear Eyes



The sparkle or lustre in our eyes tells us volumes about a person & it is closely linked to our general health & lifestyle. There is much we can do through our diet to keep our eyes healthy & help to prevent problems such as dry, inflamed eyes, swollen or puffy eyelids, blepharitis and cataracts.

Carrots are very high in beta-carotene which is converted to vitamin A in the body, an essential nutrient for healthy eye tissue & good vision. Night blindness is more often than not caused by a lack of vitamin A in the diet & remedied simply by eating about three carrots a day. It is also found in yellow-orange coloured fruit & vegetables, including apricots, mangoes, peppers, squashes & green leafy vegetables such as spinach.

Carrot & Apple Juice

The natural sweetness of both carrots & apples makes this a most palatable drink & one that is bursting with nutrients for the eyes, notably beta-carotene & vitamin C. It also makes a good aid to digestion & helping to keep the bowels regular, clearing toxins from the system, something that is vital to keep the eyes clear & healthy. The immune enhancing properties of carrots & apples, together with the cooling effects of coriander, help to keep at bay allergies, infections & inflammations that contribute to eye problems such as conjunctivitis & styes.

100ml carrot juice
100ml apple juice
Fresh coriander leaves to garnish

Combine the juices & serve with a garnish of coriander leaves.
1 serving

Moroccan Carrot Soup

2 tablespoons olive oil
1 medium onion, peeled & sliced
1 tsp finely chopped fresh ginger
1 teaspoon curry powder
50g rice
1kg carrots, washed & sliced
1 litre vegetable or chicken stock
Salt & freshly ground pepper
2 tbsp chopped fresh mint leaves

Heat the oil in a pan, add the onion & ginger & cook for a few minutes until the onion is soft. Add the curry powder & rice & stir over the heat for 1 minute. Add the carrots & stock, bring to the boil & simmer for about 20 minutes, until the rice & carrots are tender. Season to taste & blend. Garnish with mint when serving.

6 servings

Feng Shui for March 2004

The effects below will be experienced in varying degrees between March 5 & April 3 for which this information is applicable.

The negative sectors for the month are South, West, & Southwest. The sectors you may want to tap into include the North, Southeast & East as these have better Ch'i that is more conducive to various life goals. Remember to use the problematic areas less and the beneficial areas more. There is no need to place any objects unless specifically recommended.

Problematic Sectors:

The **South** sector is afflicted with negative energies this month. There is a risk of financial problems & in severe cases; cardiac problems for the occupants. Take extra care of your health as your stress levels & blood pressure soar due to the unfavorable combination of stars here this month. Tempers flare easily & bad luck seems to dog you every step. Remember that rage isn't good for your heart! Try to relax & rest your eyes when you get too tense.

Houses with a **Southwest** door need to be careful of fire hazards. Occupants sleeping in the Southwest should also be careful with their tempers & students in particular need to avoid using the Southwest area of their home for studies.

The **West** carries with it the potential for getting robbed. If your office or business has a main door in the West, be careful of fraud. You need to watch out for the possibility of losing money due to your employee fraud or at times a mistake that they may have made.

Beneficial Sectors:

North is mostly good for those involved in sports & physical activities. Those in the literary field will also find great success in this area. A powerfully favourable combination of stars here brings wealth luck; try to recognise and seize the opportunities that pour in this month. The luck of heaven shines upon residents of this sector. If you're looking for a raise or to be recognized for all your hard work, now's your chance!

East is good for those involved in the wood business – furniture, construction, fashion related, Only for this month, you can have water in the East.

Southeast is the secondary wealth sector for the month, especially for businesses relating to engineering, machinery or jewelry or hardware. But do be careful as there is a chance of hurting your legs. A time for preparation is also indicated; you will soon reap the rewards of what you sow this month, especially when it comes to your finances, so use this opportunity wisely.

The **Northeast** is good for studies & education but students need to avoid sleeping in the Southwest sector as mentioned before. Northeast is good for meditation & for cultivation studies, those who are focusing on spiritual pursuits should look at using the Northeast. But this area should be avoided by children under the age of 12, moreso little girls.

The **Northwest** is good for religious pursuits & gaining spiritual knowledge. But should your house have fierce or sharp structures outside this area, this month, you may see apparitions. Success & riches abound. All your endeavours this month are likely to be successful, so don't miss the chance to make the most of it. There is no need to enhance this sector however, as excess will disturb the balance of energies.