



## Principles of Ayurveda

[Ayurveda](#) is an ancient science of life, which carries the teachings of living a fulfilling, joyful and balanced life.

Ayurveda teaches that the mind, soul and physical body exist together in harmony achieving optimal health and happiness

According to Ayurveda, all life and matter is created using all 5 elements, fire, water, air, earth and space.

The 5 elements also exist in each individual. Many spaces in the human body are aspects of the space element, for example space is in the mouth, nose and G.I tract.

Air is the element of all movement; any time there is motion in the body there is air present, the pulsation of the heart and contraction of the lungs are examples of this.



Thank you to  
**Shakti, Gaia & Freya**  
for contributing this article and the  
Ayurvedic remedies, page 2

In the human body the source of fire is the metabolism, for example fire works in the digestive system and in the brain manifesting as intelligence.

Water manifests in the body as secretions and water is vital for functioning of all systems within the body.

Earth is also present in the micro cosmos in the human being. Life is possible on this planet because the earth holds all living and non-living substances to its solid surface, in the body all solid structure are derived from earth.

According to Ayurvedic philosophy, the entire cosmos is interplay of the energy of the 5 elements.

Ayurveda groups the 5 elements into 3 basic groups of energy that are present in everybody and everything, there are no English words to describe this, so we use Sanskrit words Vata, Pitta and Kapha called the 3 doshas.

Dosha is organisation. As long as the doshas are normal in quality and quantity we stay healthy, the moment they go out of balance they corrupt or vitiate body tissues, leading to disease.

Each person has unique proportions of the doshas in their body which gives them their constitution and balance.

One of the primary concerns for balance and health in Ayurveda is the recognition of the individual constitution or doshic constitution

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**Bloom where  
you  
are planted**

To tempt the taste buds Renee Smith has kindly given us her very seasonal and delicious recipe for **Cauliflower Rice**.

#### Ingredients

2 tablespoons of coconut oil  
1 medium onion – diced  
1 cup celery – finely diced  
1 head of cauliflower – coarsely chopped  
¼ teaspoon Celtic sea salt

#### Method

In a large 9 inch skillet, heat coconut oil over a medium heat  
Sauté onion over medium heat for 10 minutes, until soft  
Add celery to the skillet and sauté for 5 minutes  
Meanwhile, place cauliflower in a food processor, with the "S" blade and process until the texture of rice  
Add cauliflower to the skillet, cover and cook for 5-10 minutes, until soft, then add the salt.

## Winter Veges – Versatile, Cheap and Yummy

It's winter, and the cold weather is bringing on some lovely seasonal veges, just right for warming body and soul... As the weather grows colder, sugars are developed in root vegetables, making them a delicious option for winter dining. Swedes, turnips, parsnips and celeriac are all at their peak flavour during winter. For a more exotic treat try sourcing rutabagas, daikon radish, kohlrabi, Jerusalem artichokes and fresh horseradish

Root veges are versatile – you can mash most, alone or in combination with each other. They make fantastic soups, again as a single vege or in combination with other in season vegetables (carrot, ginger and cashew nut soup is divine). For a treat many can be chipped and cooked as 'oven fries'. Try shaking a favourite herb and spice combination on top as they bake.

As root veges are grown below the ground some exhibit an 'earthy' flavour – more apparent raw than cooked – so salads may not be a favourite option.

The brassica family also shines through winter. European brassicas – cabbages, cauliflower, broccoli (in all its forms), kale and Brussels sprouts are popular choices. With exposure to the cuisines of South East Asian, Australians can now enjoy a wider range of in season Asian brassicas – Chinese cabbage, wong bok, bok choy, pak choi, mizuna, mibuna and komatsuma are all easily sourced at local markets in the Perth area. For a fresher variety of the more exotic veges source Asian grocers in your local area.

For the freshest possible veges try planting your own – brassicas are incredibly easy to grow, and can be cultivated in white broccoli boxes (for those without a garden). For an organic option to pest problems an old white nylon curtain is great for stopping marauding snails and white cabbage moth larvae munching your treasures, and these can be picked up cheaply from your local Op-Shop.



## Ayurvedic Remedies for Winter Ills & Chills

According to Ayurveda, balanced health comes with being in tune with our inner intelligence and following natural cycles of nature.

Every season has its predominant doshas. As we are coming to winter, kapha is predominant, so to maintain the balance we need to stay warm, eat nourishing food and keep ourselves moving. If you get imbalanced, here are some home remedies to help you.

#### Dry cough:

- ❖ Mix a teaspoon of ghee in a glass of hot milk at bedtime
- ❖ Boil milk with a pinch of turmeric with one teaspoon of black pepper and add sugar/honey\* to taste. Take it morning and night
- ❖ Add 1/2 teaspoon crushed ginger to 1 glass warm orange juice and drink during the day

#### Wet cough:

- ❖ Steep fresh ginger in hot water with a little sugar/honey\* and drink
- ❖ Mix ¼ teaspoon mustard powder with 2 tablespoon honey\* and eat to help loosen chest congestion

#### Colds:

- ❖ Put 1 tablespoon each of dried sage, thyme, peppermint and 8 drops of eucalyptus or menthol oil into boiling water and take the steam for 10 minutes.

#### Sore throat:

- ❖ Gargle warm water mixed with ¼ tspn of turmeric and pinch of salt
- ❖ Boil ¼ tspn of ginger, turmeric, black pepper and basil leaves in water and drink as tea 3-4 times a day.
- ❖ Boil 3 tablespoons of flax seeds in 1 cup of water until the water becomes thick. Strain and add 3 tablespoons of lemon juice and 1 tablespoon of honey\*. Take 1 – 2 tablespoon to soothe throat and relieve cough.
- ❖ Blend ½ cup apple cider vinegar, 4 tablespoon honey, 1 teaspoon cayenne pepper in ½ cup warm water. Take 1-2 tablespoon every 3-4 hours.

May your journey through life bring truth and bliss.

**\*Do not give honey to babies under one year of age.**



## From Dr. Sam...

Welcome to the first edition of our Newsletter. We plan to have one edition every term, matching content to the seasons.

I would like to encourage all students to contribute to the newsletter (details on how at the end of the newsletter).

We have two special events coming up soon – [The Free Introductory Seminar and the Term 3 Open Day](#).

The Introductory Seminar will be held on May 30<sup>th</sup>, starting at 5.30pm, and I invite anyone who would like to know more about Natural Therapies to attend. We will also be available to discuss courses offered at the Institute. (further details on the last page)

Our next [Open Day](#) will be held on Saturday August 2<sup>nd</sup>, 2-5pm. Please look on the Events page to see everything we have planned for this special day.

## Membership of Natural Therapies Associations

At AIHM we are about you getting the best information so you can make an informed decision before embarking on your studies.

Currently there is no statutory regulation to govern the practice of Natural Therapies. Nothing legally prevents someone calling themselves a Natural Therapy Practitioner and practicing Natural Therapies. There are also no known plans for regulation in the foreseeable future. The industry is regulated by Professional bodies, with graduates applying for membership.

Membership to a Professional body gives practitioners:

- ✓ Access to Private Health Fund Rebates\*
- ✓ Insurance at a discounted rate
- ✓ Marketing through association
- ✓ Professional development
- ✓ Access to products, restricted to registered health professionals

There are a number of reputable Associations and current and prospective students are encouraged to contact them for further information.

- Aust. Natural Therapists Association (ANTA)
- National Herbalists Association of Australia
- Complementary Medicine Assoc.
- Aust. Traditional Medicine Society

### \*Health Fund Rebates

Most health funds do not give provider numbers to students who have studied via correspondence or distance education, and some Associations are reluctant to accept them as members. At AIHM our off campus classes are taught in real-time to eliminate this barrier.

### Did You know....

- *More than 70% of Australians use a form of natural therapy as a regular part of their overall health care, with close to an estimated two million professional consultations conducted annually.*

Source: [https://www.health.gov.au/internet/main/publishing.nsf/Content/phi-natural-therapies-submissions-containerpage/\\$file/Australian%20Traditional%20Medicine%20Society.pdf](https://www.health.gov.au/internet/main/publishing.nsf/Content/phi-natural-therapies-submissions-containerpage/$file/Australian%20Traditional%20Medicine%20Society.pdf)

## In the Kitchen – Chicken & Vegetable Soup

Chicken & Vege Soup is a great winter warmer & cold and sniffles fixer. It is known in the US as Jewish Penicillin, and there is scientific proof this stuff actually works! Grandma was a very wise woman and she never knew it. Click on the link for the news story <http://abcnews.go.com/Health/story?id=117888>

Add some chili for an adult kick or matzo balls or noodles to turn this soup into a meal.

### Ingredients

2 tablespoons olive oil  
1 leek, halved, washed, thinly sliced  
2 garlic cloves, crushed  
1 large carrot, peeled, diced  
2 sticks celery, diced  
2 small zucchini, diced  
1 swede or turnip, peeled, diced  
1 1/4 cups dry soup mix, rinsed  
8 cups chicken stock  
1kg skinless chicken lovely legs

### Method

Heat oil in a large saucepan over medium heat. Add leek and garlic. Cook, stirring, for 2 minutes or until soft but not coloured. Add carrot, celery, zucchini and swede. Cook for 2 minutes. Stir in soup mix, stock, chicken and 1 cup cold water. Increase heat to high. Bring to the boil

Reduce heat to low. Simmer, partially covered, stirring occasionally, for 1 hour or until soup mix and vegetables are tender.

Remove chicken legs from soup. Allow to cool slightly. Remove meat from bones. Roughly chop chicken meat and add to soup. Season with salt and pepper. Ladle soup into warmed bowls. Serve



## My Journey...Simon O'Connor

My journey on the path to healing began in the early 1970's. My father worked as a postmaster for the P.M.G. and until I went to high school he was posted mostly in rural western Australia. I spent my youth growing up with the Yolngu people near Derby, the Wajarri people near Mingenew and the Yamatji peoples of Geraldton. Through an osmotic process I learned a little of the ways of bush tucker and indigenous natural medicines although at the time I didn't understand the value of what I was learning. It wasn't until I moved to the "big smoke" and was separated from these wild places of Australia that I began to see. Those around me seemed to be blind to the spirits surrounding them. The plants and trees sang but nobody could hear. During my primary school years I was educated in small schools run by the Catholic Church. My experiences within the Church instilled in me the desire to become a barefoot healer and at one time the mantle of priesthood appealed to me greatly. This however was not to be, as I grew older I became disillusioned with the inequities displayed by organised religion and I began to question the nature of God which in turn caused me to explore the philosophies of other paths. It was around this time I became involved with a Wiccan high priestess who introduced me to beliefs older than Christianity and was responsible for my first forays into complementary medicine via the modality of aromatherapy. She also strongly believed in the personalities of plants and she helped me develop a more metaphysical appreciation of their abilities.

I have been involved in gardening my whole life as my father is an avid vegetable gardener. In my youth my knowledge of herbs was limited to that of European herbs and even then garlic and parsley were considered somewhat exotic. After leaving high school I obtained gainful employment which soon became unsatisfying as I felt it served no particular purpose. It was at this time that I began looking seriously at studying herbalism but financial and familial obligations prevented me from taking on the mantle of a starving student. When the opportunity presented itself I decided to take on an apprenticeship as a chef. This would keep me close to my herbs and as I thought food should be our medicine it fit in nicely with my philosophies and still allowed me a wage (to pay off that damned credit card).

As an apprentice I was known as "the herb guy" and was soon exposed to the spices and cooking of India. This widened my appreciation of food as medicine and was my first exposure to the practices of Ayurveda. I then became aware of the herbs of México which, strangely enough, are almost completely unknown outside of Latin America. Considering how many of our foods come from México I found this quite unusual. In 2007 I travelled to México to study comida callejera (street food) and the herbs I have since fallen in love with. I visited universities, botanical gardens, indigenous communities and mercados to learn more about these plants.

During my time as an apprentice I became a single parent and the sole carer of my then 1 year old daughter. This separated me from my job as a chef but gave me the opportunity to work as a special needs aide for the Education department working with children with profound cerebral palsy. I have since worked with aboriginal families (mostly Wongi people) helping them gain access to special needs programs in Perth. My job with the education department gave me a greater understanding of the compassion of the healer and it put me in close proximity to the Australian Institute of Holistic Medicine. I realised I now had the opportunity to study and after a couple of visits to AIHM I decided to grasp the opportunity with both hands and study the herbalism I had dreamed of.

I began my journey at AIHM by attending a Bridging course and when I applied for Herbalism I was encouraged to expand the scope of my studies and take on Naturopathy as well. I am forever grateful to the school for this as it exposed me to modalities that I may not have seen if I had stuck to herbalism alone. This is my first foray into tertiary education and I have been impressed by the workload it has entailed. I have found though that as it is my dreams that I am pursuing it has been a joy and I am looking at its end with a sense of loss. I have been fortunate in my time at the college and have had the privilege of being awarded the Rener Health Scholarship and the 2013 Student of the Year award.

In the future I would like to return to México to study herbs formally at university and informally as a curandero. I would very much like to further the knowledge of these plants in Australia and believe that our environment is conducive to growing many of them, as is currently being demonstrated by chia, amaranth and quinoa in the Ord river region. I would like to revisit North West Western Australia and spend time in indigenous communities to gain a greater understanding of the health problems plaguing these communities and (hopefully) be accepted enough to provide assistance. I would also like to re-explore the plants I knew as a child, as I have not come across many of these plants during my studies. It seems that much of indigenous Australian medicine is not very well known. The cultures of México and indigenous Australia are deep, rich and vibrant and, due to the open nature of complementary medicine within Australia I believe they can play a part in the practice of herbalism here alongside the practices of Traditional Chinese medicine and Ayurveda. The richness of the herbalism of indigenous cultures is yet to be fully appreciated.

***Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.*** Israel Regardie.

## Pen – Ultimate!

This is the spot for all the last minute, just can't leave it out things that cross the desk. So even if you think you are too late we have a spot for you!

If you are approached to write something, or if you read this and have an idea for a story come and see us or email your contribution in.

The format of the Newsletter is seasonal, and we are already looking for Spring and Summer stories...

- recipes
- hay fever remedies from all modalities
- more student bio's (new & continuing)
- photos
- reports on AIHM events (Seminars and Open Days)

*Thanks to Roopa for these two great recipes, just perfect to you help fight the winter lurgies.*

## Kitchari

### Ingredients:

- 1 cup basmati rice (washed)
- 1 ½ cup mung dhal (washed)
- 1 teaspoon turmeric powder
- 1 teaspoon cumin seeds
- 1 piece of ginger, finely chopped
- 1 very small pinch of asafoetida
- 1 teaspoon ground coriander
- 2 tablespoons ghee
- 1 teaspoon mustard seeds
- 1 teasp. lemon juice
- 1 teasp. Salt
- 1 teaspoon fennel seeds



### Preparation:

Wash rice and mung dhal in water 3-5 times and keep ready. Heat ghee in a heavy bottom pan and add the mustard seeds.

Fry on medium heat till they start to pop up. Add the rest of the spices and fry till they turn golden brown and give an aromatic smell (approximately 30 sec - 1 min).

Do not allow them to burn.

Add the rice and mung dhal, stir for a minute so that the mixture is coated with ghee, then add 4-6 cups boiling water.

Cook with occasional stirring till all the rice and dhal are soft and mushy in consistency.

Serves 4-6 people.

## Soup

### Ingredients

Ghee – 2-3 teaspoon  
Garlic – 2-3  
Black pepper – 2 teaspoon coarsely powdered  
Dried chillies – 2-3  
Cumin – ½ teaspoon  
Mustard – ½ teaspoon  
Tamarind – big chunk  
Salt – To taste  
Turmeric – ¼ teaspoon  
Hing / Asafoetida – Pinch

### Preparation:

In a separate bowl, squeeze juice of tamarind in water and keep ready. Pop mustard seeds in ghee and then add and fry black pepper, garlic, chillies, cumin, turmeric and hing till it gives a good aroma. Add tamarind water and salt to this and bring to a good boil. Simmer for 3-4 min, add more water if needed.



There is no need for you  
to change the whole world;  
just change yourself and you have  
started changing the whole world,  
because you are part of the world.  
If even a single human being changes,  
that change will radiate to thousands  
and thousands of others.  
You will become a triggering point for  
a revolution which can give birth  
to a totally new kind of human being.

**OSHO**



## Contact us:

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<http://www.aihm.wa.edu.au/>

## For Your Diary...

- **Graduation Ceremony** - 12<sup>th</sup> July
- **Orientation Days**  
**On Campus Students Term 3** – 14<sup>th</sup> July  
**Online Students Term 3** – 15<sup>th</sup> July

### Academic Cut-off Dates

**Enrolments for Term 3** – 14<sup>th</sup> July

**Withdrawals for Term 3** – 25<sup>th</sup> July

**Census Date for Term 3** – 4<sup>th</sup> August

[\(Please refer to AIHM Policy document – penalties may apply for late actions\)](#)

- **[Herbal Medicine Manufacturing Elective](#)**  
Mondays -9am-12  
21<sup>st</sup> July – 8<sup>th</sup> Sept
- **[Aromatherapy Elective](#)**  
Tuesdays -5.30 – 8.30pm  
22<sup>nd</sup> July – 23<sup>rd</sup> Sept
- **[Kinesiology Elective](#)**  
Fridays -5.30 – 8.30pm  
25<sup>th</sup> July – 26<sup>th</sup> Sept
- **Open Day**  
Saturday August 2<sup>nd</sup> - 2-5pm



Iridology & Massage  
mini-consults given by  
students on our  
Open Day



## Free Natural Therapies Information Seminar Friday May 30<sup>th</sup>, 5.30pm

### Come along and experience

- Iridology
- A mini naturopathic consultation
- Zinc level testing
- Speak to staff regarding Natural Therapies and what is offered at our Student Clinic
- Investigate study options at AIHM

Registration is not required, but is appreciated for catering and seating purposes – call 9417 3553

## Open Day – Saturday August 2<sup>nd</sup> – 2-5pm

- Experience 3 mini consultations from various therapies for \$10
- 50% off Clinic visits booked at the Open Day
- Speak to our students and staff about study options at AIHM

## We NEED You!

Contributions to the Newsletter are very welcome. We are looking for recipes, student bio's (see Simons Pg. 4), anything you may think is appropriate. Feedback is also appreciated. Please email [registrar@aihm.com.au](mailto:registrar@aihm.com.au) with your contribution(s)

Please note, content may be edited, but you will be consulted beforehand.