

HOME HELPER



For Locals. By Locals

Welcome to
THE MANOR
BARGARA

Like the chance
to win \$2,000
cash?

See page 3

SELLING
Scenic



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Editor's Note



Welcome to September 2023.
September is my favourite time of year.

There used to only be 10 months. The seventh month of the year was called September, from *septem*, a Latin word meaning "seven." The name was spelled *Septembre* when it was borrowed from early French into Middle English, but eventually the English spelling was changed to that of the original Latin

September's birthstone is the sapphire. The birth flowers are the forget-me-not, morning glory and aster. The zodiac signs are Virgo (until September 22) and Libra (September 23 onward).

There are many birthdays in September. Most likely because these babies are conceived in the Christmas festive period when the parents are on holidays!

We continue to be on look-out for a dynamic go-getter to join our team in sales and marketing. So if you are looking for work flexibility, fun and love people.... Get in touch!

Finally, we'd like to thank all our advertisers. We could not publish month after month and be delivered direct to thousands of local homes without your support.

We always welcome new advertisers, so please reach out!

Wishing you a beautiful month. May you enjoy the first month of Spring

Rebecca Lang

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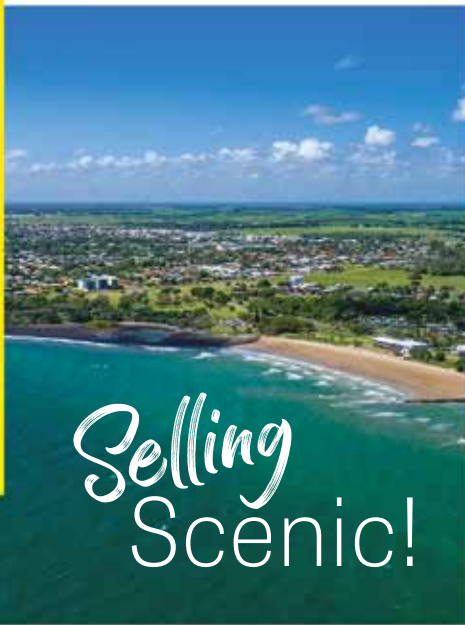
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RayWhite
Bundaberg



PAUL ANDERSON



Selling Scenic!

Amidst the resounding chorus surrounding the Bundaberg region's booming property market since 2020, what sets apart this one agent who consistently remains the talk of the town?

Known for his creative marketing approaches, Paul Anderson has rewritten lyrics about properties over parodies of famous songs, taken characters from mainstream movies and recreated dialogue around the attributes of the home or area, all while incorporating witty and captivating skits into his digital content.

"The method to the madness of these videos is simply to gain

additional exposure for the listing, that it wouldn't ordinarily reach through the standard means of real estate advertising. Many vendors believe it only takes one buyer, when in reality, it takes at least two parties who genuinely desire a property to achieve an above fair market value result, which through the help of clever digital marketing, I am consistently getting."

Principal of Ray White Bundaberg and Bargara, Warren Hitzke, stated "It was a no brainer offering him a seat in the Bargara office when it opened almost 12 months ago. His diligence and dedication to real estate is paying off and the results are speaking for themselves".



238 WOONGARRA SCENIC DR.



93 WOONGARRA SCENIC DR.



105 WOONGARRA SCENIC DR.



217 WOONGARRA SCENIC DR.

\$2000 CASH!!!

WIN

To celebrate 12 months since the opening of Ray White Bargara, Team Anderson is giving away \$2000 cash to one lucky client who lists with them before December 1, 2023. Not quite ready to sell? Team Anderson is also offering a \$500 cash prize to one lucky homeowner for getting an appraisal done before December 1, 2023. To enter, simply scan the QR Code (right), or contact Paul - 0413 428 182 to book an obligation free appraisal.

Get in touch



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Rebecca Lang



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Spring into SPRING!



BY REBECCA LANG
NATUROPATH - NUTRITIONIST

Would you like to lose a few kilos before Spring?

DO YOU WANT YOUR STOMACH TO LOOK
A BIT FLATTER BEFORE HITTING THE
BEACH? HAVE YOU TRIED EVERYTHING
TO LOSE SOME WEIGHT BUT IT JUST
WON'T SHIFT?

Our bodies do naturally detox themselves but in today's toxic environment, our livers are being inundated with toxins from our environment, our food, our water and our lifestyles. Toxins are also stored in fat cells so it is also essential to support your liver before any weight loss program.

Your digestive system is also involved in the elimination process of detoxification. If your digestive system is not functioning properly, this may prevent toxins from effectively leaving the body. If you are not digesting properly, you could also be preventing the absorption of nutrients required for optimal health and weight loss.

A healthy gut is important when it comes to detoxification. Our bodies produce enzymes that carry out their own detoxification processes in the digestive system. If we are eating incorrectly





**NO ADDITIVES,
NO FLAVOURINGS
NO PRESERVATIVES**

for our own particular body or make bad lifestyle choices, the amount of enzymes decreases and our gut lining becomes weaker. Our liver and immune system are then put under extra pressure and this can lead to disease. An unhealthy digestive tract can also lower our metabolism which leads to weight gain.

If your liver cannot metabolise fats properly, weight gain can be the result and it will usually sit around the middle abdominal area. And if your digestive system is compromised, you go out for dinner and see your stomach bloat up straight away. Sometimes you may think you even look pregnant, even if you are a man!! This is not a good look, but this is where Naturopathy can assist you. Usually when this is happening, people can't pinpoint which foods are causing the problem.

At Bargara Beach Holistic Health Centre, our Naturopaths understand the importance of effective detoxification, particularly before any weight loss program. Most of our clients will follow our Detox Program at least twice a year. The program runs for 3 weeks and most people lose around 4kg.

A recent client has lost 11kgs over the last 6 months which includes fluid and 9.5kg of fat. She has also increased her muscle and muscle quality, and reversed her Oxidative Stress. (Our equipment tells us this information). And improved all her blood pathology, including reducing her iron overload, reducing her bad cholesterol, and decreasing her elevated liver enzymes.

Come see us!

**Shop 1, 15 See St,
Bargara 4670**

**7am - 5pm Mon-Fri
7am - 2pm Sat & Sun**



*scan here to
order online!*



beauty



BY MEGAN O'DONNELL
BEAUTY THERAPIST

A SOOTHING JOURNEY RAINDROP THERAPY

Raindrop therapy is a holistic technique that combines essential oils with gentle massage to promote relaxation and balance in the body.

You will experience a sequence of essential oils along the spine and feet. As the oils are gently dropped onto the skin, I use various massage techniques to help the oils penetrate deeply into the body.

The combination of essential oils and massage creates a synergy that can provide numerous benefits. The oils work on a cellular level, promoting relaxation, reducing stress, and enhancing overall well-being. They can also help alleviate muscle tension and discomfort, improve circulation, and support the immune system.

Why raindrop therapy is beneficial:

Stress Reduction: The gentle application of essential oils combined with soothing massage techniques can help relax the mind and body, reducing stress and promoting a sense of calm.

Muscle Tension and Discomfort: The oils used in raindrop therapy, such as peppermint and wintergreen, have analgesic and anti-inflammatory properties that may help alleviate muscle tension, discomfort, and soreness.

Immune System Support: Certain essential oils used in raindrop therapy, including oregano and thyme, are believed to possess antimicrobial properties that may help support the immune system and promote overall wellness.

Emotional Balance: Essential oils like lavender and frankincense are often used in raindrop therapy for their calming and mood-enhancing effects. This therapy may help promote emotional balance and reduce feelings of anxiety or tension.

Circulation Improvement: The techniques in raindrop therapy can help improve blood and lymphatic circulation, potentially aiding in detoxification and supporting overall cardiovascular health.

Energy Alignment: Raindrop therapy aims to balance the energy centres of the body.



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BY CYNTHIA HOOGSTRATEN
MARRIAGE & FUNERAL CELEBRANT

A death doula or end-of-life doula is a family supporter that provides non-judgmental, non-medical, holistic care in various roles. Overall they can empower and educate individuals, to confront choices, make decisions and consider options for end-of-life care and celebrations of life.

I am in a privileged position to sit with many families after the death of a loved one. I have experienced that those who were 'prepared' were more likely to accept the process of making arrangements and less stressed than those who did not know the dying process and honouring the wishes of a loved one. Each of us will inevitably die; this is the circle of life. Many choose not to speak about the subject, leaving families in turmoil when decisions need attention during mourning and grief.

Death doulas assist in normalising death, therefore minimising fear and anxiety. Our society does death differently than many cultures, where death is a natural transition and not something to be feared. Studies have found that 80% of people prefer to die at home, but only 30% do.

Some of the services a death doula may offer or specialise in; include- going over health directives, assisting in planning end-of-life wishes, creating sacred space for the terminally ill, vigils, visiting elderly clients who have no immediate families, advocating on end-of-life choices through public speaking, conducting a 'living funeral', legacy work with families, navigating funeral options, supporting families after death.

Being part of the most transformational moments of people's lives is an honour. Death doulas are a source of comfort for the terminally ill and the loved ones of the dying.



LIFE

transition

support

'Dying to Know Day' is an annual campaign that empowers all adult Australians to be strong self-advocates for their planning when it comes to their future.
www.dyingtoknowday.com/

Tuscan chicken pasta

Transport your tastebuds to central Italy with this creamy Tuscan chicken pasta, perfect for a no-fuss weeknight family dinner

INGREDIENTS

- ▶ 500g vine-ripened cherry tomatoes
- ▶ 2 red onions, cut into wedges
- ▶ 2 red capsicums, seeded, coarsely chopped
- ▶ 8 garlic cloves, thickly sliced
- ▶ 2 tbs olive oil
- ▶ 375g shell pasta
- ▶ 1/2 cooked chicken, meat shredded, skin & bones discarded
- ▶ 300g tub light sour cream
- ▶ 1 cup (80g) finely grated parmesan
- ▶ 1/2 cup finely chopped basil
- ▶ 1 cup (120g) pitted Sicilian olives, halved
- ▶ Basil leaves, to serve
- ▶ Lemon wedges, to serve
- ▶ Finely grated parmesan, extra, to serve

METHOD

- ▶ **Step 1:** Preheat oven to 220°C. Place half the tomatoes in a 3.5L (14-cup) ovenproof dish with the onion, capsicum, garlic & 1 tbs of the oil. Season with salt/pepper.
- ▶ **Step 2:** Roast for 35 mins or until vegetables are soft.
- ▶ **Step 3:** Meanwhile, place the remaining tomatoes, still on their vine, in a small greased ovenproof dish. Roast for 20 mins or until just soft, but still holding their shape.
- ▶ **Step 4:** Cook the pasta following packet directions or until al dente. Drain, reserving 1/2 cup (125ml) of the pasta water. Add pasta, reserved cooking water, chicken, sour cream and parmesan to the vegetable mixture. Stir to combine. Stir in basil. Season.
- ▶ **Step 5:** Serve pasta topped with roasted tomatoes on the vine, Sicilian olives, basil leaves, lemon wedges and extra parmesan.



20 min



35 min



4

Tip!

Store any leftovers in an airtight container in the fridge for up to 4 days. Freeze Tuscan chicken pasta for up to 6 months.



ABOUT US

IV Health Sunshine Coast specialises in intravenous and booster vitamin and mineral therapies that may help your body function at its peak! We deliver vitamins, minerals and amino acids directly into the bloodstream to achieve **100% absorption**.

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100% Absorption Did you know only 20-30% of vitamins taken orally are absorbed and utilised by the body? With IV administration it's 100%.



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Dr James Orford
Medical Director, Fertility Specialist, OBGYN

Dr Orford has a special interest in gynaecology and laparoscopic removal of endometriosis



Dr Kelvin Larwood
Fertility Specialist, OBGYN

Dr Larwood has a special interest in laparoscopic surgery and male infertility



Dr Michelle Proud
Fertility Specialist, OBGYN

Dr Proud has a special interest in fertility and taking a holistic approach to managing pelvic pain, endometriosis, PCOS and surgical sperm collections



Dr George Bogiatzis
Director, Fertility Specialist, OBGYN

Dr Bogiatzis has a special interest in PCOS management, pelvic floor, ultrasound and laparoscopic surgery



Dr Ashish Das
Fertility Specialist, OBGYN

Dr Das has a special interest in recurrent miscarriage, endometriosis, recurrent implantation failure and surgical sperm collections



Dr Kirsten Morrow
Fertility Specialist, OBGYN

Dr Morrow has a special interest in gynaecology, obstetrics, colposcopy and laparoscopic surgery



Dr Nerida Flannery
Fertility Specialist, OBGYN

Dr Flannery has a specialist interest in recurrent miscarriage and implantation failure

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Sunshine Coast Clinic
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INTERIOR DESIGNER

TRENDS

The Must-Haves

Design Trends For Your Home

Having earthy, texture-rich, nature-inspired colours, sustainable materials with touches of the bespoke for a soulful feel to our homes, is here.

Today's kitchen is where we gather, dine and entertain, making memories with the ones we love. So out with the cold and clinical and in comes warm, characterful colours and finishes. We're seeing beautiful stone finishes playing a key role, on benches and splashbacks. Warmth flows from timber finishes in cabinetry and architectural finishes.

The bathroom has evolved from the practical to a spa-like space - a retreat to relax and recharge, with beautiful, natural finishes in earth-drawn colours that soothe the senses. Create a cocooning feel by running a stone from floor to ceiling,

richly grained joinery, and compliment the space with curvaceous mirrors for contrast.

One-of-a-kind furniture replaces short-lived trends for a desire for unique, beautiful, crafted pieces that enhance your home and last for years, while being kind to the planet. Hand crafted pieces tell a story while offering individuality, and can be passed down the generations.

Statement walls are coming back with a difference. Stone is this year's finish of choice. Bringing a sense of cosiness to a space.

What can you see yourself changing in your space?



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Iridology is a traditional tool used by Naturopaths. It is the study of health via an examination of the colour and structure of the iris, the sclera and the pupil. The iris is a very complex external structure and it has a reflex connection to every organ and tissue of the body by way of the nervous system.

“The iris is estimated to contain over 28,000 individual nerve fibres. Medical science has, so far, found no function for these fibres that seem to end blindly in the stroma. It is here possibly, that iridology had a reason to be born” (ref available)

Iridology looks holistically at the person to assess body, mind and spirit, and it can also look at hereditary patterns, personality traits and spiritual lessons. It is an interesting tool, especially when used alongside scientific testing such as blood pathology, urine testing, stool testing etc. It is a useful screening tool to then look at areas that may need further assessment.

Understanding our body, and looking at weaknesses and strengths can greatly help as a preventative measure with our health. Understanding which organs may need to be supported and protected may help to prevent future disease in the body. Natural medicine and food as medicine, can then be individualised to help support a person's constitution.

No two irises are exactly alike. Some have likened the iris to DNA. Every iris is as unique as your fingerprint.

At Bargara Beach Holistic Health Centre we have an option to just book an Iridology appointment and we can also create an extensive written report for you with photos of your eyes. Many of our existing clients love having access to this but we also have it available for the public to access directly.

EYES

really are the window to the

soul



BARGARA BEACH
HOLISTIC HEALTH CENTRE

Bargara Beach Holistic Health Centre

You can book an iridology online at www.healthandhealing.net.au

Book an Appointment/Other Services - 4159 1834

A snapshot of this month's events we hope will inspire, nourish & excite you!

SEPTEMBER

SUNDAY
10
9am - 11.30am
COST

City to Coast Community Bike Ride

The ride is a leisurely 20 km from Bundaberg to Burnett Heads. This ride is designed for everyone - if you can ride a bike you can complete this ride.

Vince Green - 0413 258 044

WEDNESDAY
13
7.30pm - 9.10pm
TICKETED

ACO Collective: Ecstatic Dances

Dances from across the world & centuries from director & violinist Matthew Truscott & ACO Collective. Featuring members of the Bundaberg Youth Orchestra.

Moncrieff Box Office - 4130 4100

SATURDAY
16
7.30pm - 10.20pm
TICKETED

Dreams - Fleetwood Mac & Stevie Nicks Tribute

Bring your wild heart to this massive 2.5 hour show! Spirit all the twirls you can muster & enjoy all the songs, outfits & signature moves of Stevie & the band.

Moncrieff Box Office - 4130 4100

MONDAY
18
9am - 11.30am
FREE

Keyring Workshop

Join Crafter in Residence, Mel at the Gin Gin Neighbourhood Centre to create, have fun, learn new craft skills & make friends in a relaxed environment!

Gin Gin Community Hub , 4 Dear Street - 4130 4630

THURSDAY
21
9am - 3pm
COST

CPR & First Aid Training

Looking at getting your First Aid Certificate or even a refresher course? Bring along your USI (Unique Student Identifier) on the day & pack your lunch!

14 Hinkler St Childers - 1300 739 575

SATURDAY
21
6pm - 7.30pm
TICKETED

Luke Kidgell - Happy Hour

Luke Kidgell has gained over 3 million online fans for his viral stand up videos. After his last sold-out tour, he's back on the road with his brand new show!

Moncrieff Box Office - 4130 4100

SUNDAY
24
10.30am - 1.10pm
FREE

Bullyard Hall Markets

Set in a friendly country environment with lots of different stalls for you to buy from. Pet friendly, music, food & drink. 4th Sunday of each month, 8am - 12pm.

Bullyard Hall & Recreation Club - 0404 360 174

WEDNESDAY
27
10am - 11am
FREE

Gallery Art Walk I Guided Tour

Our monthly Art Walks provide a deeper insight into our artwork exhibitions. Join Gallery Director, Rebecca McDuff for an engaging & tailored tour.

Bundaberg Regional Art Gallery - 4130 4750

THURSDAY
27
1pm - 4.15pm
TICKETED

The Hours: Met Opera - Live opera recordings

...from globally renowned opera house, the Metropolitan Opera. Rich & loaded vocal stories that are confronting, vulnerable, joyful, & undeniably human.

Moncrieff Box Office - 4130 4100

Let's talk IV

WHAT DOES IV STAND FOR?

IV is short for intravenous (in the vein). At IV Health Sunshine coast we provide hydration and nutrient administration by using a small needle/catheter that's placed directly into your vein. This allows us to hydrate you more effectively and efficiently than if you were to just drink water and also deliver vitamins and nutrients directly into your bloodstream.

WHAT IS IV THERAPY?

IV therapy is a method to quickly administer fluids, vitamins, and minerals directly into the bloodstream. By going directly into the bloodstream. Our IV therapies are meant to act as supplements and not to replace oral hydration. IV vitamin therapy is the process of administering a mixture of essential vitamins and minerals to your body through a drip. These minerals carry energy boosters and health supplements you need to get out of your health slump. Your body will quickly absorb these nutrients into your bloodstream, boosting your immune system to help you fight against illness and supporting your better health. IV administration bypasses the digestive system which allows for maximum absorption of the vitamins, minerals, antioxidants and fluids we put into the drip!

Did you know that only 20-30% of the vitamins we ingest from either food or supplements get absorbed? The remainder are excreted or might pass through unabsorbed! Intravenous vitamin therapy infuses the vitamins, minerals, and antioxidants directly into the bloodstream. Once in your bloodstream they are transported straight to your liver and to the cells where they act immediately as co-factors for a wide variety of cellular processes as well as having a direct effect. With IV infusions you are absorbing 100% of the vitamins and nutrients because it bypasses the gut.

IS IT SAFE?

All our vitamins are medical grade approved and go through high levels of testing. When you attend your initial IV therapy, a registered nurse will perform an initial consultation with you and these findings will be discussed with a doctor. Each time you have IV

therapy, your health history is evaluated and if there are any changes or you wish to change your infusion, the nurse will discuss this with a doctor. All therapies are administered by trained Registered Nurses after consultation with a doctor. The risks and side effects are very minimal. There is always the risk of infection when using a needle. Some patients may have a mild reaction if they get too much of a certain vitamin or mineral. Remember, everything should be in moderation, even things that are good for you.

ARE THERE ANY SIDE EFFECTS?

Side effects from an IV nutrition drip are generally rare. On occasion, you may experience some discomfort, bruising, itching, inflammation, or redness at or around the site of injection, and this could last from a few minutes to several days. However, true allergic reactions are extremely rare. If you experience throat/tongue or lip swelling, itchy body rash or symptoms associated with an allergic reaction you need to let the nurse know immediately and your infusion will be ceased, and ongoing assessments made. If you know you are allergic to any vitamins/minerals — please let us know.





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Bargara & Bundaberg



Welcome
to Bundaberg

Bundaberg is a city in the Bundaberg Region, Queensland, Australia, and is the tenth largest city in the state. Bundaberg's regional area has a population of 70,921, and is a major centre of the Wide Bay–Burnett geographical region.

Bundaberg is home for loggerhead and green sea turtles that return every year to continue the circle of life. It is home for farmers and distillers who toil the volcanic rich soils yielding abundant produce. Home for graceful manta rays, and a home away from home for migrating humpback whales.

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RAW nutrition



BY DEBBIE GORDON
RAW FUR SURE

We've witnessed a large increase in disease amongst our beloved pets. Not only is it affecting our canine family, but also our feline friends. Statistics show a major increase in diabetes, cancer, and pancreatitis diagnosis, and other concerning ailments like kidney disease, obesity and gum disease.

This leads pet owners to question what the mass produced; highly processed pet foods are made of. While it's convenient and sometimes economical, they're often laden with questionable ingredients that lack the nutrients our pets require to thrive.

Many conscientious pet owners are now turning to a natural – real food – raw diet. This practice isn't 'rocket science' it is simply involves providing pets with a diet of raw meats, offal, bones, fruit and veges - mimicking what they would naturally consume in the wild before domestication. Unfortunately there is a lot of misinformation surrounding raw feeding.

Nutritional balance – this can seem challenging at first, but remember there was no nutritionist on hand in the wild! By eating a variety of meats, offal, bones and fresh fruit and veges over time this provides your pet with a balanced diet.

Time and convenience – the convenience of 'commercial' pet food can end up costing pet owners more in the long run - in both time and money. Preparing a balanced diet doesn't have to be time consuming. At Raw Fur Sure we provide pre-made, balanced, raw, Australian produce in 3 brand varieties, and 7 protein varieties. Simply defrost and serve. The sizes and portions suit the tiniest dog through to the biggest, and also multiple dog and cat households.

Cost – Commercially processed pet food might seem cheaper and easier now, but the hidden costs can add up over the long-term. This can include numerous health issues (as mentioned above) that can lead to frequent and costly vet visits and medications. It is also important to remember to look at what you are paying for. In the case of feeding a raw, natural diet, you're just paying for REAL food. If we look at the ingredients list on commercial pet food, the list is far too long to mention and difficult to decipher!

Safety – we are told that raw feeding presents with safety challenges such as an increased risk of bacterial contamination. Is this true? Sure, safe handling practices and correct storage of the raw food is paramount and it certainly is important to use common sense, just as we do for our human family. However, safety concerns are just as significant with processed foods with a significant amount of recalls on commercial pet foods.

We encourage you, as the pet owner to do your own research, consult with open-minded vets, and make an informed decision about your beloved pets' diet. Pets can come with all sorts of challenges (just like children), however, with adequate knowledge and guidance, raw feeding can be a healthy and rewarding practice that contributes positively to our pets overall health and well being.

At Raw Fur Sure Pet Supplies we know what your dog and cat want and need to eat, and we can help you learn all about it too! We make raw feeding easy – pre packaged and ready to serve to help your four legged friend survive and thrive!



BARGARA FORESHORE FULL MOON *Drumming*

with Bundaberg's Unity Drummers Inc



Many of us know the quote, 'If you don't use it, you lose it.' Drumming exercises the neural connections within our brains, engages people, and is fun. These benefits are all crucial in lowering the risk of dementia. Our coastal lifestyle lends itself to outdoor activities, and the Full Moon Community Drumming Circles are ideal events where the whole family can join.

Date

Drum Circle time

		START	END
Friday	SEP 29	5.30pm	6.15pm
Sunday	OCT 29	6.00pm	6.45pm
Monday	NOV 27	6.00pm	6.45pm
Wednesday	DEC 27	6.30pm	7.15pm



Unity Drummers Bundaberg

We hope to see you all there!