



# Women's Bizzo!

The official newsletter of Natural Woman Network Pty Ltd

## Fair trade fashion, footwear and footballs

*For the last two years, our booth at the Melbourne Sustainable Living Festival has been situated next to Nick's and his business, Etiko. We are impressed with the sustainable nature of the business and the opportunities that it gives for fair-trade products and employment that it encourages in disadvantaged areas. We are considering stocking Etiko products for our customers in the future.*

*Nick is happy to share some background about Etiko below:*

**NWN:** Nick, what does 'Etiko' mean?

**Nick:** Etiko is the Greek word for ethics, and ethics are at the heart of the Etiko brand.

**NWN:** What type of products does Etiko have on offer?

**Nick:** Etiko is one of the first Australian businesses to source overseas



These women are part of Etiko's Fair Trade production team. Shown holding an example of the soccer balls they make in their community.

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of the Natural Woman  
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*The NWN slogan  
"Earth Conscious – Health  
Conscious" is what we are  
all about.*  
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The views of contributors to this  
newsletter are their views only, not  
necessarily those of NWN.

## Fair trade fashion, footwear and footballs

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products that are Fair Trade Certified and Sweatshop Free, Etiko offers a complete range of ethically produced sports balls, sports uniforms, street and leisure wear for the environmentally and socially conscious Australian consumer.

Etiko products are designed to ensure fair play on and off the sports field, Etiko's rapidly growing range of products includes a vast selection of sporting balls (AFL and soccer footballs, rugby balls, netballs, basketballs and volleyballs) as well as fashion and footwear. All products are well conceived with no compromise in quality, style or street cred.

**NWN:** *How are these products different from conventionally produced products in the same product lines?*

**Nick:** The key difference: all products are sourced from manufacturers who are certified Fair Trade or Sweatshop Free and from worker and farmer-owned co-operatives. What does that mean? It means that the people that make them are paid a decent wage, that they have good working conditions, that ethical working practices are adhered to and that no child labour is involved. It means that there is maximum benefit to the communities and minimum damage to the environment.

**NWN:** *Are these products certified organic?*

**Nick:** All Etiko clothing is certified organic and Fair Trade cotton. The rubber used for the shoes and sports balls is the first non-paper product to be certified to the global Forest Stewardship Council standard. And, for you, it means that when you purchase Etiko products you help to make the world a fairer place.

Every purchase of Etiko Fair Trade products not only helps fight child labour and sweatshops, but also helps fund community development, micro-credit and health care programs in countries around the world. 🌍

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

## Lucky Draw raffle – May 2009

Each of our Rad-Pads and Natural Woman Network customers (excluding facilitators and retail partners) who purchased any of our products in the month of May 2009 will be in the draw to win a \$20 gift voucher to go towards their next purchase. April prize opportunity listed on [www.radpads.com.au/specials](http://www.radpads.com.au/specials).

# Greening business the *MySmartGreen* way!

*During the course of 2008 I undertook to be part of an initiative put together by the University of Ballarat and the Department of Sustainability and Environment.*



*My aim in enrolling was to keep Rad-Pads and Natural Woman Network as up to date as possible with environmental issues affecting organisations and to network with like minded folks in the local area.*

*Dr Patrice Braun, Director of MySmartGreen kindly agreed to say a few words about this great initiative...*



By Wendy Dumaresq

**WD:** *Dr Braun, what are the main aims of the program?*

**Dr PB:** In these economically challenging times, sustainable practices such as saving water, energy and reducing waste can mean saving dollars, improving profits and growing your business.

When we designed the *SmartGreen* program in 2007, we were interested in getting businesses to think about implementing sustainable practices as well as reaping the benefits of sustainable profits. We also wanted to bring together the demand for environmental services and help grow the supply of expertise and environmental products and services.

**WD:** *What are the outcomes noted to date?*

**Dr PB:** We are pleased with the outcomes of the 2008 *SmartGreen* program as it has had a broader impact than we expected. It made participants aware of issues in different industries and work practices. It also brought together a range of businesses which might not have had an opportunity to meet, network and explore green business opportunities together.

**WD:** *Is the program to continue and how can people become involved?*

**Dr PB:** Although it was a great start to a huge challenge, much work remains to be done. Businesses can and need to lead the way to solve our environmental issues and towards a more sustainable society.

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If you are in business and interested in joining the 2009 *SmartGreen* program, visit [www.mysmartgreen.com.au](http://www.mysmartgreen.com.au) or ring us on **03 5327 9318** for more information.

# Fatigue & multiple hormonal dysfunction



By Wendy Dumaresq

Below are excerpts from a story which "Maree Black" (not her real name) would like to share with you. It is a good example of how health conditions can be complicated and healing can take some time but is worth pursuing. This is certainly not your everyday case of fatigue and hormonal dysfunction, and it has been quite a journey! Maree has persisted and grown a lot through the process with the offshoot being that the whole family has learned different ways of caring specifically for their own needs. As always, we started with diet and lifestyle and added what else was needed after that.

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*Today I feel as though I have been given lifelong answers to lifelong questions. I feel I have a "first aid" kit of knowledge and resources to facilitate my pursuit of the best health possible to lead the best life I can.*  
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*Maree writes...* "I met Wendy Dumaresq, a medical herbalist, in 2003. A local pharmacist who has combined pharmacology with traditional and herbal medicine, referred me to her, as I was not responding to other treatments both medical and natural.

The symptoms I experienced were unrelenting fatigue, brain fog, memory dysfunction, pressure behind the eyes and in the head, periodic unclear speech, listlessness, anxiety, depression, digestive disorders, sensitivity to smells, sleep disorder, insomnia, and muscle weakness. These symptoms presented most days, all day. My introductory words to Wendy five years ago, were that my reserves, which I had drawn on heavily for the past 48 years, were almost depleted. I needed refuelling...

*(Ed's note: Maree was also experiencing some quite severe hormonal imbalance signs and symptoms – a lot of these were due to hormonal imbalance, including adrenal and thyroid dysfunction).*

I have often equated Wendy's treatment to an onion, as in the layering effect and the removal of one layer at a time, to reveal another, and another etc etc. In my wisdom, I decided that the first layer of her treatment was too simple to possibly have any relevance whatsoever. *(Ed's note: dietary and lifestyle changes and some simple remedies).* And so I reasoned the second, and third also. Gradually I succumbed to the idea of giving her advice a go. The combination of nutritional guidance, specific supplements and that award winning tasty black/brown stuff out of a brown bottle, (not beer) *(Ed's note: Maree is referring to the delicious tasting herbal mixtures!)* began to appear attractive in comparison to the increasing difficulty I faced each day in functioning as a mother to four, wife, and bookkeeper.

Getting out of bed was a struggle. I had around this time again appealed to my GP for help, with this boring list of symptoms. After all, **who doesn't** experience fatigue and the like at some stage? My

*WENDY DUMARESQ is the Founder and Director of Natural Woman Network. Wendy is also a qualified and experienced Herbalist and Natural Fertility Management Counsellor. She consults at Moonee Valley Natural Healing Centre, Moonee Ponds. Ph: 03 9372 7299.*

second attempt at taking antidepressants again resulted in multiple adverse reactions. I could fill half an A4 page with the names of doctors and practitioners with whom I have consulted over the last four decades to find answers, some of whom were very foundational in my pursuit of health. From these caring professionals, I gleaned pieces of the health jigsaw puzzle along the way, but still the key to my healing eluded me. Maybe the black tonic was worth the risk. Perhaps more of the puzzle pieces could be found at the bottom of the bottle!

Some of the issues we have been dealing with over the years, are as follows: wheat intolerance and then gluten intolerance, hypoglycaemia, insulin resistance, hormone balancing, identifying and balancing incorrect mineral ratios, identifying and detoxifying high levels of heavy metals. Adenomyosis (*growth of endometrial tissue in less than appropriate areas in the uterus*) was diagnosed two years ago, with haemorrhaging increasingly difficult to manage. Most recently, I experienced a toxic reaction to chemicals in a newly purchased transportable office.

My health care routine these days consists of herbal and vitamin supplements, antioxidants, a diet high in protein, low in carbohydrate (*Ed's note: Maree finds that refined carbohydrates really suck her energy levels down*), low sugar and dairy, and just when I had graduated from the brown bottle, along comes the dropper bottle!!! Actually it's a little bottle of dynamite – tastes like gunpowder too!! If only petrol stations like this had been around for me 40 years ago! Lastly, a dose of soul food never went astray during a consultation (and it didn't come in a brown bottle!). By this I mean, an encouraging word of hope, a positive affirmation, amidst the overwhelming feelings of, "My reserve tank is almost empty and I can't see a petrol station yet. (Oh, is that a sign up ahead?)"

*(Ed's note: A huge part of Maree's healing has been her dietary and lifestyle regime. Finding what is right for each person can be trial and error and a good dose of intuition. Maree has also learned how important it is to live an 'authentic' life, and how her energy and health can plummet if she is not being true to the dictates of her soul).*

## How do I know it works?

Every now and then, to prove a point, I conduct an audit as to the necessity of each supplement I take. Neither my herbalist nor I are into overmedicating. I conduct this personal audit each time I run out of something!! If adverse symptoms appear I have confirmed the value of these extracts to my health, and if not, my herbal prescription is changed as needed. Audit sounds so much better than forgetting to stock up!!

Using the same auditing process, I have confirmed beyond doubt, the benefits of lifestyle changes which embrace-sensible sunshine; protein; low carb (ban the muffin top!); exercise; gluten, dairy and sugar exclusion; appropriate supplementation and expert practitioner advice. As non-scientific as this sounds, I have proven beyond doubt, having at one time or another run out of each of the supplements, that my system is responding better than I had ever hoped to the lifestyle changes and natural prescriptions. Having doubted the onion approach as being too simple in 2003, I marvel at the good health, and awareness that I enjoy today. I realize healing is a pathway, and I still pass by the odd toxic dump on the way. Hopefully I don't visit too long. Today I feel as though I have been given lifelong answers to lifelong questions. I feel I have a 'first aid' kit of knowledge and resources to facilitate my pursuit of the best health possible to lead the best life I can.

I now have more good days than bad. If my wellness reading prior to 2003 was 2/10, today I would rate it as 8/10 most days. Some days are even 9½ out 10. This is incredible for me when I look back at what my health was like. I believe my healing journey may have indeed been prolonged had my healing path not included the expert practitioner advice I have received from Wendy Dumaresq."

*(Ed's note: Maree continues to improve, and I enjoy her humour and insights and thank her for allowing me to be part of her healing journey and generously sharing her story with us all). 🌍*

# 'Out the other end' (of menopause)



By Lorraine Collishaw

*For those of you thinking that life as it is ends around menopause, think again! Lorraine Collishaw, Counsellor, Artist and Movement Meditation teacher shares her 'crone wisdom' on how great life can be after 'the change.'*

*Many women I have spoken with in their 'wisdom years' report how wonderful their lives are and how they feel that they are really capitalizing on all the learning they have done in earlier years. Many have also been able to become real movers and shakers in their areas of interest – their creative energy has been freed up from the constant caring roles they have been busy with, at least to some extent. Some common traits that I notice these wonderful women share are – they are more able to 'just be,' rest when needed and nurture themselves when needed – and they really don't give a STUFF about what people think of them. How liberating!*

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...above all start honouring yourself in whatever way you can. Be patient, you too will come out the other end.  
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I'm 65 and life is good! The world's in a mess, but I'm doing OK. Life after menopause is to be thoroughly recommended.

Menopause is an interesting time – lots of things going on at lots of levels. I don't believe we should try and ignore it and hope it goes away (despite what some others might want of us). Unfortunately, the way we have set up our lives and our society, it is often a time when many women are still employed in the paid workforce, possibly have 'adult' children at home and are also looking after ageing parents. It all hits at once, at a time when our bodies, minds and souls are screaming, 'time out please.' Symptoms can be unpleasant and often are only treated physically because that's all our busy day allows. Ideally, I think menopause years deserve a lot of gentle contemplative time and nurturing of mind, body and soul. Most of us have worked extremely hard up to this point – pioneering the 'career/mothering/living longer' generation. If we are going to live longer and enjoy a healthy old age we need to focus on our well-being and menopause seems to ask for this. We should hear this and honour the wonderful women we are.

*LORRAINE COLLISHAW is a trained and experienced counsellor practising in Ballarat. Lorraine has had many years of counselling both couples and individuals for a wide range of concerns. She is also a teacher of "Movement Meditation" and a practitioner and student of Soto Zen Buddhism.*

There are lots of herbs and potions available to help the symptoms, often so that we can keep up the pace of our lives, but there is little option to take the much needed 'time out.' But now in my sixties, I have that much needed commodity – choice. Things feel much more settled, I am more comfortable with myself, outside demands on me are less, the pace feels

*...continued next page*

more the way it is meant to be and I can even own up to feeling a bit of 'crone wisdom.' I wanted to feel like this in my fifties, but I've always been a bit of a slow starter. My fifties were a roller coaster and I hung on for the ride. So if you're interested in a bit of crone wisdom – make the ride as gentle as you can – don't try to meet everyone's demands, take whatever treatments work for you, (I think I tried most of them), and above all start honouring yourself in whatever way you can. Be patient, you too will come out the other end. 🌍

### Like to become a facilitator?

- Not able to locate a facilitator in your area?
- Enthusiastic and motivated about health and earth care?
- Wanting to have an additional income?
- Wanting to be your own boss?
- Keen to be part of our nationwide team?

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Please contact us by phone or email. See page 2 for contact details.

## Inna Segal



Inna Segal is the creator of *Visionary Intuitive Healing*® and the best selling author of the revolutionary book, *The Secret Language of Your Body: The Essential Guide to Healing*. She is also the publisher of over 30 Inner Power healing CDs.

Inna is a gifted healer and a pioneer in the field of energy medicine and human consciousness. She can 'see' illness and blocks in a person's body by intuitive means; explain what is occurring, and guide people through self-healing processes.

When Inna was a teenager she suffered from severe back pain, anxiety and a skin condition. Though she visited doctors, chiropractors and other health-care professionals, her condition was deteriorating. By her early 20s, Inna's pain was so intense that for weeks she was barely able to walk.

In an incredible twist of fate, Inna, while meditating, discovered an unusual way of communicating with her body. By tuning into her back and releasing all the pain and negative emotions, she was able to heal herself of her back pain. She then used the same ability to heal her other conditions and began assisting others.

Inna is invited internationally to teach others how to tune into their own bodies, gain insight, release pain and empower themselves. Inna is dedicated to assisting others in their self-healing journey and empowerment.

A highly successful healer since her early twenties, Inna created *Visionary Intuitive Healing*® to give people quick, easy, practical access to life changing techniques, transformational tools and amazing healing frequencies, which teach people to heal at a deep cellular level. 🌍

**Inna's books and other materials are available in selected bookshops and also on her website. [www.innasegal.com](http://www.innasegal.com)**

*Ed note: I am currently reading her book and really enjoying it. Highly recommended for those who want to take charge of their own healing and wellbeing.*



### NEW PRODUCT – Lunette Menstrual Cup

We commenced stocking these in mid February and already we have received our third bulk order, they are so popular. This is a menstrual cup which is made from silicon and is approved for use by the Therapeutic Goods Administration. Details on the Rad-Pads website [www.radpads.com.au](http://www.radpads.com.au)



## Partner profile

### Missah Yabis, Malaysia

*Missah has commenced her association with us by becoming a Rad-Pads retail partner, and is*

*hoping to also become an NWN facilitator.*

Hi, I'm Missah, the front liner of an online, home based shop, **Baby My Luv**. I am a mother to two simply gorgeous and adorable girls, Chloe and Eden and we live in the beautiful East Malaysian state of Sabah.

I would like to thank Wendy for encouraging me to join this wonderful Natural Women Network and providing me with the opportunity to further enhance my knowledge on health and environmental issues.

I am passionate about natural and handmade products such as modern cloth nappies and cloth menstrual pads. I also advocate breastfeeding and babywearing.

I actually started using cloth (which were just rags and cut out of old towels) when I had my first menstruation at the age of 12. We lived in a remote village and disposable pads were not readily available back then. I am glad to learn that even my own mother rarely ever used disposables herself.

I was 're-acquainted' with the wonderful world of reusable modern cloth alternatives while studying at Macquarie Uni, Sydney. However, at the time my eldest daughter was born, modern cloth nappies were not yet available in Malaysia. Six years later, while getting ready for Eden's birth, I found myself researching and falling in love with modern cloth nappies all over again! Looking back these past few months, it was like I gave birth to Eden and then a few months (or weeks) later I gave birth to our online shop.

My reason for **Baby My Luv** is to make families more aware and informed of their choices, thus switching from disposables to the environment-friendly modern cloth alternatives.

It is also my aim to educate women that '*that time of the month*' can be a whole lot more fun, healthy and contribute positively to the environment by switching from disposable pads to gorgeous colourful cloth pads.

I am very keen to share my excitement with the people in my community and to let them know that everyone can contribute positively to the healing of Mother Earth just by changing some very small daily habits. 🌍

## NWN products

The products we currently stock and promote are:

- **Rad-Pads** – re-usable cloth menstrual & incontinence pads and related products
- **Natural Fertility Management Kits** – natural assistance for conception as well as contraception
- **Menstruation & Menopause Workbook** – helps you to take charge of your own health at these times
- **Wise Women's Wellbeing Herbal Tea Blends** – organically grown herbs blended by an experienced medical herbalist
- **Chi Clean Cleaning System** – re-usable microfibre cloths and related items
- **Rasasara Skinfoods** – skin friendly, earth-friendly products
- Selected **books** on women's / family health.



Clockwise from lower left: Supa Soap laundry soap, "A Blessing not a Curse" by Jane Bennett, Rad-Pads cycle pack, Rad-Pads pouch.



*Don't forget we have set up a section on the NWN site for listing **not-for-profit groups which promote natural health/sustainable***

*living.* This section will be free of charge and a way of promoting your local community groups.