

Hi Everyone!

My name is Kinta, and I have some very exciting news to share with you all.

Mindd Foundation is coming to Albury with Mindd Talks on Sunday, October 30th, 2016. This will be a fun and informative day of incredible seminars, cooking demos and tastings. It's like a mini Mindd Forum that I had the good fortune of attending in Sydney this year.

I know a lot of you have been following our progress over the years, and most know our family's story, with me suffering severe PND for the last 8 years, and Archie being diagnosed with Autism, ADHD, Anxiety and Severe Sensory Processing Issues.

Well I just wanted to let you know that I always had a strong gut feeling, strong intuition, mumma gut, whatever you like to call it, that there was more to it than our diagnosis. Food always seemed to play a big part in it, especially with Archie and so too did our gut. Thankfully I never stopped searching for answers even when many people close to me told me to stop looking for excuses. But I am so grateful I never stopped looking for answers as to why I was like I was and Archie was facing the challenges he was.

It was this time 12 months ago, that our lives began to change course in a very good way. I was so very fortunate to win a scholarship through the Mindd Foundation to attend a retreat with other mums who, just like me, suffered depression, anxiety, or who were completely depleted with Adrenal Fatigue and Thyroid issues. We also all had children with special complex needs and we all had our own health issues.

It was here that my life changed forever, it wasn't just 5 days away for some R&R. I met the most incredible practitioners, healers, friends and souls that I ever have on that retreat last year, and they have now helped us pave our way back onto the road to recovery.

By addressing our gut health and our parasite issues and by supplementing our very depleted bodies with vital vitamins like D, b6 & b12 and minerals such as magnesium, iron, and zinc we are starting to see massive results.

Yes, we still have a long way to go to reach our optimum health, but we are well and truly on our way. So much so, we have successfully come off all anxiety medication and Archie is no longer medicated for ADHD. And most of his Autism symptoms have disappeared. Amazing huh!

These changes have been so significant that I felt the massive need inside me to help spread this awareness, that even after any diagnosis, there is help and more

importantly hope. With the right help you can treat and cure the cause and not just band aid the symptoms.

So I approached Leslie (CEO) of The Mindd Foundation to see if they would come here. As you can see, she said absolutely! Its going to be an epic, jam-packed day full of incredible speakers. I'm so blessed that my friends Helen Padarin, Luke Hines, Charlotte Carr, Therese Kerr and also Dr Frank Golik are coming to teach us more about what gut health is all about, how we can overcome loads of illnesses by addressing it, and how to cook and prepare healing foods like fermented veggies, broth, kefir etc.

Another big change for us was realising the affects that chemicals were having on our lives and how we can make some simple changes that helped us immensely. Therese Kerr is such an incredible wealth of knowledge with all of this. You will love hearing her present. She is LIFE CHANGING!

Mindd is a registered charity and all profits go back to helping support families all across Australia. So to help raise more money so that they can help more families, Mindd will be hosting a Canapes Benefit on Saturday 29th October from 7-11 pm. You will get a chance to mingle with the presenters, hear a short presentation and enjoy the most incredible organic bubbles you have ever tasted! We will have loads of auction items up for grabs to raise as much money as possible to help Mindd support local children to receive the Integrative and nutritional Healthcare that offers them a real chance to reach their full potential.

Knowing only too well how much money it takes to get well, I'd love to raise \$1000's. Spaces are limited so please go to mindd.org to see more details and register. There will be goodie bags, Trade Stands, tastings, it's going to be amazing!! Please if you can, help spread awareness of this event, and send this info onto other people you think may be interested.

If you can't make it please go to mindd.org and make a contribution. You can let them know you wish it to go to families in Albury.

Hope you can make it!

Love and Laughter

Kinta Gitsham

Metabolic
Immunologic
Neurologic
Digestive
Developmental

