

New email address

You'll also reach me on a new email address: lisa@naturopath2u.com.au
The original gmail address will remain active for a period of time, however it will eventually be deleted so please update your records.

Australian Bush Flower Essences

After completing a course earlier this year, I graduated as an *Australian Bush Flower Essences* practitioner. I have been offering this as a part of my naturopathy service.

The essences are explained on the website, however I am happy to provide further information, please ask anytime.

In the short time I've been using them, they've already worked wonders in the lives of many clients. The reason I am passionate about these is that they work a little differently to supplements, in that they focus on balancing the emotions. You will find they are also quite cheap as a treatment option.

If we haven't already chatted about these during a consult, feel free to ask. You also have the chance to purchase them from the website. I personally select the appropriate essences (out of the 70 available) as needed depending on what's happening for you at the time.

Food 2 Live By – new recipes

I am always improving and adding to this healthy eating guide. New recipes are always being added and sometimes shared via my Facebook page: www.facebook.com/Naturopath2U If you have an existing guide, you can purchase new recipes to insert into your binder. The healthy eating guides can also be purchased from the website.

Be sure to **Like** my page to stay tuned for the latest updates, freebies, and health tips!

*Mobile
naturopathy
consults at your
home in
Wollondilly,
Camden,
Campbelltown and
Penrith areas*

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lisa@naturopath2u.com.au



A REVIEW ON COCONUT YOGHURT

by Lisa Waayer, Naturopath [BHthSci\(CompMed\)](#), [AdvDipNaturopathy](#)



I have had a lot of questions about coconut yoghurt and it has grown quite popular in recent months, showing up in all kinds of packaging in supermarkets. Firstly, please be aware that only some coconut yoghurt is dairy-free, and not all coconut yoghurt is healthy, as there are many varieties that contain heaps of sugar! If you have intolerances or allergies, it is important to be aware of which to go for. A lot of people who need to avoid dairy fear they are missing out on calcium, however if you are one of my clients it is likely you have heard me say that dairy is not necessarily the only or best way to get calcium in our diet. Coconut yoghurt is a great example of this, as it offers a source of calcium and other key nutrients. It should be noted that coconut yoghurt doesn't contain enough protein for a decent snack – add a serving of nuts, seeds or rolled oats to achieve this (for example, with your oat-nut-muesli at breakfast or other time of day). To avoid gorging on unhealthy foods at those 'danger-of-craving' times (mid-afternoon and after dinner), serve up some coconut yoghurt instead for your 'dessert'. Yes, coconut yoghurt does contain fat but since in these brands it is naturally-occurring this is generally not a worry. Always consult your health professional to get the best advice for you.

This review has been independently conducted on my four favourite brands of dairy-free coconut yoghurt. The author was not paid to conduct this review.

Brand	Nudie	No Udder	Cocobella	Nakula
Average price	\$1.20 - \$1.55 per 100g	\$1.65 per 100g	\$1.35 - \$1.75 per 100g	\$1.40 per 100g
Sugar content	1.2g - 2.4g per 100g	5g per 100g	2.4g - 4.9g per 100g	2g per 100g
Texture*	Very smooth & creamy	Divine - no exaggeration!	Smooth but a little too light.	Smooth & creamy
Taste	Natural, vanilla and blueberry flavours available, all of which are beautiful!	Even though I'm wasn't able to find more than the one plain flavour, the taste of this yoghurt totally outdoes itself!	Natural and vanilla bean flavours available. It is a nice product and the taste was good but not overly impressive.	Mixed berry, mango, natural and passionfruit flavours available. Mixed berry is by far my favourite – beautiful taste.
Overall rating	4 out of 5 stars	4.5 out of 5 stars	3.5 out of 5 stars	4 out of 5 stars
				

*It is normal for coconut yoghurt to get a little watery after a day or two in the fridge. Just tip the liquid out if it's a bother.