

**2017 -
OCTOBER**

NATUROPATH 2 U NEWS FOR YOU

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

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The highlights of this newsletter include: learn to stress less & a free recipe for a somewhat unconventional Asian stir-fry.

Learn to stress less at a Naturopathy workshop

During 2016 I began offering workshops to help educate clients in their homes about what Naturopathy can do for stress. The workshop is conducted across two 90-min sessions. A minimum group of host + 4 guests receive a good understanding of how they can lessen their stress with Naturopathy for only a small cost per person, plus some goodies to take home.

Asian stir-fry (somewhat unconventional)

Time from start to finish: 20 mins

Serves 4

Steps: Finely shred the following into shoestring lengths: 1 head of Wombok (Chinese cabbage), half a red cabbage, 2 carrots (if you want to cheat, buy a pack of fresh "Asian style salad kit" from Coles but do not use the dressings!). Chop 1 bunch of broccolini & 1 head bok choy into 4cm long pieces. Cube 4 chicken thighs. Rinse $\frac{3}{4}$ cup quinoa and begin to simmer with 1.5 cups water. Gently brown the chicken using $\frac{1}{2}$ teaspoon rice bran oil and add the vegetables. Cook until vegetables are almost soft. Mix altogether once the quinoa is cooked and sprinkle 1-2 tablespoons tamari over the top.



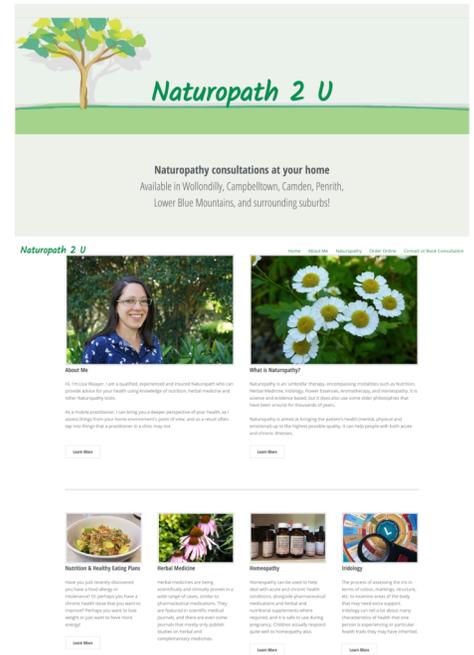
Discount offer

You are eligible for \$10 off the total if I attend your home for more than one consult at the same time. For example, that may apply to a consultation for you and a family member. If you wish to pay for this using the website, contact me for the coupon code to apply the discount.

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New website

If you haven't already had the chance to do so, head on over to the new site and check out the 'order online' shop facility. It makes life so much easier when it comes to paying for your consults, herbal medicine and other supplements made to order.



Reminder about new details

Remember, I've now changed my email address to: 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. I've also had new business cards printed reflecting the new details so please remind me to give you one if I haven't already done so!

If you wish to unsubscribe to this newsletter, please email me at:

lisa@naturopath2u.com.au

