

**2017 -
NOVEMBER**

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

NATUROPATH 2 U NEWS FOR YOU



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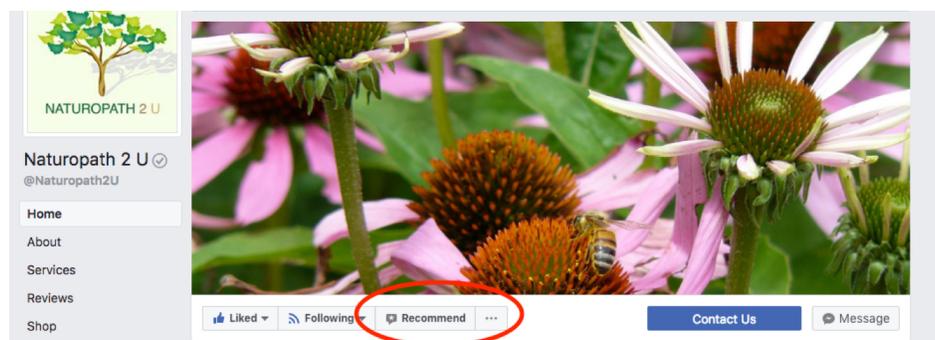
**Keep on top of your health goals in the lead up to Christmas
and don't let "silly season" get on top of you!**

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Stay as cool as a cucumber this silly season and add some refreshing stuff to your water

All the things you can add to water to give it a boost: Ginger, lemon, lime, oranges, basil, berries, cucumber, carrot sticks... the possibilities are endless! Just make sure if you scrub the skins of limes, oranges, lemons, etc., very well before adding to drinking water.

Healthcare Symposium on digestive health

I was lucky enough to attend a Symposium in Sydney on digestive health in October. It was heartwarming to see such a turnout for Naturopaths. Several speakers were showcased, including senior Naturopaths, a dentist and some GP's. It seems like integrating amongst different practitioners in health care is increasing faster than we originally thought. The main message from the seminar: the old Naturopathic philosophy about origins of disease stemming from the gut (digestive system) has now been absolutely proven by scientific research.



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Naturopathy Consultation 1 & 2

\$175.00

Adult

ADD TO CART

Two naturopathy consultations provided by Lisa Walyer, of Naturopath 2 U.

Pay online

A number of clients are finding it a huge timesaver when they use the new site to pay for their consults, herbal medicine or Bush Flower Essences. This is especially the case for those who require repeat orders and who may have a longer period in between consultations. Good job!

New logo

The Naturopath 2 U logo has had a little bit of an upgrade! A huge thanks to Daniel Watts from Daniel Watts Visionary Creations for doing such a wonderful job. Keep an eye out for the new logo and artwork.

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

lisa@naturopath2u.com.au

