

**2018 -
JANUARY**

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

NATUROPATH 2 U NEWS FOR YOU



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HAPPY 2018! In this update, learn about how to make an achievable resolutions list for your health this year, and info on some different water sources.



How to make an achievable health resolutions plan for 2018

Since health is often up the top of the list for a resolutions plan for many Australians at the start of any given New Year, I'm going to start by telling you how to make an achievable health resolutions plan.

1. Do not make a list of what health goals to achieve. Yes, you read correctly – *do not make a list of what you want to achieve.*
Instead –
2. Write a list of what you want to *stop doing* that is impacting your health.

For example, 'eat more green leafy veg' is a good ambition, but often people will give up after 1 week of trying this. Instead, try something like 'give up sugary after-dinner foods on weeknights', or 'do not hit the snooze button when the alarm goes off in the morning'. Work your own mind with some reverse psychology, that way, you can give yourself a genuine pat on the back when you do well, instead of always feeling lousy that you are breaking a resolution. Don't be unrealistic with your NY resolutions list, just give yourself a few pointers on where to improve for 2018.



Ok great, you're not having tap water. But what is the best water to drink?

Everyone has their own preference for the water they drink, based on various factors – taste, convenience, cost, etc. I'd like to make some points about different water sources for your consideration.

Tap water – As you've probably noticed in the above title, I'm not a huge advocate of this water source. You might be surprised to read that no, It's not because of the flouride content, of which I won't comment on here.



The main reason I am not a huge fan of tap water is because of the chlorine content. Chlorine largely impacts gut health negatively, and is so often the reason why people who have gut issues but 'everything right' just simply don't improve. Chlorine really disrupts the healthy bacteria in the gut in the short-term and is most likely capable of causing various chronic issues long-term.

Filtered water – Since there are so many different types, any basic filter will do, as long as it removes chlorine at the very least. Your budget will dictate how large or detailed your system is. Don't get too caught up in messing around with the mineral levels in water too much, as these are usually important and differ for everyone anyway.

Tank water – Since this is generally 'soft' water (missing minerals), I'm actually not a huge fan of this either, especially since it's so easy to have a contaminated tank. If you opt for this option, get someone who has cleans and maintains the tanks to a standard. Tanks should have routine cleans and checks, usually several times a year.

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Some changes to health fund rebates for mobile services

Please note, as of 2018 there are only certain funds that recognise home consultations. Previously all funds recognised all naturopathy services, however funds have cut back in recent years due to lower funding. The funds that currently recognise home visits are Australian Unity, CBHS & NIB. While the amount returned from any fund for a consult is generally only a small percentage, some clients who are unhappy with this have changed funds to one of those listed above so that their benefits were maximised. Alternatively, the other option is to meet up with me at *InTouch Health Co.* clinic in Mount Annan instead, where rebates are given for over forty funds. AHM, ARHG, BUPA, GU Health, HCF & Medibank Private will no longer recognise home consults as of 2018. Don't be afraid to complain to your fund! If you feel you are getting less back perhaps it's time for a change.



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