

**2018 -
FEBRUARY**

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



NATUROPATH 2 U NEWS FOR YOU



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**For 2018's second news
update, there is a focus on
insomnia, and some yummy
& nutritive foods.**



How to get a good night's sleep... or get a solution!

Yes, it is true that sleep during the warmer months can be a bit of a challenge. Internal factors such as stress, anxiety, depression, life events can all contribute. We are physically uncomfortable sleeping in a higher temperature during summer, not to mention missing out on blanket weight which we normally have in cooler months. This can mean we lay awake blinking until the wee hours. External factors don't help either - neighbours, possums, bats, summer parties (which are all worse with a window open in the heat)

But it doesn't have to be like this, there are solutions! Apart from addressing the obvious 'sleep hygiene' (no screens after 5pm, cutting out caffeine, using fans and air con where possible, don't 'watch the clock', etc., **ask me for a fact sheet if you're unsure of these points!**), there are some wonderful herbs and nutrients to assist the sleep process:

- Passionflower (pictured left): great to calm the nervous system
- Valerian: Can be highly helpful getting off to sleep
- Hops: Serotonin imbalance is a main cause of insomnia of unknown cause (though contraindicated in depression). Hops may help to level things out a little
- Magnesium, zinc, B6: All important components of sleep maintenance, though be cautious that some people may be kept awake by B vitamins if taking close to bedtime.

Meadow & Marrow bone broth

I'm in love with this product lately, it makes a great base for various meals including stir-fries, casseroles and stews (though I'm not making too many of the last two in the hotter months!), and is available in curry, lemon/herb & natural flavour. Bone broth can be really useful to give the immune system a boost, is very nutrient rich and supports gut health. **It is available to purchase through Vital.ly online dispensary, and I'd be more than happy to add it to your account – please ask if interested.**



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Free recipe – guacamole

This recipe makes a great accompaniment to a main meal or as a snack with some veggie sticks or plain rice crackers. And it's so easy and quick to make!
The below is designed to feed 2-4 people for a snack. Increase or decrease quantities accordingly to suit you. Leftovers can also be stored in the fridge for up to 24 hours, as long as you use plenty of lemon juice / apple cider vinegar to preserve it.

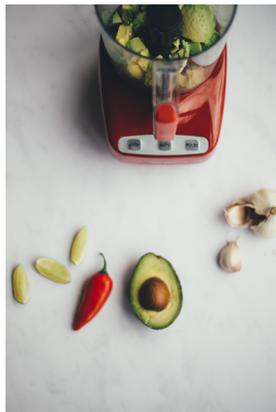
Ingredients:

- 2 ripe avocados that have been chilled
- 1 tablespoon red onion, diced very finely
- 1 small truss tomato, insides and pulp removed, diced finely
- 1 teaspoon fresh lemon juice
- 1 teaspoon organic apple cider vinegar
- ½ teaspoon chilli powder (optional if taste permits)
- A pinch of curcumin powder
- 1 teaspoon virgin olive oil
- Ground pepper & Celtic sea salt to season

Method:

1. Cut the avocados into halves, and remove & discard the pits. Score the flesh of both avocados with a knife and use a tablespoon to lift out the flesh into a bowl. Using a fork, mash the flesh, but don't pulverise it, we want to leave it with some texture.
2. Add the diced red onion and tomato and mix through.
3. Add the lemon juice, apple cider vinegar, chilli powder, curcumin powder, olive oil, pepper and celtic sea salt. Mix thoroughly to combine.
4. Chill in the fridge for about 30 minutes before serving with some vegetable sticks or plain rice crackers.

FOR OTHER AWESOME RECIPES LIKE THIS, CHECK OUT FOOD 2 LIVE BY ON MY WEBSITE: www.naturopath2u.com.au/guides.html



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