

**2018 –
MAY**

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

NATUROPATH 2 U NEWS FOR YOU



**Lisa Waayer, Naturopath
BHlthSci(CompMed), AdvDipNaturopathy**

E: lisa@naturopath2u.com.au

W: www.naturopath2u.com.au

**Some updates for May: we're
nearly midway through 2018
– how did that happen? And a
free recipe – yum!**



Naturopath 2 U will be closed 29th April – 18th May

- Orders from Vital.ly will still operate totally as normal during this period, the only difference will be that I won't be accessing it from my end while I'm on holidays.
- They are a very helpful team though, so the best thing to do while I'm away if you have any questions about products or ordering is to contact them on 1300 722 640.
- Herbal medicine, Flower essences and other orders being placed via the website will be unattended during the above holiday period.

Last day of operation before the break: Saturday 28th April

First day back after break: Saturday 19th May

The calendar is filling up fast – there are only a few timeslots still available for late May, so if you don't have a session booked yet but you were thinking you'd like to have one, please get in touch and lock in your booking for a session.

- If you usually consult with me at the InTouch Health Clinic (at Mount Annan), then you are advised to contact them as normal to make bookings on 4648 3500.

While I'm away I will have limited access to email & phone services, however please feel free to continue to send any info or updates as needed (I just may not respond to them right away).

I appreciate your understanding and cooperation 😊





Product review: *Vital Greens protein range*

I get asked all the time about protein shakes. Are they ok to take, what are some good types, etc. Very important to keep in mind that the market is flooded with protein shakes and it can be really hard to figure out which is the best one for you. People in a retail setting aren't always the best to ask as they don't know your health history – some types of shakes are contraindicated with certain conditions / symptoms. Plus, the taste can be a gamble! Nothing worse than having a huge tub that you simply don't like. I have actually been recommending Vital Protein shakes for years. They use a purely vegetable source (being pea protein), which is great for vegetarian/vegans and is gentle on those who can't have dairy-based shakes.

Ask me to bring some free samples to your next consult – I currently have plenty but they won't last long! The Vital protein range retails at \$36.00 for 500g tub on Vital.ly – 20 serve supply. Let me know if interested so I can add to your Vital.ly access.

Note: This is an independent review – I was not paid to publish this product review.

FREE RECIPE: Moroccan-inspired tuna salad (serves 2)

Ingredients: ½ cup wholemeal cous-cous, ¼ cup chickpeas (if not canned variety, soak them overnight before use. They'll then need to be boiled for about 30-40 minutes before adding to salad). 2 cups rocket leaves, washed, 250g punnet cherry tomatoes, washed and cut into halves. 1 small carrot, peeled and grated finely, ½ small red onion, peeled and finely sliced, 1 x 185g can of tuna in springwater (Australian preferred), 2 tablespoons extra virgin olive oil, 1 tablespoon of freshly grated ginger, 1 tablespoon fresh coriander, juice of 2 limes, 1 teaspoon chilli powder, a pinch of cumin, a pinch of turmeric.

Method:

1. If you need to boil the chickpeas after they've been soaked overnight, do this first. If they are the canned variety, you won't need to do this step.
2. Put the cous-cous into a small bowl and add boiling water as per packet directions (e.g., usually for half a cup you would need to add about 60-70ml boiling water). Stir with a fork until water is combined with the cous-cous. Cover the bowl and leave water to absorb for a few minutes.
3. Put the cooled chickpeas and cous-cous into a large salad bowl and mix together.
4. Add the rocket leaves to the salad bowl, along with the tomatoes, carrot and onion.
5. Drain the excess water from the can of tuna and add to the salad.
6. Taking a separate small bowl, add the olive oil, ginger, coriander, lime juice, chilli powder, cumin and turmeric and stir well with a fork until combined.
7. Pour this over the salad and toss the salad well.

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

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

lisa@naturopath2u.com.au

