

**2018 –
JUNE**

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



NATUROPATH 2 U NEWS FOR YOU



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**Are you winter-ready yet?
Which fish oil is right for you?
And a yummy pea-hommus
recipe!**



Free recipe: pea-hommus with veg sticks

Serving size: 2

Prep time: 15 mins

Ingredients:

1 cup frozen green baby peas

Juice of half a lemon (and a tad more just in case)

¾ tablespoon tahini (I used the Mayvers' organic brand)

Ground black peppercorns (to taste)

¾ tablespoon Pure Essentials brand organic Garam Masala mix*

Dukkah mix (organic if possible – caution – some contain high sodium)*

Method:

1. Briefly bring the peas to the boil in a pot of water for 2 minutes. Remove, drain and cool slightly by running under cold water.
2. Add all ingredients except the Dukkah mix to a blender, and blitz until puree consistency is achieved.
3. Serve with carrot or celery sticks for a mid-morning or afternoon snack, or combine with a can of Australian salmon for a light lunch.

***ask me where to find these products if unsure. They're great and always come in handy for many different recipes.**



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Product review: which fish oil is right for you?

Fish oil supplements saturate the health market – there are so many to choose from it is baffling. So, how do you know whether fish oil is appropriate for you, and which one? There are fish oil supplements made from cod liver, krill, salmon. There are supplements containing vitamin E and some that contain D & A (handy for winter!). Instead of just buying the first one you see, check first with your naturopath. Be especially wary of fish oils that are cheap – the purer they are generally the pricier they are - that's just the way it is.

If you're a regular client of mine, chances are that we will most likely have discussed fish oil at some stage. So many Australians do not eat enough fish in their diet, which means they are more likely to be lacking the essential fatty acid content (a.k.a. Omega 3) they contain. So what does fish oil / omega 3 do? It helps line the cellular communications of our nervous system, balance mental health issues, calm inflammation with many conditions such as allergies, arthritis, etc., help our reproductive organs, balance our immune system to be able to fight off 'invaders' and so much more. This nutrient is used in a vast amount of chemical reactions in the body.

Since a lot of fish oil supplements sold on retail shelves have recently been shown to contain traces of mercury and also other contaminants, it is best to consult your naturopath about a practitioner-only brand fish oil that will be made to a high-quality standard and do the job you paid it to. Recently I trialed the BioOmega capsules by Orthoplex. This is a practitioner-only brand, available through Vital.ly. The capsules are very easy to digest, and since they have a gentle peppermint flavour, the only sign you've even had the capsules at all is a very gentle hint of peppermint for a few seconds as they get absorbed into your digestive tract. A very pleasant change from fish oil I've used in the past!

Of course, let's not forget vegetarians! And there are also situations where fish is not appropriate to consume, e.g., for those who have had mercury toxicity from dental amalgam fillings in the past. There are many plant sources of Omega essential fatty acids in this case, except they are usually known as the Omega 6 group (which means your body needs to have the right digestive enzymes and co-factors alongside this in your diet to absorb and convert them properly). Sources primarily in this category include nuts, seeds & acai.

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

Are you winter-ready? Time for us to discuss if not!

1. When was the last blood test you had to check for vitamin D status?
2. When was your last cold or flu?
3. How much vitamin C & zinc is in your diet or are you taking a regular supplement?
4. Are you keeping up your regular intake of 1-3 cups of green leafy veg & 2-3 pieces of fruit daily?
5. Are you on a daily probiotic (this is also a great preventative for tummy bugs!)?

