

2018 –
JULY

NATUROPATH 2 U NEWS FOR YOU



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

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***YouTube channel coming soon, stay tuned! A
bit of focus on two Bush Flower Essences &
which type of porridge to choose for a warm
winter breakfast?***



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**NATUROPATH 2 U
YOUTUBE CHANNEL
COMING SOON!
WATCH THIS SPACE.**

For a long time now, I've been wanting to get some information out there about what naturopathy is, what it is not, and dispel some common myths about this wonderful Complementary therapy.

Later this month or early next month you will start to see videos being uploaded on the new Naturopath 2 U YouTube channel. Over coming months I'll be sharing interviews with special guests on the channel which will include other Complementary health practitioners, recipes, cooking tips, and heaps more. Please subscribe to the channel via YouTube once you see these posts start to appear.

You can also follow me on Twitter, Instagram and Facebook, if you don't already: @naturopath2u



Focus on Australian Bush Flower Essences: Crowea & Bush Fuchsia

Recently I was on a 10km bushwalk at Bobbin Head (north of Hornsby), and was super excited to spot these two beautiful Bush Flower Essences growing wildly alongside the track.

Crowea (the pink flower) is used with much success to relieve worry and re-balance during times of stress. Individually it is the highest selling of the Australian Bush Flower Essence range. Besides the positive feedback I've received from clients taking the Essence, I can say personally when I've used it in the past it has quickly nipped any insomnia in the bud that I've experienced on and off for decades.

Bush Fuchsia (the cute upside-down red & white bells) is a popular go-to for clarification of speech and can heighten intuition. Seriously! Since I've been preparing my first videos for the Naturopath 2 U YouTube channel I've been taking this Essence, and it is great to quell that feeling of being tongue-tied when in front of a camera. I have several clients who love to reach for it whenever they have a public performance coming up or when they are preparing to speak in front of crowds. Whenever I take the Essence, I experience the odd insightful dream of a night that often present answers to questions I've been mulling over in daily life.

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Is porridge good for you?

This staple food, which usually consists of oats that have been milled to form oatmeal, was traditionally consumed over a hundred years ago with milk, butter and water.

Amongst all the varieties out there, it is important to avoid the 'quick oat' variety and opt for a type of porridge that uses wholegrain oats instead. This will enhance the quality of vitamins and minerals contained in this tasty breakfast option. The ironic thing is, wholegrain oat porridge varieties are still quick anyway! They only take a minute or two to heat in the microwave. And these days, you can add any type of milk you like, as well as brightly-coloured berries for added antioxidant benefit. Serve with a boiled egg for an extra protein hit of a morning. Wholegrain oats are a polyphenol, which means they are great for enhancing gut health.

Being fairly high in carbohydrates, be cautious with the serving size of porridge if you are aiming to lose weight or experience Diabetes or any type of glucose imbalance – however, porridge generally has a fairly low GI.



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