

**2018 –  
AUGUST**

# NATUROPATH 2 U NEWS FOR YOU



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

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**Lisa Waayer, Naturopath  
BHlthSci(CompMed),  
AdvDipNaturopathy**  
**E: [lisa@naturopath2u.com.au](mailto:lisa@naturopath2u.com.au)**  
**W: [www.naturopath2u.com.au](http://www.naturopath2u.com.au)**



***YouTube channel set to launch August. What I have been  
working on lately as well as a free recipe for zucchini lasagne!***

## **Free recipe for Zucchini Lasagne – perfect for winter!**

Ingredients (4 serves): 4 large zucchini, 1 tbsp rice bran oil, 1-2 tsp ground black pepper, 6 average-sized truss tomatoes, 150g organic tomato paste, 3 cloves fresh garlic (peeled and crushed), 4 tbsp fresh basil (finely chopped), 2 tbsp fresh oregano (finely chopped), 250-300g bocconcini balls, 500g organic chicken mince, a deep bowl filled halfway with ice cubes and cold water.

### Method:

1. Preheat oven to 180°C.
2. Wash, peel & cut veg into 2cm pieces. Steam accordingly.
3. Remove the ends of the zucchini and cut into slices lengthways. Sprinkle each side with pepper.
4. Fill a medium-sized pot with water, place on stove and bring to the boil.
5. Prepare tomatoes following Concasse methodology (see YouTube).
6. In a medium-sized pot, put in chicken mince and cover with 1-2cm water. Simmer until mince is cooked.






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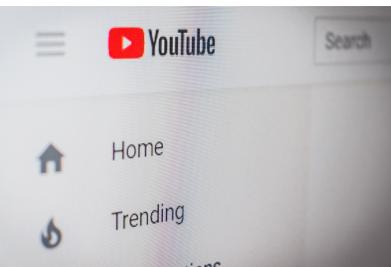
## Lasagne recipe (continued):

7. Add the cooked tomatoes to the cooked mince, along with the tomato paste, garlic & herbs.
8. Bring to a gentle simmer and leave partially covered for 10 minutes.
9. While the sauce is cooking, heat the oil in a shallow frypan (if you are using a stone-coated pan, you don't need to use oil).
10. Lightly fry the zucchini slices for a few minutes on either side.
11. Slice the bocconcini thinly and leave prepared on a plate.
12. Check the sauce is cooked, and turn off the heat when done.
13. Build a lasagne layering the zucchini slices, chicken mince, steamed vegetables, bocconcini pieces, and prepared tomato sauce. Making sure the top layer is bocconcini, put in the oven and bake covered for 35-45 minutes, or until the ingredients are moderately soft and only slightly browned.

## Naturopaths never stop studying!

It is a requirement that health professionals attend a certain number of hours of training per year to keep our accreditation. This may include seminars or courses. This is an aspect of my job that I love – why wouldn't I want to learn more and keep updated on how best to improve health outcomes for my clients?

Recently I attended a seminar focusing on immune health which spanned childhood to adulthood. This included some new in-depth info for conditions such as asthma, eczema, and many others.



## NATUROPATH 2 U YOUTUBE CHANNEL SOON TO BE LAUNCHED!

Keep an eye out for further notifications and be sure to follow links to 'subscribe' when videos become available.

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

[lisa@naturopath2u.com.au](mailto:lisa@naturopath2u.com.au)

