

2018 –
SEPTEMBER

NATUROPATH 2 U NEWS FOR YOU



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



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Naturopath 2 U's YouTube channel was officially launched on the 9th August, have you subscribed yet? This month we take a moment to acknowledge Cancer awareness and Tradies health month.

Cancer awareness this month

The Cancer Council just celebrated another Daffodil Day on 24th August and we're already three-quarters of the way through 2018! This leads us to September, the month for awareness of Childhood Cancer and Prostate Cancer. Send up a donation to your favourite cause if you haven't already done so.

So, what can a naturopath do for cancer?

Well, we're not allowed to 'treat' cancer of course, however we can work safely alongside various medical intervention and treatments.

On a cellular level, one of the ways in which cancer can develop is through something called 'free radical activity'. In basic terms, that means body cells start to act out of the ordinary and abnormal growth may be the result, which can manifest as cancer. As we know, that can affect many different body organs and systems. Naturopathy has some of the best protection against that activity to offer, for example, in the way of antioxidant herbal medicines.





A HEALTHIER YOU STARTS HERE

Sunday 23 September 2018 | Campbelltown Catholic Club
FREE Community Event

Macarthur Healthy Living Expo: 23/9/18

The clinic that I work at each Wednesday, InTouch Health Co. Mount Annan, will be exhibiting at the Macarthur Healthy Living Expo in Campbelltown this year. As part of their team, I will be there on the day. Naturopath 2 U has also been on display at the expo in past years but is taking a break from the expo this year. Come and say hi if you'd like to find out more about what the clinic has to offer and meet some of the other friendly practitioners!

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Awareness month for Tradies health

This month also brings up an awareness for Tradies health. This is a group in Australia at least that really need support to nurture their health. As an overall group, Australian men that work in trades have one of the lowest visiting rates to any health service... that is, until something goes wrong.

According to the Australian Physiotherapy Association, 'Australian tradies experience some of the highest rates of injury and time off work compared to other workers' (2018: <https://choose.physio/tradieshealth>). They spend so much time using their bodies and exposing them to weather, sun, the heat, the cold, and shiftwork. If you know a tradie who has a chronic issue they are not addressing, ask them if they'd consider seeing a naturopath.

Don't forget to SUBSCRIBE FOR FREE to the NATUROPATH 2 U YOUTUBE CHANNEL

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:

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