

2018 –
OCTOBER

NATUROPATH 2 U NEWS FOR YOU



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

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What's on the radar this month? We acknowledge Sleep Awareness Week (see below), I share a free recipe (page 2), and outline other events for October.

Sleep awareness week 1-7 October



Sleep disturbances are such a common and widespread issue. The Sleep Health Foundation bring a lot of these to light, including some really interesting fact sheets. You can find more out at:

www.sleephealthfoundation.org.au



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Health Symposium: ENVIRONMENTAL TOXICITY

The last week in October I'll be away attending a health conference in Brisbane about Environmental Toxicity. This is of the education events I am required to attend each year to ensure I am bringing you a quality updated health service. Some practitioners call it work, but I call it a perk!

Please note that since I'll be away 25 October - 31 October, orders placed on the Naturopath 2 U site during this time won't be processed until 1 Nov.

RECIPE IDEA: Is this a savoury or a dessert?

Ingredients per serving:

- ½ cup of wholemeal cous cous
- ½ cup blueberries
- 3-4 strawberries, diced
- ½ cup of cranberries (unsweetened), diced
- 1 kiwi fruit, peeled and chopped into small slices
- 150g plain Greek yoghurt (Brand suggestion: Jalna)
- 2 tablespoons pepitas or almonds finely sliced

Prepare cous cous, mix together all ingredients & enjoy.



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