

2018 –
NOVEMBER

NATUROPATH 2 U NEWS FOR YOU

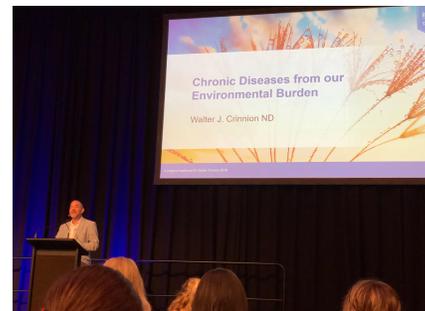


*Mobile naturopathy
consults at your
home in Wollondilly,
Camden,
Campbelltown and
Penrith areas*



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How can so much happen in one month? Lots to share: Symposium on environmental toxicity, DNA testing, tiny price increase for some products to come in 01/01/2019, shifting into salad season! **Phew.**

Practitioners Symposium for Environmental toxicity in Brisbane, 27 - 28 October

I was in my element last month when I attended this event hosted by Integria. One of the speakers, Dr. Walter Crinnion (pictured above) is an author and world expert in the field of environmental toxicity and the various effects on our health. He went through some groundbreaking information and research that will most likely be of benefit to the approach I take in clinical treatment for you, my dear clients, in months to come.

Often when we consider environmental toxicity and its impact on human health, there is often a "doom & gloom" vibe that emits from the mass of information out there in the media. Not even the most remotely living persons on this planet can avoid toxicity. It is out there. However, instead of just throwing up our hands and saying "oh well, I give up!" why don't we use the naturopathic philosophies to review on a case-by-case basis how we can each survive at our best within our environment and strengthen our internal mechanisms to detoxify from these agents, and return to our "natural habitat" as much as possible!?



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DNA Testing offered through BioCeuticals

You probably would have received my email about the exciting new DNA testing services on offer. If you have any questions please let me know by sending me an inquiry or asking at our next consultation.

Price changes to liquid herbal medicine as of 2019

This is the first price change for Naturopath 2 U in three years. I've made the tough decision that in order to keep all other prices (including consultation prices) the same, I'll need to raise the price for liquid herbal medicine as of 1/1/19. Please ask if you didn't receive my email about this change.

Shifting into salad season

Who hasn't felt the temperature rising lately? As we get into the warmer weather (very quickly, it seems!), take advantage of the wonderful salad stuff on offer. **Have you tried Broccoslaw?** With a good food processor, you can certainly make your own, unless you are a whiz with precision kitchen knife skills 😊 Ingredients: (shredded finely) broccoli, cabbage, carrots, beetroot with lemon & apple cider vinegar dressing. Yum!



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

Due to such a huge month and being away for the health Symposium last month, I've taken a short break from uploading video content to the channel but will recommence soon. Keep watching for new videos or subscribe to be notified!



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