

NATURAL NEWSLETTER

June 2008 | Volume 1, Issue 7



A NATUROPATHIC VIEW

Welcome to the June Newsletter. In this issue we decided to do something a little different and would like to invite you to our **email questions and answers section**. So if you have questions regarding a particular health, food or well-being issue then this is how it works:

Email your questions to info@naturalmed.co.uk and instead of waiting a month for the next newsletter to get the answer, we will get back to you within a few working days.

Also this month, some handy tips for summer for those about to embark on holidays or breaks. We have a few ideas for your travels. And for those who are staying closer to home we will be informing you about what you can do to support a healthy lifestyle and keep your energy levels up.

So here we arefor those heading off to sunnier climes, remember a couple of things may come in handy if you prepare in advance. A) *'The do you really need it'* principle- try not to pack your bags like you are on the last plane to the moon B) For those who tend to come down with tummy troubles when going abroad, take a probiotic supplement (good bacteria) with you - one that doesn't need refrigeration. C) *Oh..One more thing - did you know that we spend more and more time getting to and from, and in airports than the time taken to get to most typical holiday destinations.* Turn this into a mini dry run of the holiday by playing games rather than huffing and puffing your way to the airport! For those who have gone for the stress free option of staying local read on..... your bits are

PICK YOUR OWN FRUIT & VEG

First tip - Local producers welcome the support and for the picker it is one of the best ways to minimize your shopping bill. Of course it goes without saying that while you are picking directly from the field you are getting lots of wonderful nutrients and of course, great exercise!

Second tip - Grow your own herbs and salad leaves. It's a lot cheaper than buying them and more fun to pick off bits for tailor made summer salads. Tubs and containers work well, don't take up much space and are a great way to get children involved in gardening



TIPS FOR THE MONTH

WARM UP STRETCHES BEFORE YOU GO AND ATTACK THE GARDEN

LISTEN TO YOUR BODY- IF ITS ACHING TAKE IT FOR A WALK

COST EFFECTIVE TIPS

CHECK OUT YOUR LOCAL PICK YOUR OWN FRUIT FARM

KEEP MUSHROOMS FOR LONGER IN A BROWN PAPER BAG

TURN STALE BUNS INTO GARLIC BREAD

STORE YOUR OLD RECIPES IN A PHOTO ALBUM

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Frequently asked questions

Where can I get a good juicer? - Try the Recommendation's below.

- **Can a Naturopath help me lose weight?** Yes, This is an area we can help, but we also look Further into aspects of your biological make up, Health and lifestyle before we advise on the best Course of action.
- **How many times will I need to see my Naturopath?** That depends entirely on the reason You have come to see your practitioner and how Much you are able to follow the advice given. Most People will need to have an initial appointment With a follow up appointment a month later. Then Further appointments are discussed depending on The condition.

Contact us at:

info@naturalmed.co.uk for your health queries.

For further information on health issues please leave your name and address below.

Name

Email address

Send to info@naturalmed.co.uk

Recommended Juicers

Magi mix Le Duo
01483 427411

Breville AWT Juice
0800525089

Vitamine Juice Master
01707 262686

Philips Cucina HR 1840
0845 6010354

Russell Hobbs 9919
0161 947 3170

Moulinex A7531P1
0121 202 0590

For further information contact
Suppliers directly

Juicing season

As the berries come into season get juicing!
Contact us for a list of juicing recipe tips

A date for the diary!

Contact us on info@naturalmed.co.uk
to get a copy of our free newsletter
And hear about up and coming
workshops on food and health
Send in your Name and email address

(Your information will not be passed onto a third party).

"Having tried one diet after another I saw a Naturopath at the wellbeing clinic who explained things I hadn't even considered. Now I feel great and look better for it". Mrs. Heals

"My IBS was really making me miserable until was recommended to see Sharyn Singer at the Wellbeing clinic within a few weeks she had changed that all around for me... thank you" Ms Pender

"My daughter was not gaining weight and feeling so tired Sarah Couchman showed her how to eat in a way that has made her want to be more active again, it's just great to see the results" Mrs. Jenkins

See you in Next month's issue.....for lots more info on foods and how to play smart with your shopping!



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