

Merry Christmas from Deborah @ nourishe



I must say this wind is rather exhausting!! Even though I'm not out on the bike it's that time of year when we're just-so-busy & it would be great to have a wind & rain free day I feel.

If you're taking some time off over the Christmas & New Year period it's essential that you look after your body - immune system (Vit C, Andrographis etc), de-stress (rest, relaxation, walks on the beach), hydrate (water NOT wine!) & get in some time out for yourselves.

Many of you will know that I crashed out of the Lake Taupo Cycle Challenge. Had about 30kms to go when a guy in front of me braked without warning & I had nowhere to go but down. Thankfully no broken bones, just some bad impact injuries on arm & leg & bike. Aaah - there's always next year!

LAVENDER OIL



I can but advocate the healing powers of Lavender Oil.

I've been applying this to my elbow injury every day since Nov 28th & it's been an amazing assistant in my recovery.

Lavender helps with any skin damage & can prevent scarring. It's a one-stop first aid kit in a \$10 bottle!



Lavender is one of the safest to use directly on the skin (in small amounts). I've also been using it on my open wound (a few drops onto a sterile dressing then onto the wound & taped or bandaged to hold in place).

Other uses of Lavender oil = stress, headaches, insomnia, coughs & colds.



\$10 for 10mls

available in now in clinic

CLINIC HOURS

I have one more day in clinic for 2009! If you get this update & need any supplies them email or txt me asap. I will be available on Tuesday 29th for pickups if necessary - after that I'll be in Golden Bay for a few days just chilling out, eating scallops, reading books...

nourishe health & wellness will re-open on Tuesday 12th January 2010.

Bookings

Feel free to email me if you have any queries over the holiday period. I'm always happy to answer you!

If you'd like to make a booking for January it's best to email as I won't be checking the answerphone after the 30th December.

Are you an OVERINDULGER?

If you are you might like to keep some of the following items handy!

- ✓ NZ Bush Bitters - a few drops in water will cleanse the liver & help with the hangover.
- ✓ Aloe Vera juice - cleansing on the digestive system (add in Milk Thistle for added support).
- ✓ Fresh Ginger - settles the stomach (about 1tsp chopped into hot water, sip slowly).
- ✓ Fresh Pineapple - eaten before meals can provide some digestive support (or just get some digestive enzymes from your local health store).

Have a relaxing Christmas + a lively New Year. I look forward to seeing you all again in 2010.

I've spoken to a few of you about getting a health assessment done in the new year - think about what your health goals + challenges might be + together we can put them into a plan!

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yours in health