



January 2009 WELLNESS UPDATE

Welcome Back! I'm looking forward to another busy & health-full year, working with you to improve & maintain good health throughout '09.

Our first workshop for this year is in March & will be covering strategies for identifying & managing Stress & Depression.

I'm back @ work in the clinic so get on the phone or email & contact me about making a booking!

A New Year = A New Approach to Health & Wellbeing

It's always good to assess your goals be they personal or business, and what better time to do it than NOW! Your health is your most important goal - without it you can't possibly achieve any of your other 2009 goals.

A nourishe Wellness Programme will help you set some goals & better enable you to manage your health. Each programme is tailored specifically for YOU. I use some common themes but look at what will work best for your own health challenges.

Email or call & we'll set up a time for you to pop in for your comprehensive assessment & plan.

How Important is a Balanced Diet?

A Balanced Diet is NOT "everything in moderation"!

Think of your DIET as everything that goes in or on your body. Nutrition is what you put into your body (food, water, supplements, drugs, alcohol etc).

Poor choices in this area have such a huge impact that it is really important to have balance in everything you do.

- eat a variety of foods & include a balance of protein, carbohydrate & fat
- choose healthy snacks (low sugar, as unrefined as possible, non-toxic, additive & preservative free) such as nuts & seeds, hummus, chicken
- limit your alcohol consumption to special occasions only
- exercise regularly - get into a manageable routine & stick with it (remember we're not all training for the Olympics)

Successful Fat Loss

For those of us who struggle with weight loss/maintenance, the Ketosystem is our friend!

It's all about losing fat using a proven dietary programme, regular exercise, & quality nutritional supplements. This programme is designed to be monitored by a practitioner.

I recommend starting with a complete health & lifestyle assessment so we can determine the best plan for you.

Go to www.ketosystem.com.au for more info.



If this sounds like you then give me a call & let's get you started NOW.

Summer Immunity

Ultraviolet light stimulates your body to convert a type of cholesterol in the skin to Vitamin D. Vit D is used to maintain adequate Calcium levels & T-cell mediated immunity (such as autoimmune responses and cancers).

With everyone staying out of the sun, Vit D deficiency is increasing throughout NZ. If this is you then it's important that you include Vit D rich foods in your diet (herring, salmon, sardines, fish liver oil, egg yolk, milk, fortified cereals). Vit D deficiency has been implicated in Multiple Sclerosis, Rheumatoid Arthritis & Type 1 Diabetes.

Vit D can be taken as a supplement but it is important to get the correct dose (10mcg or 400IU for healthy adults). If you're concerned about your immune health then please contact me & we'll discuss your options.

** LAVENDER SPECIAL **

Buy any size Lavender Water & get a 10 ml Lavender essential oil for just \$5

yours in health