

JUNE 2009 WELLNESS UPDATE



nourishe

for health & wellbeing

Petone, NZ

569 7832

info@nourishe.co.nz

Is anyone else struggling with getting out of that warm comfy bed in the morning? Every year I get really envious of those who live in new, insulated, draft-free homes!

As I layer up to go for my morning run, I have to remind myself that I'm doing this for my health & well-being. I do allow the occasional sleep in - with a morning coffee, hot porridge & a general relaxed start to my day.

Winter Fatigue

Just because you're tired doesn't mean you have swine flu! I know - too obvious really.

Our ancestors would hunker down & keep warm over winter. Modern life however keeps going & so must we.

Often we turn to carbohydrate dense foods (comfort foods) which in turn can affect the digestive system, leading to bacterial overgrowth. A good Probiotic will address your specific symptoms & help relieve any discomfort. Probiotics are also good for supporting immune function.

Tips for fighting that Winter energy slump:

- Good Nutrition - lots of Protein & Fresh Veges.
- Exercise - do it indoors. Go to a yoga class, work out at the gym, use that treadmill that you bought 5 years ago!
- Vitamin C - supplement your diet with at least 1000mgs per day for the next few months.
- Herbal Teas - Nettle, Liquorice, Rosehip, Echinacea. Drink 1-2 cups during the day.
- Supplement with a quality Probiotic & some anti-viral herbs (such as Andro NK).

Hemaview

Now is the one of the best times to get a Hemaview done. I can check for inflammation & immune function. From a single drop of your blood we can see how well your body is functioning & I can make some recommendations to improve or support what you're already doing.

A Hemaview assessment includes a full colour printout with photos & recommendations.

Cost is \$80 and takes about 45 minutes.

Yoga

The Heart of Yoga, in Petone, has new rooms & a new timetable. If you're looking for a good class then check out the timetable - which now includes two evening classes per week. A copy of their new timetable is included with this update.

Bach Flower Remedy

Olive is the remedy used to when you're completely exhausted. Olive strengthens body & soul & enhances our natural ability to cope with stress.



Massage & ill health

I don't recommend massage if you're exhibiting any of the following symptoms:-

- ▶ fever or temperature fluctuations
- ▶ stuffy nose, sneezing, sore throat, cough
- ▶ general aches & pains (severe)

If you're unsure then please call me asap in order to avoid being charged for your missed or cancelled appointment.

yours in health

www.nourishe.co.nz

info@nourishe.co.nz

♥ The Heart of Yoga ♥

‘Under the clock’ Doreen Doolan Mall ~ PETONE

Time-Table *All classes are \$8.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Ian</i> 8:00 ~ 9:00		<i>Margo</i> 9:30 ~ 10:45		<i>Margo</i> 9:30 ~ 10:45	<i>Margo</i> 10:00 ~ 11:15	<i>Jennifer</i> 9:30 ~ 10:45
	<i>Jennifer</i> 10:30 ~ 11:45		<i>Jennifer</i> 10:30 ~ 11:45		WORKSHOPS	Private Tuition
<i>Margo</i> 1:30 ~ 2:45	<i>Ian</i> 12:00-1:00	<i>Jennifer</i> 12:00-1:00	<i>Ian</i> 12:00-1:00	<i>Ian</i> 12:00-1:00	WORKSHOPS	
	<i>Jennifer</i> 6:00 ~ 7:15		<i>Jennifer</i> 6:00 ~ 7:15		WORKSHOPS	

Ian ~ General Yoga ~ Strength, Balance & Rejuvenation

Jennifer ~ Combination of Yoga Asana's to tone, Strengthen & Revitalize

Margo ~ Gentle stretching with Relaxation

Bookings can be made: txt or call (or just arrive):

Jennifer ~ 027 415 9345

Margo ~ 027-276-1672

Please arrive early so class is not interrupted.

The studio has mats but feel free to bring your own and something warm to wear for relaxation.

