



for health & wellbeing

Petone, NZ
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March 2009 WELLNESS UPDATE

Who can believe we're into March already? It seems like just a couple of weeks ago I was looking forward to my 2 week Christmas break!

I hope you are all well - I know that so far 2009 has presented me with some health challenges of my own. Time for me to practice what I preach, so I've had my health consult, been to the GP for the usual blood tests etc & am now about to start my own personal treatment programme.

I'll be monitoring my progress using Hemaview, just like I would for you.

Healthy Mood Management

It's around this time of year that many of us start to notice increased irritability, mood swings, negative feelings & low points. There are lots of good supplements around that can help you to manage the symptoms & I'm always here to advise you on the most appropriate choice.

Some key tips for improving your mood are:

- **Assessing your Diet & Lifestyle.** I can help you adjust your diet & nutrition to ensure you're getting what your body needs. Together we can look at your stress levels & plan some strategies to help you cope better.
- **Goals.** Setting some personal goals for yourself can go a long way in combating low moods. The sense of achievement you get from completing a goal is immense - don't underestimate how the simplest task can seem like Mt Everest sometimes!
- **Exercise.** Over the next few weeks I suggest make the most of the fine weather & daylight hours. Don't overdo it - you don't want to injure yourself in the process. Maybe join a gym so you're motivated to stay active through the winter months.

Essential Oils that Uplift

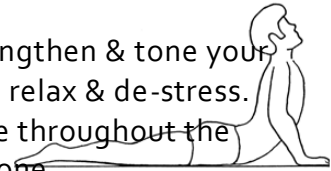
- **PEPPERMINT:** brings out the inner child!
- **CEDARWOOD:** for anxiety & nervous tension
- **BASIL:** for exhaustion & fatigue
- **PALMAROSA:** calming & uplifting

A fantastic blend for helping with focus, clarity & memory is:

Rosemary, Basil, Peppermint - one drop of each in a vaporiser or on a tissue

Yoga Classes in Petone

Yoga is a great way to strengthen & tone your body and at the same time relax & de-stress. It's an ideal way to exercise throughout the year, and is ideal for everyone.



The Heart of Yoga is a new studio opening in Petone - classes from Tuesday 14th April.

If you're interested I can forward you the timetable & contact details.

Classes cost \$8/class & last 60 minutes.

Pre Winter Immune Support

I can't say enough about the effectiveness of the Andro NK tablets. I've had lots of patients on these for some time now & the feedback is that they work. The blend of herbs provides symptom relief, is anti-inflammatory, and is immune enhancing. It's a practitioner only product, so you can only buy it in clinic. All you need to do is call or email me & I can let you know if this is the one for you!

I usually combine the Andro NK with an Hbt blend to accommodate allergic responses & general metabolic support.

