
JAN. 2020, ISSUE 6

The Natural News

Ness The Naturopath's National Newsletter



Notes from Ness

MERRY 2020 FOLKS!!!

I hope that you have arrived into February rejuvenated, rested and plans for your health and wellness regime ready and set to GO! If your Silly Season was exceptionally full of socialising and a few too many dehydrating beverages...then I hope you enjoyed every moment and are ready to re-set your intentions and implement some energy charging routines back into daily life.

If you, close family or friends have been affected by our horrific fires, my heart goes out to you all xoxo

Please don't hesitate to reach out if you need some mental health or nervous system support xo

All of us at Astarte Studio are here to help you set and reach your health and well-being goals in 2020, so be sure to chat to us if you need a little helping hand. Let's make this Year one for kicking our personal goals peeps! xo

Hugs and Vibes, Ness xo

Nailed it!



To most of us, our fingernails are just an extension of our fingers. Something we can shape, colour and style to help show our style, but to Naturopaths, the nails help give us important clues for a better understanding of your body's functionality.

When looking at nails, colour is the first thing to notice. Healthy fingernails are generally pink with a touch of pinkish white near the base. Any variations in colour such as dullness or streaking with any other colour or shade may indicate possible health conditions. Discolouration may occur after trauma to the nail bed (you know when you get it stuck in the car door -Ouch!). Still, bacterial and fungal infections can also discolour the nails with other health issues such as vitamin and mineral deficiencies, anaemia, and cardiovascular problems also potentially created colours changes to the nail. Most commonly, we see white dots on the nail, which is frequently caused by zinc or calcium deficiencies.

Dry, brittle nails and hangnails can be as much fun as well a hangnail, but recurring split nails may also be a clue that your body needs some love.

Nails that always seem to be cracking, flaking and peeling, no matter how much love with hand and cuticle cream you give them, could be a sign of digestive weakness, nutrient deficiencies or hormone imbalances and not poor nail care.

Pitting is where there are lots of small indentions in the nail and is often seen in conditions such as psoriasis; however, it may also occur with some mineral deficiencies, connective tissue issues and some autoimmune disorders.

The ridges on your nails should almost be impossible to see. However, if the ridges are visible, it may be an indication of low iron in the body or other nutrient malabsorption issues.

Horizontal lines generally occur during a period of extreme stress or ill-health, reflects that the growth of the nail had stopped.

Concave, spoon or flattened nails can be a sign of iron imbalance in the body. However, thyroid conditions and heart disease can also affect the shape of the nail bed.

Nailed it cont.....

Thick nails may be a sign of a fungal infection or psoriasis, but it can also be an indicator of more severe health concerns such as lung, thyroid or circulatory issues.

Other signs often seen on nails include clubbing - this is where the fingertips are round at the end, and the skin seems to plump and swell around the nail. This frequently occurring with lung ailments such as asthma or other conditions such as inflammatory bowel disease or liver problems.

It is essential to understand that nail diagnosis is most effective when conducted with a full health check, allowing for the whole person's health to be assessed. Individual signs should not be deemed conclusive of a condition on their own. If you are worried about any colours or markings on your nails, make an appointment with your Naturopath.

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SPECIAL SHOUT OUT



TAMARA - JASON - TYING THE KNOT

08 - 02 - 2020

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Tribe of the Trees: Baggage Buster

Have you got a LOT that you want to make happen this year, and are keen to kick things off with a bang, but feel like things are holding you back, stopping you surging forward?

Things energetically weighing you down. Mentally distracting you, physically reducing your ability to feel any sense of spaciousness?

This is Baggage Buster, made from the Darwinia flower. A go to remedy for clearing up old unwanted stuff, getting it out of the way, and clearing out its energetic charge.



Oil of the Moment: Smart & Sassy

An invigorating and stimulating blend, combining warm earthy oils with a citrus twist. Its flavour and aroma are uplifting and stimulating to the senses. Smart & Sassy contains Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon.



Add to water or tea and drink before working out for a revitalising aroma boost.

A great addition to your water while on a healthy eating and exercise program.

To Use:

Diffusion: Use three to four drops in the diffuser of choice.

or

Food flavour use: Add 1 or 2 drops to food.

Cautions

Keep out of reach of children. Avoid contact with eyes, inner ears, and sensitive areas. Application to the skin may increase sensitivity to sunlight. Avoid sunlight or UV rays for up



"Storm Says"



New Age Canine Philosophy

"The World always seems better
after a good nights sleep" -
Storm 2019



Workshops, Events & Studio Happenings

7 Feb – Clean Cleaning - Ness the Naturopath, Astarte Studios

15 Feb – Paper Flowers Art Workshop - Kylie Morrison - Astarte Studios

21st Mar – Seascapes Mixed media workshop - Kylie Morrison -Astarte Studios

24th Mar – Tribal Fusion 6 week course - Kylie Morrison -Astarte Studios

28th Mar – Rhythmic Essence Drum & Dance - Kylie Morrison -Astarte Studios

Mar- Skin Care with Essential Oils - Ness the Naturopath, Astarte Studios

25th Apr – Ink & Paper Art workshop - Kylie Morrison -Astarte Studios

May - Reflexology for Beginners - Mudgee

Sep - Animals & Essential Oils - Ness the Naturopath, Astarte Studios

Nov- Xmas Prezies with Oils - Ness the Naturopath, Astarte Studios

All tickets available through Facebook



*Do you think its called "almond milk"
because no one can say nut juice with a
straight face?*



nessthe
naturopath

0417 960 930

naturopath.vanessa@gmail.com

facebook: Ness the Naturopath