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The Natural News

Nesss The Naturopath's National Newsletter

Strike while the Iron is hot:

"Iron deficiency without anaemia is considered a global health concern effecting an estimated 2 Million people worldwide' - W.H.O

Women are most at risk especially during menstruation and pregnancy when their demand for iron is increased. Others who may be at risk include people who donate blood on a regularly basis or those who eat a low or no meat diet.

General signs of iron deficiency include: Extreme fatigue & weakness, Pale skin, Headaches, dizziness or light headedness, Cold hands and feet, Inflammation or soreness of your tongue and Brittle nails

Boosting Iron intake can be a great way to boost your iron levels. Animal sources are generally high in Haem-iron which is the easiest for our bodies to metabolise and use, while plant sources contain non-haem iron which needs the body to work a little harder to convert the iron, so the body can use it.

Many of us know that when we are taking iron we need to boost our vitamin C intake as well, but did you know, that for optimum iron absorption we also require adequate intake of A and B vitamins? It is believed that vitamin A deficiency is one of the leading causes of iron deficiency.

Anyone who has taken any iron supplement knows that it can have "side effects" most commonly stomach and "faecal issues" i.e. black tarry poos 😊. New studies show that the most effective supplements contain Iron glycinate which is the most bioavailable for of iron and causes less GI issues than other iron forms.

Also, contrary to popular belief, higher dosing is not always the solution to boosting iron levels. If supplementation is too high, the body may obstruct uptake and GI problems may also become an issue. Higher doses may also lead to greater oxidative stress in the body causing inflammation and aggravating inflammation conditions.

Iron supplements are best taken in the morning to increase absorption levels and taken away from tea, coffee or cola drinks which inhibit absorption.

Studies also indicate that intermittent dosing of just 24mg is more beneficial than daily doses of 100mg!

Want to know if you need an iron supplement? Or if your supplement and dose is the best one for you? Contact us to make an appointment to discuss your individual health needs.

SinusPlex - The Hay Fever Helper

AAh, ah, ah, ah-chooo! Its nearly hay fever season!

Anyone who suffers from seasonal allergies fears this time of year when the birds are singing (and doing other things) the bees are swarming – helping the birds (I never understood how that worked) and the flowers and all their pollen-ie goodness is released into the world. This is great for our general food chain but if you are one of the unfortunate people who suffer from hay fever or irritated sinuses, this may not be your favourite time of the year – despite what the birds and the bees tell you 😊

In an ideal world we would just stay away from irritants, but alas our world is imperfect and this is the impossible dream. While hay fever can't be cured it can be managed.

Sinus Plex by PPC herbs uses traditional western herbs, blended to help you regain power over your sinus passages once more. Combining Eyebright, Bacal Skullcap, Liquorice, Elderflower, and Garlic. SinusPlex helps dry out and soothe sinus and mucus passages, while calming down overactive immune systems. But wait there's more, due to the antimicrobial action of several of these herbs to also helps kill off any unwanted microbes trying to set up shop making it the perfect blend to help combat hayfever allergic rhinitis, it may also help in relieving symptoms of colds, flus as well as sore throats.

To get your hands on some SinusPlex Contact Ness



Strengthen & Lengthen Pilates

This class focuses on improving flexibility while strengthening the core

Thursday 6:15 pm

Astarte Mind & Body Studio

Relaxercise

Slow, gentle movements combined with breathing and stretching to help enhance balance and mobility.

Wednesday 9am

Astarte Mind & Body Studio



Oil of the Month: DigestZen

DoTERRA's DigestZen is used to aid in the digestion of food, soothe occasional upset stomachs, and reduce uncomfortable gas and bloating.

This selected blend contains Ginger, Fennel, and Coriander, which have been used in foods as flavours, additives and spices throughout the world for centuries. DigestZen is great to have on hand. The essential oils of Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon, and Fennel are also known for their soothing and settling aromas when inhaled or applied topically.

This blend is ideal for when you have over indulged or have stomach upsets or cramps and pain. Apply to the stomach area a few drop diluted with your favourite carrier oil and massage gently in a clock wise direction.

Additionally, you can apply this to the stomach points on your feet too - if you are a budding Reflexologist from one of Ness's The Naturopath's Reflexology Workshops!

To Use

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

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity. See additional precautions below.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



"Storm Says"



New Age Canine Philosophy



Events & Workshops

14 Sept – Mandalas for Meditation: Flower of Life - Kylie Morrison - Astarte Studios

All tickets available through Facebook or EventBrite

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