
MAR. 2019, ISSUE 1

The Natural News

Ness The Naturopath's National Newsletter



Natural News: Health Fund Rebates

Government legislated changes to the health fund rebate system come into effect on April 1. From this date, naturopathic services will no longer be covered by health funds. As I operate under a Naturopathic Provider Number, unfortunately this means **all** appointments will have the rebates cease from April 1.

What does this mean for you and your family as my clients? Ultimately, these changes will have no effect on your level of care. What it may mean, however, is that your out of pocket expenses may increase, depending on the level of rebate you have been receiving from your health fund for your appointments with me.

I would also like to take this opportunity to voice my great disappointment that our Government has been the driver of such a policy. It is in fact not the health funds decision at all. Not only does this impact on the health of the nation and our right to choose our own path of wellness, the policy has been implemented on basis of bias and defective research terms.

The term Naturopathy cannot be quantified. It is an umbrella term which takes in many systems of health and wellness including nutritional medicine, herbal medicine, vitamin & mineral therapy as well as many others. There are numerous studies supporting the use of individual herbs, vitamins, minerals, lifestyle and dietary changes, but because we choose from any or all of these therapies, and there are no studies on how they all work together, hence, we were not given the right to stay on the health fund list, even with our in depth, and extensive years of study.

Apple Cider Vinegar

- Good for everything!

Apple cider vinegar (ACV) is not a new invention, in fact it has been around for thousands of years. It is believed that Samurai warriors use to drink ACV to help give them power and strength while during WW1 it was used to help disinfect and treat wounds on the battlefield.

When buying ACV always look for one that is unpasteurised or has the mother. This is the good stuff! You can usually tell if your ACV has the mother, is that at the bottom of the bottle there may be sediment or it may look cloudy. This sediment is actually a colony of beneficial bacteria which helps give ACV it's super powers.

When shouldn't your use ACV? Don't use ACV on broken skin, while it won't cause harm it is going to sting like a *#\$%+. People with yeast sensitivities or infections should avoid using AVC internally as the bacterial strains in the mother may aggravate their condition.



How to use your ACV

Skin Toner

Mix 1-part ACV and 2-parts water. Apply to skin using a cotton pad after cleansing, caution around the eye area. ACV has astringent (tightening properties) and may help restore the natural pH of your skin. As a bonus, any acne causing bacteria may also be eradicated.

Clean Fruit and Vegetable

Use a mix of one tablespoon AVC to one cup of water to help remove any residue pesticides or nasty bacteria (i.e Salmonella) from fresh produce. Add your produce to the ACV water mix and allow to soak for about 5 minutes. Rinse well and dry.

Relieve heartburn.

May relieve heartburn. One of the leading causes of heartburn and indigestion is stomach acid which is too low in pH. This means that our food isn't broken down properly and nutrients may not be absorbed as effectively by our body. ACV raises the pH level of stomach and can help to reduce heartburn. Add a tablespoon of ACV to 10ml of water and take as required for heartburn (if conditions continue see a health practitioner for specific advice).

Sore Throat gargle.

1. Sore Throat gargle. Take 20 -50ml of AVC and gargle it to help kill off bacteria in your throat which may be causing infection. Gargle twice and spit it out (to get rid of the bad bits that might be brewing on your throat mucous membranes), then the third gargle you can swallow it. Ensure to rinse your mouth thoroughly with water after to help protect your teeth.

Wart Treatment.

Soak a cotton ball in 1-part ACV, 2-parts water (or use your toner from above 😊). Apply the cotton ball directly to the wart and hold in place with duct tape or a bandage. Leave overnight if possible. Repeat until wart simply just falls off.

Manage weight & blood sugar levels

Help manage weight & blood sugar levels. Small studies are supporting the use of ACV to help manage and stabilise not only blood sugar levels, but also for weight management (when used in conjunction with a healthy diet & exercise). ACV has been shown to help slow gastric emptying meaning that you don't feel hungry as quickly and your body has a chance to stabilise blood sugar spikes. Studies have also shown that those who take 2 tablespoons of AVC in 30ml water before meals can reduce their cholesterol profiles as well as body fat %.

(<https://www.ncbi.nlm.nih.gov/pubmed/19661687>)

Oil of the Month: Siberian Fir

Balance emotions & Soothe
anxious feeling

To Use

Massage into skin for soothing comfort, especially after strenuous exercise. Diffuse to help work through difficult circumstances and reduce stress. A grounding oil, so great to diffuse or apply for meditation practices. Apply topically to skin to help soothe minor skin irritations. Inhale deeply to ease breathing, and experience the refreshing aroma.



Cautions

May cause 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.



Why DoTERRA?

doTERRA essential Oils are all CPTG Certified Pure Therapeutic Grade® meaning they are:

Pure and natural, with aromatic compounds carefully extracted from plants

Free from fillers or artificial ingredients; no dilution of active qualities

Free of contaminants, pesticides, or chemical residues

A day without oils is like..... Just kidding I have no idea!

The Microscopic Army within you

If you experience digestive symptoms such as constipation, bloating and gas, or your immune system lets you down, you may be feeling the effects of imbalances within your gut microbiome.

Describing the trillions of bacteria, yeasts and other microorganisms that colonise your digestive tract; these mini soldiers support health and wellness by regulating your digestive processes, bowel function and immune health. Restoring balance in the microbiome can help you get on top of your health again!

Whether you need to wage war and restore the microbiome or wave the white flag for peace and health maintenance, make talk to your Naturopath today about which probiotic is most suitable for your individual circumstances.



Excerpt from: Metagenics Wellness update

REMINDER: Ness will be on Holidays from Saturday 13th April – Tuesday 23rd April.

Be sure to get your orders in for your supplements by Monday 8th April and keep an eye on Ness The Naturopath's Facebook page for updates on the Studio's goings on.

Events & Workshops

15 March - **Align....** by the Queen of Stress, Dr Maria -
Central Hotel

29th April - **The Mind Body Connection**, Kylie Morrison -
Astarte Studio

29th April - **Mind Body Boot camp**, Kylie Morrison -
Astarte Studio

2 May - **Mind Body Nutrition** - Fiona Hoptman -
AstarteStudio

All tickets available through Eventbrite

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Natural forces within us are the true healers of disease -
Hippocrates