

JULY. 2019, ISSUE 3

# The Natural News

*Nesss The Naturopath's National Newsletter*

## Coughs. Colds. Sniffles & Sneezes:

### 4 Ways to help safeguard you this Winter

Its that time of year! The temperature has dropped outside and the incidents of respiratory ailments including colds and coughs are all around. Enclosing yourself in a sterile bubble may be the only guaranteed way of avoiding the sniffles there are a few things you can do to help reduce the risk or severity of any winter bugs.

It's simple but SO EFFECTIVE - **Wash your hands!** The spread of these viruses is through direct contact with infected surfaces and airborne droplets – not the myth of going from a warm environment to a cold one. Making sure that you have good hand washing practices in general but especially before preparing or eating food.

If you have to cough and sneeze – **cover your mouth** using the crook of your elbow or a tissue and then..... wash your hands. Normal soap and water is effective at removing these nasty viral invaders but if you find yourself in the position where you may not have access to soap and water a simple hand sanitiser can be a saviour. Be warned, many other hand sanitisers are full of nasty, harsh chemicals, so always read the labels.



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**doTerra OnGuard Hand Sanitiser**  
**\$13.00**

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# Coughs. Colds. Sniffles & Sneezes cont....

**Eat healthy** - You need to make sure your body has all the tools in its arsenal to fight off any bugs which may come its way. Eating fresh healthy foods, ditching the processed junk will help make sure your body has all the vitamins, minerals and vitality it needs. If you do happen to become the victim of a respiratory infection, reducing the intake of mucus forming foods may help reduce congestion. Offending foods include anything dairy (milk, ice cream yoghurt & cheeses), eggs and wheat based products (bread & pasta etc).



**Stay hydrated** - Our urinary system is used to help flush toxins out of our body. When you are sick, you may not feel like eating much, that is okay for most people, but staying hydrated is crucial to all to keep the body systems moving. Opt for water first (not cold out of the fridge, room temp is best). Herbal teas and bone broths are great, but stay clear of caffeine (yes, coffee and tea) as caffeine may decrease immune activity. Alcohol and soft drinks should also be avoided as these are difficult for the body to process and may slow your recovery.

## Olive Leaf Extract

With the arrival of winter keeping the coughs and cold bugs away is something that is on all of our radars.

The good news is that Olive Leaf Extract (OLE) may be just the hero you're looking for.

This little wonder is made from the leaves of the olive tree hence the name olive leaf, and it is high in Oleuropein a magic constituent which can help inhibit the growth of virus. Meaning when you come in contact with the dreaded cold bug the Olive Leaf stimulates your immune cells to action to devour (yep eat) the invading viral forces.

Anecdotally there is also evidence suggesting that OLE may help inhibit the invading forces of the herpes simplex virus too!

But wait there's more! OLE is also a massive antioxidant powerhouse and has been reported to have over 400 times the antioxidant capacity of vitamin C! Meaning this guy can whip around and mop up free radicals and inhibit the wide spread damage they cause as well as helping lower blood pressure.



To get your supply of Olive Leaf Extract - Contact Ness



## TEA'LICIOUS

Herbs have been used for centuries to heal a range of ailments. Herbal tea blends created for medicinal use are an easy and enjoyable way for the whole family to restore the body and providing healing on a daily basis.

Fiona Hoptman, Herbalist, Equanimity Natural Health, located at Astarte Mind Body Studio has a range of Medicinal Herbal Teas that have been personally formulated and blended with 'love and healing'.

Check out these 4 Blends below & take advantage of this month's offer:

## “BUY 3 GET 1 FREE”

### BALANCE – Digestive Harmony (100g) \$12

A unique blend of herbal tea for digestive balance, combining meadowsweet for acid restoration, cinnamon for blood sugar regulation and dandelion root for liver support. Licorice adds a protective and anti-inflammatory influence on digestion with a touch of sweetness. The distinct aniseed flavour of Fennel is a carminative, whilst calendula finishes the tea with vibrancy and lymphatic flow.

### COLD RELIEF – Goodbye Mr Sniffles (100g) \$16.50

An active herbal tea blend to help reduce symptoms of the common cold. Fight off bacterial invasion with the immune enhancing properties of Echinacea and Elderberry, whilst reducing nasal catarrh and watery eyes with the help of Eyebright, and finally, embrace the added antispasmodic and mildly relaxing effects of Linden flower.

### CHILLAX – Let Go of Busy (50g) \$6.95

Let go of busy – Chill-out and Relax with this calming and restorative floral bouquet of dried herbs. Professionally blended to harmoniously deliver a sense of calm and emotional wellbeing. The inclusion of Spearmint provides a subtle mint finish to complement the floral notes of lavender and chamomile.

Experience the calm, stability and peace of mind, body and spirit as you ingest the restorative and comforting qualities of Chillax Tea.

### CLARITY – Enliven your Mind (100g) \$12.50

Enliven your mind and revitalize the body with the cognitive stimulating effects of Brahmi combined with the circulatory enhancing properties of Rosemary and Ginger. The additional aromatic zest of Lemongrass refreshes the palate, whilst hibiscus petals complements the finish with a touch of sweetness.



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# Introducing Rebecca Davis - Massage Therapist & Yoga Instructor

We would like to offer a big Astarte welcome to the newest team Astarte Team Member, Rebecca Davis.



A Yoga Teacher and Massage Therapist with a small cosy yoga studio situated in Wollongong Rebecca is now bringing her skills and expertise to the Astarte Mind & Body Studio!

Fridays and Saturday: Relaxation Massage, Remedial Massage, Dry Needling and Pre and Post Natal Massage for massage and dry needling appointments  
Wednesday and Friday – Introduction to Yoga for health

Check out her Facebook page:  
Aspire A Pathway to Well Being

Or call 0423 858 625

To make your appointment today as spots are filling fast!

## Oil of the Month: Easy Air

Easy Air is a special blend of Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara. The most indicated oils for your respiratory health appear in this blend. It acts as a fabulous antibacterial and decongestant helping clear your head and sinus's so that you can get on with your day.

### To Use

Dilute and apply topically to the chest, back, or bottom of feet, and/or diffuse for the extra inhalation benefits

### 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. Avoid sunlight or UV rays for up to 12 hours after applying product. Application to skin may increase sensitivity to sunlight.





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## Events & Workshops

24 July - **Yoga for Health**, Rebecca Davis - Astarte Studios

26 July - **Winter Wellness & Oil Essentials** - Ness the Naturopath - Astarte Studios

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16 - 17 July - **Shellharbour Shimmy Mob** - Kylie Morrison - Astarte Studios

23 July - **Belly Dance for Beginners** - Kylie Morrison - Astarte Studios

20 July - **Art Workshop, Art Nouveau - Stained Glass Style Design** - Kyle Morrison - Astarte Studios

All tickets available through Facebook or EventBrite



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