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The Natural News

Ness The Naturopath's National Newsletter



Natural News: Health Fund Rebates Update

April 1st has come and gone and it was no April fools' prank, our health fund rebates have gone ☹️ but the good news is all is not lost. The voices of the people have been heard with nearly 110,000 people signing a petition calling for a Senate inquiry into this matter, specifically the evident bias and procedural and scientific misconduct by the National Health & Medical Research Council (NHMRC).

It has been announced the Federal Government will spend \$2 million on a feasibility study looking at returning some natural therapy modalities to the private health funds.

It should be reminded that this is NOT a promise that rebates for Naturopathy will be returned, this is just a promise of funding to investigate the issues at hand. While we can be proud that the collective voice of the people has been heard we should be cautious that this may be nothing more than a pre-election campaign promise and no changes will be made.

The good news is there is hope!

Digestive Enzymes

It has long been said that we are what we eat, but in fact that is only a partial truth.... We are what we digest!

If we take a moment to go back to Year 8 science class, we may remember that digestion begins in the mouth, from the moment food passes our lips into our mouths and we start chewing away with a little mastication (chewing) action in fact. Not only are we breaking our food into smaller pieces for easier digestion, we also begin secreting digestive enzymes from our saliva and pancreas, which help breakdown food into even smaller chunks, allowing for all the nutrient goodness to be extracted.



There are a few digestive enzymes, all of which have a specific action or food group to break apart:

- Amylase – helps breakdown carbohydrates
- Lipase – helps break down and transport fats
- Protease – Helps break apart proteins

Unfortunately, several factors can inhibit the secretion of digestive enzymes meaning we aren't getting all the goodness out of our foods which we should. Sluggish digestion caused by overeating, poor food or food combining choices, older age or chronic illness can impede enzymes from getting amongst it and doing their jobs.

Signs you may need to boost your enzymes include general gastrointestinal symptoms including :

- bloating and flatulence
- indigestion
- reflux
- intestinal issues such as food sensitivities and leaky gut.

You can boost your enzyme intake through included these foods in your diet:

Pineapple - Bromelain is not only a great cough remedy but also helpful as a protease (which breaks down protein). Marinating your meat in pineapple juice can actually help it be more tender when cooking – try it!

Papaya - again is also high in protease and studies suggest that papaya extract may be beneficial for people who have symptoms of IBS, such as constipation and bloating. For best results use raw papaya as cooking may reduce the enzyme content.

Raw Honey – contains many natural enzymes which can help with carbohydrate breakdown. Just make sure you have a raw honey as the pasteurisation process that store bought honey is subjected to, destroys the enzyme content. For an extra boost look for Manuka honey which is well know for its health and healing properties.

Avocado – its well know that avocados are high in “good fats” but they also come packaged with their own supple of lipase.

Fermented foods – Kim Chi, Sauerkraut and Kefir. All of these fermented products have the added benefit of extra enzymes as the fermentation process boosts enzyme activity. As an added benefit, these guys also have a high concentration of probiotics which are great for general wellbeing and especially good gut health.

While getting your nutrients though foods is always ideals it is not always practical to eat ½ pineapple and ½ avocado with a side of sauerkraut before every meal but there is help at hand – Introducing Digestive Enzyme Supplements! These guys come in small capsules that can be conveniently and discretely consumed before meals to help ensure you get every bit of nutrition from every mouthful and prevent any discomfort from bloating, belching or bottom burping.



Oil of the Month: Patchouli

Grounding, balancing effect on emotions
Promotes a smooth, glowing complexion
Reduces the appearance of wrinkles, blemishes,
and skin imperfections

To Use

Apply one to two drops to help reduce the appearance of wrinkles, blemishes, or problem skin areas, or add to your favourite moisturizer.

Combine with Vetiver and apply to the bottoms of feet to help calm emotions

Apply to area over the ovaries and uterus to help with menstruation issues.

Diffuse for a romantic energy in the room
Combine with Peppermint and apply to the forehead, temples, or back of the neck after a long day of work.



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.



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Pure and natural, with aromatic compounds carefully extracted from plants

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

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I don't always talk about oils, sometimes I sleep.



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know how to
restore your body's
factory settings?

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