



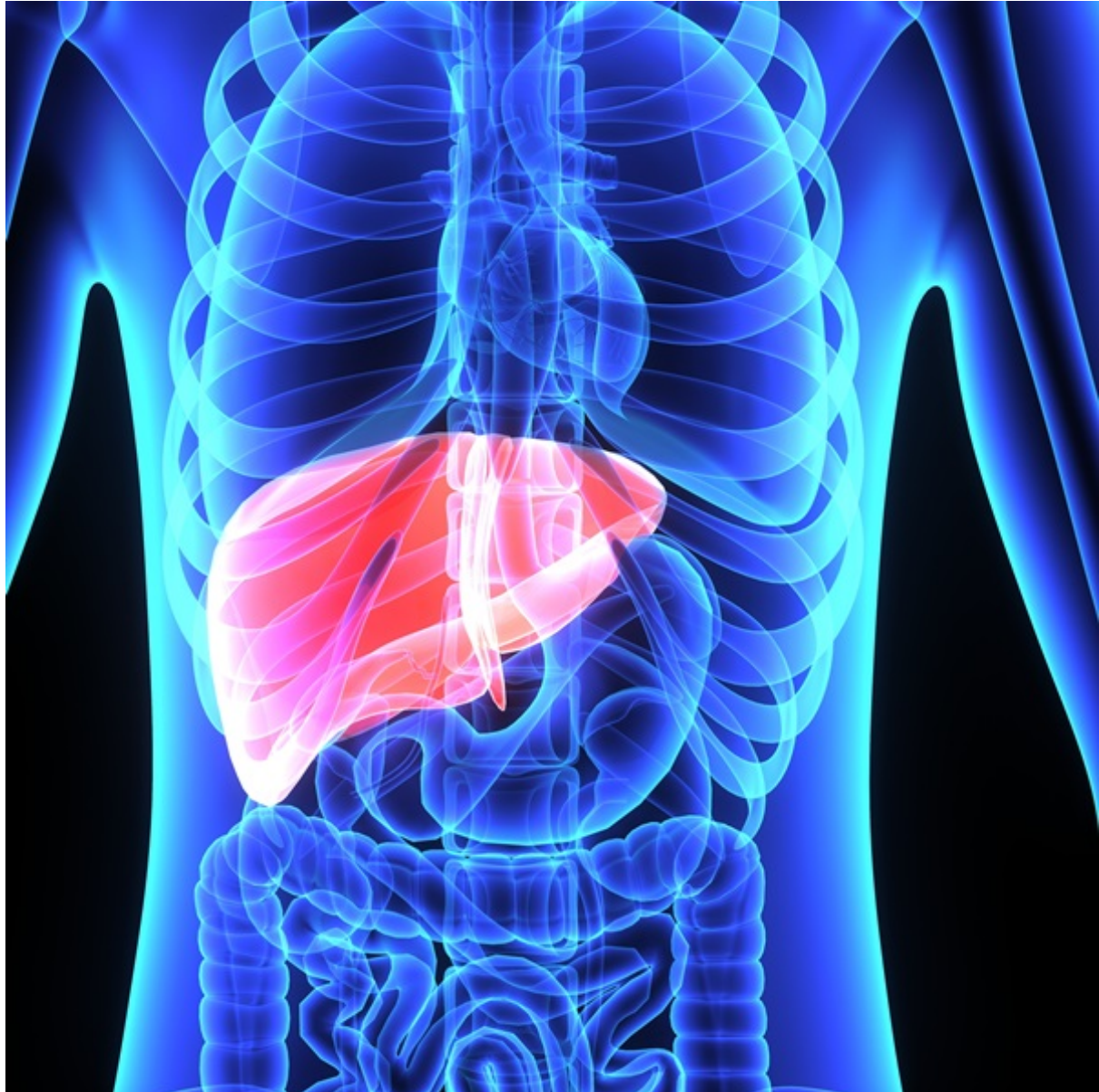
Hi All

What has happened in our lives when we find so much pleasure in food that sometimes we feel like if we had to give up our favourite food then what joy or pleasure would be left? Is it because we aren't getting enough pleasure in our lives from other things?

Pleasure can be found in so many aspects of our life. In taking the time to do the things we love especially when we get into "the zone"; you know when you have that feeling of great pleasure and relaxation. It might be while taking a walk in nature or while doing something creative like scrapbooking or beading - a state of feeling calm and happy. Maybe your "pleasure state" is going to the movies, taking photograph's, writing, having some quiet time to read a book,

whatever it is, allow time for these pleasures and your need for pleasure from food will be less. Yes we should get pleasure and enjoy yummy meals with family and friends but food shouldn't be the main pleasure in our life... there is so much more out there.

Have a great month and enjoy, Jenny



The Role of the Liver

The liver is one of the most important organs in the body when it comes to detoxification and eliminating foreign substances especially from the gut. The liver detoxifies harmful substances. Many of these harmful substances are fat soluble which means they have a high affinity to fat tissue. Fatty tissue can be found in our brains and our endocrine glands - glands that secrete hormones, these glands

include the thyroid, adrenals, parathyroid, pancreas and ovaries. A build-up of toxins can result in symptoms such as hormone imbalances, adrenal fatigue or brain dysfunction. Many of these harmful substances such as pesticides and petrochemicals have been shown to be carcinogenic and therefore have been implicated in the rising incidence of many cancers.

The liver neutralizes and excretes a wide range of toxic chemicals that are produced by our body and from the environment; if it has the nutrients it requires to do this. These include Vitamin C, Zinc, B vitamins and Selenium, often these nutrients are lacking in our bodies due to poor diets and low levels of nutrients in the food. Foods that are beneficial for your liver health include apples, beetroot, onions, garlic and cruciferous vegetables such as cauliflower, broccoli, cabbage, brussel sprouts and kale.

If you are concerned about your liver health or would like to find out if what nutrients your liver is missing, then call The Naturopathic Clinic to make an appointment on Ph. 022 017 6033



Dr Perlmutter discusses how to keep your good bacteria happy. Watch this brief video clip NOW!!



Clay Packing

Clay packing is an external detoxification treatment that uses highly absorbent therapeutic clays and ionized minerals to draw out deeply embedded toxins through the skin. It is a fast and safe method of detoxification while also reducing stress on the detoxification organs.

The dry clay is mixed with specific herbal fluids that enhance the drawing action of the clay. A pack is applied to specific areas of the body, as determined by the practitioner and may include scars, surgery sites, injury sites, or areas of pain. It is left on for 5 - 20 minutes then washed off.

Interference fields - the deeper concept behind clay packing

If the body has received trauma to an area, such as from injury, surgery, tattoos, or piercings, interference fields can develop within and around these sites of trauma. A key overlooked factor in literally every disease is the hidden, deep-seated toxicity in the ground substance of the body which prevents normal nerve and “chi” flow. These embedded toxins can mean years of delayed healing – or none at all. These interference fields disrupt bio-electromagnetic flow through the body, acting like a powerful short circuit to the body’s natural energy flow. Even very old and forgotten scars/injury sites can be hindering optimal health years later and may in fact be at the root of a current health complaint.

Scientists have proven that there is a measurable voltage build-up against a scar, with the scar in-effect acting like an electrical “short” in the body’s bio-energy field.

Through biopsies, they found that the immediate area adjacent to a scar had often become highly toxic – with a greater than normal deposition of accumulated infectious material and metabolic toxins (but unseen to the human eye). (Source: Premier Research Laboratories)

The Naturopathic Clinic is qualified in using clay packing treatment. If you would like to find out more about clay packing detoxification treatments and how they may benefit you, please contact The Naturopathic Clinic on 022 017 6033

Recipe - Protein balls

Ingredients:

1 cup almond meal
2 Tbsp. sesame seeds
2 Tbsp. protein powder
¼ cup cacao powder or cocoa
4 Tbsp. coconut (optional)
½ cup almond butter
4 tsps. melted - coconut oil, butter or ghee
2 Tbsp. maple syrup (make sure it is pure maple syrup not the one made from sugar with flavourings) - Stevia drops can be used in place of the maple syrup for a low carb version.

Instructions:

Combine all ingredients in a bowl. Scoop small spoonful's and squeeze tightly in the palm of your hand, then roll into a ball. Place in the fridge for half an hour and enjoy. Store in the fridge or freezer.



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To contact The Naturopathic Clinic please call on 022 017 6033