



Isn't it lovely that we are starting to see some small glimpses that Summer is on its way - I can't wait!

With the longer daylight hours it is a great time to start setting yourself some health goals.

I have had a number of women in the clinic this month with excess copper levels. We need copper in our body but it needs to be at the right amount, too much copper can cause many issues in the body. [Read the article below on copper to find out more.](#)

Disrupted sleep is a common problem for many people. For good health it is crucial that you sleep well. The body performs many important functions while we are asleep. There are some simple things that you can do to improve your sleep. For some great tips have a listen to my video.

A nutritious diet is also essential to maintaining our health. I made the Tuna Patties for my family the other night and they were a hit, have a try and see what you think -

[see the recipe below.](#)

In this newsletter:

- [How copper levels can affect your health?](#)
- [Video clip - What can cause disrupted sleep?](#)
- [Low energy? Lethargic? Sensitive to the cold?](#)
- [Easy tasty Tuna Patties](#)

Remember, the choices you make today are creating your future health.  
Have a great month, Jenny



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## How copper levels can affect your health?

Copper is an essential trace mineral that is vitally important for both physical and mental health. We need copper in the body but we don't want too much or too little. Copper can accumulate in the liver, brain and female organs and cause problems.

**Symptoms of copper imbalance:**

- headaches
- fatigue
- insomnia
- anxiety
- depression
- mood swings
- brain fog
- PMS
- racing mind
- panic attacks
- memory issues

#### **The important role copper plays:**

- providing energy
- immune response
- thyroid and adrenal function
- nervous system
- bones and connective tissue

Often copper imbalances can cause infections, especially sinus and other fungal infections. In particular, the Candida Albicans which thrive in the intestines and elsewhere.

It is common for people with high copper levels to also have high estrogen levels. Elevated or bio-unavailable copper can also contribute to infertility.

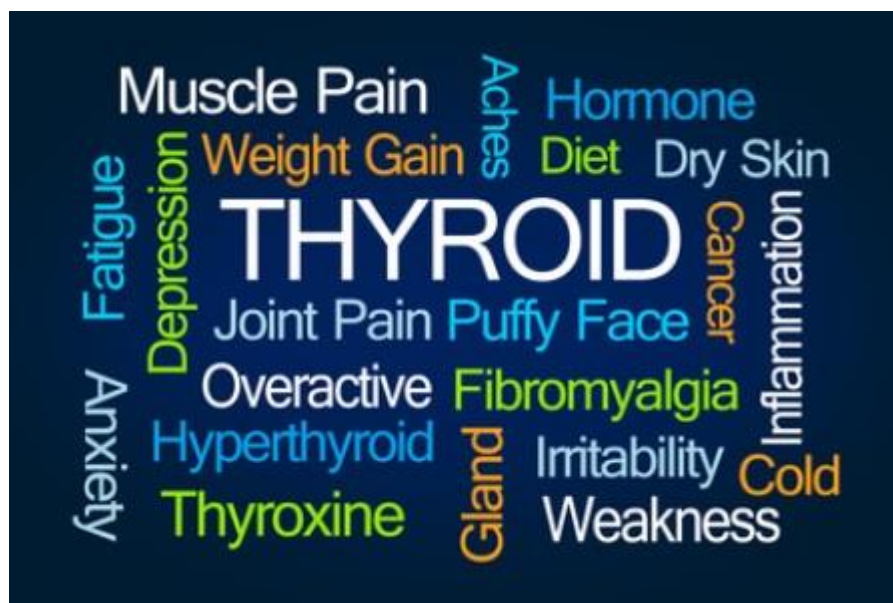
#### **So how would you end up getting high levels of copper in your body?**

- Mineral deficiencies - if your zinc levels are low then copper levels can build up in the body.
- Adrenal weakness - the adrenal glands help produce the binding proteins for copper.
- A sluggish or toxic liver can also predispose you to high copper levels.

In clinic we use the Oligoscan to test for copper levels. With your results we can then formulate a personalised treatment plan to reduce your copper levels by balancing your minerals and giving you supplements and other tools to help excretion of copper safely.



Jenny shares some common problems of sleep and what you can do to improve your sleep.



## Low energy? Lethargic? Sensitive to the cold?

- **Trouble with your weight?**
- **Unmotivated?**
- **Could your body temperature be too low?**
- **Want to find out why?**

Your thyroid is the most common cause of a low body temperature, though keep in mind that the thyroid doesn't just play up on its own, there's always another cause. Your Thyroid Stimulating Hormone (TSH) is the most common test your doctor may choose to do to check your thyroid function. If you have a real and obvious thyroid condition or disease, this will generally be abnormal leading to further thyroid testing. However, if your TSH is within the normal range, you could still be suffering from Subclinical Hypothyroidism. Hypothyroidism is when you have low thyroid function; this imbalance can affect your body temperature, metabolism, hormones, mood and energy and will not be picked up with TSH testing alone.

Low energy, feeling sluggish or fatigued, low motivation, poor concentration, weight issues, memory impairment, and hormone imbalances are also symptoms that can occur from a low functioning thyroid. If you're the one wearing an extra layer of clothing than everyone else, then your thyroid function may be low. One of the key nutrients needed for good thyroid function is Tyrosine. Tyrosine is an amino acid that comes from the protein foods we eat, however, if you have impaired digestion your body may not be breaking down the protein properly.

There are a full range of tests that should be done to fully examine your thyroid health, and without these, this very common condition can go undetected for years. Triggers for Hypothyroidism can include stress, dietary triggers, nutritional deficiencies and hormone imbalances and each individual can vary greatly.

If you think you may be affected by poor thyroid function give us a call on 022 017 6033 to make an appointment.

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## Tuna Patties

### Ingredients

1 cup uncooked brown rice  
2 cups of water  
400g tin tuna  
3 spring onions  
2 eggs  
1 Tbsp. tamari sauce (Gluten free soy sauce)  
1/2 cup gluten free breadcrumbs  
1/4 cup olive oil  
1/3 cup aioli (homemade is best)  
1 Tbsp. sweet chilli sauce  
Salt and pepper to taste

### Instructions

1. Soak the brown rice overnight. Rinse in the morning and add 2 cups of water. Bring to the boil, then turn down to a simmer and cook for 30 minutes. (I always check in the last 10 minutes that there is enough water.) Set aside to cool slightly.
2. Flake the tuna, finely chop the spring onions and lightly beat the eggs. Place these ingredients in a bowl with the brown rice and the tamari sauce.
3. Mix the ingredients and roll the mixture into balls and slightly flatten them. Coat each patty in the breadcrumbs.
4. In a frying pan heat the oil over a medium heat. Cook the patties for 3 minutes on each side or until golden brown.
5. To make the dipping sauce, mix the aioli and the sweet chilli sauce in a bowl. Serve the patties and dipping sauce with a fresh salad.



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