



Well, I hope you have been enjoying our fantastic summer.

This month, I am very excited to be able to offer the gold star food sensitivity testing, the ALCAT - antigen leukocyte cellular antibody test. Previously clients (myself included) have travelled to Australia to get this test done due to its time sensitive testing.

Also in this months newsletter, Cameron Russel's video clip reminds us that how people appear and what we see in magazines can be very different from reality. Too often we compare ourselves to these pictures of perfection that the media flood us with on TV, in magazines and on bill boards.

In this newsletter:

- The ALCAT food sensitivity testing - the symptoms you may experience
- Video clip - Cameron Russel: looks aren't everything
- Skin disorders - what can cause them
- Yum, yum - kale and zucchini curry

Enjoy the lovely fresh mornings we are getting. Have a great month, Jenny



ALCAT food sensitivity test

The ALCAT test measures inflammation at a cellular level, this means it can identify foods that are causing inflammation in the body. As inflammation can cause so many problems in the body and is the underlying cause for many chronic diseases taking these foods out of your diet can have a major influence on your health.

Food sensitivities are becoming more and more common. They affect over 80% of the population. Reactions to food can cause/contribute to many conditions including:

Gastrointestinal Disorders

Diarrhoea /constipation, bloating, IBS, gastritis, reflux, malabsorption (nutritional deficiencies)

Skin Symptoms

Eczema, psoriasis, rashes, acne

Neurological Symptoms

Migraines, headaches, memory problems, chronic fatigue, mood swings, depression , ADHD, neuropathy, cognitive impairment

Respiratory Disease

Chronic cough, wheezing / bronchoconstriction, sinusitis

Metabolic / Endocrine Disorders

Obesity, diabetes, metabolic syndrome, inability to lose weight, weight loss, thyroid illness and diseases, infertility, irregular menstruation

Muscular / Skeletal Disorders

Stiff or sore joints and arthritis

To find out more please call us at the clinic on 022 017 6033



"People aren't always as confident and happy as they appear" - Cameron Russel: Looks aren't everything. Believe me I'm a model.



Do you have acne? A rash? Pimples? Ashamed of how your skin looks?

Our skin health is a reflection of what is going on internally in the body. Research shows a clear link between gut problems and skin disorders. People with skin disorders are much more likely to have small intestine bacterial overgrowth (SIBO); a condition where there is an over growth of detrimental bacteria in the small intestine. These bacteria feed off sugar and starches in your diet and can result in bloating, gas and irritable bowel syndrome.

Leaky gut is another common cause of skin issues. Leaky gut is a condition where the lining of the gut becomes porous and toxins leak through to the blood stream which then causes inflammation. During normal digestion the cells are held tightly together to effectively screen out molecules from entering the blood stream to stop this happening.

Skin health can even be related to stress, as chronic stress can decrease the production of hydrochloric acid in the stomach which helps to kill the bugs that enter our body on food. These bacteria and viruses can then cause havoc in the intestines.

A client aged 27 presented with a rash on her face which she had tried getting rid of herself with skin creams, and some supplements she bought from the health shop. She had also tried cutting sugar out of her diet. Although this helped to start with, the rash came back. It wasn't until we did some clinical testing and a bacterial infection was identified that we could then kill off the infection by treating her gut with the result that the rash on her face totally cleared.

Another common skin condition is eczema. There are a number of factors which can contribute to eczema but a common cause is food allergies. Food allergies can be identified using antibody blood testing which are done via a simple test and analysed at a laboratory. Deficiencies in

particular minerals and vitamins can also play a part in skin disorders.

To avoid recurring skin issues it is essential to identify the true cause rather than just using steroid creams to reduce the symptoms. These creams when used long term can result in serious side effects such as thinning and discolouration of the skin as well as liver and kidney damage.



Kale and Zucchini Curry

Ingredients:

- 1 cup kale
- 1 cup of zucchini
- 2 spring onions
- ½ cup mushrooms
- 2 tsp. ghee
- 1 clove of garlic – crushed or finely chopped
- ¾ tsp. turmeric
- ¾ tsp. ground cumin
- 1/8 tsp. chilli powder
- ¼ tsp salt
- ¼ cup water

1/3 cup cooked adzuki bean spaghetti (optional) or replace with cooked brown rice
¼ cup of unsweetened lite coconut milk (I use a tinned one)

Instructions:

Serves 1

1. Chop the kale and spring onions, slice the mushrooms and grate the zucchini.
2. Warm a fry pan to a low-medium heat. Add the ghee and melt.
3. Add to the pan, the garlic, spring onion, mushrooms, turmeric, cumin and chilli powder. Fry 1 minute stirring constantly.
4. Add the water, kale and zucchini and cook for 4 minutes.
5. Add the cooked noodles or rice, salt and coconut milk. Cook for a further 3 minutes or until the liquid has gone.
6. Serve in a bowl and enjoy.



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To contact The Naturopathic Clinic please call us on 022 017 6033.