



Brrrr! We are really in the depths of winter now. To ensure you stay healthy make sure you give your immune function a boost by keeping up your levels of zinc, vitamin C and vitamin D. When we are getting limited sunshine this is when our levels of vitamin D can decline, so a supplement may be necessary. You can get your zinc levels tested at most health shops using a zinc taste test which gives an indication whether there is a deficiency. Vitamin D can be tested via a blood test - you can call into any Pathlab and ask for a test to be done, you don't need a doctors form but you will have to pay around \$30 for the test.

To maintain our health we also need to be aware of what toxins we are being exposed to on a daily basis. Toxins come from sprays on our food, from skin care and makeup, from our water and from the environment. Our levels of exposure, our genetics and ability to detoxify these toxins are all factors in how much of an effect these have on our body and our health. Have a read below about how your deodorant could be contributing to your toxic load.

In this newsletter:

- Is your deodorant good for your health?
- Video clip - What keeps us happy and healthy as we go through life?

- Depressed? Anxious? Or just feeling down?
- Yum, yum - Marinated Salmon

Have a great month, Jenny

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## Is your deodorant good for your health?

Most deodorant purchased from the supermarket will contain aluminium. Anything that is put onto your skin will be absorbed into your body. So the general rule applies **DON'T PUT IT ON YOUR SKIN UNLESS YOU'RE HAPPY TO EAT IT.**

Aluminium toxicity in the body can cause symptoms such as anaemia (low iron levels), poor memory, easily distracted, forgetting what you say, muscle pain, allergies, sensitivities to food, skin dryness or low immune function. Some research has even linked high aluminium levels to breast cancer.

Often the deodorants purchased from the supermarket are also anti-perspirants. Anti-perspirants stop you sweating, but sweating is one of the ways we get rid of toxins from our body. Most people are already loaded with toxins such as heavy

metals and chemicals. These toxins come from a number of sources including sprays or pesticides on our food; water, make-up, skin care, amalgam fillings or from the environment.

Ask your local health shop for a natural aluminium free deodorant.



What keeps us happy and healthy as we go  
through life?

Surprisingly its not fame and money, a 75 year old study tells us what it is.

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## **Depressed? Anxious? Or just feeling down? You're not the only one, this is very common.**

In New Zealand, one in six adults are diagnosed with a mental disorder such as depression or anxiety; this is only those diagnosed and does not include teens. Depression is associated with chemical changes in the brains neurotransmitters such as dopamine, norepinephrine and serotonin. These neurotransmitters help us feel calm, happy, motivated and to find pleasure in life.

The latest research shows that inflammation in the body can disrupt the brain chemicals which then make us feel depressed or anxious. Inflammation can also affect the gut. 90% of our serotonin is made in our gut, so if there is inflammation in the gut it is likely that serotonin is low. To decrease the inflammation we need to identify why the body is inflamed. There are some key drivers of inflammation. These include food allergies, imbalance of the bacteria in the gut, stress and nutrient deficiencies.

A number of key nutrients are needed for the production of each of the neurotransmitters. For example serotonin requires zinc, B vitamins, iron, calcium, magnesium and vitamin C. If you don't have these nutrients at an adequate level then the body can't make enough serotonin. Why would you be low in these key nutrients? Your diet may not be providing you with these nutrients or you may not be absorbing them due to inflammation in the gut or you may be using them up too

quickly due to high stress. Common genetic disorders such as the MTHFR gene mutation or pyroluria can also cause a higher requirement for some of these nutrients.

At The Naturopathic Clinic we work to find the trigger of your inflammation using a range of tests. We will then compile an individual plan to get you feeling good again. You'll be amazed how good you can feel when the inflammation is reduced.

To find out more about improving your mental health or to discuss another health concern, please contact The Naturopathic Clinic for a free half hour consultation on 022 017 6033.



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## Marinated Salmon

### Ingredients

- 2 tablespoons fresh ginger
- 1½ tablespoons honey or maple syrup
- 1 tablespoon lemon juice
- 1 tablespoon tamari sauce
- 1 teaspoon Dijon mustard

2 salmon fillets

### Instructions

1. Finely grate the ginger. To make the marinade, in a small bowl combine the honey, lemon juice, tamari sauce, ginger and mustard.
2. Pour the marinade into a shallow oven dish, place the salmon fillets in the dish and turn them over to coat both sides. Cover and marinate for 30 minutes.
3. Heat the oven to 190 ° C. Place the dish containing the salmon and marinade in the oven for 30 minutes. Serve with a plate of steamed vegetables dressed with olive oil or ghee and seasoning.



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