



Hi all

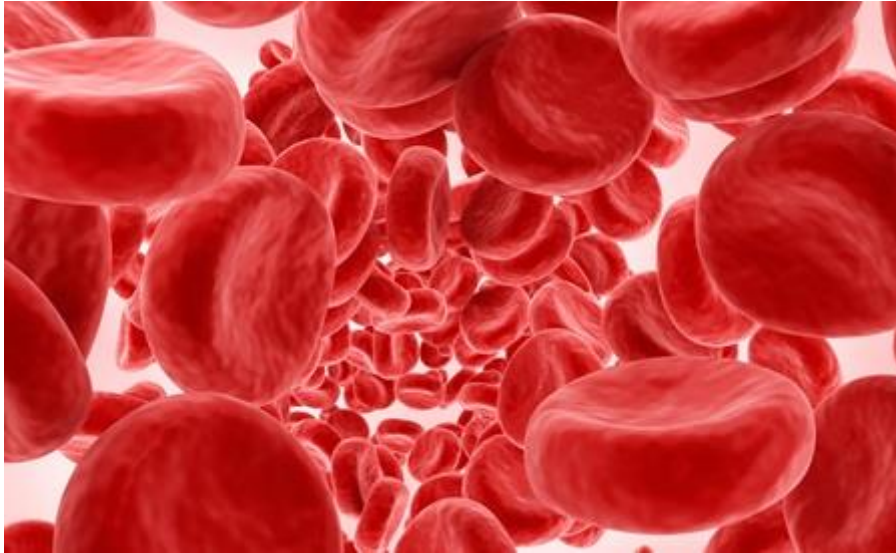
This is the last newsletter for the year - I'm not sure where the year has gone.

Remember that Christmas is a time to enjoy! Sometimes we have to say no to people to make life a little less busy or just move those pre-Christmas catch-ups to the New Year so that the busy time remains enjoyable.

In this newsletter:

- Are you iron deficient?
- Some inspiration to be thankful for what you've got.
- Feeling anxious or uncomfortable in certain situations?
- Raw chocolate truffles.

I wish you and your family a restful holiday break, I'll be back in the New Year ready to support you to achieve your health goals. Jenny



Are you iron deficient? Iron deficiency is very common.

Iron deficiency is very common in our population. We primarily use iron to make red blood cells. Having low iron can make you feel very fatigued and or feeling overly tired.

Other symptoms of iron deficiency include:

- weakness
- easily losing breath during exercise or physical exertion
- heart palpitations
- coldness and loss of sensation in the extremities

If we get low in iron we can become anaemic. Dietary sources of iron include red meat, liver, eggs, sunflower seeds, beans, brown rice and spinach. However it is common for people, particularly as they get older, to become low in iron even though they eat red meat due to having a compromised digestive system where they may not be breaking down and absorbing their vitamins and minerals. Low stomach acid levels can contribute to digestive disorders resulting in low iron levels. Another cause of low iron can be parasites or other infections, as all living things (including cancer cells and microorganisms such as bacteria) rely on iron to function.

If you think your iron levels are low, it is important that pathology tests are done to check your iron levels before supplementing as not everyone who is feeling tired is low in iron and some people have very high iron levels which can increase the risk of developing other diseases. In clinic we use the product PRL ErythroPro to restore iron levels: this product is sourced from beet, reishi, kelp, irish moss and rice bran.

Other ways you can boost iron absorption from your diet are:

- Consuming foods with high vitamin C levels at the same time as iron rich foods or supplements such as oranges, kiwifruit and capsicum.
- Avoid tannin containing substances such as tea and red wine when eating iron rich foods.
- Avoid foods containing 'fortified iron' as this form of iron is not well absorbed and can build up in the tissue.



Some inspiration - be thankful for what you've got.



Feeling anxious or uncomfortable in certain situations? Do you tend to isolate yourself socially?

Prefer being with just a couple of people rather than large groups? Feel a bit down at times. Get more anxious than you think is normal before stressful situations?

You may be suffering from anxiety. Anxiety is feeling worried, nervous or uneasy about something. There is a link between feelings of anxiety and what is happening in your digestive system. If your digestion is poor, this could be contributing to your feelings of anxiety. Digestive symptoms include bloating, gas, diarrhoea, constipation, pain, nausea, memory loss and forgetfulness. However some people will suffer none of these symptoms yet have a lot of dysfunction in their digestion system.

There are many factors which can affect your digestive system including your diet, food allergies, stress levels, vitamin or mineral deficiencies and even the genes you inherited. There are key nutrients that are needed to make serotonin which is our calm, happy neurotransmitter in the brain. If we have a lack of these key nutrients, whether we are not getting enough through our diet or have a higher requirement for them due to our stress levels, then this

can contribute to feelings of anxiety.

The types of bacteria in your gut can also affect anxiety. These bacteria play an important role in our health and are responsible for converting and making some of our hormones/neurotransmitters that affect our mood; how calm, anxious or how confident we feel.

A treatment for you may include improving your mineral and vitamin levels, identifying food allergies, teaching you how to eat a healthy diet that fits into your lifestyle and advice on other lifestyle factors to ensure you continue to feel great long term. Our treatment plan can even help you change the bacteria in your gut!

Feelings of anxiety can get worse and can happen more often overtime if the cause of these feelings is left unchanged. If you would like further information about this or any other health concern, please contact us on 022 017 6033

RAW. VEGAN. NOT GROSS



A Christmas treat, Raw Chocolate Truffles recipe

**MERRY CHRISTMAS
& HAPPY NEW YEAR**



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