



Hi all

Well it really feels like Summer is on its way, which is very exciting.

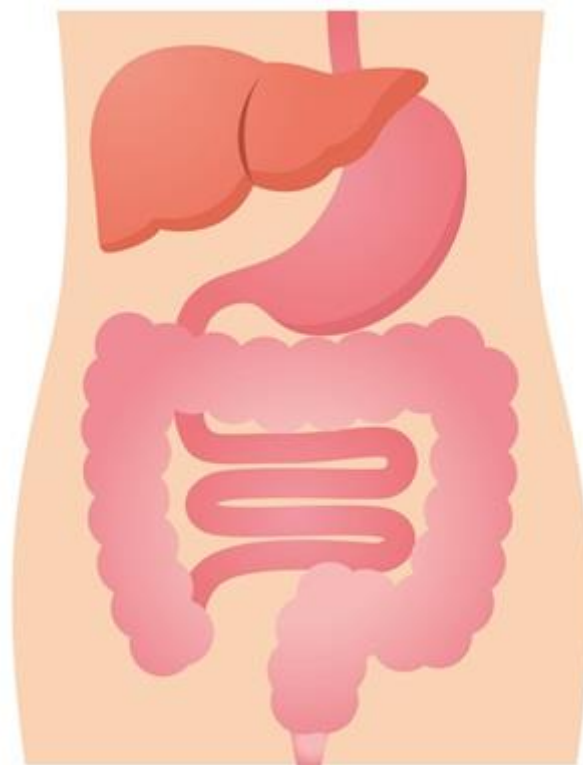
This month I have been attending a Mindful Eating course which has been a really interesting experience. It is amazing how we can demolish meals without even knowing it. We look back at our plate of food and suddenly it's gone! We ate it but we were thinking about or doing something else. We need to eat mindfully so that we can digest our food properly to absorb the nutrients and feel satisfied so that we don't overeat. Focus on your food; smell it, taste it and feel the texture. Chewing food well and eating slowly also gives us a chance to check in with our body to see if we are full - if we are, we can stop eating; we do not need to eat everything on the plate.

In this newsletter:

- find out what hydrochloric acid does in the body and why it is so important
- 3 healthy eating habits we can learn from Asian countries

- what is a naturopath?
- the easiest recipe ever - banana pancakes

Slow down and enjoy your food, Jenny



## What is hydrochloric acid and why is it so important?

Hydrochloric acid (HCL) is the acid produced in your stomach that helps break down food so that the food can be digested and absorbed properly. Often when people are low in HCL they will experience bloating or acid reflux and then they start taking anti-acid medication which does the opposite to what is needed. These medications lower the stomach acid so the person feels better but the food is then not broken down and digested properly resulting in other digestive issues such as malabsorption. The burning that people can feel is from the production of lactic acid not HCL.

If HCL is low then we need to find out why. Maybe you are low in good quality salt, (like Himalayan sea salt), zinc; you may be dehydrated or there could be food intolerances. Another factor that can influence your production of HCL is your age. Once you are over 50 your HCL production starts to decline and by the time you are 70 you produce only a small amount so supplementation may be necessary.

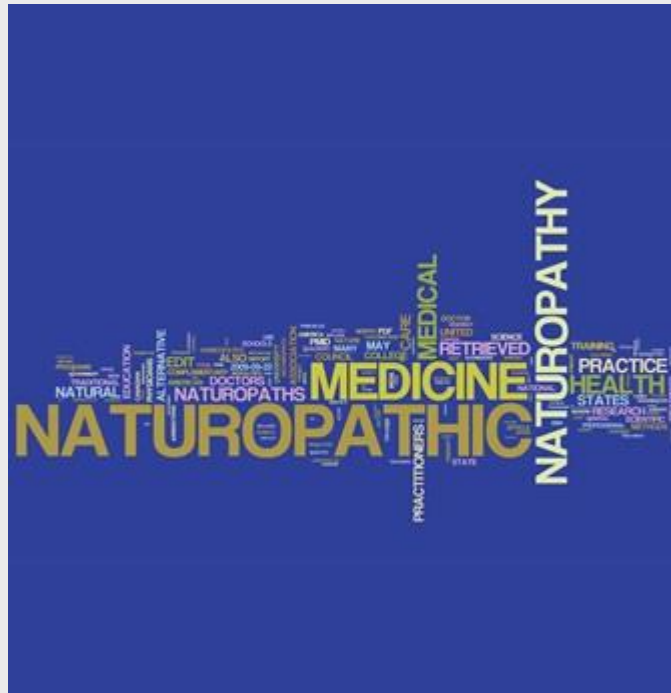
HCL also plays an important role in our immune system killing off the detrimental bugs that we get on our food. Without the right levels of HCL we can get some nasty bugs entering the body including *Helicobacter pylori* (H. pylori). H. pylori is a common cause of stomach ulcers and can cause stomach cancer. Good digestion is so important for good health!

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**3 healthy eating habits we can learn from Asian countries.**

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## So what is a naturopath?

A naturopath is a health practitioner that treats illness using natural methods to help you regain your health. Naturopaths look at treating the cause of your illness not just the symptoms, so that you can achieve long term results.

## What conditions can a naturopath help with?

Naturopaths can help with a variety of conditions including:

- chronic pain
- weight loss
- digestive issues
- irritable bowel syndrome
- hormone imbalances
- depression
- allergies – food and environmental

- adrenal fatigue
- common children's conditions – stomach pains, food allergies, ADHD, eczema.

*"I had never thought of going to a naturopath for something like **DEPRESSION**. My 13-year-old daughter suffers from depression and I never imagined that food intolerances or low levels of vitamins and minerals could have affected her so much that she would develop depression."*

Susan

*"I am age 67; I had **CHRONIC PAIN** in my right leg, couldn't sleep a full night, and had trouble walking.*

*I had been to my doctor, physio and osteopath; they all told me virtually the same thing, rest and take Voltaren, or put up with the pain. I decided to see a naturopath I am absolutely rapt with my results. No more pain, my sleep has improved, I have never felt better; I had this pain for 2 years."*

Jeanette

*"I never knew that the **ANXIETY** I suffered wasn't just part of who I am. I didn't realise that what was going on in my gut had such a big influence on my anxiety, low moods and lack of motivation. After treatment I now feel so much happier and calmer in my day to day life."*

Rachel

If you would like a free no obligation chat about whether Naturopathy can help you with your health concerns, please contact us on 022 017 6033



## Banana Pancakes

### INGREDIENTS

1 Banana

2 Eggs

### INSTRUCTIONS

Mash up banana in a large bowl

1. Whisk eggs and mix in banana
2. Heat a little coconut oil, ghee or butter in a fry pan, once melted pour in mixture to the size of pancake you would like
3. Serve with fresh berries, lemon juice and a little maple syrup

Optional extras: cinnamon, coconut, vanilla extract or ground nuts



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To contact The Naturopathic Clinic please call on 022 017 6033