



September 2014

Hello Everyone!

Well - This year is most certainly flying!!!

The team here at Naturally Dynamic Health can barely catch our breathe with how fast the months and seasons are coming around and from the feedback we've been getting from the clients coming into the clinic, it looks like we're not the only ones who feels the flow of time seems more like white water rapids rather than a nice bubbling creek!

This month the team is committed to brushing off the cobwebs that, without fail, always seem to cling to us over winter! To help vamp up the **Spring cleaning** we are promoting the **Integrated Detox Program** - see overleaf for all the details.

As always though, we are committed to furthering ourselves and the practice in order to offer the best level of care that we can. Diedre has been participating in a paediatric webinar series to get ahead with all the latest information about childhood diseases and treatment protocols, while Alisa is chipping away at her Bachelor of Health Science and gearing up for her presentation on ways of managing stress at the Tumbarumba Health Expo which will be on the 13th of September.

The first week of September marks **National Asthma Week**, which is why our newest blog focuses on the topic and it includes some tips about how to create a low-allergy garden, so everyone including asthma and allergy sufferers can enjoy the weather - be sure to check it out either through the link on our Facebook page, or direct from our website.

September is also the **International Prostate Cancer Awareness Month**. Prostate cancer is the most common cancer amongst males in Australia, with over 19, 000 men diagnosed each year. Here at Naturally Dynamic Health, we'd like to **raise awareness** and get the conversation rolling, not just about prostate cancer - but **men's health in general**. This is why we'd like to take this opportunity to **offer a Special Men's Health consultation** for the month of September (check out our website for all the details)

Please be sure to check out and like our Facebook page if you haven't already, it will help you keep ahead with any extra specials, advice or events that we organise.

We would like to finish this month's message off with a quick note regarding our cancellation policy. We have noticed that there has been an increase in people not attending their appointments recently and we'd like to take this opportunity to reiterate that we ask people to let us know at least 12 hours prior if you can not attend your booking. This, in consideration of others, allows us to schedule in patients from our waiting list. Failure to do so will result in full amount of your consultation cost to be charged to your account. We do fully appreciate that emergencies and other unexpected things do crop up occasionally and these will definitely be taken into consideration.

Kind regards,
The team at Naturally Dynamic Health
577 Englehardt Street, ALBURY NSW 2640
(02) 6021 0557
admin@naturallydynamichealth.com
www.naturallydynamichealth.com



On Rising...

Ginger Lemon Detox Drink

Ginger is a powerful detoxifier that helps to kick-start your metabolism. Along with hydrating your body, this drink will help to stimulate bowel movements. Drink one large glass a day, but if you feel like more, go for it - hydration is important!

Serves 1

Ingredients

360mL spring or filtered water, at room temperature

Juice of 1/2 lemon

1/2 inch knob of fresh ginger root

Method

1. Add the lemon juice to the glass of water
2. Finely grate the ginger on a chopping board, then squeeze the ginger pieces in your hand, letting the juice of the ginger drip through your fingers into the glass of water
3. Enjoy at room temperature upon rising for an amazing start to the day!

Here's a checklist we like to use to see if you're in need of a detox:

- Do you feel bloated, constipated and congested?
- Have you gained unwanted kilograms even though you are not eating more food?
- Do you feel tired and low in energy? (signs of an acidic diet)
- Has your digestion worsened? (a sign your body isn't absorbing its nutrients well)
- Is your hair and skin not looking as healthy as it used to?
- Do you frequently get mouth sores, yeast infections, urinary tract infections, unusual allergies?
- Do you feel foggy and out of sorts?
- Do you feel like you need to clear the cobwebs from your brain?

If you have ticked yes to three or more of the above, then a detox might just be what your body needs to regain balance



6 WEEK

INTEGRATED DETOX PROGRAM

Detox your Gut, Kidneys & Liver

Includes:

- 4 x 15 minute consultations
- 2 x Gut toxicity tests
- 3 FAR Infrared Saunas
- Supplements Not Included

TOTAL VALUE \$345

NOW ONLY \$120

SAVING \$225

*Offer valid until the end of September
Available to existing clients only*



FAR INFRARED SAUNA

Buy 5 - and get 5 FREE

- Aids detoxification
- Weight loss support
- Improve metabolism
- Improves circulation
- + many more benefits



ONLY \$225

Offer must be paid for by the end of September