

NOTES FROM THE NATUROPATH

Remaining well throughout life has become a sought after achievement for people of any age. Without wellness it can become difficult to enjoy even the simplest of things in life. Moving through daily activities can become a challenge and even impossible where there is pain, immobility and fatigue. Therefore maintaining a Healthy Mind and Body is essential to a happy and fulfilling life.

The **3 main steps** to achieve this are:

1. Ensure you have **Healthy Digestion**: *we are what we digest* more so than what we eat. Digestion can become impaired due to medications, stress and illness, and symptoms such as nausea, heartburn, Irritable bowel syndrome, bloating and abdominal pain, can indicate poor digestion. Fortunately herbal and natural medicines such as the clinically proven Flordis Iberogast are excellent at treating any digestive dysfunction.
2. Maintain **Optimum Nutrient Levels**: nutrient deficiencies are common in Australians due to poor Australian soil quality, long term storage of our fresh produce, pesticides and other added chemicals. Therefore to ensure constant adequate nutrition for cellular function and health maintenance a quality multivitamin mineral supplement such as Ethical Nutrients Super Multi Plus and moderate doses of fish oil, such as 4-6 of the Natures Own 2000mg, are essential for people of all ages.
3. **Regular Exercise**: 30 – 60mins of exercise most days, and daily 10-15min **meditations** have now been scientifically proven to maintain wellness and longevity.

Chemist Outlet have qualified and very experienced Naturopaths in many of our stores 1-2 days per week, so call for availability and drop in or make an appointment for a free consultation, supplement review, advise on product choice, or general naturopathic information.

~ Carmell Serafin BHerbTher