



## Jennifer Cochran NATUROPATH

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### Newsletter - Feb 2013

**Greetings everyone,**

I trust you have all settled into the New Year and recovered from any excesses enjoyed during the holiday season. If not, there is still time to start a new year detox and besides, it is often easier to stick to a programme after settling back into your normal routine. Staying 'clean' is important because we are all exposed to various toxins on a daily basis, including traffic pollution, chemicals in our food & water, exposure to plastics, computer emissions and so on. If left unchecked, these toxins can accumulate over time and start harming our health. This is when we start to notice subtle symptoms such as tiredness, digestive disturbances, recurrent headaches, foggy thinking, muscle aches & pains, allergies and mood swings. If any of these symptoms apply to you, your body could be telling you that its time to take steps to detoxify accumulated toxins and restore your health.

#### ***Tips for Natural Detoxification***

- Drink at least 2L of filtered or spring water daily (more required with exercise)
- Clean up your diet by choosing whole, fresh, colourful plant foods and buying organic where possible.
- Try dry skin brushing daily before showering to improve circulation and natural elimination by stimulating the lymphatics and removing dry skin cells.
- Take time out each week to relax in an Epsom Salts bath.
- Enjoy gentle exercise like walking in a natural environment, tai chi and yoga
- Try daily meditation to promote daily relaxation and reduce stress
- Promote healthy gut flora balance and support your liver & kidneys' ability to remove waste with a 'weed, seed & feed' programme tailored to your needs. See my website to save \$20 off detox products prescribed in Feb: <http://www.jennifercochran.com.au/Prices---Specials---Bookings.html>

#### **Hair Tissue Mineral Analysis (HTMA)**

Minerals are essential for good health as they are required for practically every metabolic process in the body. Unfortunately though, our modern lifestyles expose us to many factors which can lead to mineral imbalances in the body. Poor diets, stress, medications, pollution, incorrect use of nutritional supplements and even genetic factors can all contribute to mineral excesses and deficiencies. Such mineral imbalances underly many common ailments including allergies, anxiety, depression, fatigue, high blood pressure, infertility, mood swings, stress, thyroid problems and poor wound healing.

#### ***Why test hair and not blood?***

Many health practitioners consider that the minerals in hair are a better representation of mineral stores in the body than blood, which only indicates circulating levels of minerals. In particular, a blood test is not very useful for testing accumulated **toxic metal** exposure because as a protective measure, the blood quickly removes toxic elements such as lead, mercury and aluminium from circulation. These minerals are then stored in tissues such as hair, bones, teeth and liver. Hence HTMA is a useful analytical tool for testing mineral balance in the tissues, which helps to determine the dietary changes and nutritional supplementation required to restore balance.

#### **Introductory HTMA Super-Special**

#### **FREE naturopathic consult with HTMA Testing in Feb/Mar**

Purchase a Hair Tissue Mineral Analysis test in Feb/Mar 13 (\$150) and receive your initial naturopathic consultation FREE (**Save \$90!**). Initial consultation includes a general health assessment and collection of hair sample (Subsequent naturopathic consult to receive and discuss HTMA report not included)

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