



Jennifer Cochran NATUROPATH January Newsletter

Happy New Year, I hope you all had a safe and happy Christmas break. The holidays are certainly over for me, but I'm pleased to advise that I have now moved into my new clinic room in North Perth and am looking forward to seeing some of you again soon.

My new contact details are:

Level 1, Suite 2, 54 Angove St
North Perth WA 6006
M: 0421 00 88 13
E: mynaturopath@iinet.net.au
W: www.jennifercochran.com.au



Parking: Please note that while there is free unlimited and 3hr street parking in the adjoining streets, Angove St has a 1hr limit within business hours.

Fee increase: Unfortunately the new year and new location have required me to raise my fees. Please check my website for my current fees:

<http://www.jennifercochran.com.au/Prices--Specials---Bookings.html>

Do You Need to Detox? Did you overindulge in food or alcohol over Christmas? Are you suffering from any symptoms such as bloating, constipation, diarrhoea, food sensitivities, headaches, allergies, skin problems, bad breath, insomnia, stress, overweight, poor memory and concentration or frequent tiredness or lethargy? If so, then a customised detox programme could be just what you need to safely eliminate accumulated toxins and to regain your health for the new year.

Our modern lifestyles expose us to many environmental toxins including those in our food, the air we breathe and the water we drink. On top of this, internally produced toxins from stress and imbalanced gut organisms can also circulate around the body and negatively impact our health. Although we are designed to eliminate many harmful toxins naturally, our bodies can become overloaded as a result of either a high volume of toxins or deficiency in particular nutrients required for natural detoxification. Taking steps to reduce our toxic load can really help to improve health and vitality.

Depending on your current situation, a detox programme can take anything from a week through to a couple of months or more. To help motivate you, I am offering **Twenty dispensary dollars** to all detox clients who book a consultation in Jan or Feb. Simply bring the voucher below to your consult and use it towards products prescribed to you as part of your customised programme:

Ph 0421 00 88 13 now to book in your consultation and start your programme.

Twenty Dispensary Dollars (\$20)*

Jennifer Cochran NATUROPATH

Level 1, Suite 2/54 Angove St, North Perth

Bookings: 0421 008 813

*Valid for use towards products prescribed at any detoxification consult before the end of Feb 2013. Limit of one per client. Cannot be exchanged for cash. Not transferable. Not to be used in conjunction with any other offer.

Eight Ingredients to avoid in 2013 Even if you're not up for a full detox right now, some food product ingredients should simply be avoided. For a healthier 2013, read about which nutrition label ingredients to avoid: <http://wakeup-world.com/2012/10/05/eight-ingredients-you-never-want-to-see-on-your-nutrition-label/>

