

# urban sense wellness news

herbal medicine · anti-ageing medicine · iridology · natural fertility, nutritional medicine · weight loss · botanical skin care · herbal teas

Welcome to our new edition of the **urban sense wellness newsletter**.

Summer seems to have come early this year, so now is the time to get active and start shedding those winter kilos. Now that we have more sunlight is easier to get back into some regular activity and exercise during the morning or early evening. It's also a great time to start exposing your body to some summer sun to get your vitamin D levels up – vitamin D is essential to our immune health, bone health and longevity.

In this issue I want to address the issue of obesity. We have to ask ourselves what has changed in our lifestyles and food habits that have had such an impact on the western world in general? Recent studies on Australian food habits has indicated that takeaway and fast foods have replaced most of our basic food groups such as lean animal protein, fresh vegetables and whole fruit that our bodies require for weight management and nutritional needs. The question is why? Have our lifestyles, work environment and family systems changed so much that we are now unable to enjoy the process of preparing a meal for ourselves and our children. Losing weight is a difficult thing for many people as indicated by the amount of new products and programs released this time of the year to entice you to lose weight. We now have a medical system that supports lap banding over food and lifestyle education! Childhood and adult obesity is a nutritional deficiency problem that can not be address with a quick fix approach or surgery to correct the metabolic changes happening in our bodies. I have surveyed many of my clients over the past few months and found that many of you just don't seem to have the time, so I am adding a quick, simple and healthy recipe in each newsletter to help you all improve your intake of whole foods for health. Hopefully TV shows such as food safari and celebrity chef will get us back in the kitchen cooking traditional foods that have sustained our health and wellbeing.

## In the News

### **Obesity & Diabetes are spreading across Australia**

The surge of T2 Diabetes is now affecting 200, 000 Victorians, a number which has doubled in the past 7yrs. Type 2 diabetes is a preventable disease that is triggered by poor dietary and lifestyle factors such as abdominal obesity, lack of regular activity and poor nutrition. I recently attended a conference on the complexity of obesity that we are now seeing today. Obesity is a multifactorial problem that often includes genetics, lifestyle and stress factors that must all be address if we are to prevent and treat this problem effectively. The conference highlighted one of the driving factors that we must address in our food system today is the use of highly refined 'fructose' used as a sweetener in most commercial food products. Our bodies are naturally designed to uptake fructose freely. An excessive intake increases production of 'free fatty acids', which are the building blocks of bad fats within our body. These fats are associated with causing an inflammatory response that contributes to cardiovascular disease, high cholesterol, insulin resistance, T2 diabetes, fatty liver, abdominal weight gain and hormonal imbalance.

### **What can we do to prevent this condition?**

#### **Nutritional and Diet assessments;**

If you are struggling to identify poor food items in your diet or need some help then book in for a dietary and nutritional assessment. Normally \$65.00 but I am offering this assessment for \$50 if you book before the 10<sup>th</sup> December. If you would like a more in depth assessment, I am offering a Body cellular health assessment and Nutritional profile for \$85.00. If you need to lose a few kilos before Xmas then our Isowhey weightloss program is a great way to get you motivated and looking great before Xmas. For those of you that have tried exercise and dieting and still can not lose those extra kilos, then contact me for more details on our clinical weightloss assessment or visit our new website for more information on my Clinical weight management program that is under the heading of 'Wellness programs'. There is also some interesting news regarding the new wonder weightloss nutrient 'Follenic acid' that may help you burn fat.

## **Whole foods for health – Recipe Bircher muesli**

Breakfast is the most important meal of the day so start your day with this healthy home made treat and throw away those processed cereals that are high in sugar and processed grains.

½ cup rice flakes

½ cup apple juice

½ grated apple

1 tablespoon of natural yoghurt

½ lemon juiced

½ - 1 cup of mixed berries

1 tablespoon raw nuts

1 tablespoon mixed raw seeds (pumpkin, sunflower, linseeds)

Soak the rice flakes, nuts and seeds in the apple juice. Cover and leave overnight in the fridge. Next morning when ready to serve mix through the yoghurt, fresh fruit and lemon juice. Additional options; for extra protein add a scoop of rice/whey protein powder to your mix in the morning with the fresh fruit and yoghurt.

## **New in store items**

We are now stocking the Zero Japan tea pots to compliment our herbal tea range. These beautiful tea pots will complement any kitchen and are available in 1 cup \$39 and 2 cup \$49 sizes. With Xmas just around the corner these will make an idea personal gift with a packet of healthy organic herb tea for family or friends or just treat your self.

## **Xmas Gift ideas:**

If you are looking for Xmas presents then we have some great ideas.

Urban sense botanical skin care – our hand and foot balm, body balm and lip balm make wonderful items to treat your friends or your self with during the hot weather

Gift vouchers – give some one you care about a health gift – 1 hr massage or deluxe body treat with Sonia, or a 'health assessment' with our Naturopath Cheryl

Beautiful tea pot and packet of herbal organic tea

We also have some great books on cooking and general health

Check out of our on line store

Hope you enjoy our latest update.

Here's to your good health,

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