



The NK Wellbeing Zone



May/June 2021

Welcome to the May/June edition of The NK Wellbeing Zone. As I type this, the sun is shining, the birds are singing, and it really does feel as though Summer could be on its way.



Become a nutrition expert!

Naturopathic Nutrition not only looks at diet and lifestyle but is a 'whole person approach' which aims to harness Nature's tools in supporting the human body's innate healing ability. It also integrates well with both conventional medicine and complementary medical treatment. You can become your own nutrition expert as you make daily choices which will help to shape your health and wellbeing.

Boosting immunity and reducing inflammation

Every day, we encounter all kinds of pathogens, the vast majority of which, we will be unaware of because our immune system successfully deals with any threat they pose. There may be times though, when we do become aware of symptoms in the form of inflammation somewhere in the body, be it internally or externally. Inflammation is the immune system's response to harmful stimuli, such as pathogens, toxins or injury. Although it may be problematic, inflammation is our body's defence mechanism which is vital to health and may be the first indication of an imbalance or disease process taking place within the body. There is a view amongst the Naturopathic community that inflammation in the digestive tract is the starting point for many, if not all health disorders. Here are a few suggestions which I believe could play a role in supporting immunity and helping to reduce inflammation.

Vitamin D

- Vitamin D is essential for bones, teeth and muscles, as well as immunity. Exposure to sunlight enables the body to make Vitamin D. With lighter (hopefully sunnier) days ahead, now is the time to enjoy sunlight for at least 20 minutes each day, taking care not to burn. Dietary sources of Vitamin D include mushrooms, soya milk, oily fish, egg yolks and fortified breakfast cereals. Vitamin D can also be taken in supplement form.

Coconut Oil

- Raw Organic Coconut Oil's versatility and anti-microbial properties make it a store cupboard staple. You can cook with it; pop a spoonful into coffee for extra creaminess; apply it directly to skin, hair and nails; use it as a massage oil or to soothe very dry skin. I would advise against taking Coconut Oil directly from a spoon as this can result in a sore throat. Coconut Oil can even be applied externally to the bladder area, for those prone to urinary tract infections, which are often bacterial in origin.



Pomegranate Juice

- Pomegranates have been famous throughout history for their health benefits. Pomegranate juice packs quite a punch as a sharp-tasting drink which is similar in taste to Cranberry Juice but with a red wine texture. Fresh pomegranate juice is rich in Vitamin C, anti-inflammatory and can help support both cardiovascular and breast health.

Turmeric

- Turmeric is far more than just a colourful curry ingredient but has lots of health benefits too. Its anti-inflammatory and antioxidant properties can help to support all kinds of health conditions. It can be used in both sweet and savoury recipes in either powdered or fresh root form.



Klamath Blue Green Algae

- I have been fascinated to learn more about this amazing natural food. Klamath Blue Green Algae dates back to the eruption of a volcano around 7000 years ago and is the most nutrient-dense green food available, for those seeking optimum health with wild wholefoods. The algae grows wild in the highly mineralised Upper Klamath Lake in Oregon, USA. Every batch is carefully harvested, cool dried and then tested for purity. Klamath Blue Green Algae is normally consumed as a dietary supplement in powder or capsule form.



An anti-inflammatory diet

- During my recent research, I came across a book by Karen Frazier called 'The Easy Anti-inflammatory Diet.' An excellent find, this book contains not only clear information and advice but has some delicious recipes for meals, snacks, soups and smoothies. You could also create your own meals and recipes from the suggestions it offers.



If you have a question, a positive health-related story, a recipe to share, or want to find out where you can source any of the items mentioned here, then do get in touch.

With warm wishes until next time.....

Elizabeth

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