



# The NK Wellbeing Zone



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Welcome to The NK Wellbeing Zone – a monthly bulletin designed to help support health and wellbeing all year round, from a naturopathic nutritional perspective. The format and length of the bulletin may vary each time, but in this first edition, I would like to provide a little bit of introduction and background which might be helpful as we explore a range of topics in more depth over the coming months.

## **How it all began.....**

As you may already know, prior to being in ministry, I was a Nutritional Therapist and worked in private practice for 12 years. Whilst most of my work was with individual clients, I also ran health and wellbeing workshops as well as giving talks and undertaking media work. God's call to ordained ministry in 2012 meant leaving my nutritional work behind and heading for pastures new. However, in January 2020, I sensed God calling me to revisit Nutritional Therapy – not to set up in private practice again – but to explore how my previous experience might somehow have a role in my ministry. Since then, I have participated in many hours of revision study and lectures; have attended to legal and regulatory aspects and have reconnected with The Nutritional Healing Foundation, whose tutors first trained me some 20 years ago. This sense of call did feel particularly timely, in view of what was to unfold in the following months.

## **What is Nutritional Therapy?**

Nutritional Therapy is not just about healthy eating. It is a form of complementary medicine which incorporates appropriate diet, fluids and supplementation, together with healing techniques, in order to help the body to repair and heal itself naturally. The approach is 'holistic', which means that all levels of a person are taken into consideration, not just the physical. Nutritional Therapy also integrates well with both conventional medicine and other complementary treatments. At the present time, looking after ourselves and those we care about is a high priority, and this can be greatly influenced by the dietary and lifestyle choices we make every day. And that is one of the lovely things about this particular therapy - it is something that anyone can begin to incorporate into their daily routine. There is always an accessible starting point.

## **John Wesley Naturopath?**

Harnessing the forces of nature to support health and wellbeing is firmly rooted within Methodist tradition and John Wesley was a great advocate of naturopathy and natural remedies. His book 'Primitive Physic: or an easy and natural method of curing most diseases', is an 18<sup>th</sup> century treasure trove of remedies for every imaginable medical condition. First published in 1770 and with numerous subsequent revisions, 'Primitive Physic' is a book of its time and must be read as such. Wesley doesn't mince his words and no part of the human anatomy is spared his recommendations. Frequently at loggerheads with the medical authorities of his day, he was occasionally instructed by the powers that be to delete certain recommendations from his book which were deemed unsuitable. Wesley was also passionate about making good health affordable and accessible. He writes '*The common method of compounding and re-compounding medicines, can never be reconciled to Common Sense. Experience shews that one thing will cure all disorders at least, as well as twenty put together. Then why do you add the other nineteen? Only to swell the Apothecary's bill? Nay possibly, on purpose to prolong distemper, that the Doctor and he may divide the spoil.*' (page x) I will be including a few of John Wesley's remedies in each bulletin, purely for historic interest and information. Please do not try these at home!

## **A positive focus on health.....**

In these unprecedented times we can all be forgiven if we feel that we have lost touch with our normal perspective of health and wellbeing. My hope is that this regular bulletin will go some way to providing a helpful and positive focus, especially if you are not currently feeling at your best. Psalm 139:14 tells us that we are 'fearfully and wonderfully made'. Despite how it may sometimes seem, every single cell in our amazing body is doing its absolute best for us, 24 hours a day.

During my time in practice, I never ceased to be amazed at the improvement just one or two small dietary or lifestyle changes could make to my clients' health. You may already be doing some of the following – or you might like to give one or two of them a try over the next month:

- Keep hydrated with 4-6 glasses of water daily, alongside other drinks, especially during warmer weather. Build up to this slowly if you are not a regular water drinker and don't drink more than one pint of water in any hour.
- The old saying goes 'Eat what grows around you when it grows around you'. Fruits and vegetables eaten in season are more in harmony with our body's seasonal energy, which varies throughout the year. More about that next time.
- Wholegrain versions of bread, pasta and rice offer a slower, more steady release of carbohydrate energy than their refined counterparts.

- Avoid eating large meals after 8pm, after which time digestion starts to slow down.
- Vitamin B is known as the ‘anti-stress’ vitamin. Good sources include salmon, trout, poultry, beans, lentils, leafy green vegetables, eggs, brown rice and mushrooms.
- Time spent with plants (indoor and outdoor) and gardens can be very therapeutic and beneficial to mental wellbeing and helps to gently boost Vitamin D levels.
- A 5 minute ‘Micro break’ away from activity, several times daily, can really help to recharge the batteries.

### Summer Chocolate Cooler.....

If, like me, you enjoy chocolate, then you might like to try this nutritious and refined-sugar-free, creamy chocolate drink, which is also delicious served hot during the colder months. Cocoa is a source of Magnesium and Antioxidants.

**Method:** Place 250mls of Rice Milk and 1-2 teaspoons of Cocoa Powder into an electric blender or whisk by hand. One blended, place a few ice cubes into a tall glass. Pour and enjoy!

### And a final word from John Wesley’s ‘Primitive Physic’.....

‘No.90 – Eyes or Eye-Lids inflamed – Apply as a poultice, boiled, roasted, or rotten apples warm’.

‘No.99 – Weak Eyes - Wash the head daily with cold water’.

‘No.125 – How to make hair grow – Wash it every night with a strong decoction of rosemary. Dry it with flannel’.

I hope that this first edition has provided a little food for thought and I look forward to sharing more with you in the coming months.

Wishing you all the very best until next time.....

*Deacon Elizabeth Harfleet*

*The information contained in this bulletin is not a substitute for personal medical advice, diagnosis or treatment and does not take into account any individual’s specific health conditions, medications or other requirements. New or concerning medical symptoms should be referred to a GP or relevant health professional. The references from John Wesley’s ‘Primitive Physic’ are included for interest only and should not be undertaken.*