

FOR YOUR HEALTH

Seasonal Newsletter by Conny Wehland



Hello!

How chilly and wet has winter been so far! I truly treasure having a wood fire at home, sitting in my favourite armchair drinking a warming Chai tea (or a hot chocolate made with real dark chocolate).

A lot has happened since my last newsletter, and given the season we are in, we'll focus on the immune system and recipes supporting it to get you well through the winter season. And if you do need a little bit more support, in form of herbs or nutrients, you know where I am.

Our local Albany Lipoedema Group held an awareness evening in June, showing the documentary "The Disease They Call Fat", followed by a Q & A panel.

If you have lipoedema and would like to be added to our Messenger Group, please get in touch.

Enjoy and I look forward to some feedback.

In good health!



Consulting Hours

Tuesdays 9.30am to 4pm

Thursdays 9.30am to 5pm

Albany Centre of Natural Therapies,
5 Young Street, Albany

I also offer Zoom consultations.

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News



My new clinic room

Beginning of June I moved to The Albany Centre of Natural Therapies at 5 Young Street. I love my new room in this quaint cottage. We have a variety of modalities at the centre, including Cranio-Sacral Balancing, Access Consciousness, Homoeopathy, Massage Therapy, Kinesiology and Psychology.

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New Fees from 1st of September 2023

It's never easy to take this step, but after 2 years of not changing my fees and with costs going up I have to raise my fees. I am very grateful for your entrusting me with your health and wellbeing and your support. Thank you!

Naturopathy

Initial consultation (1hr 15min)	\$140
Follow up consultation (45min)	\$90
Acute session - Zoom (20 min)	\$50
Discovery Call (15 min)	Free



Herbal Tonics

100ml bottle, 1 week supply	\$30
200ml bottle, 2 week supply	\$59
500ml bottle, 5 week supply	\$130

Manual Lymph Drainage

45 minute session	\$80
1 hour session	\$95
1.5 hour session	\$135



Access Bars

Full Session - Adult, 75min	\$110
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VEGA Testing now available

I am so excited to offer The VEGATest in my clinic. The VEGATest is a non-invasive device that can assist in identifying pathogens, deficiencies, toxic substances and other stressors, that are interfering with our health and wellbeing.



The VEGATest works by measuring changes in skin resistance at acupuncture points and conclusions can be drawn concerning the bioenergetic structure and functions in the body.

An initial Energy Screening assists in locating areas in the body that may have energetic blockages in the body. Then follows the screening looking to identify the stressors that are burdening our health.



In my clinic I will be using the VEGATest along side my other tools of iridology, nail and tongue assessment.



As a naturopath I focus on strengthening the body as I believe that the body is able to heal itself given the right conditions.

I also believe that body - mind - spirit are connected and cannot be seen separate from each other!



Our Immune System

Is a Complex Defence Network consisting of 3 levels:

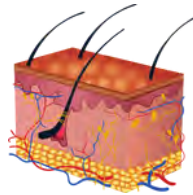
Physical & physiological barriers

Innate Immunity

Adaptive Immunity

1. Physical & Physiological Barriers

- Skin
- Mucous membranes
- Body temperature (fever)
- pH (stomach acid)



2. Innate Immunity

- Army of immune cells that searches and responds to foreign materials rapidly
- macrophages, which detect and destroy bacteria
- neutrophils, which defend against microbes by phagocytosis
- NK cells - kill virally infected cells
- It also includes basophils, eosinophils and mast cells which respond more to allergens

3. Adaptive/Acquired Immunity

- produces of T and B memory cells, which provide immunity to subsequent infection to the same pathogen
- build body's immunological memory over time
- also includes T helper cells, which helps other cells of the immune system, and cytotoxic cells which kill virally infected cells and tumours and plasma cells which secrete antibodies to bind to specific antigens.
- B cells circulate in the body until a specific antigen is encountered which kicks them into action

Factors affecting our immune health

- Chronic Stress
- Sleep (<6hrs sleep each night for a week = 4.2 x more likely to catch a cold)
- Hygiene
- Gut & respiratory microbiota (70% of your immune system is in the gut)
- Exercise
- Aging (slower immune response)
- Alcohol
- Nutrition



The Germ vs Terrain Theory

The Germ Theory (Louis Pasteur, Robert Koch)

- microorganisms known as pathogens or “germs” can lead to disease
- accepted by medicine
- focuses on treating the microorganisms
- germs can only be seen by microscope
- fear of microbes



The Terrain Theory (Antoine Béchamp)

- it is the conditions where germs live that is important (the terrain), instead of the germ itself.
- looks at other factors, such as environmental toxins, lifestyle, diet,
- Pasteur quoted on his death bed "the microbe is nothing, the terrain is everything"



<https://www.nutritruth.org/single-post/terrain-theory-recontextualising-the-germ>

Seasonal Foods - Winter

Eating foods that are in season has many benefits, they taste better, are fresher and have higher nutritional value than foods transported and/or stored for long periods of time. By buying locally grown seasonal fruit and vegetables, the environment benefits as well.

The energetic effects of steaming, stewing and sautéing your foods.

Steamed - slightly warming and hydrating

Stewed - deeply nourishing, moist heat

Sautéed - warming and highly energising

Fruit

- Apples - Lady Williams, Pink Lady, Sundowner
- Avocado - Fuerte Hass
- Bananas
- Citrus - Grapefruit (pink, red & white), Lemons, Limes, Mandarins (Ellendale, Imperial), Oranges (Blood, Navel, Seville), Tangelo
- Cumquats
- Custard Apples
- Kiwifruit
- Melons - Honeydew
- Papaya
- Pears - Beurre Bosc, Nashi, Packham
- Pineapple
- Quince
- Rhubarb
- Strawberries
- Tamarillo

Vegetables

- Artichoke - Globe, Jerusalem
- Beans - Broad
- Beetroot
- Cruciferous - Broccoli, Brussel Sprouts, Red & White Cabbage, Cauliflower, Kale, Kohlrabi
- Carrots
- Celery and Celeriac
- English Spinach
- Leeks
- Nightshades - Potatoes
- Parsnips
- Peas
- Radish
- Silver Beets, Spinach
- Sweet Potatoes
- Swedes,
- Turnips
- Witlof



Recipes for Immune Support

Home-made Chicken Stock

Ingredients (buy organic, if you can afford it)

1 whole organic/free-range chicken, about 1.5 kg

4 litres of filtered water

2 tablespoons white vinegar

2 cups of roughly chopped carrots, celery and celery leaves

1 roughly chopped onion

1 bunch of parsley and some thyme (add just before the end of the cooking time)



Cut up the chicken into several pieces and place into a large stock pot, add the water, vinegar and vegetables (except for the herbs) and let stand for about ½ hour. Bring to the boil, cover and simmer for 6 to 24 hours. I tend to put my stockpot on the warm wood fire heater overnight. The longer the stock cooks, the more flavour it will have. Add the parsley and thyme for the last 15 minutes of cooking. When done, remove the chicken pieces, strain the stock into containers and place into the fridge or freezer. Remove the chicken meat from the bones and use in your chicken soup or other dishes. Discard the vegetables and bones.

Tip: if you use your own chickens, use the feet as well in preparing the stock

Shiitake Mushroom Soup with Turmeric

Ingredients (4 serves)

2 cups Shiitake mushrooms, sliced (if using dried ones, soak in boiling water for 10 minutes)

4-5 cups Chicken or Vegetable stock (home made or good quality one)

1/2 leek (white part), cut into rings or 1 onion, chopped

4 gloves of garlic, crushed and chopped

1 tbsp fresh ginger, grated

1 tsp dried turmeric

Black pepper

1 Chicken breast

1 carrot chopped

1 cup of sweet potato, chopped

2 cups English Spinach, chopped

1/2 can of coconut milk

1/4 cup parsley, chopped



Crush cloves of garlic with the blade of a knife and rest while preparing the other ingredients. Sauté chicken in pan with butter and brown each side, then add a splash of water and put aside and dice when cooled down. Sauté leek and garlic with turmeric in butter, add a pinch of salt and generous amounts of pepper, stir frequently. Then add ginger, carrots and sweet potato and a little bit of water to steam for a few minutes (with lid on). Add Shiitake mushrooms (use soaking liquid) and diced chicken, stir to combine, add stock and coconut milk and bring to a boil then reduce heat and simmer (with lid on) for 10 minutes. Add English Spinach, simmer for another 5 minutes, serve and sprinkle with parsley. If you like you can blend the soup and then sprinkle with parsley.

Rosemary Infusion - Nasal congestion

2 tablespoons chopped fresh Rosemary
250ml water, boiled

Steep Rosemary for 7 to 10 minutes, covered.



Thyme Infusion - Cough

2 tablespoons fresh thyme (or 2 teaspoons dried)
250ml boiling water
1 tablespoon lemon juice
1 teaspoon honey

Steep thyme for 10 minutes, add lemon juice and honey.
Drink 2-3 cups daily

For every human illness, somewhere in the world there exists a plant which is the cure.

*I believe that there is a healing potential locked inside plants
which is integral with their evolution,, just as it is part of human evolution
to learn to tap this wonderful gift of Nature.*

(Rudolf Steiner)



TBA

First Aid - Homeopathy & Herbs

A workshop with Andrea Guenther & Conny Wehland

Get to know how to use some homeopathic remedies, and common garden herbs for First Aid.

More info to come!

If you would like to receive info on any upcoming events, please send me an email or follow my facebook page.



Thank You!



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