

## Spring 2021 Newsletter

### Kia ora to you all

I hope this newsletter finds you all fit and well. We are getting to the end of winter now and the spring flowers are starting to bloom. Warmer days are ahead of us.

**Newsflash! The Kaimai Natural Health Centre now has an online booking system!** For those that want to book online you can use either of these options:

- The [Kaimai Natural Health Centre Facebook page](#). Look for the Book Now button at the top of the page, or
- Judith's website: <https://www.judithdanksnaturopath.co.nz/>

There will shortly also be an option to book online on the Kaimai Natural Health Centre website, but this is not there just yet. For those that prefer to phone in to the clinic on 07 8809700, this is always available too.

### Clinic News

The Kaimai Natural Health Centre is delighted to welcome a **new team member, Steph Wynn** - a massage therapist.



Stephanie has been working in Health & Wellness for almost 3 decades and is as enthusiastic about supporting people to get well now as she was at the start. She says, 'one of my most loved modalities is bodywork'. When I touch a body, I feel honoured to be trusted to, and work *with* the body, supporting you to reconnect, release, rest and heal.'

The therapeutic model she practices means she can give the lightest to the deepest touch, depending on what is required at every session.

Stephanie enjoys working with people on their health goals and maintenance programmes and is excited to be in Matamata until Christmas.

If you would like to book an appointment with Steph, please either book online at either of the above websites or phone the clinic on 07 880 9700.

Kaimai Natural Health Centre is also delighted to welcome another **new team member, Lyn Harris - a foot therapist** from Feet Retreat.



**Professional Therapeutic Foot Care**

By a Registered Nurse  
Services provided

**BASIC FOOT CARE TREATMENT**

Toenail Trimmed and filed  
Callous and Corn care  
Feet moisturised  
Footwear/footcare advice + referral

**Optional Treatments**

Fingernails trimmed and filed  
Relaxing foot massage

Home visits available  
(Within Matamata)

For an appointment phone or text  
Lyn Harris NZRN  
Mobile: 0212587007  
Email: [feetretreat4u@gmail.com](mailto:feetretreat4u@gmail.com)

**Kaimai** Wellness Clinic (Arawa Street Matamata)  
Wednesday Monthly  
\$50 ½ hr appointment (Basic Foot Care)  
Home visits include travel charge

**Fantastic New Recipe** (See overleaf for this healthy snack option)



## Chocolate Berry Fudge Brownie

By Nadia Lim

This brownie is so much healthier than other brownies (as well as being gluten free). It uses black beans which make a moist healthy substitute for flour.

Ingredients:

- 1 cup of fresh or frozen berries (e.g. raspberries, blueberries etc.) defrost if frozen and drain.
- 100g dark eating chocolate, 72 % cocoa
- Canned or cooked black beans or kidney beans 400g (not in brine)
- 4 Tablespoons liquid honey, or pure maple syrup or date syrup
- ¼ cup of coconut oil
- 1 tsp baking powder
- 2 eggs
- 2 tablespoons of coconut flour

Preheat oven to 150C. Lightly grease and line an 18-20cm square cake tin. Melt the coconut oil, syrup and chocolate and then allow to cool slightly. Transfer to a food processor/blender with beans, eggs, baking powder and coconut flour and blitz until well combined. Pour into prepared tin and scatter berries on top. Cook for 20-25 minutes. It should still be slightly soft. Place in the fridge for about 10 minutes to allow to set slightly then cut into 16 pieces. Store in the fridge.

*If anybody would like to email us a favourite healthy recipe, these would be most welcome. Email to Judith: [Judith.danks@mglconsulting.co.nz](mailto:Judith.danks@mglconsulting.co.nz)*

### Immune Support Recommendations:

It is a time to think of all of the herbs and nutrients that are going to boost our immune systems in order to improve our health and ward off any unwanted ailments. There is no doubt about it that we are going through uncertain times with the corona virus so any support that we can give our immune systems is beneficial.

Recommendations

- Vit C - Increase your daily intake of fruit and veges or take a daily supplement.
- Vit D - A small amount of sunlight on your skin for 15 minutes per day is useful. Vit D capsules or liquid supplements are also useful if you need extra.
- Zinc - Increase your daily intake of leafy green vegetables, nuts and seeds, especially pumpkin seeds, yoghurt and kefir, unrefined cereals, chickpeas, and small amounts of beef or lamb.

Even a small amount of cocoa or dark chocolate will give you a zinc boost.

- Betacarotene - Great for lung health. Found in yellow, orange and red vegetables, leafy greens and broccoli, and herbs and spices such as parsley, coriander, cucumber. Tip: pour a little olive oil over your vegetables before eating as this helps with absorption.
- Herbals - Echinacea, Astragalus, Andrographis, Reishi Mushrooms and many more.
- Lifestyle - Exercise daily, get 7-8 hours sleep, reduce stress, and most importantly be kind to others and try to do something for someone less fortunate than yourself most days. Not only will this make you feel good, but you will make another person feel good too. A friendly 10-minute call can bring someone a lot of happiness.

A parting thought

## **Your Health is your Wealth**

Mā te wā

From Judith and the team at the Kaimai Natural Health Centre

**Contact us at the Clinic on 07 8809799**

**Via Messenger from the Kaimai Natural Health Centre Facebook page and  
[www.Judithdanksnaturopath.co.nz](http://www.Judithdanksnaturopath.co.nz)**