

## Julia's Herbal Health Autumn 2019

**NOT DISPLAYING PROPERLY - READ THIS NEWSLETTER ONLINE**



**THIS MONTH'S ISSUE**  
WINTER IS ALMOST HERE - UP YOUR VITAMIN D



**TAKE CHARGE**  
NATURAL FERTILITY CARE



**RECIPE OF THE MONTH**  
SAUCE - DIP

# AUTUMN NEWSLETTER



## WINTER IS ALMOST UPON US

In the last week the temperatures have dropped which means that Winter is just around the corner.

It is now time to get prepared for the cooler months and to start taking my Immune Tonic. Call into the clinic and pick up a bottle for your family and keep them free from bugs this winter. My daughter takes in back to Uni with her as she says it has kept her free from bugs over the last few years.

Great to give to children who and the elderly who are more susceptible to picking up colds.

Also available is my cold and flu remedy so if you feel you are coming down with a cold due to the seasonal change call in and collect a bottle from my clinic.



## VITAMIN D

In Winter, as it is cooler, we spend most of our time indoors, so we need more Vitamin D.

Are you sitting in an office as you read this? The majority of you will be. So how much time did you spend inside today? For most of us the minutes spent outside could be counted on our fingers.

No wonder we are in the middle of a vitamin D epidemic. Many moons ago humans spent their days hunting and gathering food. As there were no supermarkets at this time and this was done exclusively outdoors bathed in sunlight. Nearly all the skin was exposed to sunlight and therefore able to synthesise vitamin D. We are designed to be exposed to far greater amounts of sunlight than we receive now.

Who is deficient? 25% of young adults, the elderly, those with inflammatory bowel disease and celiac. This is due to impaired digestion and absorption.

Overweight individuals have lowered circulating Vitamin D levels. Latest research indicates a clear relationship between vitamin D deficiency and an increased risk of developing several cancers including breast, prostate and colorectal cancer. Lower levels of vitamin D can lower our mood and we can feel depressed. Asthma. Psoriasis and multiple sclerosis are linked with vitamin D deficiency.

I recommend all my clients come in and have their vitamin D levels checked once a year.

## NATURAL FERTILITY CARE

I have just returned from an International Conference in fertility.

Pre-conception and pregnancy care is vital for a healthy baby.

Antioxidants and Zinc are very important for healthy sperm. I have had great joy in helping many woman with fertility issues this year and it is so exciting to see a healthy baby after a few years of struggle.

Whether you are struggling or not this is a very important time and by doing pre conception and pregnancy care

### *Julia's Recipes - Something to spice up Winter*



**A delicious Red Pepper and Tomato Sauce – great on pasta and in any vegetable dishes.**

- 6 ripe tomatoes
- 2 red peppers
- 2 cloves of garlic
- one red onion
- one teaspoon of herb yeast salt – available at my clinic or order from my web page.
- Olive oil
- Handful of fresh Basil.

Place all the ingredients in a pot except the basil and cook until soft.

Place in a Blender for one minute with the fresh basil and blend.

Freezes well..

#### **Aubergine Dip**

- Two aubergine roasted with a little olive oil in a moderate oven for 40 minutes.

Remove and place in a blender with one teaspoon of herb yeast salt and some olive oil. Blend until smooth and serve with crackers or vegetable sticks.

**Delicious!**

you are giving your baby the best and it also helps prevent allergies and eczema occurring in babies. So phone and discuss with me ways in which I can support you.

## ALLERGY TESTS

Have an allergy test done and find out what is aggravating your eczema or digestive system.

If you have any friends or family struggling with their health suggest they contact Julia's Herbal Health and get on track today.

## GARDENING

My garden is still producing courgettes, basil, tomato and the last of my peppers. I love to plant using the Moon Calendar and feel that it really helps to produce strong healthy plants.

I have just planted out all my winter vegetables and have an abundance of carrots in my garden. Broccoli and celery and silver beet.

It is so rewarding to grow your own vegetables.

If you are starting out a vegetable garden then call into Paper Plus and purchase Joshua's Book – Young Gardeners Growing Chefs – all money raised goes to helping plant out gardens for children.

## JULIA'S VEGETARIAN COOKING CLASS

ENROL TODAY for a fun evening of cooking. Enjoy a delicious two course dinner afterwards around the table and learn all about what herbs to use in cooking.

Bring a friend, partner or family member and have four Monday's of **\*\*FUN\*\***. To enrol go to Julia's web page or phone on 03 578-8077.

Autumn is a beautiful season so enjoy. Press the leaves and make your own cards.

**Best Wishes - Julia Davidson, Medical Herbalist**