

See a naturopath and have your coffee



Everything in moderation. This is true for food... and coffee.

Whenever someone finds out we are naturopaths they are either really intrigued or skeptical. Often it generates some kind of conversation about the supplements they take or their fear of seeing a naturopath in case they have to stop drinking coffee or eating bread for the rest of their lives.

Whilst dietary modification and supplemental prescriptions are part of naturopathic care, seeing a naturopath does not mean giving up all your favorite foods, eating kale or taking a shopping bag of supplements.

A large part of our practice focuses on what foods you could add in, rather than take out. There are so many wonderful ways to cook, jazz up basic meals, improving flavor, texture and ultimately digestive compatibility for a person that can make a huge impact to how you feel. We often ask people to eat more of those foods, rather than forgo their favorite treats forever.

We would never dare ask a new mum to give up chocolate, or coffee. In fact patients are often surprised when we encourage them to eat more of certain foods guilt free or change the timing of when they consume foods, rather than cutting them out.

Everything in moderation. We were taught that that the difference between medicine and poison is dose. This is true for food...and coffee.

Believe it or not, some people can't digest kale very well, especially when raw or in a smoothie and studies have shown that if you drink 1 cup of coffee daily your concentration improves. However, more than three coffees daily can reduce your ability to absorb nutrients and for many people will contribute to poor sleep, anxiety and loose bowels. And, everyone's threshold is different due to weight, metabolism digestive strength etc.

Naturopathic food prescriptions are all about working out what helps or hinders YOUR health with supplements being the icing on the cake. If you are unwell they can be a helping hand whilst you take time to making lasting changes to your health, diet and coffee consumption.