



Naturopathic

Health Care Centre

NEWSLETTER

March 2018

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WE DO EXPERIENCE PROBLEMS WITH OUR TELKOM LINES FROM TIME TO TIME.

IF YOU CANNOT GET THROUGH ON OUR OFFICE NUMBER, PLEASE PHONE US ON: **072 093 0044**

OR SEND US AN EMAIL ON: OFFICE@NAHCC.CO.ZA



[Come and join us for a talk on lactation with Timor Lifschitz, a lactation consultant.](#)

[27 February 2018](#)

COFFEE AND TEA WILL BE SERVED
ENTRY: R50

- Benefits of breastfeeding for mom and baby.
- Importance of a correct latch
- How to know if baby is satisfied at the breast
- Partner support
- Seeking assistance with breastfeeding challenges



REGULAR TUESDAY MORNING MOM & BABY GROUP SESSION

Are you a new mommy or a mommy to be? Come take a load off and share a cup of tea with likeminded mummies where we focus on natural health and immunity.

We offer a unique community service to new mothers, so you are empowered to confidently care for yourself and your baby, engaging with health care providers in our support network. We are excited to offer a compassionate space where mothers can learn, share and make informed choices on health care, lifestyle and well-being.

There will be a professional facilitator each Tuesday to help with healthy lifestyle and diet, emotional support and advice on the numerous uncertainties that arise when a new baby is around.

On the last Tuesday of each month you can look forward to an informative talk by a health care professional in various fields relating to mom and baby.

Our facilitators

1. Doddie Boer: Birth Doula, Stress and Trauma release, Personal Growth & Stress Management, Child birth educator

2. Marthie Beumer: Birth Doula, Emotional, Informational and body-mind support to adjust to life with a new baby, and breastfeeding

3. Ilze Domingues: Registered Nursing Sister and midwife. Empower parents for the birth and care of their baby through small group classes, private consultations as well as home visits. Breastfeeding, baby care, and back to work strategies

About Our Doctors

We would like to congratulate **Dr Chantell Groenewald** on the birth of her little baby girl and we are happy to welcome her back at the Centre. She is available for appointments on Monday afternoons, Tuesday mornings, Wednesday afternoons and Thursday mornings.

Dr Marlo Swanepoel is back at the university for his fourth year of Chiropractic studies. Best wishes for the new academic year. He is available for appointments every Friday afternoon and occasionally on a Saturday morning.

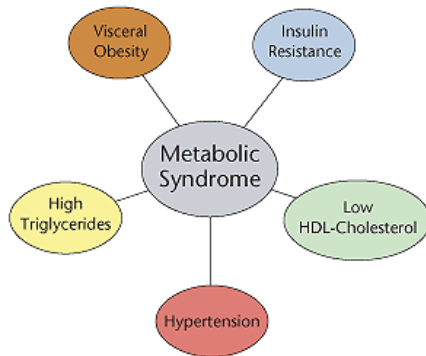
Dr Marike de Klerk joined the Naturopathic Health Care Centre towards the end of last year. It is a great pleasure to have her at the practice. She is available for appointments on Monday mornings, Tuesday afternoons, Wednesday mornings and Friday mornings.

March is Metabolic Syndrome Month

Metabolic syndrome is a cluster of conditions, that increases your risk for diabetes, heart disease and stroke. The parameters tested for metabolic syndrome include:

- Blood pressure;
- Blood sugar;
- Waist circumference and
- Cholesterol levels

During the month of March, we would like to invite you to come and visit our in-house sister, Sr. Alida, to evaluate these parameters to assess your risk for developing above mentioned diseases.



Book your 15-minute appointment with Sister Alida for a Health Risk assessment.

Cost: R50.00 per person

Contact details:

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office@nahcc.co.za



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MEETING/ TRAINING/ COACHING ROOM AVAILABLE:

Perfect for Pilates classes, yoga classes, sound therapy sessions, workshops, small training groups, small meetings & coaching sessions.

Size: 4x7m R250.00 per 4-hour timeslot. Timeslots are as follows:

1. 8am-12am
2. 1pm-5pm
3. 6pm-10pm

The room is situated at Nr.13 Hazelwood Rd. Room has a separate entrance, welcome area and bathroom

For more information: 012 460 9216/
office@nahcc.co.za