



## UPCOMING EVENTS

See Moodle for more details

Every Tuesday, Wednesday and Friday in term time  
7.45 – 8.15 am – YOGA in the Weleda Classroom

20 Sept – Semester 2, Term 3 ends

## What are our 2018 graduates up to?

This month we catch up with



Erica Longstaff.....

Hi, Erica here, 2018 graduate. I wish there was a supplement to give me more time. It's been a very busy few months. I saw my first real paying client a couple of days after graduating. I didn't feel ready, but I said yes anyway. I was sure she'd see I was an imposter. But the consult went smoothly, I just followed the Paua Clinic systems. I spent days researching her case and was nervous presenting my Health Plan. I'm still seeing this client today, eight months later. Seeing clients takes a lot more time than I'd thought it would. There's always more research required

has a different mix of issues. Whilst I build up my client base, I have a 'break job'. I work in a busy pharmacy as the Store Manager in charge of the supplement section. I do the ordering, marketing, staff training etc. It's perfect for now. I get to meet all the company reps and get free products. The staff are supportive of natural medicine. I have most of them on some sort of natural treatment. I learn lots from the customers. It's a good blend of natural and conventional medicine and I get to hand out my business card, to potential new clients.

My suggestions for current students are:

- Don't wait for the perfect time to start seeing clients, just say yes and make it work.
- Be honest with your clients. If you don't know, just say so, and then research the answers.
- Charge RRP on your practitioner only supplements, to cover your time and associated costs. Otherwise you might find yourself out of pocket.

I love working as a naturopath/medical herbalist, living the dream.

## Funny of the month



## Irish Wolfhound with subwoofers

The infused oil needs to be made in advance. Chamomile is used because it's very soothing for the skin, especially the face.

### INGREDIENTS:

Dried chamomile flowers  
Olive oil  
1 tsp honey  
1 tsp sugar

### METHOD:

Step 1: Half fill a 1-litre glass jar with dried chamomile flowers. Add olive oil, stopping when the level is about 3 cm from the top. Stir, screw the lid on tightly, then set aside, out of direct sunlight, for 4-6 weeks. Shake once a day.  
Step 2: Strain through a fine muslin cloth. Pour the infused oil into a glass bottle, label with the name and date, and store in a cool, dark cupboard. This oil can also be rubbed onto the skin to soothe rashes and eczema and used in homemade salves.  
Step 3: Mix together half a teaspoon of the infused chamomile oil with the honey and sugar. Apply to the face for a soothing, softening face mask. Leave 5-10 minutes before rinsing off and moisturising.



Taken from the magazine thisnzlife: Make your own face scrub -