

McKay Biochemist



Health & Wellness Lab

# DECEMBER NEWSLETTER



## A Naturopath's Guide to Ending the Year with Intention

### IN THIS EDITION:

Health Tips, Mindfulness, Promotions  
and Recipes

*“your journey starts here &  
it starts now”*



## — Opening Hours —

Friday 19.12.25 - 9.30am to 4pm, closed 1pm-2pm lunch

Closed 24<sup>th</sup> December

Reopen 12<sup>th</sup> January

All postal orders to be placed by 19.12.25.



# Staying Grounded During the Holiday Rush

## ADAPTOGENS

During the crazy time of year, it's important to keep mindfulness at the centre of our attention. Stress can do numbers on the body, so supporting your nervous system is a must-do. Stress activates your body's fight-or-flight reflex via the Sympathetic Nervous System. Adrenaline and Cortisol are released, impacting heart rate, blood pressure, and energy levels. Managing stress through supporting the nervous system is crucial during this time, and adaptogens do just that!



By modulating the body's stress response, adaptogens protect cells from stress induced-damage by enhancing their resilience.. Adaptogenic herbs support the body during stress or overwhelm, to reduce cortisol and help the adrenals to function normally. These include herbs such as Ashwagandha and Mushroom Blends. Our 10 Mushroom Blend is a super potent mix prepared to support all the bodily systems. Find more information about the Blend here - add booklet link on our website.



# Nourishing Festive Recipes



## MINDFULNESS FOR THE NERVOUS SYSTEM

Focus on building a healthy routine that supports your wellbeing. Get enough sleep, set small goals, practice gratitude, enjoy a calming herbal tea before bed, and take a short walk in the sunshine each day.

Small changes can have a big positive impact—try Angela's Adaptogenic Moon Milk blend to unwind at night.

## ADAPTOGENIC MOON MILK

I-2 cups of plant-based milk  
 ½ - 1 teaspoons of  
 Ashwagandha powder  
 A sprinkle of cinnamon and  
 nutmeg  
 Honey to taste  
 Optional extra – ½ teaspoon  
 of 5 mushroom blend powder

Warm up on the stove top  
 (not the microwave!)  
 Sip before bed and de-stress.





# Holiday Gut Health

## HOW TO ENJOY INDULGENCES WITHOUT DIGESTIVE DISCOMFORT

The holidays bring family, fun, and feasts!

Remember, your gut health depends on your diet and lifestyle.

Processed foods and sugary drinks can harm healthy bacteria and cause inflammation. Try our hand-selected products to enjoy the celebrations with a happy, healthy gut.



### OUR TOP TIPS

- Take probiotics daily: Probiotics are living microorganisms that balance your gut's microbiome, enhance digestion, and support your immune system.
- Epi-gastro enzymes: Taking enzymes before your meal increases pepsin (pepsin helps break down food) and enhances protein absorption.
- InflammX; our Functional Food - a targeted, research-based formulation to modulate inflammatory processes associated with chronic gut as well as whole body imbalance. It contains a combination of plant-based ingredients that are designed to work with your body (not against it) to inhibit inflammation without interfering with healthy functioning.



# Detox from 2025



We all love to let loose over the holidays, but what better way is there to kick-start the new year than with a liver cleanse? Your liver is your largest internal organ—about the size of a football—and plays a vital role in digestion, energy storage, and detoxification. It filters blood, produces bile to digest fats, breaks down hormones, and stores key nutrients like iron. Poor diet, lack of exercise, alcohol, and toxin exposure can strain the liver, sometimes leading to fatty liver disease.

## LEAVE 2025 BEHIND BY ENTERING THE NEW YEAR WITH A DETOX

It's so important to add vegetables to your everyday diet.

An easy way to do this is by juicing vegetables. With impaired liver function, juicing vegetables has the added benefit of making the vegetables easier to digest and more readily available for absorption. Vegetables ideal for a liver detox include lemon, kale, cabbage, lettuce, cauliflower, broccoli, Brussels sprouts, asparagus, beets and celery.



# Detox from 2025



## LIVER DETOX RECIPE

Total Time: 5 minutes

Serves: 2

### INGREDIENTS:

- 1 beet (medium size)
- 6 celery stalks
- 1 cup fresh cilantro
- 1/2-1 full lemon
- 1 knob ginger

### DIRECTIONS:

Add all ingredients to vegetable juicer. Gently stir juice and consume immediately.

Products McKay's offer for Live Support/Detox over Chrissy & New Year

**Cool Blue**  
**Livoclear**  
**VSL Homeopathic Drops**  
**Bespoke Liquid Herb Blend**  
**UltraLiv**  
**NAC**  
**Glutathione**  
**Cruciferous**

Please call the clinic to speak to a practitioner about what would be best for your individual needs.



# Thankyou for Supporting our Small Business

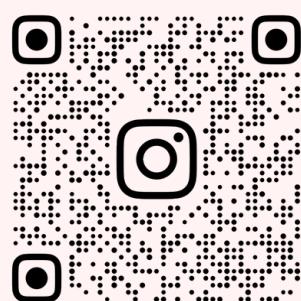
**SUPPORTING PEOPLE IN  
HEALTH JOURNEY FROM...**

Maitland  
Newcastle  
Hunter Valley  
Singleton  
Central Coast  
Port Stephens  
Nelson Bay  
Lake Macquarie  
Coffs Harbour  
Bulahdelah  
Forster  
Morisset  
Tamworth  
Armidale  
Gosford  
Dubbo  
Sydney  
Wollongong  
Canberra



**We offer phone and video  
consultations if you cannot make  
the drive to East Maitland**

## *Let's Connect*



**MCKAYBIOCHEMIST**

**WE WOULD LOVE TO HEAR FROM YOU! LEAVE  
US A REVIEW WITH THIS [LINK](#)**



# Our Gift to You

In thanks for supporting our small business this year, we would love to give back to you. Check out these promotions we will be offering.



## NEED A LAST MINUTE GIFT? GRAB A VOUCHER!

Share the joy of the season with a gift that feels personal. Our Gift Vouchers are an elegant way to give something truly special, even at the last minute.

### REFER A FRIEND FOR 15% OFF YOUR NEXT PURCHASE

Health is for everyone - refer someone you care about, and receive 15% off your next purchase in gratitude. Our way of showing appreciation for your continued support.



### CHRISTMAS GIVEAWAY

You have given so much to us, it's time we give back to you. Follow the instructions on our social media to enter.

What's included?

A basket of products valued at over \$250.

Winners will be announced the week of the 15<sup>th</sup>! Good luck!



*evolve your  
health*



*contact us*



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@mckaybiochemist

We'd love to hear from you! Start your journey  
with us now