



### **Jessica Donovan Naturopath**

Naturopath in Aldinga Beach specialising in mums and kids health

[www.jessicadonovan.com.au](http://www.jessicadonovan.com.au)

### **Natural Super Kids**

Online resources and programs to boost your kids health and nutrition

[www.naturalsuperkids.com](http://www.naturalsuperkids.com)

I'm Jessica Donovan, I help busy mums raise super kids with healthy food and natural medicine! I offer Naturopathic consultations in Aldinga Beach (and over skype) as well as online resources and programs, here are the areas I specialise in

#### **CHILDRENS HEALTH**

- Eczema and asthma
- Ear infections, coughs, colds and other infections
- Food and environmental allergies
- Digestive health and food intolerances
- Fussy eating and nutrient deficiencies
- Anxiety and other mental health conditions
- Behavioural problems
- Neurological conditions
- Cystic fibrosis and other genetic conditions
- MTHFR and Pyrolle testing

#### **MUMS HEALTH**

- Fatigue and boosting energy levels
- Adrenal fatigue and stress management
- Digestive health and detoxification
- Thyroid conditions
- Hormone imbalances
- Period problems
- Anxiety and depression
- Weight loss
- Skin conditions
- Autoimmune disease
- MTHFR and Pyrolle testing

**NEW CLIENTS - Get \$30 off Initial appointments in March using code MARCH30 -  
Book online [www.jessicadonovan.com.au](http://www.jessicadonovan.com.au)**

## **Carrot & pistachio salad**

### **Ingredients**

6 carrots

1 handful of fresh herbs such as parsley, mint and/or basil

2 tablespoons of sulphur free sultanas

80g pistacchios, shelled

juice of 1 lemon

Splash of olive oil

### **Method**

1. Lightly roast the pistacchios in a moderate oven for 5 - 10 minutes.
2. Once cool, chop them coarsely.
3. Grate the carrots and finely chop the herbs.
4. Mix all ingredients in a salad bowl, add the pistacchios just before serving.

## **Strawberry & goats cheese salad**

### **Ingredients**

1 continental cucumber, cut into quarter rounds

1 punnet strawberries, sliced

150g goats feta,

1 avocado, sliced

Small handful of dill, chopped finely

1/4 cup almonds, toasted

Juice of 1 lime

Generous dash of olive oil

### **Method**

1. Whisk together the lime juice and olive oil for the dressing and set aside.
2. Combine cucumber, strawberries, goats feta, avocado and dill in a salad bowl and pour over the dressing.
3. Sprinkle over the almonds and enjoy with seafood or chicken.

**For more delicious recipes to nourish your family head to my website  
[www.naturalsuperkids.com](http://www.naturalsuperkids.com)**