Letter from the Editor

Submitted by [ANH Editor](#) on Fri, 05/18/2012 - 09:43   Introducing Jade de souza

The natural ways to be [healthy](#) just make sense; nourish the body with the [foods](#) it needs, move it the way it likes and relieve stress. This simple recipe for health however, isn't always easy to follow, especially in winter when all we want to do is curl up by the fire with a bowl of pudding. Well, that's what I like to do anyway! Hello, by the way. I'm Jade, the new Editor of [Australian Natural Health](#).

This might sound strange, but for a long time, becoming truely healthy was something I always meant to do. For years, I'd think and plan myself into so many health kicks, but instead, I'd end up kicking myself year after year for not following through. I've never been unhealthy per se, I just knew that I could do a lot more to change my diet and [lifestyle](#) to maximise my energy and vitality.

Being immersed in the world of natural health is proving tremendously beneficial to my health and well-being. Since joining ANH, I've been lucky to meet some of the industry's most influential and knowledgeable individuals. A consequence of sharing with them my desire to achieve a finer fettle, is that these generous people have equipped me with some of the tools I need to cleanse inside and out. In the next issue and beyond, I would like to introduce you to these wonderful professionals, who have so much unique, expert knowledge to share. Be on the lookout for Natalie Bondine of Purity Mind Body Soul's raw food cooking classes, and lessons in organic vegetable growing from sustainability enthusiast, Michele Vogrinec of GAIA Skin Naturals.

I look forward to bringing you loads of interesting, insightful and inspiring facts and features during my time here at ANH. Thank you for having me.

Wishing you health, happiness and harmony.

Jade

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