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The Go Guide

what's in-store at Go Vita ... page 30

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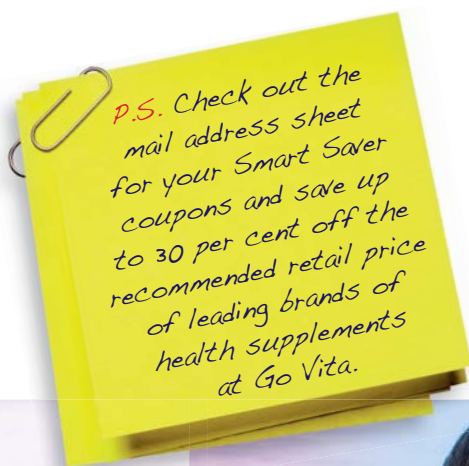
As we settle into a new year many of you will have thought through and even put into practice a set of new health and wellness goals for 2012. If you haven't, then there is no better time than now! This issue has some interesting articles that will help you set your goals – including reports on bone health, liver health and skin health; and reviews on a not-so-scary detox plan, raw food diet and alkaline diet. Whatever your goals, make sure you set aside some time to look after you in 2012!

At Go magazine we are passionate about keeping you up-to-date on health issues and providing information that can help you to find whole health solutions for yourself and your family. That's why we are excited to tell you that thanks to your support, Go magazine has been awarded "Best Consumer Publication for 2011" by industry association, the Complementary Healthcare Council of Australia.

This month when you shop at Go Vita you have the chance to go in the draw to win one of 135 BBQs, that's one BBQ to be won in every Go Vita store! Simply purchase a Nutra-Life, Balance or Aussie Bodies product, fill in the entry form and you will be in the draw. The competition finishes at the end of March 2012.

With our best wishes for a happy and healthy 2012!

Ann Cattelan
Editor



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Editor: Ann Cattelan BSc
hworks@bigpond.net.au

Art Direction: Tanya Lee Design
tanya@tldesign.com.au

Advertising Inquiries:
gomag@govita.com.au

Printing: TMV Graphics Australia
tmvaust@optusnet.com.au

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Go get healthy • Go stay healthy



is calcium enough to protect your bones?



Every five to six minutes, someone in Australia is admitted to hospital with an osteoporotic fracture. This is expected to rise to every three to four minutes by 2021. Naturopath Paul Keogh questions whether a daily calcium supplement is enough to protect your bones and explores how improving kidney health might be just as important.

Women and men alike need strong and healthy bones. The human skeleton comprises an impressive 206 bones. These bones provide shape and support to the body, protect vital organs, and enable movement of the body. The healthier your bones, the healthier your body.

Osteoporosis facts

Strong bones are crucial for healthy ageing especially the avoidance of osteoporosis. Osteoporosis is a condition in which the bones become fragile and brittle, leading to a higher risk of fractures than in normal bone. Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them; resulting in a loss of bone thickness. Consequently, bones lose density and become thinner; such that even a minor

bump or accident can cause a serious bone fracture.

Any bone can be affected by osteoporosis, but the most common sites are bones in the hip, spine, wrist, ribs, pelvis and upper arm. Osteoporosis usually has no signs or symptoms until a fracture happens, hence why osteoporosis is often referred to as the 'silent disease'. Fractures due to osteoporosis can lead to changes in posture, muscle weakness, loss of height and bone deformity of the spine. Fractures can also lead to chronic pain, disability, loss of independence and even premature death.

Women over 40 years are most at risk of developing osteoporosis due to hormonal changes and the influence of oestrogen on

calcium distribution and bone demineralisation, which ultimately affects bone mineral density. Bone loss starts to occur in women over 40 at the rate of 0.5 to 1 per cent per year. The rate of bone loss in postmenopausal women is 2 per cent per year. Poor bone health is a serious problem that not only affects women as they age but men too. One of most devastating outcomes of osteoporosis is bone fracture causing progressive loss of physical capacity and ultimately independence.

About 50 per cent of people with one fracture due to osteoporosis will have another. The risk of future fractures rises with each new fracture. We refer to this as the 'cascade effect'. This means that a woman who suffers one fracture is over four times more likely to have another fracture within the next year, compared to a woman who

has never had an osteoporotic fracture. People who have had two or more osteoporotic fractures are up to nine times more likely to have another fracture, rising to an 11 times greater risk for people who've had three or more fractures. One in two women and one in three men over 60 years in Australia will experience an osteoporotic fracture.

Prevention

The good news is that, for many people, osteoporotic fractures are preventable. Research demonstrates that adequate calcium intake during childhood and throughout adult life helps maximise bone formation, mineral density and strength. On the other hand, a diet deficient in calcium can lead to osteoporosis in later life.

Dairy products provide the most convenient source of dietary calcium but many people don't consume enough dairy products to achieve the recommended daily intake (National Nutrition Survey). Furthermore, other good sources of dietary calcium – including sesame seed, kelp, carob, beetroot leaves, torula yeast, almonds, Brazil nuts and many legumes – aren't prominent enough in the Western diet to provide any significant benefit. Consequently, it may be necessary to take a calcium supplement to achieve optimal daily intake and minimise your risk of developing osteoporosis later in life.

Taking a therapeutically formulated calcium supplement with high bioavailability (absorption and utilisation in the body) will definitely help prevent bone demineralisation and osteoporosis as you age but is there anything else worth doing? The answer is most definitely, yes! Chinese bone strengthening herbs may provide better long-term health outcomes than those provided by dietary and/or supplementary calcium alone.

Strengthening bones with Chinese herbs

According to traditional Chinese medicine, the Kidney (organ-meridian system) governs the bones and optimum bone health depends on strong Kidney energy, also known as *Jing*. *Jing* is the foundation for growth, development and regeneration within the body. It can differentiate into *Yang*, which empowers the movement of *Qi* (vital energy) that in turn leads to the movement of Blood (circulation) throughout the body. The healthy movement of *Qi* and circulation of Blood are essential for optimal tissue integrity, which underpin the body's ability to maintain positive bone density.

Age progressively depletes Kidney *Jing*, which is particularly vulnerable to exhaustion from midlife onwards due to overwork, a hard driven lifestyle, insufficient fluid intake, multiple pregnancies and chronic illness or stress.

For most people by 40 years of age, declining Kidney energy (*Jing*) impacts on your health, causing:

- metabolic disturbances
- sexual weakness and infertility
- urinary and prostate problems
- inflammation and joint stiffness
- anxiety and sleep disorders
- high blood pressure
- cognitive impairment
- bone demineralisation.

To counteract this Kidney deficiency, Chinese medicine uses powerful, time-tested herbs to replenish Kidney *Jing*, strengthen *Qi* and nourish the Blood. These herbs are usually taken in combination as a Kidney tonic, and any person over the age of 40 will benefit from regularly taking them.

One of the best known Kidney tonifying herbs is *Rehmannia glutinosa* (or Asian foxglove). Scientific research demonstrates that rehmannia provides preventative effects against osteoporosis by increasing osteoblastic (bone producing) activity and decreasing osteoclastic (bone demineralising) activity. Another well known Kidney tonic, which particularly strengthens Kidney *Yang*, is *Epimedium sagittatum* (horny goat weed). Evidence shows that epimedium directly stimulates bone formation and inhibits bone loss, and may complement conventional drug therapy in the management of osteoporosis.

Interestingly, epimedium also reduces osteoporosis in people taking corticosteroids long term. In addition, this respected Chinese herb increases the body's resistance to stress, provides antidepressant effects and improves cognitive impairment associated with memory loss, fatigue and weakness. Another legendary Kidney energy tonic is *Cuscuta hygrophilae* (Asian dodder seed). In addition to its proven immune enhancing and liver protective effects *cuscuta* plays a beneficial role in osteoblastic bone formation.

Other Kidney tonic herbs that may enhance bone formation, inhibit bone loss (demineralisation) and/or provide systemic health benefits to reduce *Jing* deficiency conditions include *Alisma orientale* (water plantain), *Poria cocos* (hoelen), *Lycium barbarum* (goji berry) and *Dioscorea opposita* (Chinese yam).

Visit your local Go Vita health shop today for helpful and professional advice on achieving and maintaining healthy, strong bones. Think bones, think calcium, think Kidney tonic. ☑

Paul Keogh is executive and technical director for Global Therapeutics P/L trading as Fusion Health. Paul is a qualified naturopath and medical herbalist with 24 years combined experience in clinical practice and the development of integrated Chinese and western herbal medicines.



Dairy products provide the most convenient source of dietary calcium but many people don't consume enough dairy products to achieve the recommended daily intake (National Nutrition Survey)

the health benefits of turmeric

If you're a cook you will have no doubt spiced up the odd curry dish with a spoon of turmeric. However in medicinal circles, this ancient herb is getting far more attention for its potent anti-inflammatory properties. Naturopath Lisa Costa Bir investigates turmeric's role as an effective pain reliever.

Turmeric, a relative of the ginger plant, has been used for centuries in traditional Ayurvedic and Chinese medicine and is known botanically as *Curcuma longa*.

Turmeric and the curcuminoids

Turmeric contains multiple active constituents. Of these, researchers have isolated the curcuminoids which appear to be the most active and responsible for the medicinal action of turmeric. The curcuminoid that appears to be most significant in terms of pain relief is known as 'curcumin'.

Researchers have found that curcumin inhibits a number of diseases by regulating various factors and enzymes that prevent pain and inflammation, thus contributing to its analgesic action in the body.

Osteoarthritis pain

Osteoarthritis (OA) is a degenerative condition and a leading cause of pain and disability in Australia. It is characterised by stiffness and deformity of the joints with sufferers often noticing that pain worsens with weight bearing activity.

In a small, double blind placebo controlled study undertaken at Deakin University in Australia in 2009, supplementation with 1200mg of curcumin over a two-week period was found to relieve pain associated with OA. Ten patients with OA of the carpal metacarpal joint of the thumb participated in the trial. Following supplementation with 1200mg of curcumin participants demonstrated an increase of approximately 25 per cent in grip strength and approximately 50 per cent less pain associated with gripping. Curcumin appeared to work very quickly with participants reporting a reduction in pain within two hours. For anyone who has experienced the pain and loss of mobility associated with OA, these results are impressive. Clearly while OA is not curable, strength may be improved and associated pain may be managed, thus allowing daily tasks to take place more comfortably.

Rheumatoid arthritis pain

Like OA, rheumatoid arthritis (RA) is an extremely painful condition. It differs from OA in that it is characterised by chronic inflammation due to excessive growth of synovial fibroblasts (connective tissue cells).

Turmeric extracts containing curcuminoids have been shown to prevent experimental RA. Curcumin works by preventing excessive growth of synovial fibroblasts in people with RA. Studies show that when synovial fibroblasts are exposed to curcumin it inhibits their growth and also induces cell death. In one of the few trials on humans that exist examining the use of curcumin in RA, 18 participants with RA were randomised to receive either curcumin (1200mg daily) or a non steroidal anti-inflammatory drug (NSAID) (phenylbutazone 300mg daily) for 14 days. Patients receiving curcumin showed improvement of rheumatoid symptoms including morning stiffness and joint swelling, as did patients receiving phenylbutazone. Since NSAIDs can be associated with a range of unpleasant side effects, the option of taking a natural

substance such as curcumin with its excellent safety profile is welcomed by many.

Inflammatory bowel disease pain

Inflammatory bowel disease such as crohn's disease (CD) and ulcerative colitis (UC) are characterised by a range of symptoms that include pain, cramping and inflammation. Though clinical data is limited, a small pilot study highlights the pain relieving possibilities of curcumin for these conditions.


Researchers observed the effects of five UC patients taking corticosteroids and mesalazine and concurrently administered 550mg of curcumin twice daily for one month; which was then increased to three times a day for the following two months. Five patients with CD also taking corticosteroids and mesalazine were also administered curcumin 360mg three times a day for the first month, increased to four times a day for a further two months.

Significant improvements were observed in the UC group with two participants stopping their

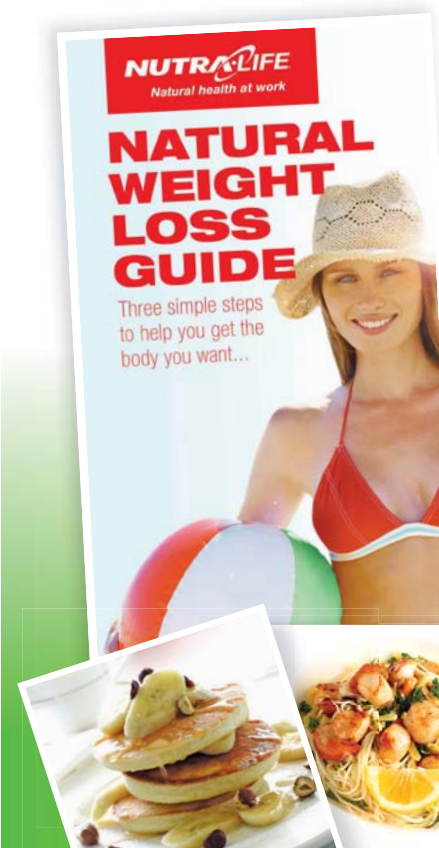
mesalazine medication, two participants able to reduce mesalazine medication and one patient being able to completely stop corticosteroid treatment.

Beneficial results were also observed in the crohn's group with participants reporting a reduction in pain and cramping experienced, additionally on their blood tests markers of inflammation, specifically, C-reactive protein (CRP) and erythrocyte sedimentation rate (ESR) were also shown to be reduced. Though a small trial, it highlights the benefits of curcumin for pain relief associated with inflammatory bowel disorders.

Though at present human studies are limited, the potential for curcumin for effective pain relief is immense, particularly where the pain is as a result of inflammation. When taken at the recommended dose curcumin is unlikely to produce the side effects associated with conventional allopathic pain relievers however caution should

be exercised in people with bile duct obstruction. 

Naturopath Lisa Costa Bir practices in South Sydney and has a special interest in food as medicine. Her work has appeared in the Sunday Telegraph and more recently as a contributor for a textbook on clinical naturopathic medicine.



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make the switch to *natural* skincare

There is a growing trend among skin and hair care companies to utilise the powerful benefits of natural ingredients in their formulations. Helene Larson has the scoop on why going clean and green in your beauty routine is really better for you.

Look no further than the power of natural sea minerals, essential oils, flower extracts and botanicals to achieve a radiant, healthy glow. These natural ingredients are packed full of antioxidants, vitamins and nutrients ideal for achieving glowing, vibrant skin and hair.

If expert opinion is true, your largest organ, the skin, may be absorbing up to 60 per cent of over 200 chemicals it is exposed to daily. This is really concerning considering there are hidden toxins in many of the beauty products you find on supermarket and department store shelves today. Often the technical terms used on skincare and cosmetics packaging is of little help to decide what is actually good (or not!) for your skin. To help you out, we've compiled a list of the main ingredients to avoid in your cosmetics products, so all you need to do is read the labels.

Ingredients to avoid

Sulphate cleansers are artificial foaming agents, and are frequently found in shampoos, shower gels, bubble baths and facial cleansing products. Many research studies have shown that when your skin is exposed to sulphate cleansers such as sodium lauryl sulphate or sodium laureth sulphate, side effects can occur. These include minor skin irritations, redness, itchiness and eczema, and more serious reactions such as eye and central nervous system damage, and difficulty breathing.

Parabens are man-made preservatives used in cosmetic products to stop the growth of bacteria, and in so doing extend their shelf life. Paraben preservatives can cause allergic reactions and skin irritations, and in some research studies have been linked to breast cancer. Parabens have been shown to mimic the role of oestrogen in the body – a hormone known to play a role in the development of breast cancer. Examples of paraben preservatives you might find in your cosmetics products include methylparaben, butylparaben, ethylparaben, propylparaben and benzylparaben.

Synthetic colours are frequently used in personal care products to give them their richness and attractive appearance, however are often made from coal tar and heavy metal salts, which are not good for your skin. Artificial colours can cause skin sensitivity and irritation, and many have been found to be carcinogenic (capable of causing cancer). Synthetic

colours can be identified by FD&C or D&C followed by a colour and a number, such as FD&C Red No. 6, or D&C Green No. 6.

Artificial fragrances: The term 'fragrance' on a label can potentially represent 4,000 separate chemical ingredients, including some that may be toxic or even carcinogenic. There is no way to know precisely what these ingredients are, as manufacturers often state 'fragrance' on their labels and offer no further explanation. This practice is legal given fragrances are classified as 'trade secrets'. Reactions to artificial fragrances may include headaches, skin irritations, vomiting and irritability. Be wary of any label that simply states, 'fragrance added', and does not explain the specific ingredients that comprise the fragrance.

While this list of 'nasties' to avoid in your beauty products is by no means complete, it is a good place to start. For further information you can visit the website *Skin Deep* (www.cosmeticsdatabase.com), created by The Environmental Working Group. This searchable database analyses over 25,000 beauty products and over 10,000 different ingredients to inform you about their toxicity.

So how can you tell if a product is truly all its packaging says that it is? Start by carefully reading product labels, and choosing those products with ingredients that you can recognise! Chances are if you need a scientific dictionary to interpret what's in your face cream, it has chemical ingredients contained that are best avoided.

What should you look for?

Now we know what to avoid, what ingredients should we look for in beauty products that will nourish, protect and condition our skin naturally?

Sea minerals: The cornerstone of the ME Mineral Energy range is natural deep sea minerals, and with good reason. Sea minerals are fantastic for your skin, and work to nourish, moisturise, balance, tone and condition it. Sea minerals also naturally detoxify and revitalise the skin, providing essential nutrients and

support to deeply oxygenate your skin cells and keep your complexion at its radiant and glowing best.

Sea minerals contain high levels of magnesium, calcium, silica, sodium and potassium, and have been used for centuries to heal, nurture and hydrate all skin types. Sea minerals are also amazing for nourishing and conditioning your hair, and will protect your locks from the elements, while keeping it soft, smooth and shiny.

Shea butter is derived from the nut of the African shea tree, and is a natural nut butter that is often included in cosmetic formulations due to its deeply hydrating and emollient properties. Shea butter contains a high content of essential fatty acids, and is rich in vitamins A and D, which promote healing, hydration and skin cell growth.

Vitamins A and E are antioxidant powerhouses, and deliver healing skin benefits to improve conditions such as acne, stretch marks, skin irritations and wrinkles. This vitamin cocktail also helps prevent premature ageing, and works to protect your skin against free radical damage. It is

free radicals that can invade your healthy skin cells and lead to fine lines, wrinkles and crow's feet.

Pro-vitamin B5 or panthenol is fantastic when it comes to relieving dry, itchy skin, and nourishing your hair. Pro-vitamin B5 is non-irritating and gentle, with the added benefit of being able to penetrate into the lower layers of your skin, adding moisture and plumping up fine lines and wrinkles. Panthenol is extremely beneficial for all skin types and is also wonderful for restoring shine and strength to dry, damaged hair.

Natural oils such as almond, jojoba, macadamia nut and rosehip are rich in vitamins, antioxidants and essential fatty acids – all necessary for the health of your skin. They make fabulous additions to skincare lines as are highly moisturising, lubricating and nourishing. These hydrating oils are non-irritating and can also be applied to delicate areas such as under the eyes in order to prevent crow's feet and fine lines.

White tea and green tea extracts are packed full of flavonoids and antioxidants, and work to protect your skin from oxidative stress and immune cell damage. They possess excellent anti-ageing and skin-rejuvenating properties, and promote smooth, blemish-free skin. When green and white teas are used in skincare formulations they encourage improved skin elasticity, radiance and brightness.

Flower extracts such as jasmine, frangipani and lavender have calming, natural anti-inflammatory effects on your skin, and have been effectively used in skincare recipes for generations to improve the skin's condition. They deliver strong anti-ageing benefits in addition to protecting, toning and clarifying your skin. Flower extracts also smell naturally delicious, and can uplift and soothe your senses, while working to create softer, smoother and more radiant skin.

If you have never tried naturally based products before, why not start now? Nature's minerals, oils, vitamins and botanicals will leave your skin gleaming, glowing and truly healthy, with no toxic additives, chemicals, or synthetic perfumes included. Visit your local Go Vita and ask about the new Mineral Energy range, for the perfect combination of products to hydrate, nourish, condition and protect your skin and hair. ☺

Helene Larson has a degree in economics and a diploma in public relations, and worked for many years as a make-up artist. She has written extensively in the areas of health and beauty for over ten years, and is Beauty Editor for Nature and Health magazine.



Go Guide

GO SIZZLE! WIN A BBQ!
with Go Vita!



This summer you could be the lucky winner of a brand new Billabong two-burner BBQ! In fact, thanks to Vitaco, there are 135 BBQs to be won, one in each Go Vita Health Shop. During the months of February and March, when you purchase any **Nutra-Life, Balance or Aussie Bodies** product in participating Go Vita stores, you go in the draw for your chance to win one of 135 BBQs. It's that easy - purchase the product, complete the entry form and then enter the draw. Entries close on 31st March. Terms and Conditions see in store. Permit number: S.A. T11/2593; A.C.T. TP11/04942 NSW LTPS/11/10953

me mineral energy is here!

Throughout history, Dead Sea salt therapies have played a vital role in health, beauty and wellness. The NutriVital team has captured the powerful benefits of these precious sea minerals and combined them with active herbal extracts and the purest essential oils to present a new generation of face, body and hair care products called **me mineral energy**. For a fresh, revitalised and radiant complexion, talk to the friendly staff at Go Vita about **me mineral energy Certified Organic Facial Serum** full of rejuvenating oils and antioxidants to keep your skin youthful and velvety smooth.



keen for quinoa!

Looking for a new healthy guilt-free food to add some variety to your diet? Then check out quinoa (pronounced 'keen-wah'), a South American ancient seed prized by the Incas as a nutritious and sustaining food. Quinoa ticks many boxes! It is rich in protein, containing a broad spectrum of amino acids, making it especially beneficial for vegetarians and vegans. It contains a wide variety of vitamins and minerals, including B-group vitamins, vitamin E, folate, iron, magnesium, potassium, zinc and selenium. Along with containing useful quantities of fibre, quinoa is gluten free and low allergenic. And the best news is that it tastes great! It has a fluffy but slightly chewy texture when cooked. It is easy to prepare, is great in salads and can be substituted for rice in any recipe.



Cheeki – keeping Australia beautiful!

Cheeki is Australia's leading brand of stainless steel bottles. Cheeki aims to supply Australians with an affordable and environmentally-friendly alternative to harmful plastic disposables.



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new goat's milk soap range

Goat's milk is a rich source of essential amino acids, medium chain fatty acids, vitamins A and E, as well as minerals such as calcium, potassium, magnesium and phosphorus. These restorative proteins, minerals and natural emollients give goat's milk the power to relieve dryness and soothe and moisturise sensitive skin when applied topically. Goat's milk also has a pH level close to human skin, which helps to reduce the alkalinity of soap and so preserve the protective layer of human skin.

The Goatsmilk Company is best known for their rich and creamy Goatsmilk Soap and due to popular demand has now expanded the range to include; Goatsmilk with Lavender; Goatsmilk with Lemon Myrtle; Goatsmilk with Rose Geranium; and Goatsmilk with Sandalwood. The cakes of soap are now available either wrapped or unwrapped depending on your preference. **RRP \$2.95 per cake**



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Always read the label. Use only as directed.