get ready for Winter
antioxidant packed turmeric latte
quick recipe page 30

Diet is key to brain health
Good gut health = good mental health
Evidence for natural medicines
Research supports natural medicine use

Inside this issue
Secrets to winter wellness
Top tips for staying well this winter

Your vitality... our passion
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Having been in this industry for more years now than I can remember, I am constantly disappointed by the poor reporting of some media, determined to discredit our industry in the chase for the latest sensationalist headline. The reality is the more popular complementary medicines (CMs) become with consumers, the more our industry will become an easy target for scaremongering media headlines.

However what many people are unaware of is that the Australian CM industry operates within one of the most tightly regulated systems in the world, whereby other countries view the Australian regulatory regime for CMs as the benchmark in consumer protection. When you buy an Australian CM you can be assured it has been manufactured to the same standards as a pharmaceutical drug, and that strict safety and quality regulations have been adhered to, ensuring that you – the Australian consumer – have access to responsible, evidence-based and high quality products. For an overview of some well researched CMs read our lead article “Evidence Based Complementary Medicines”.

As the Go team puts this 46th issue to bed, we are willing winter on, after the hottest Sydney summer since 1939, the mercury maxing out at 47°C! But with scientists predicting extreme weather conditions for Australia in 2017, it goes without saying that the constant changes in temperature will mess with our immune systems. The key is to start now to boost your immune system; make sure you have a good exercise routine, you’re eating a wholefoods diet, getting sufficient rest and supplementing where necessary to support your immune system – check out the Go Vita health consultants top tips to staying well on page 8 “The Secret to Winter Wellness”.

Yours in good health,
Ann Cattelan
Editor
Despite the naysayers, when it comes to natural medicines and their ability to work in the human body to stave off illness and to foster health, the evidence is far reaching.

From the earliest records that validate natural medicines’ initial use by the Greeks, Romans and other ancient tribes; to the modern research published in text books and medical journals; the use of plant and other natural extracts for medicine has been extensively studied over the course of thousands of years.

Despite well-proven traditional use authenticated by generations of natural medicine practitioners, the advent of clinical studies has increased the need for research to be newly validated for modern doctors and medical institutions.

The good news is that not only have natural medicine practitioners risen to the occasion of having their already well-studied herbs and nutrients vetted by new approaches developed for testing pharmaceutical medicines, but remedies have emerged from this research strong and competent in their ability to continue to improve the health of people the world over.

Take fish oil, for example. Recently, it has been determined that fish oil extracts are the most researched medicine ever. Not the most researched natural medicine or supplement, but THE most researched medicine EVER. Although a relatively modern medicine, fish oil as we know it carries supportive benefits due to their essential fatty acids (EFAs). These EFAs only found in marine fish (and plants), transfer their benefits to the human body when eaten as fish or taken in a therapeutic form as a fish oil supplement. The active compounds found in fish oil, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), have been studied for their ability to improve the health of the heart and cardiovascular system, their function as a core reducer of inflammatory processes (by having an anti-inflammatory action), their joint health benefits, and their role in supporting healthy skin and eye tissue. Fish oil extracts are also rigorously tested for quality by independent assessors and the industry, as dictated by the Australian Therapeutic Goods Administration’s stringent, world-leading standards.

Also, on the list of natural medicines supported by best practice research, is aged garlic extract. Garlic was one of the first plants mentioned in the Papyrus Ebers, the most important medical papyrus of ancient Egypt drafted way back in 1550BC. The research found on garlic reaches from its immune health benefits, to its suitability as a tonic for the health of the blood vessels and circulation. In ancient times, its use by the builders of the pyramids to increase their resistance...
to infection was well documented. We now know the therapeutic quality of garlic comes from its action in assisting the development of healthy white blood cells during times of infection, as well as having a potent antimicrobial action (whereby it kills bacteria and fungi it comes into contact with both inside and outside of the human body). This quality is due to the antioxidants found in fresh garlic, some of which are amplified and improved when garlic is aged.

The modern extract known as aged garlic is further acknowledged by over 700 modern clinical studies as supporting immunity and also as an antioxidant for supporting healthy blood pressure and cholesterol levels – especially when taken alongside standard medications for those with uncontrolled hypertension (high blood pressure levels).

In the last few years, this has further been investigated by Australian researchers out of South Australia and Victoria who have demonstrated the effectiveness of Kyolic Aged Garlic extract for those with high, uncontrolled blood pressure.

Another extract known for its medicinal action and centuries of research comes from the root of the Indian spice plant turmeric. Research on turmeric extends across centuries with traditional evidence culminating in modern research being published across language and cultural boundaries, by Indian, Chinese and English-speaking medical journals alike.

Used in traditional Ayurvedic medicine, turmeric root is indeed one of the most thoroughly researched plants we know; it has been the subject of over 5,500 clinical studies.

Evidence for vitamin K2

Q&A with Dr Vik, Chief Medical Officer with NattoPharma ASA

Q: Is there research to support the use of vitamin K2?
To date there have been over 16 published human clinical studies on a specific form of vitamin K2 – MenaQ7®. For example, studies of healthy postmenopausal women showed that a 180mcg daily dose of MenaQ7® is beneficial to their bones and their heart. Research shows it improves bone mineral content, bone mineral density, and bone strength, as well as inhibiting age-related arterial stiffening and can actually improve vascular elasticity.

Q: How does vitamin K2 work in the body?
Vitamin K2 activates proteins present in the body that help it to properly utilise calcium so it binds to the bone mineral matrix, helping to create strong bones. Simultaneously, K2 activates the matrix GLA protein (MGP), which inhibits calcium from depositing in arteries and blood vessels where it can cause harm. Protecting hearts and bones is the area of focus for vitamin K2 research.

Q: Who can benefit?
Everyone can benefit from vitamin K2, but clinical studies have shown that children stand to benefit the most, particularly as their bones are taking shape so intensely. A 2014 published study revealed that healthy children have the largest tissue-specific vitamin K deficiency. MenaQ7® is also an ideal supplement for women 40 years and older, providing protection for their heart and bones.
Complementary health practitioners have drawn the link between our intestinal microbiota and overall health for some time, but only in the last decade have we really seen a big push from conventional medicine to solidify this theory with scientific evidence.

There is now scientific evidence supporting the importance of gut health to prevent both Alzheimer’s disease and depression.

Alzheimer’s disease is the most common form of dementia in the western world and comes at a severe cost to society, both economically and socially. A recent study published in the Scientific Reports journal reported researchers from Lund University in Sweden found a direct causal link between gut microbiota and the development of Alzheimer’s related damage in the brains of mice. In the study researchers took germ-free mice and inoculated them with gut microbes from mice who had Alzheimer’s. Interestingly, the recently inoculated mice began to develop signs of Alzheimer’s disease themselves, measured by testing levels of amyloid plaque buildup in the brain.

Deakin University recently released trial data showing for the first time that improving diet quality can treat major depression. This monumental study confirmed connection between mental health and diet, something that has been talked about for years. With one million Australians currently living with depression, and a further two million living with anxiety, this study couldn’t have come at a better time.

In the three-month study adults with major depressive disorder were split into groups and either assigned social support, or support from a clinical dietitian who prescribed food intakes reflective of the Mediterranean Diet; lots of vegetables, fruits, whole grains, legumes, fish, lean red meats, olive oil and nuts.

At the end of the trial, a third of those in the dietary support group met criteria for remission of major depression, compared to eight per cent of those in the social support group.

“It also supports the previous extensive research from human population studies and animal research suggesting diet is a key determinant of mental and brain health,” Professor Jacka said.

The study suggests the new possibility of adding clinical dieticians to mental health care teams and making dietitian support available to those experiencing depression.

We can’t ignore the drastic rise in such neurological challenges in recent generations and, with mounting evidence pointing at the gut as a main player in this equation, dietary interventions that effectively modulate our gut microbiome continued over
Probiotics and prebiotics – friendly companions for your gut

Probiotics and prebiotics work together to help the growth of your body’s healthy bacteria and support healthy digestion.

Probiotics are types of ‘living’ friendly bacteria similar to those that inhabit your digestive tract. Probiotics allow more good microorganisms to enter your system and keep your gut well-balanced and smooth, replenishing the live cultures already there. Cultured or fermented foods such as yoghurt, buttermilk, aged cheese, sauerkraut, sourdough bread, miso, tempeh and kombucha are great sources of probiotics. Probiotic supplements can support the immune system and recovery after antibiotics.

Prebiotics are ‘non-living’ food ingredients that reach the large intestine unaffected by digestion, and ‘feed’ the good bacteria in your gut, helping them to grow and flourish. Prebiotics supplements are available and can also be found in legumes, rye, whole wheat products, artichokes, onions, cabbage, garlic and chicory root.

Synbiotics is the term used when probiotics and prebiotics are combined; it refers to the synergy of using them together to feed the human microbiome. The probiotics provide the live active bacteria and the prebiotics or soluble fibre provide the food for the probiotics survival.
A head start for a healthy heart

Nutra-Life Kyolic® High Potency Formula supports a healthy cardiovascular system by helping to maintain the health of blood vessels. This formula may also assist in the maintenance of normal blood pressure and cholesterol levels in healthy individuals.

To find out more ask your healthcare provider about Nutra-Life Kyolic® High Potency Formula.

www.nutralife.com.au

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.
Kale’s top tips for improving your gut health

Regardless of the mechanistic functions of how these little microbes work on and inside of us, for you and me it comes down to this big question. How do we take such science and turn it into actionable health interventions in the home?

Commit to eating a wholefoods diet
Include lots of vegetables, fruits, whole grains, legumes, fish, lean red meats, olive oil and nuts.

Eat lots of colourful vegetables
Fruit and vegetables fall into five different colour categories: red, purple/blue, orange, green and white/brown. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and some of their healthy properties.

Take a high-grade probiotic supplement
Probiotics are live bacteria and yeasts that help balance your ‘good’ and ‘bad’ bacteria in your digestive system to keep your gut healthy.

Kale Brock is a journalist and researcher in gut health and primal living. A qualified health and exercise coach, Kale has worked alongside some of the best naturopaths and health personalities in Australia.

THE GUT HEALING PROTOCOL

Kale Brock’s Gut Healing Protocol focuses on healing the lining of the gastro-intestinal tract and provides a simple action plan with validated references to help you improve your gut health and overall vitality.

With nine years of research behind him, the health journalist and coach dives into one of the hottest topics in health science right now!

In this beautifully researched and presented book, Brock shares:
- a scientific round-up of the gut and how it influences your health
- world expert views on the microbiome and the roles of various microbes
- why eliminating certain foods can drastically decrease gut inflammation
- how adding certain foods and supplements assists healing the gut lining
- a comprehensive, gentle eight-week program
- stunning, delicious recipes to help you heal your gut lining and rebalance your microbiome.
The secret to winter wellness

Go Vita health consultants have compiled a list of top tips to staying well this winter – so if you don’t want to be hit by the highly virulent man flu or the slightly less fatal woman flu this year – read on!

1 Scrub up
Wash your hands! That’s the number one rule for keeping seasonal nasties out of your system. Although it’s something that’s drummed into us during childhood, it seems as if we’ve forgotten how important it is. Scarily, only 75 per cent of females and 58 per cent of males wash their hands.

2 Get more sleep
Getting enough rest and plenty of sleep is crucial if you want your body to avoid winter ills. During sleep, the immune system’s fuel tank is topped up. Additionally, the natural hormone called melatonin that is released at night, not only encourages sleep, it also supports the immune system. In a study published in 2009, people who slept less than seven hours per night over a two-week period were nearly three times more likely to get sick after exposure to a cold virus than people who slept more than eight hours.

3 Take a multi
Multivitamins have many health benefits. In the short-term, you can expect increased energy levels, less stress and a better resistance to infection. On a long-term basis, benefits include improved immune health. So even if you don’t take a multi at any other time of the year get onto one now.

Herbal support for little ones.
Put your mind at ease this winter with Kiwiherb’s premium quality children’s products. Containing certified organic ingredients, for parents seeking gentle and quality health alternatives for their children, Kiwiherb is the parent’s choice.

www.kiwiherb.com.au

*Kid’s Calm supports sleep & may help relieve nervous unrest. De-Stuff for Kids may aid in the relief of upper respiratory tract congestion. De-Stuff Rub contains essential oils, traditionally used in herbal medicine to assist in the relief of mucus congestion & minor cough. Always read the label. Use only as directed. If symptoms persist see your doctor or healthcare professional.

CHC 71358-04/16
**Go herbal**

Consuming olive leaf extract may very well improve your immune system’s capacity. Studies suggest that olive leaf extract’s main active ingredient, oleuropein, has a beneficial effect against disease producing micro-organisms through its effect on natural immunity. Taken daily, it may help to reduce the risk and incidence of upper respiratory tract infections. While good as a preventative olive leaf extract is also a useful treatment option in acute situations, as it helps soothe a sore throat, relieve a cough and reduce nasal congestion.

**Take a probiotic**

Besides keeping your gut in good health, probiotics can also help your immunity. Recent research has shown probiotics are helpful for boosting the immune system and supplementing or consuming probiotic-rich foods are a useful strategy in the prevention of colds and flu.

**Move more!**

Don’t use winter as an excuse to avoid exercise, as it might just stop you from catching a winter bug. Exercise can flush bacteria and waste from the body through the lungs and via sweating. This is believed to reduce the chances of developing colds and coughs. The key is exercising regularly at a moderate intensity. English research published in the *Journal of Applied Physiology* found that high-intensity exercise lasting for more than 90 minutes can decrease immune function for up to a day after the exercise session.

**Chill more!**

Ongoing stress has a detrimental effect on the immune system, and may increase your risk of contracting upper respiratory tract infections. This is not referring to isolated incidence of stress, but to the accumulated effect of ongoing stressors such as work stress, relationship problems and grief. Holy basil is an Ayurvedic herb that’s traditionally been used to help the body and mind cope during times of stress. Fermented Holy basil liquid supplements are ideal and convenient to take daily.

**Check your protein!**

One of the vital roles protein plays in your body is supporting the immune system. Your immune system is made up of proteins and too little protein can weaken it. Add a protein shake to your daily routine, particularly if you are exercising. Go Vita stores have an extensive selection of proteins – from whey, plant source, paleo, fermented etc – chat to a health consultant to find the best one for your needs.

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**Bone Health is not just about Calcium?**

**Vitamin K is important for bone health**

Essential Nutrition’s Vitamin K2 has been formulated with MenaQ7, a patented form of Vitamin K2 as Mk-7.

Vitamin K2 or Menaquinone 7 is new to the Australian Market.

**Essential Nutrition Vitamin K2**

Helps maintain normal bone mineral density.*

Supports the development and maintenance of strong healthy bones.

Always read the label. Use only as directed.

*in healthy individuals
Aloe vera is the famed first aid gel great for burns, bites and bleeds. This succulent spiky spear also settles digestion, diabetes and infections. **Caroline Robertson** discovers the healing benefits of the aloe angel.

An aloe a day keeps disease away according to ancient advocates. Known as the ‘Plant of Immortality’ in Egypt and the ‘Universal Panacea’ in Greece; Cleopatra applied aloe for beauty and Alexander the Great used it to heal wounds. In India it’s prized for regenerating the female reproductive system earning it the Sanskrit name Kumari or virgin girl. Christopher Columbus exalted aloe, “Four vegetables are indispensable for the wellbeing of man; wheat, grape, olive and aloe. The first nourishes, the second raises his spirit, the third brings him harmony and the fourth cures him.”

Today aloe is amongst the most popular herbs for health and beauty with an estimated annual market value of $13 billion globally. Quality is key with aloe vera as it must be prepared properly to remove excess laxative anthraquinones. The safest form is 100 per cent organic Aloe vera barbadensis from the inner leaf, rich in over two hundred nutrients. The whole leaf form can be more irritating to the gut and skin. Consider an initial allergy test by drinking 5ml liquid or applying a small circle of gel on the skin for 12 hours before proceeding.

Look on the label to check the product is free from nasty additives and that aloe is the main ingredient for optimal potency. As aloe vera juice has a bitter taste, if you can’t take it straight blend it with antioxidant berries, energising acai, antioxidant green tea or immune boosting citrus fruits.

**Hello aloe!**

Aloe is juicy with 99 per cent water and a wealth of vitamins, minerals, amino acids, antioxidant anthraquinones, enzymes, fatty acids, polysaccharides, salicylic acid and saponins. Take advantage of aloe’s cleansing and empowering properties through the following applications.

**Skin shield**

Taken internally, aloe vera juice cleanses and cools the blood, liver, colon and reproductive system. This makes it effective for relieving hot conditions such as rashes,
acne, liver disorders, menopausal flushes and painful periods.

With its reparative betacarotene, vitamin C and E content externally aloe vera is effective for wrinkles, herpes, hemorrhoids, sunspots and fungal infections. According to studies aloe also nurtures faster, less painful healing than medical silver sulfadiazine in burns and soothes sunburn. It’s a perfect protective moisturiser for oily skin and an effective aftershave. Aloe’s auxin and gibberellins are anti-inflammatory for acne and promote cell renewal in scars, stretch marks or aged skin. Aloe can also assist eczema and psoriasis with one study showing that aloe gel has anti-inflammatory effects superior to one per cent hydrocortisone cream. When applied directly to a wound aloe’s anthraquinones have an anaesthetic and antibacterial effect. Applied to the nails aloe acts as a bitter nail-biting deterrent.

Digestion
The enzymes contained in aloe vera help break down food and therefore aid digestion. Evidence is still inconclusive as to whether aloe helps IBS. In my twenty years clinical experience small doses of 20ml a day promote softer stools and gently clear intestinal toxins without aggravating bowels. Clinical trials have shown aloe’s efficacy in healing ulcers, eliminating helicobacter pylori and reducing acidity.

Colon cleanse
Aloe’s bitterness decreases your waist and waste by increasing enzymes and bile, emulsifying and eliminating fats from the body. As aloe absorbs four times faster than water and deeper, toxins in the colon cling to the jelly and are drawn out through its gentle laxative action. It alkalises the body and increases the absorption of key vitamins including B12.

Aloe army
Aloe vera’s anti-viral action is being used against HIV and HSV with notable success. It mobilises our immune macrophages and arms immunity with antioxidants. Aloe vera’s antimicrobials include sulphur, lupeol, salicylic acid, cinnamic acid, urea nitrogen and phenol. These natural antiseptics help eliminate bacteria, viruses and fungi.

Aloe against aches
When taken orally, aloe’s twelve anti-inflammatory agents can ease swelling and stiffness in conditions like arthritis, bursitis, colitis and fibromyalgia. Some studies also show it can assist asthma-related respiratory inflammation.

Diabetes
Research reveals that aloe vera can help lower blood sugar in type-2 diabetics and reduce visceral fat. Aloe also contains three phytosterols that assist lowering cholesterol.

Kissing clean
Aloe’s an effective mouthwash reducing plaque better than chlorhexidine according to a 300 person study. Aloe also blasts bacteria Streptococcus mutans and Candida albicans. In toothpastes aloe controls cavity-causing oral bacteria. According to the Journal of Ethnopharmacology aloe vera gel also combats mouth ulcers, gingivitis, bleeding and periodontitis.

Caroline Robertson is a naturopath and first aid trainer based in Sydney. For consultations, courses and health retreats contact http://www.caroline.robertson.com.au
Are you equipped to deal with an accident? Bruises, burns, breaks, strains and stings can strike at any time. Prepare for life’s inevitable injuries with a kickass first aid kit.

As a first aid trainer and naturopath I’ve seen how first aid tools can patch up a problem, prevent complications and promote rapid recovery. For complete care add nature’s nurses to your bandages and band-aids. Stock the following easy and reliable remedies to help you through hard times.

**Arnica** for ouches! Kids are constantly falling down, hitting their heads or hitting others! Arnica makes ouches better by reducing pain and swelling. For centuries arnica has been the premier anti-bruising herb for sprains, sports injuries, phlebitis and osteoarthritis. It not only eases aches but fades a black bruise fast. All thanks to arnica’s powerful anti-inflammatory helenalin and vasodilating thymol content. Arnica can assist any bruise-like pain such as carpal tunnel syndrome and osteoarthritis. It was found to be as effective as NSAIDS in the treatment of osteoarthritis in a study published by *Rheumatology International*. Arnica also banishes bruises better than vitamin K formulations according to Northwestern University’s Department of Dermatology.

**Calendula** for cuts This magical marigold is a super skin healer. Calendula contains fantastic flavonoids, linoleic acid, antifungal, antimicrobial and anti-inflammatory agents that are invaluable for inflamed, cracked, chapped or split skin. It’s indispensable for mothers as it works wonders for cracked nipples from...
aid essentials

breast feeding, nappy rash and eczema. This golden balm is unbeatable for skin repair after chemotherapy and radiation. As calendula increases blood flow and oxygen to wounds it fast tracks tissue repair in cuts. Stubborn sores such as ulcers, boils and bedsores benefit from calendula cream. Calendula’s antifungal action also eases jock itch and tinea.

**Comfrey for bones**
Also known as bone knit, comfrey is the remedy to reach for with fractures, tears or sprains. Comfrey has a proven historical record for accelerating bone and soft tissue healing. Its allantoin, steroidal saponins, rosmarinic acid and tannins team to increase cell growth. Comfrey also soothes swelling, inflammation and dryness. Comfrey isn’t advised internally due to its potentially poisonous pyrrolizidine alkaloids.

**Tea tree oil for infections**
This versatile oil has a potent antiseptic action making it an excellent wound and bite remedy. For clear skin wet a q-tip, dip in tea tree and dab on a pimple or cold sore to dry it out overnight. Its pinene properties make tea tree a terrific decongestant as steam inhalation for coughs, colds and congestion.

Regarding all these remedies always check for allergies and only use externally as directed on label.

Caroline Robertson is a passionate practitioner and teacher of natural therapies and first aid. For consultations, guided meditations and health retreats please see http://www.carolinerobertson.com.au
Astra 8° - Contains herbs traditionally used in Traditional Chinese medicine to promote a healthy immune system

ActiViral® - Assists in management of viral infections causing the common cold

Cold & Flu - May reduce the severity and duration of cold and flu symptoms

Cough Lung Tonic™ - Relieve coughs (productive or unproductive)

Vitamin C 1000 Advanced™ - with Elderflower traditionally used in Western herbal medicine to help manage colds, flu and hay fever

Zinc Advanced™ - Nutritional immune support

Use only as directed. Always read the label. If symptoms persist consult a healthcare professional.

*Your Immune Health Squad: ActiViral® - Supports healthy immune function; Astra 8° - Traditional Chinese medicine tonic to support immune health; Cold & Flu - Contains herbs traditionally used in Traditional Chinese Medicine to stimulate the immune system; Cough Lung Tonic™ - Traditional actions support normal immune function as used in Traditional Chinese medicine; Vitamin C 1000 Advanced™ - support healthy immune defences; Zinc Advanced™ - Helps to maintain normal/healthy immune function.
Tree of Life gives to war vet

From the Australian Army to sustainable coconut sap farmer, Michael Le Serve is finding new life in the health benefits of coconut and ethical business.

Putting people before profit, Michael and his wife Mary Joy founded Cocoearth’s Super Foods in 2013 to promote organic, ethical, and sustainable coconut farming, distribution, and consumption.

Born and raised in Wollongong, Michael joined the Australian Army in January 1987 where he was initially posted to Field Force Command, Victoria Barracks. There he underwent the gruelling Physical Training Instructor course and was one of only three to pass from 40 applicants. He was later deployed to Namibia (South West Africa) on a peacekeeping mission attached to Operation UNTAG in 1989 where he was in the middle of three major conflicts involving the Angolan Civil War, the Zimbabwe Campaign and the Namibian Campaign.

During one mission, he was lost in the desert after his vehicle was hit and rolled into a ditch while transporting four British freelance journalists. Dazed and injured and with the help of a local tribesman, he made the 200 km journey back to base on foot and was the first “Missing in Action” soldier since Vietnam.

Following his recovery in a Swiss field hospital, he was finally posted to 3RAR (3rd Royal Australian Parachute Regiment) also known as the Red Berets for further deployment missions and was discharged a few years later.

With physical injuries and Post Traumatic Stress Disorder, returning to civilian life was a struggle and Michael’s first marriage broke up. He later became one of the first veterans to enter the Homes for Heroes program at the ANZAC Village in Collaroy, where he studied business on a scholarship from the Prince Charles Foundation for Veterans.

Taking his learnings and keen to share the advantages of the sap from the ‘Tree of Life’, the Coconut Tree, Michael started Cocoearth’s Super Foods with Mary Joy about five years ago. He farms the coconut sap in the Philippines near where Mary Joy’s family live. The whole family are educated at a private agricultural college and live off the land. Michael employs the family and local community to gather and process the Cocoearth’s Super Foods products in the Philippines, then ships them to Sydney.

All of Cocoearth’s Super Foods products are produced from the sap of the coconut tree. The ‘honey’ contains 17 essential amino acids, which our bodies can’t get from our regular daily diet. It is diabetic and vegan friendly with medicinal properties. There are no bees involved in making the honey and the GI (glycemic Index) is only 35.

Michael and Mary Joy now live in NSW with their three-year-old daughter, Hope.
Colds and flu are the pits. Although they’re usually not very serious, it’s easy to feel sorry for yourself when you’re struggling through a sore throat, runny nose, pesky cough or pounding headache.

Luckily, there are natural solutions available that may help to relieve your symptoms, and in some cases help to resolve them more quickly. Read on to discover some of the most important.

**Echinacea helps ward off colds**

Echinacea has long been used to support immune health in traditional Western herbal medicine, and in particular, may help to fight off colds and other mild upper respiratory tract infections (URTIs), while also helping to relieve the associated symptoms and shorten their duration.

**Andrographis relieves cold symptoms**

Andrographis has traditionally been used in Chinese, Ayurvedic and Thai herbal medicine to relieve mild infections, especially when accompanied by fever.

A clinical study involving 223 people with upper respiratory tract infections (URTIs) found that the symptoms of people taking an andrographis extract (3g daily) were significantly improved compared to the symptoms of people taking a placebo supplement. In particular, relief was noted for symptoms of sore throat, fever, runny nose, cough and headache, and overall, andrographis was shown to be 2.1 times more effective than placebo at relieving URTI symptoms.

How likely are you to catch a cold this year?

On average, adults experience 2-4 episodes of the common cold each year, while children experience them more frequently, averaging 5-10 per year. The reason we’re so susceptible to them is that colds can be caused by up to 200 different viruses, and our bodies can only develop specific immune defences against those that we’ve encountered before.

If you’re prone to experiencing recurrent colds and flu over the winter months, it may be worthwhile taking extra care to ensure that you don’t get run down. At the same time, consider taking immune-supporting herbs throughout winter to help keep your resistance boosted.

For example, in traditional Chinese medicine, astragalus is regarded as an immune system tonic, and is taken to help manage recurrent episodes of colds, flu, sore throats and URTIs, and to support recovery after them.
A group of compounds called andrographolides is believed to be largely responsible for the immune supporting effects of andrographis, so when choosing a supplement, look for one that’s been standardised to provide consistent levels of them in each dose.

**Isatis, honeysuckle and forsythia have antiviral properties**

Isatis, honeysuckle and forsythia are Chinese herbs that have traditionally been attributed with cooling properties, and used to relieve symptoms associated with heat – the inflammation and burning pain associated with a sore throat is a classic example.

Laboratory studies suggest that all three of these herbs have antiviral properties, which may help to explain their traditional uses against colds, flu and other mild infections.

**Elderflower: natural decongestant**

Got the sniffles or a blocked nose? Elderflower is traditionally used in Western herbal medicine to relieve a runny or blocked nose. It may be beneficial for other symptoms of colds and flu too, including a sore throat, fever or cough.

**Vitamin C and zinc support immune health**

Vitamin C and zinc are both renowned for the important role they play in helping to maintain healthy immune function. When taken together, these two essential nutrients may reduce the risk of developing mild upper respiratory tract infections like colds and flu, and help you to recover more quickly if you do get sick.

Be aware though that vitamin C is naturally acidic, so if you’re prone to digestive upset, look for a vitamin C supplement that contains buffered forms of vitamin C such as calcium ascorbate and sodium ascorbate, which may be gentler on the stomach than ascorbic acid alone.

Similarly, when shopping for a zinc supplement, look for a formula containing zinc glycinate, which is more readily absorbed and utilised by the body than some other forms of zinc, such as zinc sulfate.

Paul Keogh is the co-founder of Global Therapeutics Pty Ltd, trading as Fusion Health. Vitamin supplements should not replace a balanced diet. References available upon request.

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**Chinese herbs for sinus pain and congestion**

Blocked sinuses? A specific blend of herbs called Cang Er Zi San has been used to relieve sinus congestion and pain for hundreds of years in traditional Chinese medicine, and may help to ease symptoms such as sinus and nasal congestion and inflammation, sinus pain and pressure, headaches, runny nose and low-grade fever. Its ingredients include xanthium, magnolia flower and white angelica, which may help to relieve congestion and headache, and Asian wild mint, which is traditionally used to clear the eyes and head.

Another Chinese herb, houttuynia, is traditionally regarded as having anti-infective properties, so may also be beneficial if you’re experiencing uncomplicated sinusitis.

These herbs can be used to relieve mild cases of acute and chronic sinusitis, and are suitable for sinus problems ranging from stuffiness and congestion right through to runny noses.

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**Natural relief for Kids**

While there are a number of natural herbal liquids formulated specifically for children, Go Vita health consultants recommend combining these with a natural chest rub specifically formulated for infants and children. Essential oils such as eucalyptus, pine, thyme and peppermint all have powerful decongestant and antimicrobial actions and when inhaled can give welcome relief. Look for paraben free natural chest rubs at Go Vita.
Which herbs really get results? Scientifically proven super plants are boons for a strong brain and body. Naturopath Caroline Robertson highlights five must-have herbs for health and happiness.

Ashwagandha *(Withania somnifera)*
“Ashwagandha is the ultimate anti-stress, aphrodisiac, energy tonic,” says Ayurvedic doctor Rama Prasad. Ashwagandha amps up our passion and performance in all arenas including the bedroom. It increases testosterone, sperm count and motility in men giving them vigor and virility. It also balances the thyroid and female hormones. As ashwagandha lowers cortisol it creates calm clarity, slowing adrenal overdrive. It’s long list of proven effects include lowering LDL cholesterol, lowering blood sugar, decreasing inflammation, easing anxiety and increasing muscle mass. Known as India’s best rejuvenating herb ashwagandha helps recuperation from any condition as it reduces anxiety, insomnia and depression associated with debility. A 60-day study of 64 people with stress showed a 69 per cent reduction in anxiety and insomnia after ashwagandha. Remember this remedy when your memory lapses as its brain benefits include reversing amyloid peptides associated with dementia.

A 60-day study of 64 people with stress showed a 69 per cent reduction in anxiety and insomnia after ashwagandha.

Chaste tree *(Vitex agnus-castus)*
This popular hormone herb helps a whole range of woman’s issues. Chaste tree is a girl power plant promoting peaceful periods and preventing PMS by modulating prolactin, increasing luteinising hormone and inhibiting follicle-stimulating hormone. One study showed that after taking vitex over three months, 93 per cent of patients had improved PMS symptoms or a cessation of PMS. It has also been shown to subdue fibroids, hormonal acne, menopausal symptoms, endometriosis, fibrocystic breast disease and menstrual migraines. Chaste tree can increase fertility by stimulating ovulation thus normalising progesterone as shown in a study where 48 infertile women took it for three months and seven became pregnant while 25 balanced their hormones. Chaste tree also assists deep sleep by increasing melatonin secretion.

Grape seed extract *(Vitis vinifera)*
Grape seeds stimulate circulation, sweep cells clean and create strong connective tissue. Their antioxidant resveratrol appears to have anti-cancer activity and protects the heart along with being a blood thinner. No wonder wine-sipping French have lower heart disease than Americans! Grape seed’s proanthocyanidins insulate cells against degenerative damage and are 20-50 times more potent than betacarotene, vitamin C or E. Consider grape seed extract...
if you want to prevent saggy skin, varicose veins, haemorrhoids, cold extremities, numbness and retinopathy such as macular degeneration and cataracts. Grape seeds’ campesterol lowers LDL cholesterol and its tocopherols inhibit fungus. As a great tissue healer, grape seed speeds recovery from surgery and injuries. Grape seeds can also help hay fever and allergies with their natural antihistamine action.

**Milk thistle (Silybum marianum)**

Love your liver and live a long life with milk thistle, also known as St Mary’s thistle. As Dr Sandra Cabot advises, “If you stop thrashing your liver into an early state of exhaustion, you will add many years to your life.” Our liver has to process an onslaught of toxins over time. Fortunately milk thistle offers protection from poisons such as pharmaceuticals, pesticides, recreational drugs, alcohol, environmental toxins and oxidated fats. It’s also the only emergency antidote to death cap mushroom poisoning. Milk thistle’s main hepatoprotective is silymarin which guards liver cells, stimulates liver regeneration and is anti-inflammatory. This makes it invaluable for difficult diseases such as hepatitis C where in one study it reduced the viral load in seven subjects to undetectable levels after 14 days.

Its slightly oestrogenic properties can increase breast milk production and prompt delayed periods. If you’re at risk of gallstones consider milk thistle to clear sludge by boosting bile flow. Avoid milk thistle if you’re allergic to ragweed herbs.

**St John’s wort (Hypericum perforatum)**

Are you a worrywart? St John’s wort has been used for centuries to settle the nerves and nerve pain. Modern research reveals hypericum can lift depression through its healing trinity of hypericin, hyperforin and pseudohypericin. These increase circulating levels of four key neurotransmitters (serotonin, noradrenaline, dopamine and gamma-aminobutyric acid) to decrease depression. To be effective the hypericum preparation should contain a minimum of 0.75mg hypericin standardised extract in the daily dose and may take up to four weeks to yield results. Hypericum can also be used internally and externally to relieve pain and promote healing in bruises, herpes, sciatica and shingles.

Please seek advice from your health professional before taking herbs particularly if pregnant or on prescription medications.

Caroline Robertson is a seasoned Sydney Naturopath with a deep conviction in the efficacy of herbs. For consults, courses or health retreats visit www.carolinerobertson.com.au

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**Elderberry, Echinacea & Olive Leaf** is a great tasting blend of traditional herbs that may help reduce the severity and duration of colds, flu and mild upper respiratory tract infections.

**Herbs of Gold** – Producing herbal and nutritional supplements since 1989.

Not to be used in children under two years of age without medical advice. Contains potassium sorbate. Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.
Austrailian brand Niulife, the 100% not-for-gloss social enterprise coconut company, estimates they help support over 5,000 Solomon Island villagers through the production and sale of their extra virgin coconut oil.

Long before Thankyou Water, Niulife started operations as a social enterprise for the coconut industry, providing the purest coconut oil to market while creating sustainable local economies and giving all its profits back to the Solomon Island communities it supports.

Niulife General Manager, Castaly Lombe, says they are erasing poverty and empowering lives in some of the world’s poorest coastal communities. “We do this by helping local villages set up their own independent, sustainable, thriving enterprise - helping them turn readily available coconuts into cash flow. Our mission didn’t start in a boardroom. It began in 1974 on a remote island where orchids grew on coconut trees and people were hungry for change. Niulife was founded in 1994 by Dr Dan Etherington, an agricultural economist at the Australian National University in Canberra and his wife Maureen. Back then virgin coconut oil (VCO) was unknown in Australia and around the world. It’s because of what we’ve done over the past 23 years that it’s become an industry,” she said.

When founder Dr Etherington invented the DME® extra virgin coconut oil press and process he changed the game forever. Back then coconut oils were made on the mainland from highly processed ‘copra’. Niulife’s DME (direct micro expelling) process means local families can hand-make fresh coconut oil within an hour of opening the coconut without the need to leave the village and family.

Unlike the production of copra, which is backbreaking work dominated by men, the DME system can be operated comfortably by women, youth and even the disabled, providing opportunities for everyone in the village. Which means that people in cash poor and vulnerable remote island communities have the means to make a good living in their own village. Income generated from virgin coconut oil sales flow back into the whole community.

“Villagers can earn more than five times what they would make if they made copra for overseas factories. Niulife creates jobs and flow on opportunities in the village. With many cheaper, factory-made coconut oils rapidly flooding the market, the livelihoods of villagers producing DME premium coconut oil depend on consumers knowing the difference and voting with their dollar. Their livelihoods depend on consumers choosing this oil when they purchase,” she said.

One hundred per cent of all the profits from all Niulife products go back to the villages via the charitable foundation that funds the DME Village for Life™ Empowerment programs. In partnership with individual village enterprises, Niulife Village for Life Support Teams equip locals with the knowledge, tools and skills they need to set up and sustain their own independent small business and micro economy.

Go Vita is a proud stockist of Niulife products, with the knowledge that every purchase helps create a sustainable future. ☀️
Nut-free caramel slice

Serves 8-10
Prep time 30 mins

Ingredients: Base
• 1 cup oats
• 1 cup coconut, shredded
• Pinch Himalayan salt
• 1/2 cup buckinis (activated buckwheat)
• 1/2 cup rice malt syrup

Method
1. To make slice base, reduce oats to small crumbs in the food processor.
2. Add coconut and salt, pulse.
3. Add buckinis and pulse briefly.
4. Add rice malt, and process until combined and sticky.
5. Press base into medium-sized slice tin lined with baking paper and set in freezer.
6. Make caramel by processing all ingredients until smooth. Spread caramel over base.
7. Freeze.
8. To make chocolate layer, whisk ingredients until well incorporated. Spread chocolate evenly over slice and freeze.
9. Remove from freezer 30 minutes before serving. Slice and enjoy.

Note: You can double recipe to get large sized bars.

Ingredients: Caramel
• 2 cups medjool dates
• 1 cup tahini
• 1 cup rice malt syrup
• 1/4 cup coconut oil
• 1 tsp natural vanilla extract
• Pinch Himalayan salt

Ingredients: Chocolate
• 1/3 cup cacao powder
• 1/2 cup coconut oil
• 1/4 cup maple syrup

With thanks to Taline Gabrielian, founder of Hippie Lane for this delicious recipe! Taline is an expert raw treat maker, and founder of the Hippie Lane mobile recipe app (iPhone/android) www.hippielane.com.au

This recipe is: raw, vegan and free from refined sugar and dairy.
A weekend warrior’s guide to nutrition and hydration

W hen Friday rolls around and you’ve worked hard all week; the weekend warriors amongst us are already planning how to exercise hard for the next two days! If that’s you, then focusing on good nutrition and hydration, will get you to Monday injury free! Sports scientist, Andy Garlick explains.

Exercise is important to your overall health and wellness – it improves your blood pressure, your cholesterol level, your glucose metabolism and your mood. If you choose to fit your weeks’ worth of activity into two days then so be it! You might be training or competing for an event, hitting the gym hard or participating in a specific sport. Whatever it may be, after a week of inactivity, you have to accept that you are more at risk of injury than the person who spreads their activity over the whole week. So what should you do to make sure your weekend exercise sessions pass without incidence?

Warm up

Particularly if you’re fatigued from the week, warming up properly can prevent injuries, by warming up your muscles they are more elastic and less likely to tear, so strains and sprains are kept at bay. If you still end up with a sprain or muscle fatigue from overexertion then the best treatment is rest, ice, compression and elevation (RICE) – make sure the ice is wrapped in a towel and applied for 20 minutes every two hours. Arnica orally and topically also speeds up healing and reduces pain.

Warm up for at least 5-10 minutes and concentrate on your deep breathing. And don’t forget that cooling down is just as important as warming up to prevent muscle cramps and soreness.

Hydrate

In days gone by hydrate just meant ‘drink lots of water’. Today however, we have a lot more knowledge in this area and recognise that you need optimal absorption of fluids in order to achieve the greatest hydrating effect. Research has focused on achieving maximum hydration with hypotonic formulae which contain a lower ratio of sugar to sodium to water, such as SOS Hydrate. Adding SOS Hydrate to water provides the perfect mix of electrolytes and sugar for...

Go easy on the alcohol!

You may of course be tempted to celebrate your efforts with a few drinks, but be aware that alcohol causes dehydration. Also if you exercise after a night of drinking, your liver is already working hard to rid your body of the toxins in the alcohol, so it will be slower at clearing out any lactic acid that may have built up as a result of your muscles burning glucose for energy. Too much lactic acid can lead to muscle fatigue and cramps, you will more than likely fatigue sooner than if you had just the one drink! For best results always consult a sports dietitian.
Raw Bars with date caramel

Ingredients: Base
• 50g almonds, ground
• 200g dates (soaked in water for at least 10 minutes & drained)
• 50g desiccated coconut
• 75g (2.5 scoops) Balance Naturals Chocolate Whey Protein
• 25g cacao powder
• Pinch of salt
• 5 tsp water

Caramel
• 100g coconut cream
• 24 dates
• 1/2 tsp vanilla essence
• Pinch of salt

Chocolate topping
• 1/4 tsp almond butter
• 4 tsp maple syrup
• 8 tsp coconut oil
• 8 tsp cacao powder

Method

BASE: Blend almond, dates and coconut in a food processor to make a coarse mixture. Add Balance Naturals Protein, cacao and salt. Blend, adding water until the mixture forms a moist dough. Press base mixture firmly into slice tray and let cool in fridge.

CARAMEL LAYER: Blend coconut cream, dates, vanilla and salt until smooth and thick. Smooth the caramel layer over top of the base and put back in fridge to set.

CHOCOLATE TOPPING: Blend almond butter, maple syrup, coconut oil and cacao. Pour over caramel layer and refrigerate for at least an hour.

*continued over*
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For ease and convenience

**NutriVital One-A-Day Herbals**

In a vegan-friendly capsule with no artificial colours, flavours or sweeteners.

**GRAPE SEED 50,000 ONE-A-DAY:** Grape seed supports the health and function of the cardiovascular system and may help maintain blood circulation to the peripheral areas of the body.

**MILK THISTLE 35,000 ONE-A-DAY:** Milk thistle has traditionally been used in herbal medicine as a liver protectant and to assist with the relief of minor digestive disturbances.

**ST JOHN’S WORT 4000 ONE-A-DAY:** St John’s Wort is a traditional herbal medicine used to promote healthy mood balance, traditionally used in herbal medicine to help relieve the symptoms of nervous tension.

**VITEX 1000 ONE-A-DAY:** Vitex may assist in the management of pre-menstrual syndrome; it is also traditionally used in herbal medicine to help relieve symptoms associated with menopause.

Always read the label and use only as directed. If symptoms persist consult your healthcare professional. St John’s wort affects the way many prescription medicines work, including the oral contraceptive pill. Consult your doctor.
optimal hydration. With better hydration you can improve your physical performance.

Research has shown that a two per cent loss in body weight caused by dehydration can reduce your athletic performance by 20 per cent due to your loss of energy and focus. By hydrating properly you can prevent this. Many sports and energy drinks are too sugary and do not contain the right balance of electrolytes and glucose for maximum hydration. In fact what happens with many sports drinks is that the formulation becomes hypertonic ie. too much sugar to sodium to water, which results in the fluids moving through your gastrointestinal tract more slowly and not being absorbed. This can leave you feeling bloated and like you have fluid slushing around in your gut. While uncomfortable it also means that you are not rehydrating properly. SOS Hydrate has sugar at less than 6g per 500ml as compared to many sports drinks with around 32g. It is also important that there are optimal electrolyte levels of sodium, potassium and magnesium to replace those vital minerals lost through sweat, which in turn aids fluid absorption and hydration. SOS Hydrate has around three times more electrolytes than the average sports drink.

Eat right

The number of calories you need to consume daily depends on the duration and intensity of your workouts. For example you’ll burn roughly 100 calories for every kilometre you run, depending on your size and an average gym workout could be anywhere from 300-900 calories. It’s important to eat enough so that you don’t feel weak or faint; however don’t use exercise as an excuse to eat whatever you want. Consuming a wholefood diet is the key.

Focus on preparing meals for the weekend that contain complex carbohydrates such as whole grain bread, whole wheat pasta, brown rice and loads of vegetables. The complex carbs are important as they supply the body with glucose for energy which is stored in your muscles and liver as glycogen and is available for use when needed. Make sure you include healthy fats in your diet too such as avocado, salmon, nuts and olive oil. Eating a diet too low in fat can reduce your performance, as fat is an important source of energy to fuel longer endurance activities. And of course don’t forget your protein intake, vital for your body to build and repair muscles. Lean chicken, eggs, yoghurt and quinoa are all good sources.

When you exercise your body goes into a natural state of muscle breakdown before repairing and then building. So loading your body with protein within half an hour of a workout session ensures you can achieve repair and growth of muscles.

For women it is a good idea to check your blood iron levels. A lack of iron can result in feeling weak and can lead to greater chance of infections. Good sources of iron are red meats and leafy greens though you need to consume a decent amount as iron is not very bioavailable. Iron supplements are an alternative.

Andy Garlick is a sports scientist and director of High Performance Sweat Analyses Centre, the Sweat Lab – thesweatlab.com.au
Are liver spots, pigmentation and acne scarring holding you back from your dream of super smooth, evenly-toned skin? Go Vita naturopaths and beauty consultants have created a nine step plan to get you closer to your dream-perfect complexion!

**1. Avoid sun exposure**
Particularly at the hottest time of the day, between 11am and 3pm, when UVA rays are at their most destructive. Ensure your sunscreen provides broad spectrum protection against UVA and UVB. The UVA rays are responsible for wrinkles and age spots whereas UVB rays cause the burning of your skin. Look for SPF 15 broad spectrum face creams such as the Jojoba Company Protective Day Cream SPF 15.

**2. Drink lots of water**
We know you have heard it all before but keeping your skin cells plump and well hydrated makes a massive difference to the appearance of your skin. Aim for the recommended eight glasses a day; add a teaspoon of liquid chlorophyll – it acts as an internal cleanser and helps promote clear, glowing and youthful skin.

**3. Consume wholefoods**
Limit your consumption of junk foods. The chemicals, oils and sugar contained in junk foods trigger your skin to produce more oil that can clog your pores leading to uneven skin tone. A balanced diet that is rich in antioxidants and omega 3 fatty acids (deep sea, cold-water fish, flax seeds and leafy green vegetables) can help keep your skin smooth and radiant year-round.

**4. Exercise regularly**
Exercise not only keeps you healthy, but also helps to produce new skin cells that are key to keeping your skin tone even.

**5. Exfoliate your skin**
Dead skin cells, developed over time on the skin surface give your skin an uneven tone and dull complexion. By exfoliating you can slough off these dead skin cells to

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**Key contributors to uneven skin tone**

- **Overexposure to sunlight:** By far the most common cause of uneven skin tone is long term sun exposure. The sun damage leads to an excess of the pigment melanin causing isolated dark patches.

- **Hormones:** Hormone fluctuations during pregnancy or from oral contraceptive use can cause havoc on your skin with dark patches appearing.

- **Age:** Ageing plays a role in the formation of wrinkles, age spots (also referred to as liver spots), blotchiness, and rough skin texture.

- **Certain conditions:** Specific skin conditions such as acne, psoriasis and rosacea can lead to uneven, blotchy, rough and dry skin.
flawless skin

reveal newer, younger cells that give you a revitalised appearance. Try The Jojoba Company's Bead and Bamboo Facial Exfoliant which can be used as a mask for deeper exfoliation as well as a general exfoliator.

6 Use a moisturiser
Always moisturise after exfoliating. It not only reduces flaky, dry skin, but also evens out skin complexion and keeps your skin smooth. Look for products rich in antioxidants and vitamins, with a sunscreen. Sometimes deep nourishing creams are necessary for rough dry skin and dull complexions. Try Weleda Skin Food, an award-winning formula, containing soothing extracts and enriching oils, ideal to repair rough dry patches and to help heal acne scars and dull lack lustre complexions.

7 Use a natural pigmentation product
There are a plethora of products and treatments for reducing pigmentation from harsh chemical peels to microdermabrasion that all involve some risks. We suggest a more natural approach with natural pigmentation products such as The Jojoba Company’s Natural Pigmentation Oil. It contains ingredients such as pure jojoba, natural vitamins A and C, and rumex – a natural active ingredient that works to inhibit the enzyme which causes pigmentation. Proven results for rumex show a 25 per cent reduction in pigmentation over a six week period.

8 Apply lemon juice to your face!
A great home remedy to help lighten your skin tone is to apply freshly squeezed lemon juice to your skin and let sit for 10 minutes before rinsing off. Apply moisturiser after treatment. The acidic nature of the juice balances the skin pH and helps even out skin complexion.

9 Stress less and sleep more!
In an ideal world we should have eight hours of ‘beauty sleep’ a night. But in our hectic and stressful world, we are more often than not sleep deprived and our skin shows visible signs of sleeplessness like dark circles and dull skin. A 2010 study found that when we skimp on sleep, our body releases more of the stress hormone cortisol which has been shown to cause inflammation and collagen breakdown which leads to wrinkles, acne and a tired complexion.
**Surprising benefits of bilberry**

Most of you would know that antioxidant rich bilberries are good for your eyes. But did you know your heart, liver and even ageing skin can also benefit from this nutrient dense fruit?

Bilberry, a close relative of the blueberry, contains a diverse range of nutrients from vitamins A, B1, B2, C, E and K to minerals chromium, copper, iron, manganese and zinc. It is also rich in phenolic compounds such as anthocyanins, catechins and quercetin.

Bilberry’s potent antioxidant power makes it useful as a protector against many health problems that are caused by oxidative stress resulting from free radical damage. Free radical activity has a profound impact on your eyesight for much the same reason that it affects your heart and brain – because it damages blood vessels.

Bilberries help boost circulation and strengthen blood vessels. Damaged blood vessels, poor circulation or oxidation of cholesterol can all cause cardiovascular diseases. The heart protective effects of bilberry’s anthocyanins, relate to the prevention of plaque build-up in the arteries, reducing the risk of atherosclerosis and varicose veins. In addition anthocyanins help improve LDL and HDL cholesterol levels in the body. It can also reduce spider veins by stimulating the connective tissue in capillary walls.

Due to their antioxidant properties bilberries are great for keeping your skin soft and supple and reducing acne outbreaks. Bilberry is a great source of quercetin, vitamins C and E, all nutrients that are necessary for healthy, radiant skin.

When it comes to liver health, bilberries help protect the liver through their ability to fight free radical damage and inhibit lipid peroxidation.

Bilberry also has the ability to help manage blood sugar levels, whereby regular consumption can increase the insulin response and boost sugar metabolism. And on a regular basis bilberry can help prevent diarrhoea, indigestion and irritated stomachs.

Fresh bilberries are hard to find in Australia, but when available, an intake of 55-115 grams three times daily is recommended. When taken as a supplement, look for a product that provides around 25mg of bilberry anthocyanosides or anthocyanins, from a concentrated extract.

**Bilberries and your eyes**

As they do in other blood vessels, in the capillaries of the eye, bilberry’s anthocyanins have an antioxidant role, strengthening vascular tone and blood flow. They are advantageous to relieve eye strain and visual fatigue.
Top tips for keeping your eyes healthy

Minimise free radicals
- Don’t smoke, and avoid smoky environments
- Protect your eyes from the sun – wear sunglasses with a high level of UV protection (EPF 10)
- Take precautions against exposure to toxic chemicals and heavy metals
- Maintain a healthy body weight and blood glucose level

Look after yourself
- Include plenty of purple, yellow, orange, and dark green fruit and vegetables in your diet for optimal intake of anthocyanins, lutein, zeaxanthin and betacarotene
  - Any food that’s purple in colour probably contains anthocyanins. Apart from bilberries, they’re present in most other berries including blueberries, blackberries, raspberries, cranberries, and blackcurrants as well as in cherries, grape juice and red wine.
  - Lutein and zeaxanthin tend to be found in yellow-orange and dark green coloured foods including egg yolk, corn, yellow capsicums, and green vegetables such as spinach, broccoli, silver beet and Brussels sprouts.
  - Betacarotene is an orange-pigmented carotenoid that’s also present in a wide range of fruit and vegetables, especially those with yellow, orange, red or dark green colouring.
- Boost your intake of the key eye nutrients vitamins A, B2, C, E, and zinc
- Eat at least one serve of oily fish weekly or take a daily fish oil supplement
- Have regular eye check-ups, especially if you have a family history of eye disorders, and make sure you wear your glasses as directed by your optometrist
- Exercise regularly to maintain healthy circulation.

Flow. By supporting the microcirculation in this way, bilberry anthocyanins aid visual functioning, and help prevent free radical-mediated eye problems such as macular degeneration.

Bilberry anthocyanins appear to be more beneficial for people with vision problems than for those with healthy eyesight.

Anthocyanins also form part of the retinal pigmentation called visual purple, which helps us to see in dim light. This may help to explain the berries’ use by World War II pilots as a tonic to aid visual acuity (sharpness) and to improve the eyes’ adjustment to both dark conditions and glare.

Bilberries are advantageous to relieve eye strain and visual fatigue, a common problem when you are staring at a computer screen all day or doing a lot of fine detailed work.

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Heading into winter support your body with Grateful Harvest’s Fermented Holy Basil (Tulsi) and Fermented Oregano.

Traditionally used to help boost the body’s natural immune system, these organic herbs are fermented slowly to create plenty of the good stuff. Now it’s easy to nurture your body AND enjoy the herbs too!

Our favourite way to savour these easy to absorb herbs is to pour a shot into your favourite glass, add a slice of lemon and top with mineral water (sparkling or still).

No sugar, no calories, vegan and paleo friendly.


NEW from Loving Earth

Loving Earth makers of clean, ethical indulgent treats have taken things to another level – their five brand new chocolate bars aren’t quite like anything you’ve ever tasted before! Taking inspiration from classic flavour combinations the new bars are remakes of familiar favourites, including Banoffee Pie, Coffee, and Turkish Delight. With a playful twist on each flavour Loving Earth has made them in their own distinct way, using minimally processed, wholefood and organic ingredients.

Green Path Organics

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Turmeric Golden Blend

A perfect combination of superfood spices that are 100 per cent natural! Kintra Foods Turmeric Golden Blend contains turmeric, cinnamon, ginger and black pepper. All carefully selected for their abundant health benefits including positive effects on heart and circulation, the immune system, digestion and blood sugar levels – it’s a real superhero blend!

Turmeric latte

Blend 1 tsp Golden Blend with 3 tsp hot water. Mix to a paste. Add warm or frothed milk (ideally almond or coconut). Sprinkle with cinnamon and enjoy!
**New from Organic Road**

The Organic Road product range is 100% certified organic and free from gluten, dairy, artificial colours, flavours and preservatives, paleo and vegan friendly. Organic Road Coconut Cream and Coconut Milk are made from fresh, certified organic coconut flesh, there are no additives, stabilisers, emulsifiers or thickeners. No artificial anything added just 100% pure coconut extract!

Now available at Go Vita.

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**Zen Sport’s Spray**

Warm up and cool down with Zen Sports Spray, a therapeutic massage liniment that helps relieve sports injuries including sprains, general muscle aches and bruising.

Always read the label and use only as directed. If symptoms persist, consult your healthcare professional. CHC 71781-0716

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**Brauer Natural Medicine** has designed their Saline product range especially to help soothe the symptoms of colds, allergies or the flu. Using traditional homeopathic ingredients, Brauer Saline works to remove mucus, helping you and your family to breathe easier – naturally. Gentle enough to use from birth, the Brauer Saline range is the perfect natural remedy for the whole family.

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**Delicious NEW certified natural Tinted Lip Balms from Weleda** now available in three flavours – nude, rose and berry red!

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**Oh so berry nice porrij**

- 1/3 cup Brookfarm Power Porrij or Gluten Free Porrij
- 3/4 cup water, milk or milk substitute
- 1 tbsp Brookfarm Paleo Powerfood
- Handful of sliced strawberries
- Handful of sliced mini kiwi fruit

**Method**

Prepare porrij as per packet instructions, either in the microwave or on the stove top. Place cooked porrij in bowl. Top with Powerfood. Add strawberries and mini kiwi fruit. A drizzle of warm cream to make it extra special.

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Redbank 07 5562 2533
Robina 07 4922 2132
Rockhampton 07 4038 1662
Smithfield 07 5531 1402
Southport 07 5531 1402
Springfield 07 4681 1575
Stanthorpe 07 4681 1575
Toombul 07 3256 6397
Toowoomba 07 3844 9639
Wynnum 07 3396 2563

SOUTH AUSTRALIA
Booragoon 08 9364 7613
Bunbury 08 9707 3248
Claremont 08 9384 7820
Cottesloe 08 9226 4993
Currambine 08 9220 9322
Greenwood 08 9220 9322
Hilton 08 6165 5755
Innaloo 08 9244 4324
Kalgoorlie 08 9201 8509
Midland 08 9162 9729
Ocean Keys 08 9407 8481
Southlands 08 9332 3920
Victoria Park 08 9725 3251
Woodvale 08 9309 2931

VICTORIA
Ballarat 03 5331 5316
Bayside 03 9781 4430
Berwick 03 9707 1148
Burwood 03 9866 3165
Chelsea 03 9772 3614
Doncaster 03 9840 2534
Eastland 03 9870 2010
Epping 03 9408 7779
Ferny Gully 03 9752 2772
Forest Hill 03 9877 5705
Greensborough 03 9432 8401
Hoppers Crossing opening soon
Keysborough now open
Knox 03 9801 5696
Maribyrnong 03 9318 6642
Mornington 03 5976 1180
Ocean Grove 03 5255 4650
OV Melbourne 03 9663 1577
Rye 03 5985 4887
Southern Cross 03 9642 2164
The Glen 03 9687 8979
Torquay 03 9611 3220
Warrnambool 03 5562 3798

WESTERN AUSTRALIA
Booragoon 08 9364 7613
Bunbury 08 9707 3248
Claremont 08 9384 7820
Cottesloe 08 9226 4993
Currambine 08 9220 9322
Greenwood 08 9220 9322
Hilton 08 6165 5755
Innaloo 08 9244 4324
Kalgoorlie 08 9201 8509
Midland 08 9162 9729
Ocean Keys 08 9407 8481
Southlands 08 9332 3920
Victoria Park 08 9725 3251
Woodvale 08 9309 2931
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- Slippery Elm has traditionally been used in Western herbal medicine to help relieve heartburn symptoms and diarrhoea.
- Liverplex is a liquid herbal tonic to help liver detox and relieve indigestion.

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✔ Dairy free formula  ✔ No refrigeration required*

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