



GLO HEALTH

Organic Grocery Store, Vegetarian Cafe & Natural Therapy Clinic

VIP Night @ Glo

Unfortunately as many of you know, our promotional evenings were cancelled.

Many of our suppliers for the evenings import their products from overseas, from areas such as Nepal, India and Tibet. This meant that some of the products we had on order were not in Australia in time to be delivered here to us at Glo.

After much discussion we decided to hold off on the evenings believing that showcasing the full range of promised products at a later date was preferable to just some of them. As we received such a positive response to the last invitation we're giving it another go! - This time for one night only on Thursday December 6th at 7pm.

Still on offer are great ideas for the kids including colouring pencils made from recycled newspaper and card and board games that are made with 100% recycled paper and are printed using vegetable inks.

And don't forget we have the season's best organic foods! Traditional fare made here in Melbourne as well as a few treats from the kitchen here at Glo.

Lisa from Raw Wine and Beer will be here to talk Australian grown and produced organic wine and beer - and will match it to your favourite seasonal treats!

To celebrate the return of summer and the warmer weather we have a range of BambooWare - plates, cups and other picnic and barbeque essentials made from 100% biodegradable, reusable (and dishwasher friendly!) bamboo

We have a range of non-synthetic oil based perfums, made here in Melbourne; men's products made from the finest organic ingredients; luxurious bath and face towels made from 100% certified organic cotton, as well as beautifully handmade book bags from India and bought here in Australia on fair-trade.

We will also have on display a large range of hampers and gift packs - perfect for this gift giving time of year. Our Glo and Massage vouchers also make great gifts.

All the companies and product lines we have chosen have a focus on conscientiousness in their trading practice, concentrating on a fair-trade, organic and sustainable business ethic.

The bar is open for wine, beer and non-alcoholic beverages and you'll still be able to squeeze in some grocery shopping too! Register your interest early and receive 5% off all promotional products on the night. Just hit reply and put your name in the subject line and we'll send you your discount voucher to print off and bring along on the night.

We look forward to seeing you on the 6th.

With warm regards, Vicki and all the team at Glo

Christmas

The festive season is already upon us and Glo has all your favourite foods and goodies to see you through.

We carry gluten free Christmas cakes as well as gluten free Christmas puddings. We also have a range of Christmas treats: Shortbread wheels in macadamia and wattle seed, lemon myrtle or traditional. We have pan forte, siena cake, Christmas mince tarts and praline. Our beautiful Barambah triple brie is great on a cheese platter with organic waterthins, roman wafers or organic Dr. Karg crackers and our range of Organic and Bio Dynamic dried fruits and nuts.

Our organically bred turkeys' are from Bendele Hinterlands and weigh in at 4 - 5 kilos each. These are available by special order only. Christmas hams and other organic specialty meats of the season are also available by special order.

Our beautiful hampers make great gifts for others or spoil yourself! An Aromatherapy hamper; a Breakfast Break hamper for those nights away at the holiday home; a Coeliac's Saviour - an easy pasta dinner and the next day's breakfast all in one; Yas' Sunset Hamper with nibbles, wine, biodegradable picnic ware and a dash of old fashioned organic romance. The Beauty Pamper Hamper comes with foot crème, hand crème and soothing eye oil. Driving up the coast?

Can't leave the children behind? The Keeping Our Kids Happy hamper has everything you need for a peaceful holiday break with healthy treats that they love. We have a Diabetic's Dream with sugar-free brownies, dark chocolate and other delicious treats.

Or come in and make up your own! Select the items you want from our shelves and Yas will wrap it and have it ready for you the following day!

So come into Glo and let us take the stress of the season away for you with our fantastic range of organic and bio dynamic festive products.

Joy, Choice, Happiness Using "ONE BRAIN" Awareness

**Come and experience the benefits of using the Behavioural Barometer
as a tool to identify what you are really feeling
and wanting in any given situation.**

The Behavioural Barometer is used to aid:

- Decision making
- Clarity of thought
- understanding your own emotions
- realising your potential
- access to Joy, Choice and Happiness

**Come to our free talks on either 5th or 12th December, 6-7pm
with Cathy and Cecile'**

Thank You

I'd like to take this opportunity to pass on a big thank you for the support you've given Glo Health this year. Believe it or not we are heading into our third year of trading and as it is our aim to continue with "never ending improvement" we have big plans for the shop in the coming six weeks.

Our grocery will have another large dairy display fridge, extensions to the shelving to add another three metres and we're adding a frozen food fridge.

The cafe will have a new multi-tiered display fridge so that we can present more of our delicious salads, bakes and snack foods.

Additionally we now have two chefs, one cook and an apprentice on rotation in the kitchen. They'll be working tirelessly over the holiday period to extend our current range of food as well as offering a-la-carte on the weekends in the new year.

And last but not least, a Traditional Chinese Medicine Practitioner, Darren Walsh, will be taking over the upstairs Natural Therapy Clinic. Over the break we'll be extending one of the rooms, adding a reception area and adding extra soundproofing.

We currently have twelve practitioners working upstairs but plan to introduce a few more - including a chiropractor and osteopath.

There's so much to look forward to in 2008! Please have a safe holiday break, thank you again for being a part of Glo - we are truly blessed with fantastic customers

See you all next year.

Warm regards, Vicki.

Good News!

Organic food is good for your health!

The biggest study into organic food has found that it is more nutritious than ordinary produce and may help lengthen people's lives.

The evidence from the \$27 million, four year European Union funded project should end years of debate and is likely to overturn official advice that eating organic food is a lifestyle choice and that there is no clear evidence that it is "more nutritious than other food".

The study will be peer reviewed and published over the twelve months, but already one conclusion is clear: organically produced crops and dairy milk usually contain more "beneficial compounds" - such as vitamins and anti-oxidants believed to combat disease.

Nutritionist and spokesperson for Australia's largest organic body, the Biological Farmers of Australia, Shane Heaton, welcomed the study saying, "This adds to the growing body of evidence from around the world that organic produce not only contains less of the things you don't need, but also more of the things you do need in your diet."

"Of course, organic consumers have known this for years", Heaton adds. "This latest research should help everyone else, including some of our leading advisory bodies, to be better informed and catch up with the organic movement".

The study found that organic fruit and vegetables contained between 20 and 40 per cent more anti-oxidants, which scientists believe can cut the risk of cancer and heart disease, Australia's biggest killers. They also had higher levels of vitamin C and beneficial minerals such as iron and zinc.

Carlo Leifert, co-ordinator of the EU funded project, said the health benefits were so striking that moving to organic food was the equivalent of eating an extra portion of fruit and vegetables every day.

"If you have just 20 per cent more anti-oxidants in every portion of vegetables, then it's simply a questions of maths - eating four portions of organic fruit and vegetables is the equivalent to eating five portions of traditional fruit and vegetables," he said.

Researchers grew fruit and vegetables and reared cattle on adjacent organic and non-organic sites on a 293ha farm at Newcastle University, plus other sites in Europe.

"Organic food isn't a luxury," says Heaton, "It's how food is meant to be."

HOLIDAY HOURS

Glo will be closed from 5pm Monday Dec 24th

and re-opening 9am- 6pm, 7 days on Wednesday January 2.

We will resume regular trading hours from 21st January.

Wishing you a safe, healthy and happy holiday season.

We look forward to seeing you all in the New Year!