

Our Natural Therapists

Lenore Bennett:

Relaxation Massage

Vidi Chandra:

NLP, Hypnosis
& Life Coaching

Wendi Fraser:

Lomi Lomi Massage

Raeleen Harper:

Bowen Therapy,

Lymphatic Drainage,

Ear Candles, Women's Massage

Peter Hendrie:

Lomi Lomi Massage

Paula Hill:

Relaxation, Pregnancy,

Therapeutic Massage

Karen Kampf:

Live Blood Analysis,

Naturopathy

Debbie Kennedy:

Homeopathy

Asa Myren:

Yoga

Lexi Newman:

Kinesiology

Alexandria Page-Robertson:

Traditional Chinese Medicine,

Acupuncture, Bowen Therapy.

Diet Therapy

Christina Tolstrup:

Chinese Remedial Massage

Dzung Tran:

Remedial, Therapeutic,

Relaxation, Lomi Lomi,

Deep Tissue, Sport Massage

Beni Turkson:

Nutrition

Darren Walsh:

Traditional Chinese Medicine,

Acupuncture

Iona Wield:

Myotherapy, Massage

Avoid the Winter Bulge – Lose Fat, Look Great and Feel Healthier

The Keto System

The Keto System is a natural fat loss system that uses the body's metabolism to burn fat.

The use of only low GI carbohydrates by the Keto System ensures that the body does not produce high levels of insulin. This is important as high levels of insulin will cause the body to store carbohydrates as fat and stop fat being converted to energy. Similarly, the high protein content of the Keto System is critical as it ensures the maintenance of muscle mass.

Get the right advice

Experts recommend that before you undertake any weight loss program you consult with a Healthcare Professional to assess your current health status.

Your Healthcare Professional is the best person to explain the Keto System to you.

Karen Kampf is a highly qualified and experienced Naturopath. She has two Ass. Dip. in Health Science - Nutrition and Herbal Medicine as well as qualifications in diagnostic skills – Live Blood Analysis. Karen is a recognised member of the Australian Tradition Medical Society and offers rebates from selected health funds.

GLO HEALTH MASSAGE THERAPY CLINIC

is open everyday. We have 9 therapists offering a range of modalities including relaxation, therapeutic, sports, lomi lomi, deep tissue, remedial and pregnancy massage. Choose your treatment by practitioner, the type of massage you would like or even by what day you'd like to come.

Other than aiding relaxation there are many benefits of regular massage therapy. It can improve circulation, lymph flow and immune function; reduce levels of stress and anxiety, restore calm and concentration; it can reduce blood pressure and improve posture. Regular massage treatments also provide benefits of touch, care and nurturing and bring awareness to the body-mind connection.

GLO HEALTH

358 Glenhuntly Road, Elsternwick VIC 3185

Ph: 03 9523 7824

info@glohealth.com.au

Food at Glo

You will be pleased to know we have again achieved a 5 star food rating from Glen Eira Council and were awarded Gold in the council's "Taste 4 Health" scheme. Our new challenge is to offer the healthiest organic food in the world.

We are on a mission to improve our range of organic, nutritious and vegetarian foods. For a start we are cooking with less oil

and we use only the healthiest available, our food will be more peaceful by nature as we are excluding garlic & onion as much as possible and we are expanding our gluten-free and vegan choices.

Keep an eye out for our new range of Glo Dips and take out Soups, Curries and Stews and the introduction of a "hot meal section" to deal with the winter

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blues. And for all those that have asked, we are also working on a catering menu which will be available by request.

We would love to hear your feedback, stick your head into the kitchen and say hello to our two cooks Ayelet & Keren and our apprentice Rex or talk to the girls behind the counter, they would love to hear your thoughts.

Gift and Massage Vouchers

Glo Health now has Gift and Massage Vouchers available in store. The Glo Vouchers come in denominations of \$25.00, \$50.00 and \$100.00 and can be spent on any product at Glo: grocery items, in the Café or on supplements. The Massage Vouchers can be used for any of our Massage Therapists upstairs for a one hour massage. Read about the different types of Massage Therapy available at Glo Health on the back page of this newsletter.



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Diary:

Wine Tasting with Lisa from Raw Wines: Saturday 23rd of June, Saturday 21st of July & Saturday 25th August

CLOSED - Monday 11th June Queen's Birthday holiday.

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You've been into Glo, but did you know?.....

- Our food is organic
- We have freshly baked organic bread delivered Monday – Saturday
- We offer a range of vegan, gluten free and wheat free cakes for any occasion
- We home deliver groceries on Monday and Thursday (within 5km of our store).
- We have fruit and vegetable baskets, fresh from the market, available on request
- We go to the market 5 mornings a week – this means the fruit and vegetables in our store are as fresh as they can possibly be
- We can make Gift Hampers using any of our products in store – tailored to your gift ideas
- We have two parking bays at the rear of our store for customer use - access via either Riddell Parade or Carre Street
- Our kitchen and café are GE free
- We have Massage available every day
- The supplements we stock have been carefully chosen to ensure top-quality and integrity.
- We can order in special requests on some items if we do not already stock them
- We have a five star Food Safety rating from Glen Eira Council and achieved Gold in the Taste 4 Health Awards
- We serve wheatgrass, echinacea & goji berry shots in our juice bar.

**We're grateful that you're a customer.
We love what we do.**

Grocery News

With winter finally here the long cold nights turn our thoughts to foods that are comforting, warming and good for the body and soul. Slow cooked one-pot dishes are the way to go, soups, stews and curries that are easy to prepare and share with friends and family. As the flavour develops over time, they taste even better the next day so make twice as much and enjoy for twice as long!

Fantastic broccoli, cauliflower and cabbages are arriving from the Harm Family, a Demeter-certified Biodynamic grower based at Mt Whitestone, west of Brisbane. This is one of my favourite growers as they are always producing impeccably clean and consistent vegetables that are full of flavour.

Louis Van Der Broek has been a NASAA certified farmer for close to twenty years, based at Pearcedale on the Mornington Peninsula, he is one of the few remaining organic farmers who travel to the wholesale market to sell his produce. I have been dealing with Louis for five years and it has always been great to talk to him every week. These days we are so far removed from the process of food production it's nice to have that personal interaction and I value getting insights into the way Louis runs his farm and nurtures his produce.

Through winter Louis is growing leeks that would make a Welshman cry, huge and sweet with no toughness at the core. Magnificent dark and glossy Silverbeet and Celeriac, an earthy and flavoursome vegetable with a sweet celery flavour that is fantastic diced in soups or stews or mashed with potatoes for an indulgent side dish.

Some things you may not know about organic wine ...

It tastes the same

Many people expect organic wine to taste different. We believe it tastes even better as the vines are grown with minimal interference and are not sprayed with poisonous herbicides and pesticides, allowing the grapes to reach their full flavour potential.

It's low preservative

Organic wines must contain less than 100 parts per million of sulfur dioxide (a common preservative used in wine). Non-organic wine contains twice this amount or more.

It is good for the environment

No chemicals are used in the vineyard, minimal water use is

encouraged and many vineyards use composts and mulches to replace micro-organisms and nutrients in the soil.

It is free from GMOs

Certified Organic products are the only products guaranteed to be free of GMOs

It has a normal shelf life

Although low in preservative they still have a decent shelf life. As well as the small amount of sulfur that is used, alcohol and tannins both act as natural preservatives.

It's good for you!

Resveratrol, a compound found in red grapes, has been shown to

be beneficial to health by lowering cholesterol and preventing cell oxidation. Researchers have found that grapes sprayed with fungicides commonly used on conventional has 80% less resveratrol.

Here at Glo we have over 25 Organic and Biodynamic wines, including non-alcoholic Sparkling Grape Juice. We are offering taste testing on the 23 of June, 21 July and 25 of August. Come in and join us for a drink. Lisa from Raw Wines will be here to answer any questions you might have.

Be prepared for the winter chills

It's time to brace ourselves for the Winter chill and build up our defense against cold & flu infections. Our immune system is constantly working to keep us healthy & needs a boost every once in a while to enable us to effectively fight off disease-causing organisms in our environment. Here at GLO Health we have a wide range of foods & supplements containing nutrients vital to optimal activity of our immune system.

Must haves for this Winter are:

Astra 8 Immune Tonic – This formula is great for those with demanding lifestyles & under stress who want to prevent infections over Winter. This powerful immune booster should be used prior to infection, not during as it tones every cell in the body, including the infectious ones.

Triplex Greenridge - Triplex is a herbal liquid preparation containing Echinacea angustifolia root, an immune stimulating herb, thought to increase immune cells crucial to fighting infections such as the common cold, bacterial sinusitis and flu-like viruses. Echinacea is also an antioxidant, helping to scavenge potential damage-causing free radicals. This product is best used in the initial stages of colds & flu to shorten the duration of symptoms.

Ethical Nutrients Extra C Powder & Tablets – This vitamin C compound contains various types of vitamin C plus hesperidin, a potent antioxidant. These used in combination are thought to increase bioavailability of Vitamin C in the body & used to prevent & treat infection.

Don't forget to take advantage of seasonal fruit & vegetables containing Vitamin C, such as cabbage, cauliflower, broccoli, green & red peppers, strawberries, oranges, lemons & kiwi fruit. As vitamin C is unstable in certain storage conditions, storage time, transportation & shelf life, it is important to consume fresh, organic produce to ensure presence of Vitamin C in our food.

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