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This Month Glo Health is: Celebrating Our Gorgeous New Look

With a table and window bench now at the front of the shop our diners can enjoy high ceilings and natural lighting. Sitting amongst the fresh produce is very grounding - and a reassurance of what you are seeing is really what you are eating!

All this extra space has finally given our grocery section the opportunity to expand - and they're loving it!

We now have three bays dedicated to personal products (including a new range of organic make

up from Zuiii!), a new confectionary section to include Green and Black's chocolate and we've increased our range of kids' stuff!

It's easier to find what you're looking for now, with products well placed and grouped around the whole store.

For ease of booking a treatment from any of our practitioners we have moved our clinic reception desk to the shop floor. Now located next to our new supplements section our on-floor Naturopath

is there Monday - Thursday to answer your general health questions as well as help direct you to the right therapist in our clinic.

Did you know? Our range of therapies now includes Massage; Homeopathy; Naturopathy; Traditional Chinese Medicine; Reflexology; Acupuncture; Counselling; Nutrition; Reiki and EMF Balancing; Kinesiology and Ear candling.

Our Clinic rooms are almost full to capacity! If you are a practitioner or therapist looking for a space please phone Andrew.

Up the Duff? Cut the Fluff!



Pregnancy is a turbulent time of life. Family life takes off with a to-do list longer than your ever-growing belly, and to top it off, your body just isn't used to having an extra passenger on board for the ride! Many women during this time tend to forget about their own body - they focus on nourishing their baby and forget about nourishing themselves. In this first trimester instalment of our pregnancy special we will discuss the nutrients required for early pregnancy with the focus on your baby. In our second trimester instalment I will focus on discussing how through nutritional medicine you can stay in tip top shape throughout your pregnancy!

Nutritionally speaking, pregnancy is a very high need time, surpassed only by breastfeeding. Eating a healthy and balanced diet throughout this time is of utmost importance. Organic food is a fantastic way to support a healthy pregnancy however there are also some other, very specific nutritional requirements that we have during this period. These nutrients are often required by your baby more than yourself

B vitamins are great during pregnancy as not only do they offer additional energy and the ability to produce breast milk but there are some B vitamins that are specific for your health during pregnancy. Folate (also known as B9) is essential for the development of your baby, particularly in relation to spine and brain health. Folate is clinically proven to decrease spinal tube defects when taken by mum in levels of 600-800mg. B12 is also important for nerve development in the baby and can help mum turn over more red blood cells. This can help prevent anemia in the later stages of pregnancy for both mum and the baby.

Embracing the wonders of the sea is important for an expectant mother. There are a lot of myths surrounding the use of fish oil based products in pregnancy. To begin with there are two distinct types of fish oils, those that are found in a liver oil (cod liver oil, halibut liver oil) and those that are found from the flesh of the fish. The liver oils are not required during pregnancy, and can be detrimental if taken. The flesh oils however

are essential! These oils contain the active constituents EPA and DHA. Both of these and in particular DHA are required for your baby's brain and eye development. In your baby's brain, the DHA incorporates itself into the neuronal membrane, a core part of the brain and the myelin sheath, a protector for signals being sent in the brain. DHA is an essential ingredient in making these parts of the brain develop and function properly. A lot of this development occurs in the last trimester and in the first few months of life, making fish oils a supplement needed for mum even after birth.

The fish oil benefits don't stop at your baby however, they extend to help you too. Post partum depression is common in Australia, affecting almost 15% of new mums. DHA helps to regulate your brain chemicals after birth, decreasing levels of depression experienced. Fish oils really can brighten up life for a mother and her child!

Stay tuned for the second trimester of the newsletter which will cover preparing for labour, and additional nutrients to watch out for!

Andrew Reid

Andrew holds a Bachelor of Health Science in Naturopathy. He is available in store Monday - Thursday or Friday by appointment.

Special Offer!

For all our Mums-to-be we are offering 15% off Pregnancy Multi-Vitamin tablets. Come in and see Andrew.

Quote Unquote

"Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity."

World Health Organisation



Viva la Raw-revolution!

Raw or Living foods are brimming with enzymes. What does this mean? From a scientific viewpoint all cooked foods are devoid of enzymes which are vital for the absorption and digestion of food. Enzymes are the 'life force' or energy contained in living food and are essential for all the chemical processes within the body. Once heated above 45°C enzymes begin to be destroyed and in food heated beyond 50°C they are totally destroyed. Eating enzyme-dead foods places a burden on and eventually exhausts our pancreas and other organs, lowering our immunity and making us more susceptible to pre mature aging, disease and lowered energy.

For optimal health and longevity our body also needs to be slightly alkaline. Many people's diets consist of too many processed foods, sugars, meat, animal derived products, caffeine, carbonated drinks and alcohol which have caused our poor, overstressed bodies to become dangerously acidic.

The number one external symptoms most people will suffer are obesity and the inability to lose weight. This is because the body is highly intelligent and holds onto the excess fat to protect the organs from acidic waste. Also sensitive/weak teeth, ageing, any kind of physical, mental or emotional dis-ease, cancer, diabetes, stomach ulcers, tiredness, irritability, headaches, fatigue, aching joints, arthritis, candida, hormonal imbalances - the list goes on and on!

On a raw (or mostly raw diet of at least 80%) the system is able to re balance and will be more alkaline leaving you looking 10 years younger and feeling like you're jumping out of your skin - as well as protecting you from illness and disease and creating not only a longer but a healthy, vibrant life.

How do you get more raw foods into your diet? It's easy! Start by adding at least one raw vegetable juice to your diet a day (preferably in the morning on an empty stomach). You can start by adding a little bit of apple to it until you get used to the vegetable taste and then try adding more green vegetables like celery, cucumber and spinach.

Fruit in the morning and always on an empty stomach (or half hour after juice) is an awesome way to kick start your day as it cleanses the system. Green smoothies (in a blender not a juicer - add 2/3rds fruit, 1/3rd greens like lettuce, spinach, kale and water. Trust me, you only taste the fruit and you can up the greens as you get used to it) are awesome too.

For all other meals, if you can, make at least 2/3rds of whatever is on your plate a raw salad with a dressing of cold pressed oil, lemon juice and cider vinegar or Braggs. Still have your fish or tofu but swap the veges for a salad or have the veges PLUS a salad.

Take raw nuts and seeds with you to snack on at work and try cutting up celery, carrot or red capsicum into sticks and eat them with a raw pesto or sprouted raw or organic hummus as your afternoon snack.

Make a huge bowl of undressed salad and leave it covered in the fridge. It will keep you going for 3 or 4 days without having to constantly prepare.

If you have a sweet tooth (like me!!) try a raw sweet treat like Naked Sweeties that are 100% vegan, Raw, gluten, sugar and dairy free and 1000% nurturing to the body and delicious!! You and your waistline will love them!

As you're ready, cut down on meat and animal products, tea, coffee, alcohol, bread, sugar and refined foods.

When you first start out on your raw food regime, be gentle on yourself as you may find

at first that the body experiences what's called a 'healing crisis'. This is just the acidic waste being off loaded and racing round your blood stream and into your colon so that it can be eliminated. Better out than in! This stage will pass quickly so hang in there! You can make things easier by drinking lots of water (at least 2 litres a day) and drinking healing teas like nettle or green tea to replace coffee.

Healing crisis symptoms can include those of a cold or flu, general aches and pains, nausea, headaches, skin eruptions or lethargy. It's time to start listening to our bodies, move back to what we know innately is right for ourselves and get back basics as nature intended. Foods in their raw and natural state are brimming with enzymes, amino acids, balanced proteins and carbohydrates and are medicine to our bodies and nourishing to our soul.

As you start feeling awesome (which I PROMISE you, you will, just hang in there for a week or two) you will find that as you incorporate more raw your cravings for the wrong foods will naturally just disappear. You will find yourself craving fruit, veges, juice and naked sweeties! And you can have all of them in abundant quantities! Freely and happily, without counting fat or calories and knowing your body is thanking you for it. You will see the results quickly and you will enjoy renewed energy, weight loss and I guarantee people will comment on how radiant you look!

To live a long, natural, happy and balanced life is your birthright. Somewhere along the way we have been misled, conditioned, and distracted from what is essential; we have lost touch with our innate knowing, naturalness and bliss. Our bodies were not designed to be a dumping ground for dead, cooked and processed foods and as such there is a price to pay for ignoring nature's laws.

So what are you waiting for? Get in the raw and join the raw food revolution and get abundantly happy and healthy today!

It's **Superfoods** the Rescue!

Superfoods are an excellent dietary way to get large doses of vitamins, minerals and most importantly phytochemicals. Superfoods have often been the cure all in many ancient cultures: for instance goji berries are a traditional Chinese medicine for people with low energy or digestive dysfunction.

Superfoods may even be seen as ancient vitamins, tonifying and strengthening the body. It was common among ancient cultures to use these in the same way that we use a multi vitamin

or mineral today - to ensure good health and wellbeing. For people who wonder just how much of a vitamin they are absorbing, this is the supplement for you. Taking in raw superfoods is a great way to help your system function well long term. The ancient cultures who took these prized foods often took them all year round, in some cases they were prized more than many other luxuries.

Replace the spring in your step, maybe you need to embrace some ancient wisdom and introduce the power of superfoods into your diet.

Our Top 5 Superfoods to include in your diet:

Goji Berry; Cacao; Spirulina; Barley Grass; Maca

Come in and ask us about them!



Maca Root



Cacao Bean

Nature's Pharmacy

Grapes hang in a cluster that is the same shape as the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

Avocadoes, eggplant and pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit.

