

Contact Us

Email: info@glohealth.com.au
Phone: (03) 9523 7824
358 Glenhuntly Road,
Elsternwick VIC 3185
www.glohealth.com.au



Make a great career move!

If you've had experience in retail or hospitality and are passionate about organics and health – come and apply for a job at Glo!

Thanks for your support

After an overwhelming response to our customer survey a couple of months back we've trialled opening on Sundays and we want to thank everyone who utilised the opportunity.

Vicki and I have had such fun we want to keep going with it so throughout August we'll be opening 10am – 2.30pm each Sunday with special offers in store each week.

New lines in Glo this month:

The Wholefoods Kitchen: dips and soups range;

Kapai Puku: it literally translates into Good Belly;

Naked Minerals: you love Naked Sweeties now try Naked Minerals!

Capra Cheese: Certified organic goat's cheeses

Cheeki: stainless steel drink bottles;

Ecostore: Back by popular demand! Their range of cleaning products as well as hair products;

Mount Zero olives, relish, dukkah and tapanade;

Sol Gluten Free Breads;

True Organic Edam and Cheddar cheeses

We Come From Good Stock!

We make all our own stocks as the base for our soups, stews and many of our burgers and patties. Stock is the essential base to most winter dishes and there is an art to making a good one.

Our basic stock recipe is gluten free and vegan. In this recipe we include allium but they can easily be omitted.

Makes: 3 litres

3 litres cold water

1 large onion, quartered

1 leek, washed and roughly cut

4 medium carrots

3 – 4 celery stalks (more if omitting allium)

1 bay leaf

2 sprigs thyme

Small handful of parsley stalks

Method: Put everything in a pot and bring to the boil. Simmer for 1 to 1 ½ hours. Strain the liquid. If you like you can leave it to cool and portion the stock into containers to refrigerate or freeze.

A good stock should never be boiled only simmered as boiling breaks down the vegetables and makes the stock cloudy. Most vegetables can be used as stock bases however avoid bitter leaves and vegetables (for example capsicum tops, bok choy, broccoli or celery leaves). You can also use the cooking water from beans or boiled vegetables, both give extra depth to your stock.

Food for Life: The Healthy Vegan

A vegan diet excludes all animal products produced by, or taken from the body of an animal. This means that as well as not eating the flesh of any animal, many other items are excluded in a vegan diet including milk, cheese, honey and eggs to name a few.

The most common reasons for becoming a vegan are ethical commitment or a moral conviction concerning animal rights, the environment, health or spiritual reasons. (source: Wikipedia)

Fortunately there is a growing wealth of "vegan friendly" products available however often not recognized are the special nutritional requirements in a vegan diet.

The most commonly consumed form of protein in Australia is from animal products however there are other good sources of protein from plants. Incorporating grains and pulses (legumes, beans and lentils) are essential to a healthy vegan diet. As with all dietary advice, variety is key so including a balance of various grains and pulses is imperative.

Anemia and iron deficiency are common concerns on a vegan diet. B12 is essential for red blood cell production and is rarely found in plant form. The best source of B12 for vegans is in fermented foods, for example tempeh. Iron is more difficult for our bodies to absorb from a plant source. Ensure that you include lots of green vegetables (particularly parsley) as well as legumes and lentils.

Remember your calcium and D3. These are both imperative for bone health. Calcium can be found in many nuts and seeds as well as leafy green vegetables. D3 is difficult to obtain on a vegan diet. We absorb it from the sun through our skin and it is readily available in meat yet recent studies show almost 85% of Victorians are D3 deficient. There are traces of D3 in sea vegetables however there is little evidence that it is usable for humans and the amounts found are insufficient for our bodies' needs.

Try Herbs of Gold vegan friendly B12 supplement and receive 25% off their vegan friendly D3!

Quote Unquote

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.

Elbert Hubbard



Got Stress? Take a Chill Pill!

There are bills to be paid, disagreements at home to be solved and deadlines to be met. The problem with stress is that although it comes from various areas of our lives, our bodies' do not compartmentalize and we end up overwhelmed with all the pressure we feel under.

Stress manifests a little different for everyone whether through emotional expression or physical behaviours and how the body adapts. Heart disease, high blood pressure and recurrent immune system problems plague the Western world and studies show these health issues are all related to stress.

Many people notice after a particularly stressful period in their lives (exam time springs to my mind!) they seem to fall victim to colds or flus. In reality it is the stress they have fallen victim to. When we are stressed we overproduce hormones (particularly cortisol) which suppress our immune system. When this imbalance returns to normal there can be pathogens in our system which dodged our first defence and need to be cleaned up. This is when you get sick. Nutritional assistance for you immune system cannot be overemphasised. Anyone who has met me knows of my love affair with zinc. When you start to feel the overwhelmed or stressed is a great time to be taking a zinc supplement as well including shiitake mushrooms, onion, garlic spirulina, lemon and ginger in your diet.

The more chronic observations of stress include life threatening disease patterns such as high blood pressure and heart disease which can lead to a heart attack. Physiologically this is easily illustrated by a simple stress response. When people are stressed, their heart rate increases, their blood pressure levels increase and their general anxiety level increases also. This is the perfect environment for heart problems to develop. Blood pressure problems and heart disease are quite insidious creatures, often causing damage without symptom.

The effect of stress on the heart has been recognized since Ancient China. Traditional Chinese Medicine linked the heart and the mind well before westerners saw the connection, believing that the heart is where the mind is housed.

The last factor in our heart link is diet. When stressed people rarely crave healthy foods instead favouring "junk" or "comfort" foods and alcohol. This overindulgence increases cholesterol levels directly affecting the heart.

How can we change our stress responses?

There is a class of herbs called Adaptogenic and they've been receiving a lot of press recently in traditional health journals. An adaptogen is a herb that plays a non-specific but very beneficial role in stress response. In this way adaptogens treat the physiological cause of the associated problems of stress. High levels of stress require treating as close to the cause as possible. Whilst lifestyle

adjustment is the ultimate there are many stress management products (adaptogenic herbs) available on the market. Ginseng is a group of herbs renowned for their ability to increase energy levels and help people "cope" with stress in a more positive way. Various "ginsengs" (Korean Ginseng, Siberian Ginseng, Withania) perform different actions in the body and work in either a stimulating, modulating or grounding manner.

Nutrients to consider during periods of stress are Vitamin C and Magnesium. Vitamin C is found in high levels in the adrenal glands which go into overdrive during times of stress and Magnesium is great for blood pressure control, cardiovascular health and combating muscular cramp and spasms – both classic signs of high stress.

Stress has a holistic effect - it encompasses all aspects of one's life. Remember then treatment needs to be covered on all levels: behavioural, emotional and physical. We've discussed nutritional and herbal remedies but don't forget to take a little "you" time. At Glo we have a range of therapies available and all beneficial for stress management.

Andrew Reid

Andrew holds a Bachelor of Health Science in Naturopathy.

He is available in store Monday – Thursday and Friday or Saturday by appointment.

Fresh from the Market



We've battened down the hatches and are hoping for some good rain this winter – especially in the catchment area. There are many culinary delights to enjoy along the way.

Winter is citrus season – and we have a good supply from Mt Gayndah citrus farm 400km northwest of Brisbane. Certified organic for four years their navel oranges, lemons and limes are all delicious and sweet with a good supply finally available at the market. Blood Oranges have a short season – just two months mid-winter. If you haven't already, come in and try these delicious fruits. Kiwifruits are at their peak June-July-August when both New Zealand and

Australian varieties are available. Our fruits are coming from the Brockoff organic farm in northern Victoria. Botanically kiwifruit is a berry and highly nutritious as it has good levels of vitamin C, fibre and anti-oxidants. Kiwifruits last for a long time in the fridge and ripen quickly when left out. You can hurry the process by leaving them in a paper bag with a banana.

Root vegetables are at their peak in winter and are great in soups, stews, roasted and in salads. Carrots and beetroots are abundant and cheap at the moment.

The versatile potato is available year round. We carry two varieties: Desiree and Nicola. Desiree is a waxy potato: low in starch and high in moisture. It boils well and is great in salads and stews. The Nicola potato is floury: high in starch and low in moisture. Floury potatoes bake, mash and roast beautifully but tend to fall apart in water.

Each market day I hunt out the best available produce for your selection. If there is anything in particular you would like me to look out for, drop me an email or have a chat with me next time you're in store.

Feed us back – we love hearing from you!

If you have any questions or comments please do not hesitate to contact us. Your feedback helps us grow and improve our store and our knowledge. Email me or have a chat to one of our friendly staff next time you're in store.

Dates for your Diary:



Meet the cheese maker. We have an amazing range of certified organic goat's cheeses from

Capra Cheese in Sale. The makers of this amazing cheese will be in store for a chat and a tasting Saturday August 8 from 11 am.

Naked Sweeties: If you haven't already become addicted to these delicious, raw, vegan, organic sweets from Naked Sweeties we insist you come check out the entire range and meet the creator behind these superfood goodies 29 August from 11 am