

Contact Us

Email: info@glohealth.com.au

Phone: (03) 9523 7824

358 Glenhuntly Road,

Elsternwick VIC 3185

www.glohealth.com.au



This Month Glo Health is: Helping You Survive the Silly Season



Each time of year as the weather warms up so does the social calendar. This inevitable change is spurred on by the closing in of the festive season, and a plethora of obligatory events hosted by work, family and those friends that you only get the rare opportunity to connect with. This social experience is both enjoyable and a needed relief from the toil and routine of the working year. Whilst getting swept up in a flurry of events it is difficult to not over extend your body, often leaving a bitter taste in your mouth when the festivities have come to a close. This can be a subtle manifestation through slower mental faculties, a slight feeling of emptiness when the celebration has ended, or it can be more obvious with some weight gain, headaches, poor energy or changes in your body's normal rhythm. These are all signs of over indulgence in the things that we love: high fat and processed foods, refined carbohydrates and of course alcohol.

As with all health related problems, prevention is the best cure. This is certainly no different in the festive season, pacing yourself through the month (or longer for those who desire the

social life) and minimising damage is by far better than dealing with the consequence of overindulgence. Time becomes a precious commodity at this time of year however it is also where we need to maintain extra vigilance around our diet and lifestyle. This is especially true when around the home; it is much easier to eat a solid diet when cooking for yourself than it is when you are out at a restaurant with company. Exercise regimes are also swept by the wayside, however this is the time when they are needed most of all. Exercise aids in preventing weight gain, helps maintain bowel motions, lymphatic flow and helps in the detoxification process in the body. This is especially true for alcohol metabolism.

Alcohol is possibly one of the most detrimental indulgences, producing a cascade of effects in the body that in the short term may lead to a hangover and in the long term lead to chronic liver and organ damage. Alcohol is chemically called ethanol, which describes the particular chemical type of alcohol. Ethanol is the only kind of alcohol that is suitable for consumption. Focusing on the short term aspects of alcohol consumption, alcohol has a dehydrating effect on the body as a result of increasing diuresis (urine production and excretion). The diuretic and dehydrating effect can cause symptoms like headache, dry mouth and lethargy. Alcohol is especially depleting of brain fluid, which can often be attributed to many of the side effects related to dehydration. Ethanol is also an irritant to the stomach lining, which can often cause symptoms of nausea and vomiting. More alarming than any of these individual symptoms is what is occurring in your liver. Ethanol is metabolized in the liver by an enzyme known as alcohol dehydrogenase which converts the ethanol into acetaldehyde, which is then converted into acetic acid. Acetaldehyde is however 10 to 30 times more toxic to the body than ethanol. To top it off Acetaldehyde is also a known carcinogen and mutagen. Whilst our focus remains on the liver, as a by-product of alcohol metabolism, other detoxification agents are also depleted, specifically glutathione. This prevents the adequate removal of other toxins from your blood stream.

Alcohol is a burden on the body at the best of times, combine this with fatty food, processed foods, and preservatives like sulphur dioxide found in red and white wine, dried fruit (nothing beats my mothers fruit mince pies!) can create a combination leaving you feeling less than festive.

Now the important part, what can you do about it?

Liver protection is key in this situation, your liver is already burdened by not eating your regular diet, this is the time to rely slightly on herbs or nutrients to help get you through. Liver tonifying and protecting herbs like Milk Thistle (*Silybum marianum*) (found in Herbs of Gold Milk Thistle 35,000) and Andrographis (*Andrographis paniculata*) (found in Ethical Nutrients Immune Defense) are clinically effective in preventing, and reversing damage done to hepatocytes, liver cells. Whilst these may not significantly help you with the short term symptoms of a hangover, they will aid your digestive system, and protect against long term damage that can be achieved by binge drinking. For the short term effects, the best results are actually achieved by light to moderate exercise. The effect of this is twofold, firstly exercise pumps blood around the body, and secondly increases levels of oxygen in the body.

Taurine is shown to be effective at reducing liver fatty deposits brought on by alcohol consumption. Zinc, Magnesium and Vitamin B6 (found in Ethical Nutrients Zinc Fix, Mega Magnesium and Herbs of Gold B6 respectively) are also effective at reducing the effects of a hangover, and are best taken through the festive season. These minerals and vitamins are leached due to alcohol's diuretic effect, and progressive alcohol drinking will deplete these minerals into a deficient state.

Moderation is the key to success. Moderate the amount of alcohol consumed, moderate the amount of out-of-the-ordinary food and make sure you have moderate exercise. Not going crazy will ensure that your liver is still in one piece and January doesn't become the month of the 'fad diet'. Most of all have a happy and safe festive season!

Organic Meals

Finding it hard to whip up your usual culinary storm this holiday season?

Glo Health has developed a new range of take home meals straight from our healthy vegetarian kitchen, pre packaged, ready to be heated and served straight onto your dinner table. Our chefs have worked in conjunction with our fresh food department and our on site nutritionist to provide nutritionally balanced and mouth watering vegetarian lasagne, frittata and salads ready to go. Remember to keep your eyes peeled if you are yet to discover how these little innovations can make your life that little bit easier.

Quote Unquote

"The longer I live the less confidence I have in drugs and the greater is my confidence in the regulation and administration of diet and regimen."

- John Redman Coxe (1773 - 1864)
American Physician



Juice Article



Delicious freshly squeezed juices have always been available at Glo but choosing which combo from our great range of organic juicing fruit and veg is often all too hard!

Beni our nutritionist and Andrew our naturopath have worked together to create a list of juice combos tailored for specific health benefits – with lots of taste testing along the way! (Truly our job is so hard sometimes!)

Choose from:

- Wake Up! featuring citrus, apple, berries & ginger
- Liver Juice with beetroot, carrot & celery
- Tutti Fruity orange, pineapple, kiwi & apple
- The Aussie Green n Gold with orange, apple, carrot, mint & a shot of wheatgrass
- Summer Crush watermelon & mint
- Heat Quencher pineapple, lemon, apple & mint
- And our famous Glo Special carrot, celery, beetroot & ginger

And you can still make your own!

Why Juice?

Juices are easily digested and absorbed (in minutes rather than hours for solid foods). They help alleviate a range of health common problems and increase general wellbeing. As a society we are consuming ever increasing amounts of coffee, alcohol and sugar. Many foods on the market are heavily processed, chemically damaged and nutrient “empty”. The necessary enzymes, vitamins, minerals and water needed for a healthy body are readily available in a delicious, organic fresh squeezed juice.

Our Top 10 Tips for maintaining a healthy body this season

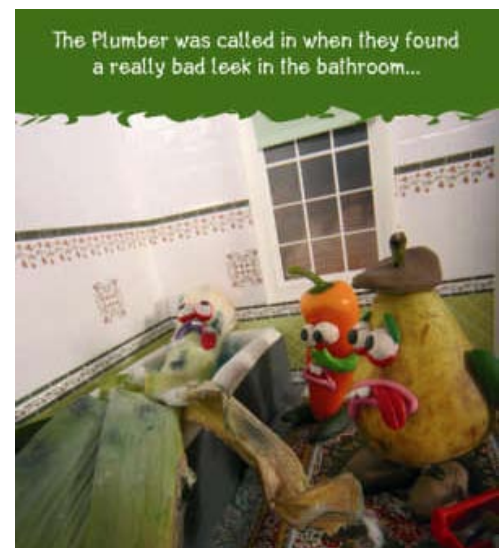
- Drink alcohol in moderation and with food.
- Where possible search for a menu's 'healthier' option, getting roast vegetables or salad instead of chips etc.
- Exercise often and make time for it in your daily routine.
- Make the most of your quiet nights in, make a bit of a deal out of it, make something healthy and treat your body to an early night.
- Sleep is your friend, when feeling under the weather a disco doze can help pick your body up, though nothing replaces a great night's sleep.
- Make sure you're getting enough fibre to help you deal with the increased level of fat and cholesterol you may be consuming.
- Breakfast is the most important meal of the day and if feeling unwell, often one of the most overlooked. Remember to have a nutritious breakfast every day (especially if experiencing a hang over!)
- Remember to remain hydrated; replenishing your fluids throughout the day is important. Make sure now of all times that you are drinking at least 2 litres of water a day.
- It's easy to get swept up in the stress and excitement of celebration and gift shopping. Stress contributes to disease however so mental calmness is a virtue.
- Whilst giving to others, remember both about giving to yourself, and to those that are less fortunate than you. Not only does it make you feel good, but it has to power to make somebody else feel amazing.

Spoil someone you love this Christmas and buy a Gift Voucher for a one hour massage with Victoria.

Purchase between 1st – 24th December and you'll receive a complimentary gift voucher for a 30 minute massage for yourself.

Special Offer!

To support you this holiday season, Glo Health is also offering 20% off Herbs of Gold St Mary's Thistle 35,000. This brings this product from \$29.95 down to \$23.95 for the month of December. This saving not only helps your pocket, but also your liver!



Nature's Pharmacy

Kidney beans actually heal and help maintain kidney function and yes, they look exactly like human kidneys.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Oranges, grapefruits and other citrus look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

