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An Immune Reaction: The best herbs for you this winter

Blowing in with the cold and wet winter heralds coughs and colds season. There are many remedies available on the market making it difficult to know which one is right for you.

Whilst Echinacea is fantastic for boosting your immune system, Olive Leaf Extract has a few uses. It is also an excellent immune system builder and especially for those in their later years where cardiovascular problems may need to be prevented. It is one of the better boosters for people over 40 years old.

Andrographis is a useful Ayurvedic herb when your immune system has already been compromised as it works extremely well in fighting off existing infection.

Come in and chat with Andrew or Dominique (our new Naturopath) how to best equip yourself this winter.

The Chia Claim:



In the health food media lately there has been a lot of new talk about Chia seeds. These tiny little seeds have seen many health claims made about them, so lets have

a bit of a look at what makes these such a powerful food. Chia seeds are high in omega 3 precursors (fantastic for cardiovascular health and as an anti-inflammatory). In fact their levels are some of the best seen in any kind of plant source. Chia seeds also contain a high level of protein by weight. Chia seeds contain very high in levels of fibre, helping to keep you regular and reducing levels of cholesterol. So: they are indeed good for you but what do you do with them?! The answer is easy; you can use them in many ways like a grain and many ways like a seed. They can be used like a seed in smoothies, or added on top of your cereal like LSA As a grain they work well as a cereal, being left to soak overnight in either water or your favourite juice (pear works particularly well). These seeds are extremely diverse, and an easy way to include a better omega WHY profile into your diet.

We have just introduced Chia seeds into our store, come grab a bag and see how amazing these seeds taste and make you feel!

Don't forget that throughout July we're open 7 days a week with fantastic savings on Sundays!

**Monday – Thursday 8 am – 7 pm;
Friday & Saturday 8 am – 6 pm and
now Sundays 11 am – 3 pm!**



Food for Life: An Allergenic Diet

So often in the store I meet people who are on a restrictive, or allergy elimination diet. Often they wish to discuss with me what kind of food they can eat and share their experience about what has or hasn't worked for them in their eating plan.

An allergy elimination diet systematically removes individual foods, or food groups to improve digestive health. Temporarily eliminating foods gives the body a chance to recuperate its reserves and become more resistant against foods that can cause an allergenic reaction.

Common culprits for this are dairy, gluten (wheat) nuts, eggs and allium vegetables (onion and garlic). What is worse is often people experience intolerances to all of these foods, not just one group. This makes treating and eliminating foods very challenging for a long period of time.

A tip that I have found useful over the years is to make sure you include variety with your food.

In Australia we are very lucky to have access to many different cultures' cuisines and some styles support certain diets better. Asian food is easily adapted to a gluten and/or dairy free diet as it rarely contains these ingredients.

It is important to prepare ahead. Preparation before you are hungry always leads to better results than foraging when starving. Before beginning your allergenic diet make sure you have researched which ingredients you need to avoid and have your cupboards well stocked with all the healthy foods you can enjoy.

And remember us at Glo! In store Monday – Thursday I am available for an “assisted shop”. This is a free service we offer where I will guide you through the store with personal advice on which products are best for you. And all of our café food is labelled when gluten, wheat, allium or dairy free making your choices here much easier. This month we are highlighting different elimination diets by offering foods each week that are free from. In the first week of July we will be offering nut free foods, the second allium free, gluten free in the third week and dairy free in the fourth.

Quote Unquote

The... patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop.

Dr. Quentin Regestein
Ass. Prof. Psychiatry, Harvard Medical School



Pregnancy Part III: The Afterbirth



So the big shebang has happened, everything has gone off without a hitch and you're wondering what to do with this wonderful, pink, bundle of joy. Perhaps you're feeling overwhelmed by the emotional spectrum that you're feeling at the moment and maybe a little empty

inside. This issue is aimed at helping you get through this period of time and specifically deals with the issues of breastfeeding and coping with being a new mother.

Assuming you have been following most of my directions from previous issues then you are in good shape to provide nutritious breast milk for your child. A lot of mothers find it difficult producing enough milk to feed their children but thankfully, help is at hand.

Ensure that you continue taking your pregnancy multi - the B vitamins in this make sure your milk is flavourful and nutritious. Herbs like Fenugreek and Blessed Thistle are also commonly prescribed to aid in a mother's ability to produce breast milk. These are easy to take and work quickly.

Let's talk about the quality of breast milk now, because it can get a little tricky. As you may have picked up from the previous newsletters, breastfeeding has higher nutrient needs than pregnancy. Pregnancy was the warm up and now you are producing the single supply of nutrition for your child. Therefore your focus should be on fish oils, calcium and

probiotics. These help with where you're at and provide a great start for your child.

Childbirth and the aftermath are an emotionally taxing phenomenon, something that in your life you are lucky if you experience a handful of times. Listening to your body and your emotions at this time is of utmost importance as up to 80% of women experience post natal depression. I have seen this in clinic, family and friends and can attest to the powerful effect that it can have on all women. If you are experiencing any form of post natal depression then I cannot recommend highly enough being under the treatment of both a naturopath and a counsellor or psychologist.

Lightening the Load:

The presence (or absence) of a bump can be disconcerting. Stretch marks and loose skin are the two most common complaints from new mums. Internally taking zinc is great for restoring skin elasticity and externally any clean vegetable oil will work well to calm your skin. Good options are rosehip, jojoba or coconut. All work with your body to restore your trim composure.

Take Stock:

Your body (with a moderate amount of help from a man!) has managed to produce a new life. Give yourself a pat on the back.

Congratulations on your new family!

Andrew Reid

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

New lines in Glo this month:

Miessence: organic body and hair care range. Come and meet Kristine and sample the beautiful products available from this range. Have a chat about organic certification and what that means for your skin and the environment. Saturday 11 July

David Babaii: natural hair care

Chia Seeds: An ancient Aztec grain with balanced protein content and high in omega 3.

Pura Veda: cereal blend. Come and meet the creators of this amazing product. Learn about how fantastic this product will make you feel. Saturday 11 July

Sunjuice Living Kitchen: raw cheesecakes, tea cakes Come and meet Helena and Sunju from Sunjuice Living Kitchen on Saturday June 27th. They will be here to chat about their product range and share their knowledge and experience of a raw diet.

Vitality: Gluten Free and Ancient Grains Bread (delivered Tuesdays)

Delverde: Organic pasta range

Organic Bubs: Superfoods for your baby!

Going Raw can be intimidating:

It's hard to know where to start. Or whether you're even going to like the foods on offer!

Come in and try from our new range of raw food from Sunjuice Living Kitchen. They have amazing tea cakes – choose from Green Tea, Banana and Nut, Fruit n Nut or Goji Fudge. They also make a delicious vegan, gluten free raw cheesecake – you have to try it! Choose from Chocolate, Green Tea and Goji (my favourite!) or Mixed Berry.

Come and meet Helena and Sunju from Sunjuice Living Kitchen on Saturday June 27th. They will be here to chat about their product range and share their knowledge and experience of a raw diet.

Fresh from the Market



Many people still shudder at the thought of Brussels sprouts – a hangover from childhood! I remember my mother boiling them until they were a grey mush on my plate – and not being allowed to leave the table until they were all gone.

Thank goodness for the family dog – a willing accomplice! I've recently developed a taste for them again. Brussels Sprouts are in season now and at their best. They have a slightly sweet flavour – I recommend lightly roasting them with a bit of salt. They are packed with Vitamin B and a fantastic addition to the Sunday roast!

Broccoli is plentiful and cheap at the moment. We have a great supply from the Harm family's bio dynamic farm in Queensland.

A word from grocery...

I'm always appreciative when customers ask me to stock a certain product. This not only brings my attention to new products which helps increase our range but I'm also grateful that that customer wants to shop at Glo.

Thanks to customer requests we have some fantastic new products (and ranges), with more to come.

So please have your say, we can build a better business with your suggestion and ideas.

With thanks, Vicki