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# The Wandering Naturopath

You'll have noticed that we have a new Naturopath in store. We are very lucky to have Michelle join our team, bringing over twenty years experience in the health industry with her!

Originally from NSW Michelle studied conventional nursing and practiced for three years before turning to alternative therapies. She trained in Naturopathy and Homeopathy and began working in a health store (where she met her husband the Reverend Tom Beaver).

Moving to Victoria, Tom's home state, Michelle spent many years working in "Healthy Life" health food stores and having a family.

Later Tom and Michelle with their two children moved to South Australia, then

Perth (where she studied Reflexology) and back to SA again to various mining towns where Michelle has set up a private practice, established a health food section in an IGA supermarket and continued her studies with an Advanced Diploma of Naturopathy.

After travelling continuously for 17 years Michelle is back in Victoria looking forward to settling permanently here and is excited to be working at *Glo* and building strong relationships with our team and our customers.

Michelle is ATMS accredited for Iridology, Reflexology, Naturopathy, Herbal Medicine and Nutrition.

**Michelle is here every day except Wednesday and Saturday.**

## Energy Balance and Human Well Being

*"The underlying principle of energy medicine is that life depends on a free flow of energy. If there is block in this energy then this can cause disease."*

Professor Mark Cohen, Department of Complementary Medicine, RMIT

Many of the natural therapies offered at *Glo* such as Traditional Chinese Medicine, Kinesiology, Reiki and EMF Balancing work with this view: that when we are well, our 'natural' state is a free flow of self-organising, self-balancing healing energy; and when that energy becomes blocked in some way, ill health and dis-ease are the inevitable result.

This is a holistic view that links ill health, emotional upset and energy blockages as all different expressions of a stressed and disordered energy system. What this means in practice for the average

person is that we can often improve our health and accelerate our healing by using alongside conventional medical procedures, complementary processes that work directly on our energy systems.

This new 'energy-based' approach to health and well being is not intended to supplant orthodox medicine. Rather, by focusing on the promotion of health, healing and balance, these approaches provide a means for people to take more care of themselves and be more in control of their own health.

Why not give it a go? At *Glo Health* we have a wide variety of experienced practitioners of energy-based modalities to choose from.

**Please phone our clinic for further enquiries 9523 7824.**

### For Your Diary

*Glo* will be closed on Queen's Birthday Weekend 9 June. On June 29 we are closed again for stocktake.



### Did YOU KNOW?

For every cell in the human body to be nourished efficiently a certain amount of water is required.

For every 25 kilograms of body weight your cells require 1 litre of water. For example if you weigh 75 kilo's your body needs 3 litres of water.

(This may sound like an enormous amount of water for some but the benefits are enormous overall for your health and wellbeing!)

### *Glo* is having a Winter Sale!

Throughout June many items in store will be heavily marked down. This sale applies to certain items only and is strictly while stocks last.

Don't miss out!



### Quote Unquote

"If I had my way I'd make health catching instead of disease."

Robert Ingersoll (1833 – 1899) American Orator



# Red Apple Day Is Bowel Cancer Awareness Day



Time after time in consultation we see clients who have identified the importance of slowing down for both themselves' and for their health. Unfortunately

all too often this happens only when they are near breaking point or when a life threatening illness like cancer is diagnosed. (We tend to service our cars better than we service ourselves!)

When diagnosed the resilience of human nature regroups to conquer this illness that has taken them by storm. It is time to reawaken the senses and fight the good fight.

It is at times such as these that Naturopathic remedies and suggestions can be of usefulness.

For those suffering intestinal cancer I recommend a variety of products:

- Aloe Vera Juice to be taken orally. This herb is renowned for its restorative values especially for inflamed skin and mucosal lining of the digestive tract.
- Barley Grass Powder. This product assists in providing energy for the cells and body alike, the chlorophyll components of these foods are rich in nutrients.
- Liquid Multivitamins are always preferred because not only do they supply nourishment to the weakened body but liquids are readily absorbable and utilized faster - especially if the person is undergoing chemo or radiotherapy.
- Organic fruit and vegetable are very important, anti-cancer foods include the cruciferous vegetable – broccoli, cabbage, cauliflower, brussels sprouts all of which are rich in anti-oxidants.



Finally a good positive book which helps to support and explain a lot about cancer, **"You Can Conquer Cancer"** the story of **Ian Gawler** is remarkable and uplifting to the spirit. (Check out the bottom of this page to see the special we have on Ian Gawler's amazing book this month.)

As well as a natural therapy that will assist in the recovery of the immune and nervous systems. Our upstairs Clinic is open for therapies.

**Bowel Cancer Awareness Week 8 – 14 June**  
**Michelle Beever**

## New in our Café

Adding to our culinary repertoire we now have Antipasto platters available on weekends. Match it with a glass of our house wine for only \$3.50!

## The Emu Syndrome and Men's Health

**International Men's Health Week 9 – 15 June**



For far too long some men have been Emus about their health, check ups and awareness on issues which concern their personal wellbeing. As was mentioned previously

we tend to service our cars better than we do ourselves!

Men's health checks should include regular check ups of blood pressure and cholesterol etc but in addition because prostate cancer is on the increase it is very important to include this also into a regular health check at the doctor's.

Two products which we think are great for men are a Men's Multivitamin designed especially for the needs of men of all ages and Prostate Eze for men who may

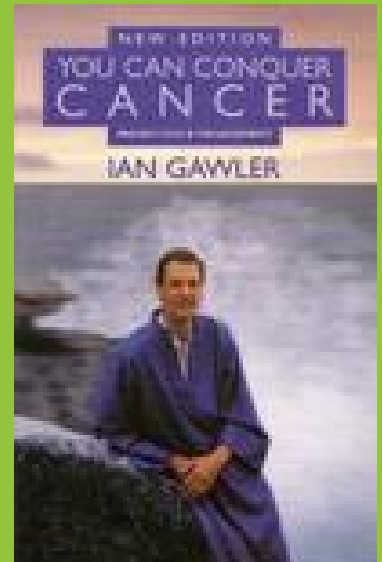
already have the signs and symptoms of a prostate enlargement. But don't think that this condition affects only the elder generations, unfortunately many younger men are also diagnosed each day.

Important foods to include in your diet are pepita seeds, sunflower seeds and the rich anti-oxidant fruits such as berries and cranberries. Plenty of water is also essential. Eat Organic foods as much as possible whenever possible and keep weight within reasonable balance because fatty tissue can impact on glands such as the prostate. Our suggestions are just a few and remember to seek professional advice where necessary.

*Any inquires please phone the Clinic on 9523 7824*

Buy You Can Conquer Cancer and read Ian Gawler's amazing story for only \$22.95! (save \$5.00!)

**Valid until June 30**



As **Glo Health** is constantly growing and developing we are always on the look out for enthusiastic and dedicated people to join our staff on the floor or our team of excellent practitioners upstairs in our Clinic. If you would like to be a part of our growing success please feel free to drop your CV in and come have a chat with Vicki or Kate.

