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This Month Glo Health is celebrating: Food is Medicine

You can now enjoy organics 7 days a week!

Thanks to everyone who participated in our online survey. Hopefully you've all taken advantage of your free delicious breakfast or green smoothie. Due to the overwhelming feedback we received we are opening on Sunday throughout winter. For the months of July and August will be open 11 am - 3 pm every Sunday.

Sundays are sweet!

To sweeten the deal each week there will be in store discounts and bonuses for everyone shopping to enjoy. Here's some great offers to look out for in July:

- Sunday 5th Spend \$100 in store and breakfast is on us!
Sunday 12th enjoy 5% off our entire range of supplements\*\*
Sunday 19th 5% off all fresh produce in the grocery
Sunday 26th Spend \$100 in store and get a free 15 minute Naturopathic consultation with Andrew

See you Sunday!

\*Breakfast is available Monday - Saturday 8 am - 12 pm.

\*\* (excludes Practitioner Only products)

Special Offer! Liv4: fitness personal training massage
Our friends at Liv4 Fitness on Glenhuntly Road are offering our loyal customers a chance to win one of five \$100 fitness vouchers!
The voucher entitles the lucky winners to a personal health and fitness assessment and two one-on-one training sessions with a fully qualified and experienced personal trainer.
Vicki and I are regulars at Liv4 Fitness: you can find us there 2 - 3 times a week working out.
For your chance to win this fantastic offer just email info@liv4.com.au and mention Glo Health.
We look forward to seeing you there!

The Labour of Love



as your baby's. They aid memory retention and help clear out that constant 'brain fog' that a lot of women experience at this point in their pregnancy. Whilst being of great benefit to you now, fish oils are also going to help you in labour. They interact with the body to cause anti-inflammatory responses and this will help with the pain of labour. Now we aren't saying that it's going to be a pain free event, however fish oils are one of the safest ways of regulating your pain response without interacting with pharmaceutical medication.

As the bump grows bigger, so do the nutritional requirements for birth. This month we focus on the nutrients that are helpful for the baby's development leading up to birth and the nutrients or herbs that are needed to help prepare for labour.

Labour is often described as being as intense as running a marathon. You wouldn't launch a couch potato into running a marathon - obviously training is needed! The same is true of labour. Your body needs to be conditioned to allow it to develop and become stronger in the specific areas needed for child birth. Herbs, particularly Raspberry Leaf, are very effective in making sure that your labour is a quick and less painful experience. Raspberry Leaf works by toning the uterine muscles that are used for pushing the baby.

The last few months of pregnancy are the time to get your head into the game - it is much easier to prepare for the birth now than when the contractions have already begun! In the last edition of our newsletter we discussed taking fish oils (for your baby's brain development and to prevent post partum depression). Fish oils are also great for helping your cognition as well

The last few months are also the time which probiotics are best taken, providing benefit to both your and your baby's immune systems. A baby's immune system in the first few months of life is almost entirely reliant on getting a good supply of nutrients from mum. This is given through breast milk and natural birthing methods. The antibodies that are expressed in breast milk are especially useful at preventing development of atopic conditions, particularly eczema.

Taking pro-biotics can save you a lot of grief down the track as many newborns (up to 25%), experience different forms of eczema and this is the best defence against it.

This should bring you to term and me to the end of my article for this month! Remember to keep warm during these chillier months and stay tuned for our third trimester instalment: Breastfeeding and Early Child Nutrition.

Andrew Reid

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



Quote Unquote

Health is a large word. It embraces not only the body but the mind and spirit as well; ... and not today's pain or pleasure alone, but the whole being and outlook of a man.

James H. West
MD, Georgia,
USA



## Glo Green this Winter!



Dr. Wilstatter of the University of Pennsylvania found that the elements making up the chlorophyll in plants are approximately the same elements from which red blood cells are constructed; he therefore pronounced chlorophyll as being the “ideal food medicine”. Chlorophyll cleanses, heals and builds the body cell. It banishes anaemic conditions quickly, reduces blood pressure and aids heart action. It frees clogged arteries, smooths out arthritic conditions and improves peristalsis (the contractions that occur along the digestive track, moving the food along in the digestive process). As a result of a diet rich in chlorophyll, health is improved and a happier mental outlook is experienced. **Dr. Ann Wigmore, Recipes for Life**

Each day I make a fresh jug of smoothie for Vicki and I using recipes from Victoria Boutenko’s Green For Life. We’d love you to come in and join us for your daily dose of pure goodness. You can buy just a sample taste for \$4 or a whole glass for \$9. We’re positive you’ll feel the amazing benefits of including this power house in your daily diet.

You’ve probably noticed at Glo we’re going mad for Green Smoothies. Both Vicki and I include them as a part of our daily diet and many of the staff are following suit. These little power drinks are made from dark leafy greens, fruit, water and an extra kick in the form of barley grass, spirulina or linseed. We love green smoothies as they are a great way to include important vegetables like dark leafy greens into our diet (and luckily these smoothies are delicious!). We all know that it is important to include “greens” in our diet, but what makes this so?

## Food for Thought: Cooked vs. Raw

There has often been confusion surrounding whether cooking fruit and vegetables does damage to the natural levels of anti oxidants and nutrients in them.

A recent study published in the Journal of Food Science in the USA shows that it is water that is no friend of the cook – it leeches more nutrients out of food than most other methods of preparation and cooking.

The study also tested grilling, microwaving and baking fresh fruit and vegetables, all methods coming up better than boiling or pressure cooking.

Different foods also showed to be very different in how they were affected by the cooking methods. For example robust vegetables like globe artichokes, beetroot, green beans and garlic handled heat much better than most other vegetables and raw fruits and vegetables showed the most potent anti-oxidant ability.

Overall it seems the best rule of thumb when preparing fruit and vegetables is to use as little water as possible and certainly to never over-cook your food. With all cooking methods keep a careful eye on your food and cook only to bring out the colour.

Eat to the colours of the rainbow with every meal to ensure the highest level of anti-oxidant intake!

## Food for Life: The Acid/Alkaline Diet

Recently we have been embracing the raw aspect of food at Glo Health and this is evidencing through the food we offer you and also the food that the staff are eating in their professional and personal lives. I am therefore taking this opportunity to discuss an Alkaline diet with you, as it ties in strongly with a raw way of life.

Acid Alkaline diets are a little different from most diets. Many “diets” can concentrate on foods that have to be eliminated. The alkaline diet works on getting the proportion of foods right. This is to subtly change the pH of your body.

An alkaline diet typically includes a high portion of plant based foods, particularly green and raw foods and steers clear of animal based products like dairy and meat. The diet reduces the level of sugar that someone is eating, be it from natural or artificial sources. Another strong focus is optimizing the fats that you take, ensuring that there is a high level of good quality plant fats and a decreased amount of animal fats.

Here is where it gets confusing however: just because something is acidic before it enters your body, doesn’t mean it has an acidic impact on your body. A perfect example of this is lemon or limes. Typically these citrus fruits have many different forms of acid in them, namely citric acid and ascorbic acid, however in the body these are seen to excerpt an alkaline effect.

The benefits of an alkaline dieting can vary. One school of thought is that it can help prevent cancer. More simply, an alkaline diet can keep your energy levels high throughout the day. I know that I can personally attest to this latest one. Having undertaken an alkaline diet for the last month, I can honestly say that my energy levels are much better than they have been previously (which, if you come in to the store and have a chat to me, you will notice are not poor in the first place!) This tells me that no matter what you’re your health or energy levels are, you are likely to feel benefit from this diet.

Come in and talk with me personally about this diet and while you’re in here feel free to pick up a copy of the Alkaline Diet Guide for free.

**Andrew Reid**

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### Fresh from the Market



We’re at the end of the summer season and stone fruits are all but finished as are berries. Apples and pears are at their peak with many varieties available and all perfectly sweet and naturally ripe.

Autumn is all about warming foods, getting your system ready for the lean winter months. Look out for Jerusalem Artichokes which have a short season (June – July). These tubers are great peeled and finely sliced into a salad or roasted up like yams. You can also use them to bulk out wintry soups and stews.

Kale is abundant leading into winter and this little power house is a fantastic way to keep up your intake of vitamin K, vitamin A and potassium.

Brussell Sprouts are just coming through. Although many people have bad memories of these guys from childhood brussels sprouts are packed with Vitamin B. Try roasting them with a bit of salt.