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# This month Glo Health is celebrating: Spring Cleaning!

## Be a savvy shopper!

On the last Sunday of each month take advantage of 15% off everything store wide!

(excludes already discounted items and treatments in our natural therapy clinic)

Sunday trading hours: 11 am – 3 pm

## Did you know we carry a broad range of kosher products?

To help you locate these items we've popped a blue sticker on the shelf label to indicate that it has the kosher symbol.

We're always keen to expand and improve our range so we'd love your feedback! If there is a kosher product you'd like us to stock please let us know - where possible we're happy to source kosher items.

**Come and speak to Vicki or Kate or email [info@glohealth.com.au](mailto:info@glohealth.com.au)**

## Spring Clean: Our planet; why we say NO to plastic bags



Australia uses nearly 7 billion plastic check-out bags every year. These bags can take hundreds of years to break down (and

we only use the bags for a few minutes!) Thousands of animals are killed every year because of plastic bags. Marine animals in particular can mistake the bags for food and swallow them, blocking their ability to eat properly. You can help to stop this by carrying reusable bags with you every time you shop.

We all need a gentle reminder now and then –that's why we charge 10c per plastic bag. Not only does it help us all to remember but each month the proceeds contribute to the on-going store training we provide our staff.



## Spring clean: Your system

### Have YOU detoxed yet?

Detoxification is an important annual process. It can assist with a multitude of complaints such as bloating, weight loss, headaches, acne, psoriasis, food intolerance, cholesterol, gall stones, 'fatty liver', IBS (constipation/diarrhoea), PMS and heavy metal toxicity – to name a few!

Detoxification is best done during spring – the time of renewal. Spring weather provides the most favourable temperature – neither too hot nor cold and is the time of year when our diets begin to change from the heavier vegetables of winter to more salads and lighter meals.

A detox starts in our gastrointestinal system. In naturopathic terms to detox is to 'remove the burden of digestion'. Digesting food is a huge undertaking for the body, it takes a lot of our internal resources to process and sift through what we put in our mouths. If our diet (and lifestyle!) is not clean and 'user friendly' we place enormous strain on our livers and gut. During a detox the diet is cleaned up and made simple to process, leaving the liver a chance to deal with the backlog of toxins. Naturopaths have always believed digestion is the foundation for good health – that it is absolutely paramount. Nowadays there is a multitude of research to back this philosophy.

There are four stages to a traditional gut detox program: weed, seed & feed, speed and wellness

1. Weed - removing harmful bugs from your digestive system (parasites, over growth of non-beneficial gut flora, Candida) via an anti-parasitic herb i.e. Wormwood.
2. Seed & Feed - replacing the bad bugs with beneficial ones, feeding the gut lining with nutrients that help it to heal e.g. pro-biotics and glutamine.
3. Speed - cleanse and detoxify the liver and other organs of waste removal. This stage requires herbs and nutrients that will stimulate and support optimal liver function. Additionally anti-oxidants are crucial to bind toxins for safe excretion.
4. Wellness – maintain good habits to ensure ongoing benefits of your detox.

Detoxification is not recommended for everyone. Pregnant or lactating women are advised against a detox program. Do not detox if you have a cold or flu.

A detox is best done with advice from a healthcare practitioner. At Glo Health we have a number of detox kits available or you can work with our in - store naturopath to design your own.

### **Elly Gates Adv. Dip Health Science Naturopathy.**

Elly is available in store Monday – Friday 10 am – 5.30 pm

Mention this article to receive 5% discount off any detox kit. (Limit 1 per customer)

# The Flower Power Revival



Glo Health offers a personalised Flower Mixing Service. Come in and get your Bush or Bach flower mix today! Usually \$12 each, spend over \$75 in our vitamins and supplements section and receive a personalised mix FREE!

Bach Flower Remedies originated in the 1930's when Edward Bach, a British bacteriologist and homeopath, developed a line

of plant essences that he claimed would remedy negative emotional states, along with a system of matching a specific essence to a specific problem. Perhaps the most famous and popular among these is a formulation called Rescue Remedy. But did you know there are 39 "Bach" flowers and each with its' own healing potential?

Do any of these sound like you?

**Impatiens:** for fast, hyperactive and impatient people who rush through life, becoming irritable and frustrated under stress, Impatiens brings a gentle calming energy that restores patience.

**Chestnut Bud:** for those who repeat the same mistakes without seeing the cause and effect, or learning from their experiences, helping one overcome the stumbling blocks on their road to growth.

**Agrimony:** for those who wear a social and happy mask but 'swallow' their true thoughts and feelings, Agrimony promotes honest verbal expression without fear of conflict.



Australian Bush Flower essences were developed in 1987 by herbalist and contemporary pioneer of medicine for the emotions, Ian White. A practising Naturopath in NSW, Ian became interested in the Bach essences. He took part in a weekly healing and meditation circle with his wife and

friends and found that after a few months guidance the Australian flower essences started coming through to him. He then developed the range to over 50 different essences. Ian created a number of pre-made mixes that we have available in store as well as individual flower remedies.

**DID YOU KNOW?**

Flower essences do not contain any of the actual molecular structure of the original plant but rather embody the very "spirit" of the healing qualities of the plant. Essences work on your emotional body/ or aura— with the ability to alter the state of your body's frequency. The history of their use dates back to ancient Egypt, India and native Australians as well. They offer a unique opportunity to unblock emotional barriers to health and wellness. This can be key for some people to obtain health – as invariably there are issues that hold us back from feeling well.

Now all this might sound a bit 'out there' but I have seen the incredible results time and time again – in releasing emotional blocks to wellness. They are completely safe during pregnancy, for children and even your beloved pet!

**Come in to Glo and chat to our Naturopath Elly for your personalised Flower Mix. And remember if you spend over \$75 in the Vitamin section your mix is FREE.**

## Exciting new concept coming to Glo Health!

Over the holidays Glo Health will be closed from the 24th December and will reopen 4th January.

We're making great changes to our store over the break and are looking forward to 2010.

Look out for more efficiency at point of sale, larger bays for ease of browsing and an awesome new concept café!

*Have a happy, safe and healthy festive season.*

## Quote Unquote

In order to change we must be sick and tired of being sick and tired.

Author unknown

