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Celebrating National Nutrition Week 12 – 18 October

Spring is finally here!



I think we'd all agree it was a particularly nasty winter this year, but out with the cold and in with the new menu!

Glo Café has introduced its Spring Menu, with lots of fresh leafy greens, colourful vegetable medleys, light soups and a new selection of cakes and biscuits – many of them sugar free!

We've simplified our lunch menu for spring – you'll still have a great range of really fresh, amazing salads to choose from as well as our signature bakes and burgers but with easier meal options and tasty serving ideas.

Don't forget dinner! Our front fridge is choc-full of healthy, delicious and easy take home meals, all made fresh in our kitchen. Try our vegan pizza; great for the whole family (the kids will love it!); or our famous Vegetable Lasagne a great dinner for two. (Or one, we won't tell!) We also have our full range of soups available.

Thank goodness we can stop hibernating and start enjoying the awesome food that spring has to offer!



The best thing about Eddie's new job was the huge colery...

It's Not All Bad News



We have more overweight children, more cases of childhood diabetes, and more children needing behaviour modifying medication than ever before. It is now well understood and documented that diet has enormous impact on our children's health.

It is said that by the time a child turns 17 they are likely to have consumed their own weight in food additives. Much of today's processed foods are loaded with additives and preservatives to artificially enhance their flavour, texture, appearance and shelf-life. Unfortunately, children's food often contains the

most since they are attracted to bright colours and sweet tastes. Many additives are known to have negative effects on some children, including throwing tantrums, becoming lethargic and causing headaches.

There are ways to create a love for healthy food by being a positive role model – start with just enjoying having only healthy food in your home.

Almost all toddlers go through a phase of being fussy about what they do and don't eat. Stay positive and avoid letting your child know you are emotionally attached to their consuming a certain amount or type of food. Try the following ten tips:

1. Put new food out with food you know they'll like.
2. If they do not eat the food remove it without fuss and move onto the next part of your routine.
3. Offer the same food again in a few weeks time.
4. Disguise food by blending it in and sneaking it into sauces or smoothies.
5. Children are more likely to try food when they see the rest of the family enjoying it.
6. Variety is more important to us than them. It does not matter if they eat cottage pie three times a week!
7. Do not insist the food is eaten or offer a reward (bribe) for eating it. Both measures can lead to negative food association.
8. It can take 8 – 15 tries before a food becomes familiar and the child accepts it.
9. Involve them in the decision of what to eat.
10. Swap dinner with lunch if the child is not eating much dinner.

For the month of October we have a special on Organic Bubs frozen meals. Buy two and receive this great little esky travel bag.



Quote Unquote

“When it comes to eating right and exercising there is no ‘I’ll start tomorrow’. Tomorrow is disease.”
- V. L. Allineare



Spring into Detox

By Andrew Reid

The Spring Detox is an event clad in tradition and culture. The culture is so rich it has soaked into our society into sayings such as “having a spring clean”; which begs the question: Why do we detox during spring? In answer, let’s look at the environment.

Winter is traditionally associated with dishes like a roast, consuming root vegetables and heavy or stodgy foods. This used to be an environmental phenomenon - as the cold prevails life moves underground. Spring is the time that life re-emerges from the ground, providing fresh and vibrant greenery. This greenery aids the liver naturally, stimulating the detoxification pathways and increasing energy levels.

Modern agriculture and processing have made these theories obsolete, so how does that impact on modern detoxification? Sadly, it does not eliminate the need to detox – rather food being accessible all year round has led to the addition of preservatives, flavorings and other rich diets that our bodies simply cannot keep up with. Seasonally this means that spring is a great time for us to take stock, breathe deeply, reconnect with our bodies, and exercise a little more.

So what is included in a detox? Traditionally the introduction of fresh vegetables or herbs was particularly useful. From European traditions, spring herbs like Nettle, Red Clover, Burdock and Chickweed were consumed around these times, often in cooking which naturally gave a detoxifying effect. Due to modern diets and tastes, these have now mostly been relegated to the realm of a tablet or a liquid preparation and are taken a few times a day for a similar detoxifying effect. The primary effect of these herbs is to increase the rate in which the kidneys detoxify waste and to bring toxins to the liver to process and eliminate. This is a bodily “spring clean” that removes the waste that has accumulated over the winter months in the body and replaces it with fresh nutrients from the spring.

The start of spring is also met by an increase in fresh produce found in organic grocers. Eating more fresh fruit and vegetables is a good start in the detoxifying process as many vegetables contain liver aiding phyto-nutrients which help in the removal of waste from the body.

The positive effects of a detox can prove elementary to health. People often experience increased levels of energy, concentration and motivation following a detox.

Throughout October come in and speak with Andrew about any of our detox programs and receive 5% off the recommended retail. It’s time to enjoy the benefits of introducing a yearly cleanse and invite inspiration and vitality back into your life!

Tea is the New Coffee!

Husband and wife team Meaghan and Garrick of The Functional Beverage Co. have always been passionate tea drinkers and wanted to create the perfect cuppa! For them, there has always been something to be said for sitting down for five or 10 minutes with a cup of tea – ‘even to just catch our breath!’

With a combined passion and background in the health industry - Meaghan has managed health food stores whilst studying Traditional Chinese Medicine and Garrick has a strong background in sports supplement manufacturing – they saw a niche in “functional foods and drinks”.

‘We believe we have responded to peoples’ needs and desires for delicious beverages that genuinely benefit our wellbeing.’

After spending two years perfecting their tea blends The Functional Beverage Co. began trading in August 07, working the many markets held on weekends around Melbourne and Victoria. Speaking from over a year’s experience now, Meaghan and Garrick can honestly say - there is nothing funny about leaving before dawn for the regional farmers’ Saturday markets!

They firmly believe however that the markets are a great way to develop their business as they interact directly with the people who are consuming their products. They say it is really enjoyable introducing people to their range of delicious teas.

‘We take them through a tasting of each of our blends. People often liken it to a wine tasting! We are always having a laugh with our customers as there is a tea in our range for everyone. We all know someone who needs to Calm Down, Liven Up or Think Straight.’

Their full range of beautiful teas are now available in store. You can catch your breath for 5 minutes with a cuppa in our café or purchase their retail canisters to take home and enjoy.



Dispensing Great Health Advice

I studied a Bachelor of Health Science in Naturopathy graduating from the Southern School of Natural Therapies in 2007.

To me, herbal effect on the body is not only that but to

Naturopathy is a rich and eclectic field, allowing a solid base with room for expansion into countless specialist fields. My particular interests are working with kids, mental illness and men’s health issues although I enjoy all areas of naturopathy and healing.

Andrew Reid is available. (Our Nutritionist, Beni, is still available Fridays and Saturdays)

Nature’s Pharmacy

A diced carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

Celery, bok choy and rhubarb look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don’t have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

