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The Head Bone's Connected to the...

Bones are the core of our being, providing the structure for the rest of our body to sit on. As people get older their bones age as well, resulting in calcium and other minerals leeching from the bones.

Eating a balanced diet with foods that are high in calcium is very important for the prevention of bone loss. High calcium foods include dairy, nuts and seeds and leafy green vegetables. Sesame seeds in particular are very versatile and perfect for this. They are great crushed and added into smoothies or stir fries and offer a broad range of beneficial nutrients for bone production and maintenance including calcium and magnesium. Broccoli also offers a high content of bioavailable calcium and complements savory meals well. These

are really important to include in your diet as they support bone repair and strength.

A balanced diet needs to be coupled with an exercise regime to aid in increasing the density of the bone. The best exercise for this is weight bearing exercise, placing mild strain on your bones. This should be done under the supervision of a personal trainer. The increase in weight bearing exercise slows decalcification of the bones.

We also recommend taking a calcium supplement to increase your bone density so this month we are offering Lifestream calcium powder for \$31.45, (that's 10% off the recommended retail!!!)

**National Healthy Bones Week
03 – 09 August**



Your Feedback is Always Appreciated

We've been working really hard recently to extend our product range to offer you a more complete grocery shop. This means we have been tightening our current range to offer only the very best organic and biodynamic products on the market, at the best price.

We are continually striving to improve ourselves - providing you with better quality service, value and range. We always appreciate your feedback and have attached a short questionnaire. Please take a moment to complete and return it or drop it in the box provided in store.

Regards from all the team at Glo



Sesame seeds come in many varieties ranging from white to black and are prized for both their taste and nutritional value.

They have two major nutritional benefits - both oil and minerals. The oil is rich in oleic and linoleic acids making them high in polyunsaturated fats (the good fats!).

The mineral content of sesame seeds varies depending on whether they have been hulled (shells removed) or not prior to processing. We recommend unhulled seeds as they are far superior in manganese, copper and most importantly calcium for healthy bones - one tablespoon of unhulled sesame seeds provides 90 mg of calcium. (That's almost equal to the amount of calcium you get from the milk on your cereal in the morning!)

And check out our extensive range of dishes in the café that use sesame oil and sesame seeds!

Quote Unquote

"He who takes medicine and neglects his diet wastes the skill of his doctors".
- Chinese Proverb



Which Wheat Which?



As more and more people are being diagnosed with wheat intolerances (from the mild such as a worsening of hay fever symptoms - to the severe such as Coeliac's Disease) the range of alternative products on the market increases. Wheat can have many names in breads or other grain-based products based on the way wheat is processed and the type of wheat that is used. This can make reading labels on traditionally "wheat" based products a little hard as you need to be familiar with all the different names and forms of wheat.

Kamut, Spelt and Rye are all different forms of the traditional wheat. They come from different types of grain from the wheat family and some people with more mild wheat allergies can tolerate these grains.

Barley and Oat are grains that are not wheat but still contain gluten and should be strictly avoided by people suffering from Coeliac's.

Did you know?

We are born with 300 bones in our body but by adulthood have only 206.

The Way Nature Intended



Cherry Tree Organic Beef and Lamb farm is located in Tarwin Lower in picturesque South Gippsland. Shane and Ann Blundy run their farm the way nature intended, with the emphasis on

sustainability, animal welfare and the harvest of a product that is not only good for your health but great for the environment.

Shane and Ann have been at the forefront of the Victorian Organic movement for many years and though Shane admits farming organically and finding markets is a 'hard slog' he wouldn't do it any differently.

"There is nothing like the taste and quality of grass fed organic beef."

Why Organic? Shane was ploughing a paddock when he realised there weren't any birds lining up to eat the grubs behind the tractor like they used to when he was a child. "The soil was dead. There were no mushrooms to be seen and no tadpoles in the puddles. It was a pretty sad realisation."

Shane stopped using conventional fertiliser and with the aid of natural minerals and natural fertilisers has created a healthy and productive environment. Shane and Ann have been certified for the past six years and every week turn off eight to twelve head of cattle and about 30 lambs.

Please let us know if there is a particular cut or type of meat you'd like us to carry for you - or feel free to come in and place a special order with us.

Caramelised Beef and Potatoes

2 kg of beef round roast (check out our selection from Cherry Tree Organics!)

8 medium white skinned potatoes, peeled (we recommend our Nicola or Desiree potatoes – both in season and excellent for roasting and baking!)

3 leeks, washed and sliced

250 ml chicken stock

1 tablespoon canola oil

1 teaspoon sea salt

2 tablespoons soft brown sugar

250 gm green beans, trimmed

Preheat the oven to 180. Lightly oil a roasting pan. Put the beef in the prepared pan and roast for 1 hour. Remove the beef from the oven and take out of the roasting pan.

Thinly slice the potatoes and pat dry in a cloth. Thinly slice the leeks and put with the potatoes in the roasting pan and position the beef in the centre. Pour stock over the potatoes. Combine the oil, salt and brown sugar in a small bowl, then brush or rub the beef with the mixture.

Return the beef and vegetables to the oven and cook a further 1 – 1 1/4 hours. Remove the beef and let stand for ten minutes before carving.

Steam the beans for a few minutes until just tender and bright green. Serve the beef and vegetables and drizzle the pan juices over the top.

Hint: If the beef looks as though it is drying out during cooking cover it with greased aluminium foil.

Recipe from "*friendly food – food for life*" from the Royal Prince Alfred Hospital Allergy Unit \$29.95

