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skin radiant this winter



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welcome

If you are reading this magazine, then it is reasonable to assume that you're already taking a proactive approach with your health and wellbeing! Wouldn't it be great if more people were doing this? Think what it could do for the health of our nation!

Amid the Government's current movements toward reining in health expenditure and calls to revamp the health system to ensure sustainability, it makes sense for there to be a stronger focus on preventative health. Carl Gibson, chief executive officer of the Complementary Healthcare Council (CHC) certainly believes so. He spoke to Go magazine about some of the critical issues involved in moving to a system of preventative health. In particular, an understanding for the benefits and cost effectiveness of health related interventions is important. A recently published report on US Dietary Supplement use, found the use of key complementary medicines, including omega 3, vitamins B6, B12 and folic acid, could reduce hospital costs by \$US billions per year. Here in Australia, the Access Economics Report, *Cost Effectiveness of Complementary Medicines*, in 2009 also found large savings could be attained. For example, the use of St John's wort for mild to moderate depression could potentially save over \$ 50million for the Australian health budget. Mr Gibson believes that with, "three quarters of Australians already proactively using complementary medicines for prevention and wellness, that there is a major opportunity to reflect this in the current health policy debate."

We will of course watch this space closely; prevention has always made more sense than cure - though we probably don't need to tell you that!

Get cosy and enjoy this wintery issue!

Yours in good health,

Ann Cattelan

Editor

Check out the mail address sheet for your Smart Saver coupons and save up to 30 per cent off the recommended retail price of leading brands of health supplements at Go Vita.



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inside this issue

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Learn how to not just survive this winter but thrive!

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The best part of the raw food revolution is raw desserts! Check out our delicious recipes.

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Energy boosters

If you're stressed and exhausted, learn how to re-energise your life!

Traditional Chinese cold and flu treatments

Paul Keogh explores the use of traditional Chinese medicine to overcome colds and flu.

and more...

traditional Chinese cold and flu treatments

Have you ever come down with a cold after being caught out on a rainy or blustery day? Traditional Chinese herbalists believe exposure to excess Wind may be to blame, and recommend treatments that consider this and other factors, as well as the specific symptoms you're experiencing. Naturopath Paul Keogh explains.

Chinese herbalists view colds, flu and other respiratory infections as being caused not just by a virus or bacteria, but also the body's vulnerability to those infectious organisms. According to traditional Chinese philosophy, susceptibility to colds and flu is closely related to the strength of your Qi (pronounced 'chee'), the vital life force that flows throughout the body providing the energy you need to function. Among others, factors traditionally believed to deplete or dissipate Qi and increase the likelihood of viruses or other disease-causing organisms entering the

body include stress, working too hard, excessive fatigue, not exercising appropriately and exposure to excess Wind. In most cases of cold and flu, excess Wind combines with either excess Cold or excess Heat to cause illness. The specific pattern of the energetic imbalance involved will traditionally determine the herbal remedies considered most appropriate for your illness. Treatment is best taken as soon as possible after symptoms appear.

Wind
From the traditional Chinese viewpoint, exposure to excess Wind is a major

contributor to the development of colds and flu, especially if it's encountered at a time when your Qi is deficient or compromised. In colds and flu, excess Wind is often accompanied by Cold, Heat, Dampness or Dryness, which produce different symptoms. Many Chinese herbs that clear excess Wind also dispel Cold, Heat or Dampness. For example, forsythia clears Wind-Heat and magnolia flower clears Wind-Cold, while Japanese catnip clears Wind in either Heat or Cold conditions.

Wind-Cold
When you've got a cold or case of the flu

associated with a combination of excess Wind and Cold, you'll probably have a pale face, feel tired and easily worn out, and be prone to shivering and feeling chilly. You may also have a headache, itchy throat and muscle aches and pains. These Wind-Cold symptoms are often experienced during the early stages of a cold. Chinese herbs traditionally used to help clear Wind-Cold during colds include magnolia flower and Japanese catnip.

Wind-Heat
If you've got a cold or flu and are feeling feverish, with red eyes, a flushed face and disturbed sleep, it's likely you're affected by a combination of excess Wind and Heat. Other symptoms may include congestion of the nose or throat, headache, and a cough with thick, yellow mucus. These symptoms associated with Wind-Heat may not develop until the later stages of a cold. Chinese herbs traditionally used to help clear Wind-Heat during colds and flu include forsythia and honeysuckle.

Dampness
Dampness sometimes joins Wind to exacerbate ill health. Colds and flu characterised by excessive phlegm or mucus, often accompanied by lethargy and muscle or joint stiffness, are an example of this scenario. Magnolia is traditionally regarded as being particularly beneficial for Damp conditions, and is taken to help resolve excess mucus.

Dryness
On the other hand, when Dryness accompanies Wind, it can lead to an unproductive or persistent cough, along with feelings of dryness in the mouth, nostrils or sinuses. Licorice is an example of a herb that moistens Dryness in the respiratory tract. It is commonly combined with inula to address coughs, or honeysuckle and forsythia for sore throats. Taking all this into account, Chinese herbs are often taken in combination formulas that have been carefully balanced to expel Wind and clear Cold, Heat and Dampness, without causing Dryness.

Paul Keogh is the executive and technical director for Global Therapeutics P/L trading as Fusion Health. Paul is a qualified naturopath and medical herbalist with 25 years combined experience in clinical practice and the development of integrated Chinese and western herbal medicines.

The best time to act is before you get sick

Around 4,500 years ago, the Chinese physician Qi Bo wrote, *"To take medicine when you are sick is like digging a well only when you are thirsty – is it not already too late?"* This fundamental tenet of Chinese medicine – that it's better to take steps to preserve and enhance your wellbeing every day than to think about your health only when you're sick – is still valid today, and is particularly relevant to the immune system.



A number of Chinese herbs have traditionally been used to enhance

and maintain Defensive Qi (the specific form of Qi that supports your resistance against disease) and are taken on a daily basis (often throughout winter) with the goal of preventing colds, flu and other infections. They can also be taken following colds and flu to aid recovery and rebuild defences, but are best avoided during the acute phases of infection, when other herbs such as those previously discussed are more suitable. To support your immune system and help maintain your Defensive Qi this winter, consider taking the following herbs:



Astragalus is one of the most highly prized Chinese immune system tonics, and its traditional reputation is supported by scientific studies demonstrating that it stimulates key immune system cells and may help reduce susceptibility to viral infections such as colds. Astragalus may be especially helpful if you have a tendency to catch frequent colds or are feeling stressed out or tired. Its warming properties are considered particularly beneficial for restoring Defensive Qi and Lung Qi, and protecting the body against excess Cold and other potential causes of ill health.

Atractylodes is often taken with Astragalus to enhance immune health and reduce the incidence of colds and flu. It enhances Qi, aids resistance against disease and has drying properties to help resolve Dampness, which can lead to symptoms such as stuffiness of the head and chest, coughing, and shortness of breath.



Schisandra improves the ability to cope with physical, mental and emotional stress, all of which can be debilitating to the Defensive Qi and increase your susceptibility to catching colds and flu. It is traditionally regarded as being a Qi-boosting tonic medicine for the Lung organ-meridian system, and may be particularly beneficial if you're affected by a long-standing or recurrent cough.

Reishi mushroom has traditionally been used to build Qi, strengthen resistance against disease, and improve energy levels during times of weakness and fatigue. Research indicates that it has widespread effects in the immune system, and may help fight infections by interfering with viruses' ability to multiply.

winter survival guide



Why just survive this winter season when you can thrive! Go Vita health specialists recommend getting a step ahead with some simple strategies to support your immune system.

You can build up your resistance by supporting your immune system through healthy eating, exercise, rest and drinking plenty of water, as well as giving yourself an extra boost with a health management plan of natural supplements. Why not make your own immune health plan – to get you started, here's Go Vita's top 10 immune boosting strategies:

1 Top up with immune boosting vitamin C

Topping up vitamin C levels is a popular way of maintaining good immunity – particularly for the children of the household. Vitamin C requirements do vary from time to time, especially when we're under attack from winter ills, so some extra vitamin C is a good insurance policy against colds and flu. Chewable vitamin C tablets are an easy way to get children's bodies stocked. Or try mixing vitamin C powder (such as Blooms Natural Vitamin C powder from acerola cherry) in a glass of water or juice every morning and evening.

2 Get more sleep

Getting enough rest and plenty of sleep is crucial if you want your body to avoid winter lurgies. In a study published in 2009, people who slept less than seven hours per night over a two-week period were nearly three times more likely to get sick after exposure to a cold virus than people who slept more than eight hours.

3 Drink plenty of fresh alkalised water

Plenty of water helps to flush out toxins and the latest report from the Harvard School of Public Health states women need to consume around 2.75L and men need 3.75L a day. That means most of us need to drink a lot more water! According to new research, the hydrogen component of water has some profound effects on combatting toxicity, inflammation and degenerative disease. Go Vita health specialists recommend using an advanced water filter system such as the AlkaWay UltraStream to ensure pure, contaminant free, and hydrogen-rich alkaline water.

4 Stress less, relax more

Relaxation breathing techniques, meditation, yoga and tai chi all help reduce stress levels and keep your immune system strong. Ongoing stress has a detrimental effect on the immune system, and may increase your risk of contracting upper respiratory tract infections.

5 Scrub up and keep germs away

Wash your hands! That's the number one rule for keeping seasonal nasties out of your system. Although it's something that's drummed into us during childhood,

it seems as if we've forgotten – American research reports only 75 per cent of females and 58 per cent of males wash their hands. Which is disconcerting since a little scrubbing can help prevent a number of illnesses such as colds and tummy bugs.

6 Have a cuppa

Curling up with a cup of green tea (we like Onno Behrends Natural Green) can help fight off infections and even rejuvenate your skin cells. It has to do with the chemicals called alkylamines in the tea. Research published in the *Journal of Chinese Medicine* has found that the high level of antioxidants in the tea helps improve immunity.

7 Take a probiotic

Poor diet, stress, caffeine and alcohol as well as antibiotic use can all take their toll on the numbers of friendly gut bacteria. These bacteria play an important role in protecting your body from infection. Taking a probiotic supplement can enhance the populations of these bacteria and benefit your immune system and health. Results from a number of studies indicate that the consumption of certain strains of probiotic bacteria may protect adults and children against respiratory infections and the common cold.

8 Get up and move more

Don't use winter as an excuse to avoid exercise! The key is exercising regularly at a moderate intensity – including a half hour brisk walk, a few kilometres of gentle cycling or other moderate exercise three to four times a week to reduce the likelihood

of suffering colds and flu this winter. Don't go overboard though. Heavy exercise carried out over the long term may actually have a negative effect on your immune system, and increase your risk of catching a cold or respiratory infection.

9 Go herbal

A daily maintenance dose of olive leaf during the winter months can keep the dreaded lurgy at bay! Research in *Scientia Pharmaceutica* reports that the humble olive leaf is home to oleuropein, its active compound, an antioxidant (so will help fight those free radical nasties), an anti-inflammatory, antimicrobial and antiviral (which means it helps kill those bugs that make you sick). Taken daily, olive leaf helps reduce the risk and incidence of upper respiratory tract infections. For an added bonus, it has cardio protective qualities, which means it will help look after your heart.

10 Include raw supplements in your day

Raw supplements are concentrated wholefoods that are minimally processed in order to maintain their original qualities.

Consuming essential nutrients in their raw form encourages your body to build a stronger immune system, leaving you less prone to winter ills. Amazonia Raw Immune is a formula which combines immune boosting superfruits, vegetables, herbs and natural sea minerals. The formula contains nothing artificial, no synthetic nutrients instead it contains live, activated superfoods to boost your immune health. ☺



Keeping Kids well!

We all know the joys of children and the wonderful gifts they bring home from day care and school – such as runny noses and constant wheezes and sneezes! One way parents dealt with this in the past was using over-the-counter cough syrups. However, new changes to TGA labelling requirements means that many of these medicines are no longer allowed to be sold for children under six, and should only be given to children aged 6 – 11 years under doctor's advice. The government found that these drug-based medicines don't really help that much and also have health risks. So now frustrated parents are in search of safe alternatives for their children – well look no further! Take a visit to your local Go Vita store and take a look at companies such as Brauer and Martin & Pleasance who have specific ranges for babies and children based on natural homoeopathic and cell salt remedies.

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do you feel uncomfortable after eating?

Even though discomfort after eating is a common problem, it should not be ignored. Go magazine's health specialists look at possible causes and natural ways to find relief.

Bloating and discomfort after eating could be due to a range of mild digestive disorders or something as simple as eating too fast, or eating a larger meal than you actually need. However, there are also some serious conditions that can cause discomfort, which is why it's important to talk to your healthcare practitioner about any unexplained discomfort you experience.

Could dairy be upsetting your digestion?

Dairy has been known to cause discomfort after eating. Symptoms of dairy intolerance usually begin within 30 minutes of consuming dairy, and can include bloating, gas, abdominal pain or diarrhoea. Part of this intolerance is due to an inadequate production of the enzyme lactase which digests the sugar (called lactose) found in dairy foods.

People who are sensitive to dairy products may find that taking a supplement containing a combination of enzymes may enhance their ability to consume dairy foods without experiencing the characteristic

symptoms of abdominal pain, bloating and diarrhoea. The enzymes of importance are of course, lactase to enhance the digestion of lactose, but also protease and lipase to improve the digestion of the other main components of dairy – the protein and fats. More on enzymes a bit later.

Taking a digestive enzyme supplement can help ensure foods are broken down completely. In doing so they may also increase feelings of wellbeing and may even enhance immune function.

Is stress disturbing your digestion?

One of the first parts of your body to suffer as a result of stress is your ability to digest food properly. Try to avoid any form of over-eating or eating on the run etc. A

relaxed, unhurried atmosphere is ideal for digestion. However, prolonged exposure to stress can result in the development or exacerbation of many gut disorders including gastric reflux, non-ulcer dyspepsia (indigestion), irritable bowel syndrome (IBS), diarrhoea, constipation and flatulence. In fact it's now well established that the two most prevalent gastrointestinal disorders, indigestion and IBS, are related to chronic stress and anxiety.

Are you eating something that you have an intolerance to?

Some of the common foods people have an intolerance to are: wheat, gluten, dairy, nuts, soya, eggs and seafood. You could experiment by cutting out of your diet any suspected food intolerance to see if it improves how you feel.

Note that bloating due to gluten intolerance may take some time to shrink once the trigger food has been removed. And assistance by your healthcare practitioner is recommended to rule out coeliac disease among other things.

Are your digestive enzymes depleted?

Digestive enzymes are essential for the breakdown of carbohydrates, fats and proteins in the body. The secretion of digestive enzymes in the gut declines with age and during the body's response to stress. Insufficient enzyme levels may lead to the presence of partially digested food in the gut and result in the development of indigestion, bloating, flatulence and other conditions including food sensitivities or 'leaky gut'. Supplementation with digestive enzymes may help to alleviate gut disorders in which impaired digestion may be involved. A recent study investigating the effect of a digestive enzyme supplement in perfect digestion conditions and impaired digestion conditions found that the addition of a digestive enzyme supplement significantly enhanced the breakdown and absorption of carbohydrates and proteins compared to the control treatment (where no digestive enzymes added). Taking a digestive enzyme supplement can help ensure foods are broken down completely. In doing so they may also increase feelings of wellbeing and may even enhance immune function. Even for those people who have had digestive problems for prolonged periods of time, it appears that a continuing course of digestive enzymes can eliminate bloating and other digestive symptoms as well as boost energy levels.

Are your gut bacteria healthy?

The trillions of friendly bacteria that are present in your intestines perform important digestive functions as well as aiding immunity and helping to fend off harmful bacteria.

The way probiotics work in the gut, is to provide an environment that is conducive to the absorption of food (by maintaining a healthy pH), preventing the growth and development of bad bacteria (by crowding out damaging bacteria), and by working with the body to help in either the production or absorption of a number of vitamins (including vitamin B12 and folate). These probiotic bacteria may be disrupted by the use of certain medications (among other factors), and taking probiotic supplements may help to address symptoms of flatulence, diarrhoea and constipation by building strong, healthy probiotic populations in the gut.

When choosing the right probiotic for your needs, look for a formula containing multiple strains of bacteria, as this will be more likely to benefit your whole digestive tract as different species have favourite sections of the gut where they perform the best actions.

Is too much coffee your problem?

From a naturopathic perspective, people who suffer from tummy troubles are often advised to avoid coffee, especially if they're prone to diarrhoea.

Caffeine is a stimulant, which is why it makes you feel more alert and energised. But it doesn't just stimulate your mind; it also has a stimulating effect on your digestive system, rushing food through your gastrointestinal

continued over



Calming chamomile

Apparently over a million cups of chamomile tea are drunk each day worldwide and it's no surprise considering that sipping on a cup of chamomile tea may just alleviate stomach cramps, indigestion, reduce the severity of diarrhoea, and dispel gas that can lead to stomach discomfort and bloating because it helps relax intestinal muscles.



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tract. If you're a coffee drinker who's susceptible to experiencing diarrhoea or loose bowel movements, it's worthwhile going without coffee for a few weeks to see what happens. In its place, try refreshing herbal teas, such as peppermint, chamomile and fennel, all of which are caffeine free, and have traditionally been valued for their antispasmodic action on the digestive system, helping to relieve symptoms like flatulence, bloating and cramping pain.

Do you have acid reflux?

Bloating in the upper tummy region, feeling full, nausea, indigestion, heart burn or excessive burping soon after eating, could be related to acid reflux or dyspepsia. One remedy that has been traditionally used to relieve indigestion is apple cider vinegar. Simply mix one teaspoon to two tablespoons in warm water and drink before meals or when heart burn strikes. It appears the acidic nature of the vinegar helps digestion by breaking down fats. 🍷



Are you eating enough fibre?

If your complaint is a rock-solid belly or abdominal pain that builds as the day progresses, and you find these symptoms are relieved when you go to the toilet, it is possible constipation is to blame. An easy way to address this problem is to slowly increase your dietary fibre. Too much additional fibre too quickly can make the bloating worse, so make sure it is a gradual increase. Concentrate on insoluble fibre sources such as fruit, bran and seeds rather than the soluble fibre sources from processed packet foods.

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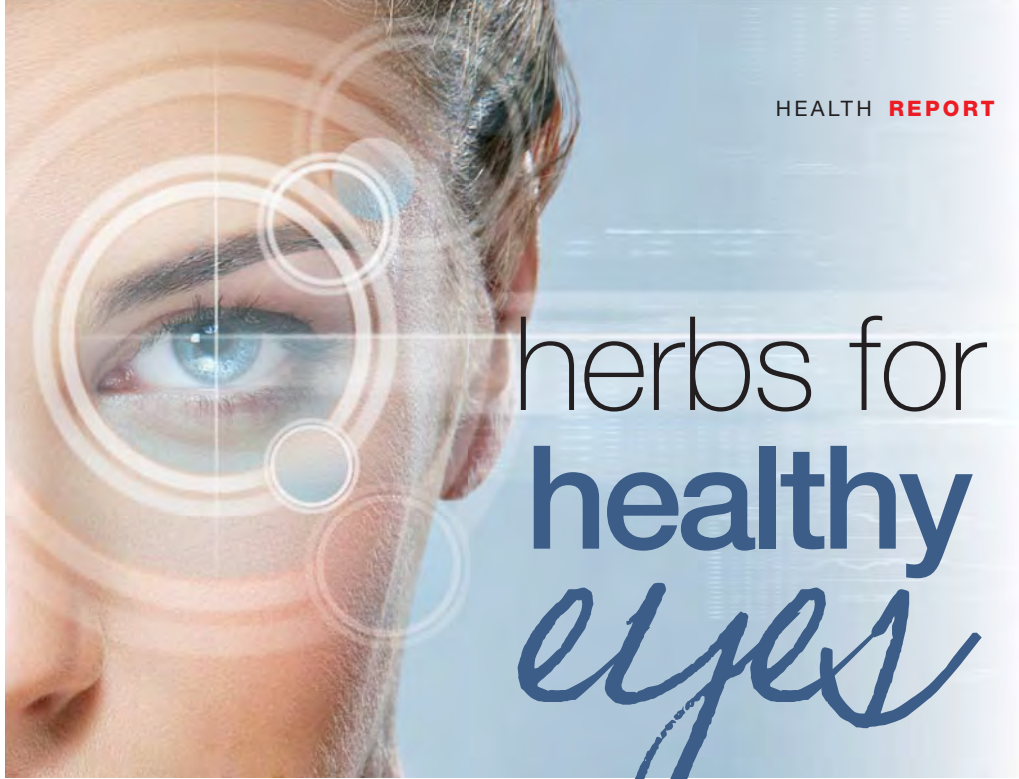
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herbs for healthy eyes

Keeping your eyes in tip-top condition requires plenty of rest and an antioxidant-rich diet packed with fresh colourful fruit and vegetables. Naturopath Anastasia Zafiropoulos also recommends herbal supplements for best results.

First of all, colourful fruit and vegetables preserve your eye health, because of the antioxidants they contain, which can fight free radical damage. Free radical activity has a profound impact on eyesight, because it damages blood vessels.

Bilberry (*Vaccinium myrtillus*) Purple-coloured fruit and vegetables contain flavonoids called anthocyanosides, which have special benefits for eye health. Bilberries (closely related to blueberries and cranberries) are one of the world's best sources of anthocyanosides and exert a potent antioxidant action in the capillaries of the eyes, strengthening their tone and blood flow. Anthocyanosides also form part of the

retinal pigmentation called visual purple, which helps us to see in dim light. This may help to explain the berries' use by World War II pilots as a tonic to aid visual acuity (sharpness) and to improve the eyes' adjustment to both dark conditions and glare. Research suggests that bilberry extract can be helpful in improving night vision and may ease eyestrain.

Grape seed (*Vitis vinifera*) Grape seed provides a rich source of oligomeric proanthocyanidin complexes (OPCs), antioxidants which help maintain healthy capillaries and circulatory function. The extract's antioxidant powers are important in warding off the free-radical damage.

Added support The macula is the part of the retina that's responsible for seeing objects directly in front of you. It contains concentrated yellow pigments, the most important of which is lutein. In the macula, lutein filters the harmful, high-energy blue wavelengths of light as they enter your eyes. It also acts as an antioxidant. Extra antioxidant support from betacarotene and vitamins C and E, helps protect and support the sensitive capillaries of the eye against oxidative damage, helping maintain peripheral blood circulation. 🍷

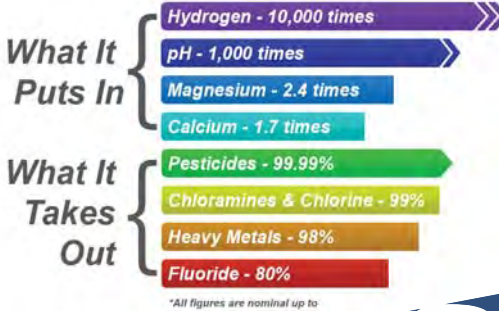
Anastasia Zafiropoulos is a naturopath working at Go Vita Sans Souci offering naturopathic appointments, having completed a Bachelor Health Science.



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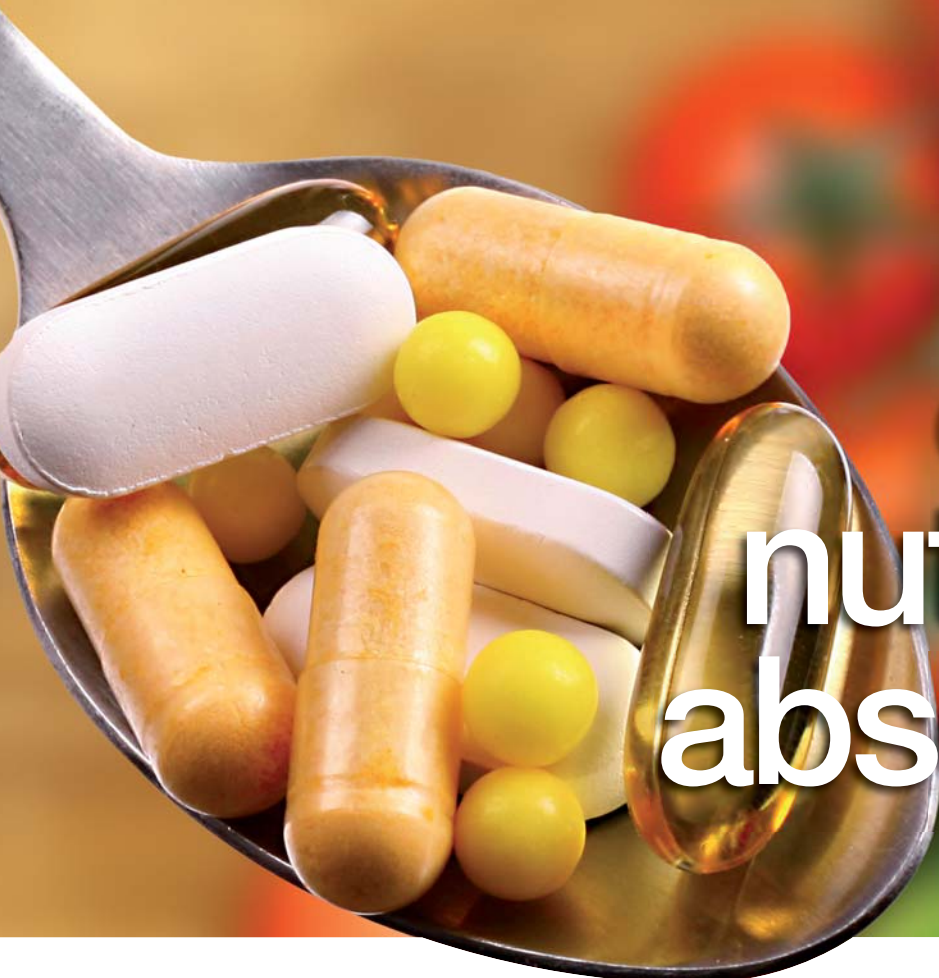
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tips for optimising nutritional absorption

You pay good money for your supplements, but do you know how to ensure they're absorbed as efficiently as possible? In this handy guide, naturopath Jayne Tancred explains what you need to know when taking some of our most popular nutritional supplements.

B **B-group vitamins**
✓ In most circumstances, natural health professionals recommend that B-group vitamins be taken as a complex rather than as single nutrients. However, if you do need individual B group vitamins then a low dose B complex should be taken in addition.

✗ Absorption of vitamin B1 (thiamine) may be inhibited in the presence of compounds found in raw fish, coffee, tea, blueberries, and vegetables from the Brassica family (eg. Brussels sprouts).

✓ Taking vitamin B1 with vitamin C may help minimise the absorption inhibiting effect of the tannins in tea and coffee.

✗ The presence of zinc, iron, copper or manganese may inhibit the absorption of vitamin B2 (riboflavin), so if using a combination of these products, take them at least two hours apart.

✗ If you have low vitamin B12 levels, avoid taking mega-doses of vitamin C, which may reduce them further.

C **Vitamin C**
✓ Vitamin C is best absorbed when taken in small doses at regular intervals – so choose either a low-dose product you can take several times a day, or a sustained release supplement. (Alternatively, add vitamin C powder to your water bottle and sip it throughout the day).

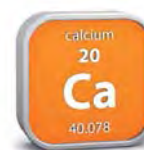
✓ It is widely believed that the presence of bioflavonoids alongside vitamin C enhances its absorption and utilisation.

✗ Zinc and pectin may inhibit the absorption of vitamin C, so if using a combination of these products, take them at least two hours apart.

D **Vitamin D**
✓ Always choose vitamin D in the form produced by the body (vitamin D3, also known as cholecalciferol), which increases body levels of the active form of vitamin D up to 70 per cent more effectively than vitamin D2 (ergocalciferol).

E **Vitamin E**
✓ Natural forms of vitamin E (eg. d-alpha tocopherol) are regarded as more bio-available than synthetic forms (dl-alpha tocopherol).

✓ Vitamin E supplements taken with a main meal may be absorbed nearly three times more effectively than those taken on an empty stomach.



Calcium

✗ Large doses of other minerals such as magnesium and zinc may inhibit the absorption of calcium, so if using a combination of these products, take them at least two hours apart.

✗ Also avoid taking calcium supplements at the same time as foods that are known to interfere with its absorption, including high fibre foods, and those that contain phytates (eg. whole grains) or oxalates (eg. spinach).

✗ Large quantities of caffeine, salt, alcohol, carbonated soft drinks or fat may also interfere with your calcium levels.

✓ Take your calcium supplement with a little milk if you can – the presence of lactose appears to aid its absorption, as do protein and vitamin D.

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- ✓ To maximise your absorption of carotenoids such as betacarotene, lycopene and lutein, eat them with a meal that contains some healthy oils.
- ✓ Lutein absorption may also be enhanced when it is taken with vitamin C.
- ✓ In supplements, betacarotene from natural sources is considered preferable to betacarotene from synthetic sources – ask the helpful staff at your Go Vita store

to help you choose the right product if you're not sure.

✗ Soluble forms of fibre (eg. psyllium) may inhibit the uptake of betacarotene, so if using a combination of these products, take them at least two hours apart.



Iodine

✗ If you're taking iodine supplements, avoiding eating large amounts of foods from the Brassica family of vegetables, which includes cabbage, broccoli and Brussels sprouts – they contain chemicals called goitrogens that can interfere with your body's ability to use iodine.



Iron

✓ For optimal absorption of iron supplements, choose a formula that also contains vitamin C to aid absorption, and if possible,

take it with a meal that contains some meat.

✗ Avoid taking iron supplements at the same time as food and drinks containing tannins (such as coffee, black tea or green tea), and foods containing phytates (such as whole grains and soy protein) or oxalates (eg. spinach).

✗ Large doses of other minerals such as calcium, zinc, manganese and copper may inhibit the absorption of iron, so if using a combination of these products, take them at least two hours apart.

✓ If you're taking iron and folic acid to support healthy blood cells, taking vitamin B2 (riboflavin) at the same time may enhance their effects on haemoglobin levels.



Magnesium

✗ Magnesium absorption, as with calcium and iron, may be reduced in the presence of phytates and high doses of other

minerals. It is best taken at least two hours away from other supplements. Fatty meals may also reduce its absorption.

✗ Avoid taking magnesium with salt, caffeine or alcohol, which may accelerate the rate at which it is excreted from the body.

✓ To ensure optimal absorption, choose a magnesium supplement that also includes magnesium co-factors, such as vitamin B6 and vitamin D.



Zinc

✓ To enhance the absorption of zinc, take it at the same time as a meal containing animal protein (eg. red meat) and acids (eg. tomatoes).

✗ Avoid taking zinc with foods high in phytates (eg. whole grains, nuts, seeds) or at the same time as calcium supplements.

Naturopath, herbalist and nutritionist Jayne Tancred is the author of several books and numerous magazine articles on natural health and wellbeing. Her special interests include mind-body medicine and diet for the prevention of chronic disease. jaynetancred.com.au

Supplements and prescription medicines

In addition to these tips, many nutrients can be adversely affected by the use of some prescription medicines, and vice versa. If you're concerned that your prescribed medicines may be interfering with your nutritional status, do not stop taking your medicines or start taking supplements without first talking to your doctor or naturopath about your personal circumstances. You should also advise your doctor of any supplements you're taking along with your prescribed medicines.



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Dr Stevenson, L., et al. Oxygen Radical Absorbance Capacity (ORAC) Report on Olive Leaf Australia's Olive Leaf Extracts, Laboratory Report, Southern Cross University, 2005.



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CHC53163-03/14

the greatness of grains

While paleo diet advocates shun the inclusion of grains because our Stone Age ancestors didn't consume them, there's a whole other following that believes nutritious grains are vital for our health. Siobhan Moylan investigates.

The revised 2013 Australian Dietary Guidelines encourage Australians to eat a variety of whole grain and high fibre grain foods because they contain a range of protective components, such as antioxidants and phytoestrogens, which play an important role in the prevention of disease.

The popularity of high protein, 'low carb' diets has many Australians removing

carbohydrates, including whole grains and high fibre grain foods from their daily diets as a quick fix for weight loss. Interestingly though, new research suggests whole grains actually reduce abdominal fat. A study conducted at the University of Sydney on young women, found a higher protein, moderate carbohydrate diet that includes four serves of nutrient rich grain foods each day, aided weight loss. The researchers found that after six months, women who sustained this balanced approach to weight loss were able to achieve over nine per cent body weight loss, which they were able to maintain and improve on over 12 months.

So if you want to keep your weight down long term and avoid chronic disease get some grains on your plate! Here are some adventurous options:

1 Quinoa

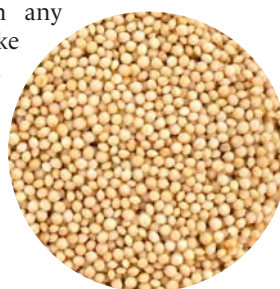
Worshipped by the ancient Aztecs, quinoa packs an impressive protein punch.



In fact it's a seed not a grain and it's higher than most grains in protein. It is one of the few plant foods, which is a complete protein, meaning it contains a huge amount of essential amino acids. Use it as a replacement for rice.

2 Amaranth

A close cousin of quinoa, amaranth is a small round grain. It is high in protein, fibre, is gluten free and is also higher in healthy oils than any other grains. Unlike other grains, when cooked it never fully softens – so it's great for making healthy soups, breakfasts, and porridges.



3. Spelt

Another ancient grain and part of the wheat family. With a higher nutritional value than modern wheat, spelt is high in protein, fibre, packed full of minerals and B group vitamins. Low in gluten and easy to digest, spelt is commonly ground into flour and used in pasta, breads or other baked goods.



4 Freekeh

Freekeh is the name given to wheat harvested while green (or immature) and then roasted. Freekeh is high in fibre and has a low GI and because the grains are harvested green, they retain higher amounts of protein, vitamins, and minerals. With a nutty, smoky flavour, freekeh can be prepared similarly to rice and can be used instead of brown rice in salads, risottos or pilafs.



5 Emmer (Farro)

Farro is the Italian name for emmer which is an ancient variety of wheat. High in fibre, low in calories, it is versatile and ideal for use in salads, soups, baking or as a side dish or pilaf. Farro and spelt are sometimes confused as the same but in fact they are not. Farro needs to be soaked before cooking and has a firm chewy texture.



6 Millet

Before rice was widely eaten in Asia, it's believed that different varieties of millet were the staple grain. Gluten free and highly alkalising, millet delivers protein, fibre and B group vitamins. Millet can be prepared to produce a fluffy side dish similar to couscous or a creamy-like porridge.



7 Barley

Barley has a lower gluten content compared to wheat (it is not gluten free) and is a nutritious and hearty whole grain that's inexpensive. It contains both soluble and insoluble fibre so helps aid bowel regularity. Try making barley risotto, barley salad or use it to thicken up soup.



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Siobhan Moylan is an investigative journalist based in the Eastern suburbs of Sydney. Having worked in radio, TV and in print for over a decade Siobhan's main focus has been on health related topics.

Are you Deficient?

Never ignore minor problems with your hair, skin, mouth, teeth or joints or recurrent colds and infections. Your body is trying to tell you something! Naturopath **Caroline Robertson** explains how to translate your body’s language and address deficiencies before disease sets in.

Deficiency denial

“But I get everything from my healthy diet,” is a common response from patients after I see signs of nutritional deficits. But even with ideal meals, you can suffer deficiencies due to nutrient leached soil from modern farming, artificial ripening, irradiation, food processing, poor digestion, overcooking, prolonged storage and absorption inhibitors such as pharmaceutical drugs, infections and illnesses. Also anti-nutrients such as alcohol, caffeine and phytates which are high in grains, bind nutrients out of the body. Increased requirements during stress, disease, youth, adolescence, pregnancy, breastfeeding and old age may not be met through diet. Common high calorie, low nutrient diets or insufficient intake are other factors.

Deficiencies and diseases

As the saying goes, “an ounce of prevention is worth a pound of cure”. A concept which is being taken more seriously today than ever before, for example there is an increasing number of pregnant women taking folic acid to prevent birth defects. While your body can make some vitamins such as vitamins A, D and K, it can’t make minerals so must rely on dietary intake. This is where a problem

may arise, particularly if you have digestive weakness or are not sure how your food has been processed. Supplementing can ensure minor deficiencies don’t develop into major diseases.

The following list of symptoms may result from minor deficiencies which can be corrected with the right supplements or superfoods:

Hairy tales

Hair loss or greying hair has been linked to low levels of vitamins B5, B6 and B12, biotin, iron and protein. Dry hair and scalp can indicate poor vitamin A or essential fatty acid (EFA) stores. Feed your follicles with high iron black strap molasses, vitamin B rich tempeh, protein packed eggs and omega-3 dripping flax seed oil.

Mouth messages

Cuts at the corners of your mouth may indicate vitamins C, B2, B6 or folic acid deficiency. A burning tongue can indicate low vitamin B complex. Bleeding gums can signify low vitamin C and mouth ulcers are helped with vitamin B6, zinc and an alkalising diet. For cracks at corners of mouth or a swollen or fissured tongue try liquid vitamin B complex.

Nail news

Brittle nails with white spots often arise when zinc is lacking. Peeling or ridged nails can come from low vitamin A, protein and calcium. Soft nails may be a magnesium or sometimes a silica deficiency.

Skin signs

Dry skin (including eczema) is helped by essential fatty acids (EFAs) and vitamin E; try evening primrose oil or flax oil supplements. Easy bruising is often related to deficiencies of vitamin C and bioflavonoids. Acne is aggravated by low zinc (particularly in pubescent boys) and vitamin A.

Eye see

An array of eye disorders arise from vitamin A insufficiency. Colour blindness, poor vision, conjunctivitis, dry eyes, macular degeneration, night blindness and red eyes are all connected with low vitamin A. If you have macular degeneration or floaters in your eyes, vitamins C, E and bioflavonoids are invaluable. Vitamin B2 is another one to consider with itchy, burning, red, sandy eyes. Eyelid tics can be subdued with sufficient zinc and magnesium.

Listen to your ears

Recent research presented at the 2013 Inter-science Conference on Antimicrobial Agents and Chemotherapy revealed that vitamin D deficiency increases the incidence of ear infections. Inner ear issues such as tinnitus and vertigo can arise from insufficient iron, vitamins B12 and D and calcium.

Nutritional health insurance

Far from just causing expensive urine, supplementing can safeguard against deficiencies, preventing them from causing chronic conditions. Even cancer has been linked to low levels of vitamin D according to Dr John Cannell who says “50,000-63,000 individuals in the United States and 19,000-25,000 in the UK die prematurely from cancer annually due to insufficient vitamin D.” As many as one in three Australians suffer with vitamin D deficiency. In Queensland research revealed 40.5 per cent of subjects have low vitamin D blood levels.

Other deficiencies common in Australia are vitamins C, B12, folic acid, iron, magnesium, zinc and selenium. Monitor your levels by being aware of the shortage signs and if supplementing stick to the recommended dosage. ☒

Naturopath Caroline Robertson has practised, taught and researched natural therapies for the past 25 years. For consultations, health retreats and guided meditations contact www.carolinerobertson.com.au

Common deficiency symptoms of vitamins and minerals

Nutrient	Deficiency signs
Folic acid	Fatigue, feeling faint, breathless, headache, heart palpitations, trouble concentrating, loss of appetite, red swollen shiny tongue, change in bowel patterns and megaloblastic anaemia.
Iron	Tiredness, pale skin, breathless, weakness, dizzy, low appetite, poor concentration, cold hands and feet, brittle nails, cracks at corners of mouth, frequent infections. Iron-deficiency anaemia can lead to unusual cravings for non-food items such as ice, dirt or paint. It may also lead to restless legs syndrome. Menstruating women are at higher risk.
Magnesium	Mild deficiency leads to muscle cramps, nausea, poor sleep or insomnia, irritability, headaches, anxiety and fatigue. More severe deficiency leads to coldness in extremities, heart arrhythmias, numbness, tingling and even heart attacks as the coronary arteries constrict.
Vitamin B12	Mild deficiency leads to weakness, fatigue, light-headedness, constipation or diarrhoea, rapid heartbeat and breathing, pale skin, sore tongue, weight loss and reduced appetite. Severe lack leads to memory loss, tingling/numbness in extremities, difficulty walking, confusion and depression.
Vitamin C	Easy bruising, bleeding gums, tiredness, dry hair and skin, muscle and joint pain, poor healing wounds, tooth loss, trouble fighting infections, rapid mood changes and irritability. Smokers and diabetics have increased requirements.
Vitamin D	General muscle pain and weakness, psoriasis, gum disease, joint pain, headache, poor concentration, severe asthma in children, frequent falls in the elderly and frequent infections. Those with reduced sun exposure, dark skinned people, those suffering kidney or liver disease all have increased requirements.
Zinc	Recurrent infections, poor wound healing, male impotence, hair loss, dandruff, white spots on nails, no sense of taste, acne, back weakness, delayed development in infants and adolescents and hyperactivity.

Note: if you experience any symptoms listed above, you should discuss these with your healthcare practitioner before commencing a supplementation course.



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IN PROFILE

Australians don't just like chocolate, they love it! Around 70 per cent of us eat it regularly and on average we each consume six kilos of it every year! **Simone McClenaughan** investigates chocolate in its rawest, unsweetened and most healthy form – cacao.

Chocolate actually comes from the cacao tree (*Theobroma cacao*) which produces a fruit and the seeds inside are called cacao beans. When they are dried, ground and the natural butters removed, cacao powder is the result. Cacao refers to the raw, unsweetened powder, and should not be confused with cocoa powder which refers to a powder that may have some cocoa butter remnants in it and is produced from roasted beans.

Cacao is booming with antioxidants

Based on the Oxygen Radical Absorbance Capacity or ORAC scale, which measures antioxidant levels and how effective they are at absorbing those free radical nasties, cacao powder is packed with antioxidants. In fact, cacao contains over 600 antioxidants. Cacao has 11 times the amount of antioxidants as blueberries and 16 times the amount as goji berries. Information published in *The Netherlands Journal of Medicine* reported that cacao has large concentrations of flavonoids, epicatechin, catechin and procyanidins. Cacao is also packed with minerals such as potassium, phosphorus, copper, iron, zinc and magnesium.

Cacao packs a mighty health punch

A four-year study conducted by the Department of Preventive Medicine at the University of Panama compared the health of people living in two areas of Panama. One group of people lived on the San Blas islands and the other group lived on the mainland. The island residents regularly drank a drink made from cacao, in some cases up to 40 cups of the drink a week. The people on the mainland

did not. The incidence of cancer, diabetes, stroke and heart failure was less than 10 per cent on the island, which was much less compared to the rates on the mainland, which the researchers put down to the health benefits of the cacao.

Cacao is heart friendly

Worldwide research has revealed that people who consumed cacao, either in powdered drinks or via dark chocolate had lower blood pressure than people who didn't eat or drink it. Additionally, research published in the *International Journal of Molecular Sciences* found that cacao may decrease the oxidation of LDL – or bad – cholesterol levels. Plus, a study published in the *British Medical Journal* discovered that people who consumed controlled amounts of chocolate reduced their risk of heart disease by 37 per cent.

The Dietitians Association of Australia and the Heart Foundation reminds Australians that chocolate should not be used to prevent or treat heart disease and that chocolate, even dark chocolate, should only be eaten occasionally.

Cacao reduces stress levels

Swiss research found that eating dark chocolate made with cacao helps to alleviate stress and increase alertness. Study participants who had high anxiety levels ate dark chocolate for 14 days and at the conclusion of the study, their stress levels were rated as low. It is believed that cacao consumption encourages serotonin production, which helps calm the nerves.

Look for high quality cacao at your Go Vita health shop, it's a dark powder and will taste bitter – use in cooking as you would cocoa or for a nutritious drink mix with hot water or milk (coconut, rice or soy milk are good options). Add agave or honey if you think it needs some sweetening!

Simone McClenaughan is a freelance writer with a personal interest in health, wellness and lifestyle issues. s.mcclenaughan@hotmail.com



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8 reasons to eat healthy

Food really is some of the best medicine you can get. **Simone McClenaughan** reports on how you can improve your health and reduce your chronic disease risk, simply by eating the right foods.

Diet is one modifiable way – which means it's in your power to change it – that you can reduce your risk for chronic diseases such as heart disease, cancer and diabetes. Here's how to adapt your diet to live a healthier life.

1 Improve your blood pressure
Australian research conducted by the University of Western Australia and the West Australian Heart Research Institute found that eating protein and soluble fibre helped reduce blood pressure. The study used soy protein for the protein component and psyllium. Soy protein is found in many soy-based foods such as soy beans and tofu. Include them in your diet via stir-fries and salads. Psyllium husk is a soluble fibre and can be sprinkled on your cereal, added to smoothies or stirred into juices.



2 Enhance your energy
Low iron levels are one of the causes of fatigue and poor energy. As such, the Australian Institute of Sport suggests

including iron-rich foods in your diet, such as lean red meats, fish and poultry, iron fortified foods such as some cereals and breads, as well as eggs, lentils and spinach.

3 Help your heart
Simply watching when you eat can make a difference to your heart health. The Harvard School of Public Health found that skipping breakfast and eating meals late at night increased the risk of heart disease by 27 per cent and 55 per cent respectively. Try planning your day so you have enough time in the morning for a balanced nutritious breakfast, and that you eat dinner in the early evening, rather than late at night. A Mediterranean diet also has a cardio protective effect as does a high consumption of plant-based foods.

4 Boost your brain
Omega 3 polyunsaturated fatty acids, in particular docosahexaenoic acid (DHA), which is found in oily fish such as salmon can enhance cognitive



abilities and reduce the risk of dementia, depression and mental disorders reports research in the journal *Nature Reviews Neuroscience*. Additionally, folate or folic acid from food such as spinach and orange juice can also help maintain and prevent the decline of cognitive function.

5 Increase strength
A combination of rapidly digested protein, such as milk, and good quality carbohydrates, such as whole grains or legumes can help maintain and build lean body mass reports the *British Journal of Sports Medicine*. Small servings consumed throughout the day are ideal. Try to incorporate them via milk on your cereal or in smoothies for snacks, wholegrain-based cereals and breads, and legumes in salads or curries.

6 Build your bones
The *American Journal of Clinical Nutrition*'s report on bone mineral density has shown that high levels of lollies and sweet consumption can lower bone mineral density in both men and

women, whereas high fruit and vegetable consumption helps protect your bones. It's important to note that women are already at a greater risk of low bone mineral density than men, due to the effects of menopause. Green leafy vegetables, such as broccoli, Brussels spouts and kale, which are home to vitamin K are also excellent for your bone health as vitamin K helps with calcium regulation and bone formation.



7 Lower your cholesterol
Snacking on tree nuts or adding them to your stir-fries and salads may just help lower your cholesterol. The *Journal of the American Heart Association* and *Nutrition Research Reviews* both report that eating nuts, along with other plant-based foods contributes to the reduction of bad, LDL cholesterol, and supports

good HDL cholesterol. A serve of nuts is approximately 1/3 of a cup, 30g or:

- 20 almonds
- 15 cashews
- 20 hazelnut
- 15 pecans
- 2 tablespoons pine nuts
- 10 Brazil nuts
- 4 chestnuts
- 15 macadamias
- 20 walnut halves.

8 Fight your chronic disease risk
If you're not already eating at least five serves of vegetables and two serves of fruit a day, then it's time to start, as research in both the *American Journal of Clinical Nutrition* and the *Journal of the National Cancer Institute* report that this will help ward off chronic diseases such as heart disease, diabetes and cancer. The Dietitians Association of Australia recommends two serves of fruit a day, however the American Society for Clinical Nutrition feels that four serves of fruit a day is ideal.

Simone McClenaughan is a freelance writer with a personal interest in health, wellness and lifestyle issues. s.mcclenaughan@hotmail.com



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1 Don't skip meals

There are plenty of studies that prove people who eat breakfast have more energy throughout the day. Despite this, more than half Australians are skipping breakfast, many claiming they don't have time. A piece of wholemeal or whole grain toast, or a bowl of fruit and yoghurt is hardly going to take too much time. Best of all having breakfast will help stop you snacking on high sugar, high fat foods mid-morning when you suddenly realise you're starving! Interestingly, research published in the *Journal of Nutritional Health* found that missing any meal of the day resulted in an overall greater feeling of fatigue by the end of the day.

2 Limit caffeine and sugar treats

When you have that afternoon energy dip and reach for another cup of coffee or candy bar, don't expect the energy spike will last, more than likely you will come crashing down and left feeling more fatigued than before. Try a cup of green tea or peppermint tea to re-energise you and snack on a bliss ball (see page 28 for recipe).

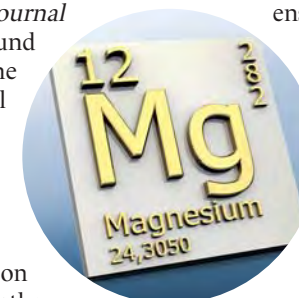
3 Drink more water

Make sure you stay well hydrated during the day with six to eight glasses of pure alkalised water. New research suggests that water's hydrogen component has some profound effects on combatting toxicity, inflammation and degenerative disease. The great news is that advanced water filter systems such as the AlkaWay UltraStream produce pure, contaminant free, and hydrogen-rich alkaline water. Tests show water from the UltraStream contains 10,000 times more active molecular hydrogen than ordinary tap water.

You should watch your alcohol intake too, as alcohol can dehydrate you, making you feel tired and lethargic.

4 Boost your magnesium levels

Eating a balanced diet is the best way to ensure your overall vitamin and mineral needs are met. However if you still feel you are exhausted then maybe your magnesium levels need a boost. Magnesium deficiency is not uncommon today, due to modern food processing removing this important mineral from food. Magnesium is needed by the body to break down glucose to produce energy. While a handful of almonds is a good way to boost your levels, you may find you need to supplement to ensure you consume sufficient magnesium in your day.



5 Embrace amino acids

Professor Tim Roberts at the University of Newcastle has been researching the causes of fatigue for over 17 years and discovered the answer to fatigue lies in a specific amino acid combination. Amino acids are the body's natural building blocks of protein, important for neurotransmission, the sending of electrical impulses in the brain.

If vital messages are not getting from the control centre to the worksites, things are likely to go haywire. Researchers at the University of Newcastle have drawn on years of research into amino acid therapy with chronic fatigue patients; to conclude that amino acid supplementation (with Top Nutrition's Fatigue REVIVA and its patented delivery system) is a way to improve energy levels, sleep patterns and concentration.

When comparing amino acids to the coffee alternative, Prof Roberts had this to say, "While amino acids might not give you the quick jolt of caffeine, the results are far more long lasting and you're actually improving your body's health instead of offering it a Band-aid solution. Not only do amino acids offer an energy boost, they also appear to improve muscle recovery and boost immune health." ☺




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LIVE WELL

how to avoid dry winter *Skin*

Frosty winter air can wreak havoc on
your skin! Here are Go Vita's top tips
to keep your skin radiant this winter.

Dry, dehydrated skin is extremely common in cold temperatures. As there is less humidity in the air in winter, your skin naturally dries out. With less moisture in your skin, microscopic cracks can start to appear that affect the barrier of the skin. This can lead to skin redness, itchiness and sensitivities. In addition, the transition from cold weather outside to warm temperatures inside further dries out the skin as it tries to rebalance. The good news is there are things you can do to provide extra nourishment and rehydration for your skin.

1 Exfoliate

Exfoliate your face and neck once or twice a week to remove those dry, dead skin cells that cause your skin to look flaky and dull. This will really boost radiance and promote healthy skin cell renewal. Opt for a gentle exfoliant specifically formulated for facial skin.

2 Extra nourishment

A quality hydrating serum applied underneath your moisturiser morning and night is a great option to deeply

nourish your skin and keep it smooth and supple. We love the Jojoba Company 100% Natural Australian Jojoba Oil – just a few drops is all that is needed to help restore moisture to your skin. Use under your moisturiser on your face and body. Use after showering, shaving or waxing. It is ideal for dry sensitive skin, as it not only nourishes the skin but it protects against moisture loss due to its ability to deliver nutrients deep into the skin.

3 Avoid hot showers

Even though it is extremely tempting to enjoy long, hot showers and baths in winter, this is actually very drying for your skin. Hot water robs the skin of moisture, so it is preferable to have a short shower in lukewarm, tepid water. Gently pat yourself dry to keep your skin as calm and relaxed as possible. Use a body exfoliant a couple of times a week to buff off any dead skin cells and improve blood circulation. Once you step out of the shower – while skin is still damp – slather on a rich, hydrating body cream (try Mineral Energy Ultra Moisturising Body Lotion) to seal in moisture.

4 Treat your hands and feet

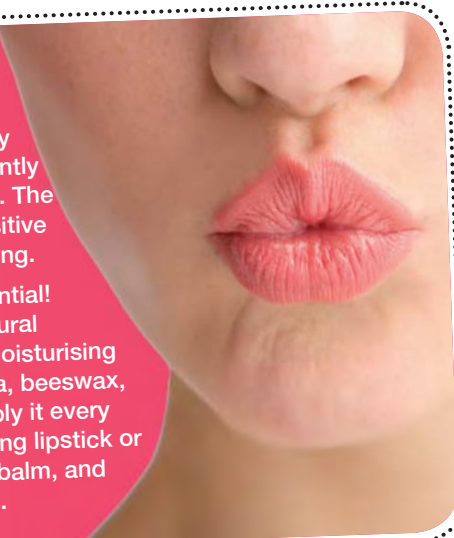
With harsh winter temperatures the skin on your hands and feet really suffers, and can easily become dry, chaffed, cracked and itchy. While your feet and hands are usually kept toasty warm in socks, boots or gloves during winter months, they will definitely need some attention to keep them hydrated. A great trick before bed, is to apply a generous

helping of a nourishing cream such as Weleda Skin Food to your hands and feet and cover them with cotton gloves and socks while you sleep. In the morning, your skin should feel beautifully hydrated, smooth and silky soft. Long used as a secret weapon of makeup artists and models, Weleda Skin Food is an ultra-rich, deeply hydrating natural organic cream that is a definite winter must-have. ☺

5 Pucker up!

With frosty winds and fresh, chilly winter air, you may find yourself constantly licking, biting and chewing on your lips. The result is rough, cracked, flaky and sensitive lips that can peel and flake all winter long.

Make lip balm your winter beauty essential! Choose a lip balm with nourishing, natural ingredients like Mineral Energy Ultra Moisturising Lip Balm containing shea butter, jojoba, beeswax, cocoa butter and avocado oil, and apply it every time you go outdoors. If you like wearing lipstick or lip gloss, hydrate your lips first with a balm, and then apply your lip colour over the top.



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desserts in the *Raw*

There's a raw food revolution happening right now! And it's not just about salads or carrot sticks, **Hayley Lennon** reveals probably the best part of the revolution – raw desserts!

Keeping food in its natural state is really a whole new way of thinking about nutrition, and Australians everywhere are embracing this change. If you consider yourself healthy minded but do have a weakness for sweet indulgences, then read on! Here is my list of the top five raw dessert ingredients you shouldn't live without!

1 Coconut oil
A lot of raw dessert recipes require coconut oil because of its ability to be melted or mixed with other ingredients and then return to solid form, giving hold and structure to the finished product. It's perfect for delicious desserts such as raw chocolate or nut based cheesecakes. When

sourcing coconut oil there are a few things to consider. You want to buy raw, unrefined, cold-pressed oil. This ensures it is in its purest form and retains all its natural goodness. The oil will have a mild coconut flavour and scent but that just makes it even yummier.

2 Cacao
Aka chocolate! In powder form, cacao is the unrefined, more natural and super-foody version of cocoa. Cacao can be quite intense on the palate but in the right balance with other flavours, you will wonder why you haven't been using it the whole time!

continued over

Chia pudding

- 1 ripe banana
- 1½ cups almond milk, unsweetened
- ½ teaspoon vanilla extract
- 1 teaspoon cinnamon
- 2 tablespoons nut butter
- ½ cup chia seeds

Mash banana and add all other ingredients to the blender except the chia seeds. Pour into a bowl and stir through chia seeds, cover and refrigerate for at least two hours. It will continue to thicken the longer you leave it. Serve with fresh fruit. Serves 2.



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BE CALM

LIVE WELL

Chocolate bliss balls

- 10 fresh Medjool dates
- 1 teaspoon cinnamon
- ½ cup cashews
- 1 tablespoon raw cacao
- 2 tablespoons goji berries
- ½ cup desiccated coconut
- 1 tablespoon raw coconut oil



Add all ingredients to the food processor (except the desiccated coconut), blend until everything is combined and starts to ball up. Scoop out a spoonful and form a ball between your hands, roll in coconut and refrigerate for 20min to firm up. These are great for snacks and lunch box treats.

Like most 'health foods', expect to pay a slight premium but it's money well spent. You really only need a small amount for most recipes because of its intensity. The best thing about cacao is its versatility; you can use it in baking, slices and choc slabs, chocolate drinks or even in a scrumptious batch of granola.

3 Goji berries

Probably one of the most versatile, tasty little morsels in the raw cooking world. Goji berries can be soaked and blended into bliss balls and smoothies or left dried and sprinkled over your breakfast for some extra healthy crunch. These berries give a subtle sweetness to whatever you're adding them to, not to mention a gorgeous pop of colour.

Take note: there are many varieties of goji berries on the market all parading around under the common name. You want to find organic *Lycium barbarum*, the true authentic goji.

4 Chia seeds

We've all heard of chia seeds by now but you might not be aware just how many uses these tiny seeds have. One of the best features is their amazing ability to bind ingredients in yummy desserts. When left to soak in liquid (water, almond milk, fruit juice etc), the seeds become jelly like. Perfect for sticking things together. It's often used as an egg replacer in baking or made into delicious chia pudding!

You can get black and white chia seeds and when it comes down to it there isn't much difference. As always, to get the most flavour and nutritional benefit, try to buy organic.

5 Cashews

Other than a great source of protein and good fats, cashews have a subtle, buttery flavour making them the perfect base for many raw desserts. Soaked and blended cashews make an amazingly smooth cream which can be used in 'cheesecakes', icings, puddings and smoothies. Even better, they don't overpower like most other nuts.

Take care to avoid salted or roasted cashews as they do not have the same nutritional benefits. ☹️

Hayley Lennon is a freelance writer with a special interest in health and wellness. A nutrition student and full time mum, Hayley is driven by her passion for healthy living!

Kidz love the natural strawberry taste of these easily absorbed minerals. The ingredients in **Be Calm** have traditionally been used for the temporary relief of irritability and mild anxiety.

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CHC43462-03/14

NEW from Go Vita



Nutra-Life Magnesium Complete Calm Formula

Designed to have a calming and relaxing effect on the body and to support adrenal function during times of stress, this formula combines the herbs withania and lemon balm with magnesium plus vitamins B5, B6 and B12.

Nutra-Life Magnesium Complete Calm Formula may help to:

- Relieve stress, nervous tension and mild anxiety
- Calm and relax the body during times of stress
- Support a restful, undisturbed sleep

Always read the label. Use strictly as directed. If symptoms persist consult your healthcare practitioner. CHC43441-03/14

NutriVital Cranberry 50,000



NutriVital has recently upgraded its cranberry formulation which now contains the equivalent of 50,000mg of fresh cranberry fruit. Cranberry supports the health of the urinary tract and bladder and promotes urinary tract health. Cranberry is also known for its antioxidant activity. Antioxidants assist in protecting the body against the harmful effects of free radicals. Use only as directed. CHC43515-04/14

The all-natural protein shake

Balance 100% Natural Whey is the ultimate protein source to meet the heavy demands of training, whether your priority is to help improve recovery, help build lean muscle or both. This advanced low-carbohydrate formula blends whey protein concentrate and whey protein isolate to deliver 22g of protein per serve. This all natural, high protein, low carb shake powder contains no artificial sweeteners, flavours, preservatives or colours. And what's more it's gluten free! Available in chocolate, vanilla and unflavoured.



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Go Guide

It's all about me!

Do you ever wonder what you are putting on your skin? If not, you probably should because some of what you put on your skin will end up in your blood stream! That's why when you check out product labels like the **me mineral energy** range it's great to see that ingredient lists are free from parabens, sulphates, silicones, SLS, artificial colours, animal derivatives, mineral oil and petrochemical-based detergents. Your skin will love the intense hydration boost of ME Certified Organic Facial Serum – a luxurious mix of oils including rosehip, argan, avocado and macadamia. With regular use you will notice a more radiant, rejuvenated you!

While stocks last, purchase the ME Face Care pack containing an Intense Hydrating Facial Moisturiser, Certified Organic Facial Serum and a **FREE Deep Acting Cleansing cream**. Only at Go Vita.

Special offer



vegan make-up for your hair!

New at Go Vita is **Ambiance 100% natural tinted dry powder shampoo**, available in five beautiful shades for all hair types. Extend the life of your hairstyle or blow dry with this unique product.

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new from The Goatsmilk Company

Goat's milk is a rich source of essential amino acids, minerals, medium chain fatty acids and vitamins A and E. These restorative proteins, minerals and natural emollients give goat's milk the power and anti-inflammatory properties to relieve dryness and soothe and moisturise dry, sensitive and itchy skin when applied topically.

The Goatsmilk Company, best known for their rich and creamy Goatsmilk Soap, has also developed a moisturising Face Cream. This luxurious moisturising Face Cream is made with pure goat's milk, added aloe vera, shea butter and natural plant extracts to exfoliate, re-hydrate and moisturise the skin leaving it feeling soft, smooth and silky.



beautiful new Cheeki coffee cups

Our friends at **Cheeki** have launched a beautiful series of stainless steel coffee mugs, all available in Go Vita stores. Available in 8oz and 12oz sizes, these cups will keep your coffee hot, feature a unique non spill lid and fit into all car cup holders. They look stylish, great colours and save our planet from disposable cups!

RRP \$16.95 (8 oz) and \$17.95 (12 oz).
Cheeki – no excuse for single use!

Fluffy Coconut Flour Pancakes

Ingredients:

- 4 eggs, room temperature
- 1 cup coconut milk OR [3/4 cup cream + 1/4 cup whole milk] OR [3/4 cup whole milk yogurt + 1/4 cup whole milk]
- 2 teaspoons vanilla extract
- 1 tablespoon honey or coconut syrup
- 1/2 cup Niulife Coconut Flour
- 1 teaspoon baking soda
- 1/4 teaspoon sea salt
- coconut oil or butter for frying

Method:

Beat eggs until frothy, about two minutes. Mix in milk, vanilla and honey or syrup. Combine coconut flour, baking soda, and sea salt. Stir 3/4 of wet mixture into dry until flour is incorporated. Allow to sit for 3-5 minutes. At this stage your batter should be thick, almost like brownie batter. If it is still fairly thick and dry add the rest of the wet mixture. Grease pan with butter or coconut oil. Ladle a few tablespoons of batter into pan for each pancake. Spread out slightly with the back of a spoon. The pancakes should be 2-3 inches in diameter and fairly thick. Cook for a few minutes, until the tops dry out slightly and the bottoms start to brown. Flip and cook an additional 2-3 minutes. Serve hot with butter, coconut oil, honey, coconut syrup, or fruit.

Coconut flour

Coconut flour contains almost 40% fibre plus all eight essential amino acids, it's low GI and gluten free. You can use 100% coconut flour or replace 20% of wheat, rye or oat flour with coconut flour. You will also need to add an equivalent quantity of water/fluid to compensate for the highly absorptive nature of the coconut flour.

Niulife Coconut Flour (1kg) \$12.95 save \$2 at Go Vita



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Health News

latest health research news from around the world



Iron supplements and exercise performance

Recent research reported in the *Journal of Nutrition* found that women of child-bearing age may significantly boost exercise performance by taking a daily iron supplement. The data showed that iron supplementation increased both maximal and sub-maximal exercise performance as demonstrated by increased oxygen consumption (VO2 max) and lowered heart rate. Researchers from Australia, Canada and the UK concluded that the findings of the study indicated that the prevention and treatment of iron deficiency could improve the performance of female athletes who compete in a wide range of sports including endurance athletes.

Psyllium for constipation relief

Sometimes, when you want to go, you just can't!

Constipation is commonly seen in women and the elderly, however Canadian research published in the *Journal of the American Board of Family Medicine* has explained that constipation and the pains associated with it can be relieved by consuming soluble fibre such as psyllium. A couple of teaspoons of psyllium husks added to juice at breakfast time can assist with bowel movements.



Cherries help prevent gout

Research suggests that cherries' long held reputation for preventing gout and the inflammation of arthritis is well founded. Cherries have been shown to decrease body levels of uric acid (which are elevated in gout) and, according to a study conducted at Michigan State University, they also have anti-inflammatory and pain-relieving properties that may be beneficial in arthritis. Cherries aren't available all year though, so try a daily dose of Nature's Goodness Cherry Juice Concentrate, diluted in water.

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NutriVital Beta Vision Formula

helps protect and maintain eye health and support eye function. Beta Vision also contains lutein and other antioxidants which help protect the retina, macula and lens of the eye from free radical damage. Beta Vision contains grape seed extract - a source of proanthocyanidins also known for their antioxidant activity.

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