

Go

The Good Health News Magazine®

www.govita.com.au

ISSUE 42 2016 • \$5.95 (GST INC)

inside
this issue

Technology
impacting health

The side effects
of technology

Surprising
saffron

Health benefits
of golden saffron

Avoiding
dry
winter
skin

Our top tips for
radiant skin

Winter
wellness



Find us on [facebook.com/Govitaaustralia](https://www.facebook.com/Govitaaustralia)

*Your vitality
... our passion*

GO
VITA

Embrace Winter

with Nutra-Life's help

Nutra-Life's range of cold, flu and immune products help you fight Winter's ills and chills



Ester-C® 1500mg + Bioflavonoids may reduce the severity and duration of colds

Triple Strength Garlic + C, Horseradish and Histidine helps relieve mucous congestion

Kyolic Original Formula supports healthy immune function

Winter Multi with B vitamins involved in energy production

Echinacea Advanced Immune helps relieve cold symptoms

NUTRA-LIFE
YOUR NATURAL LIFE PARTNER

Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional.

welcome

If you're like me, you will find it impossible to function, perform and even survive a day without a mobile phone or a computer! This love affair with technology is fuelled by the instant access we gain to our family, our friends, our work and our world. But increasingly, researchers and health professionals are starting to look more closely at how this might be impacting our health. Could the growing list of 'modern-day' health concerns such as anxiety, depression and sleep disturbances be related to the technology that we are surrounded by and use every day? Martine Doig investigates this very topic on page 4 of this issue – a 'must-read' particularly if you have children.

Now that winter is well on its way, what are you doing to ensure you stay fit and healthy and don't succumb to the dreaded lurgy? It really is up to you to look after your own health; no one else is going to take on that responsibility for you. So why not start now with a plan and remember, the human body is amazing! If you feed it nutritious food, appropriate supplements, sufficient hydration and exercise regularly – you can actually ensure that you avoid those pesky winter ills and chills! If you are struggling with creating a plan for your health, chat to one of our Go Vita health specialists in store, who can help tailor a program to your own health needs. Stay warm and well!

Yours in good health,

Ann Cattelan BSc

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.



APOLOGIES ... In the February issue this year of Go Magazine we ran a recipe from Taline Gabrielian for Nut-Free Caramel Slice which was noted to be gluten free - unfortunately the recipe did contain oats so should not be listed as gluten free. We apologise for this error and any convenience caused as a result.



Issue 42 ISSN 1832-5556
Editor: Ann Cattelan BSc • hworks@bigpond.net.au
Art Direction: Tanya Lee Design • tanya@tldesign.com.au
Advertising Inquiries: gomag@govita.com.au

The views expressed in Go are those of the original authors and not those of the Editor or the Publisher. Every care is taken to compile and check the content of the publication for accuracy, but the Publisher, authors, their servants and agents are not responsible or liable for the continued currency of the information or for any published errors, omissions or inaccuracies, or for any consequences arising therefrom. The inclusion or exclusion of any treatment or product in editorial or advertising does not imply that the Publisher advocates or rejects its use. Information presented is for information purposes only and is not intended to replace advice or treatment from qualified healthcare professionals.

© 2016 Go Vita. Published by Healthworks Consulting Pty Ltd ABN 13075151629, on behalf of Go Vita. All rights reserved. No part of this publication may be reproduced by any process in any language without the written consent of the Publisher.

Privacy Policy: You have received this publication as a result of information you have supplied to us. If you do not wish to receive it please let us know by phoning 1800 21 21 00.

A healthy earth means a healthier you. We use recycled and recyclable material wherever practical without compromising the quality or effectiveness of our products or service.



inside this issue



Winter wellness

Help boost your natural defence system and keep bugs at bay this winter!



Is technology impacting your health?

What to do about side effects from technology and devices



Latest heart health news

New research shows simple ways to keep your heart healthy



Milking it

Learn more about delicious dairy free milk options



Surprising benefits of saffron

The golden spice has golden health benefits too!



Men and women are different!

Men and women need their multi's to meet their different nutritional requirements



Avoiding dry winter skin

Go Vita's top tips to keep your skin radiant this winter



Super seeds for super health

Seeds are powerhouses of nutrition and should be consumed daily

and more...



Winter Wellness

The human body has an incredible ability to resist bugs and viruses. And given the right balance of nutrition, exercise, hydration and hygiene to help boost the body's natural defence system, avoiding traditional winter illnesses or lessening the intensity and length of them, is entirely possible.

Enhance your natural immunity

If you haven't started already, consuming foods packed with vitamins such as A and C plus zinc is a great way to help fortify the body's natural defence system.

To boost your vitamin A intake eat plenty of green leafy vegetables and orange coloured foods such as carrots (juice rather than cook to prevent vitamin loss), pumpkin, apricots, egg yolk, barley

grass and sweet potato. Foods containing vitamin C include broccoli, kale, parsley, pawpaw, peppers, raw cabbage, pineapple, kiwifruit and citrus fruits so include these in your diet too. Top up your zinc intake with ginger, capsicum, wholegrains, seafood, sunflower and pumpkin seeds, egg yolks and beef.

Adding quality supplements to the diet can also help.

If you're a relative newcomer to the world of supplements, a good place to start is with a vitamin C supplement which is non-acidic and offers fast absorption while being stomach friendly. You can choose from tablets, chewables or powders and there are options for the kids as well as a high potency formula for adults to help combat free-radical damage. Amazonia Raw Prebiotic Vitamin C is a raw and whole superfood formula also designed to support optimal health and nourish the immune system. It delivers the equivalent of nine small oranges per serve plus pre and probiotics and is GMO free.

If you want to add a little more oomph to your immunity over the winter months, immune boosting powders are ideal. They

Why greens can help in winter



A nutrient dense supply of super greens helps provide many nutrients often missing from the modern diet, these trace nutrients are necessary to help each cell function at peak efficiency. When we push each cell toward peak efficiency through diet and supplementation, the result may be increased energy and endurance, greater clarity of thought, more robust immunity, and a shift in all bodily functions toward the ideal.

can be added to morning smoothies, into juice, water, cereal or yoghurt. Vital Greens is an all in one multi-nutrient powder which contains high levels of antioxidants, pre and probiotics, EFAs, fibre and pea protein while Amazonia offers Raw Immune, a superfood formula designed with a full spectrum of Vitamin C to support the body's natural immunity. It has sea minerals, herbal medicine, roots, berries and raw superfoods for daily immune health.

Ditch the junk

Since a large part of the immune system is located in the gut, poor food choices and prescription medicines such as antibiotics can destroy friendly bacteria in the digestive tract.

A daily dose of a quality probiotic, live cultured yoghurt or fermented foods (such as kimchi, kombucha tea and kefir) can help keep your gut integrity in balance.

White blood cells are responsible for fighting viruses and infections. Sugar, alcohol and processed/junk foods add very little in the way of nutrition but instead decrease white blood cell activity and contribute to a lowered immunity over time. Too much sugar also feeds candida which can grow in the throat, sinuses and stomach. The liver, which contains large numbers of phagocytic cells (which ingest foreign bodies in the blood including bacteria), can also be adversely affected by a poor diet. So read your food labels and eat for greater health!

Of course you can't go past good old garlic for helping keep bugs at bay! If you're not a fan of fresh garlic, take a supplement which contains aged garlic extract and combine this with olive leaf extract for a potent immune boost.

For those in the community who are elderly, pregnant or who have a pre-existing medical condition, traditional Winter flu vaccinations are recommended by health professionals each year. Colds are common and there is no vaccination for it – so boosting your own immunity is one of the best ways to help prevent one coming your way.

Just remember; your lifestyle, food choices and supplements should all work



Self-help tips

1 Up your intake of raw vegetables and fruit and steam or grill instead of frying.

2 Wash your hands regularly and thoroughly using soap and water or an alcohol-based hand cleanser. If you are sick, use disposable tissues and cough or sneeze into a tissue or your elbow.

3 Stay hydrated – aim for two litres of water a day.

4 Stay active. Enjoy family walks in the evening or join a Winter sports program.

5 Reduce your intake of dairy which can be mucus-forming. Try alternatives such as rice milk, soy or almond milk.

6 Vitamin D helps support the immune system and a simple blood test will reveal your levels. If you're low, your GP may recommend a vitamin D supplement. You can also boost your levels with a 20 minute stint in the sun outside danger hours each day.

7 The body repairs itself while you sleep so aim for at least six hours of quality sleep each night.

together synergistically to protect and support your immune system.

Reduce your downtime

If you've already fallen ill, there is plenty you can do to give your body a helping hand to recover.

Up your nutritional and vitamin intake with raw juices plus try adding warming foods such as garlic, ginger, horseradish and onion to meals.

Liquid olive leaf contains powerful naturally occurring phenolics which may

act as free-radical scavengers to support the immune system. Olive leaf may be taken daily by adults and children – in capsule, tablet or liquid form.

For those who benefit from a chest vapour rub before bed to soothe symptoms, there are now natural products available and unlike the older style rubs, these all-natural decongestants are paraben and petro-chemical free so the entire family (aged two and over) can use them. ☺

Martine Doig is a health writer/editor, certified food coach and Bach flower practitioner.



Technology impacts your health

Anxiety, depression, back pain, sleep disturbances, nausea, loss of hearing. This concoction of symptoms is not some bizarre medical condition but some of the side-effects reported from the technology and devices we are surrounded by and use every day.

Lyn McLean, Director of EMR Australia and the author of *The Force – Living Safely in a World of Electromagnetic Pollution and Wireless-Wise Kids* says many people are still oblivious to the fact they are being exposed to as much radiation as they are.

“Every wireless device emits radio-frequency radiation and the closer you are to this device, the more radiation you’re exposed to. When you hold a mobile or cordless phone against your head, your brain absorbs that radiation, and children’s brains absorb more than adults. When you carry a mobile phone that’s turned on in a bra or a trouser pocket or you sit a tablet or laptop on your abdomen, vital organs are also exposed.”

McLean, who has more than 20 years’ experience working alongside individuals and businesses throughout Australia who experience EMR-related issues, says consumers have been reporting the harmful effects from mobile phones, phone towers, smart meters and Wi-Fi for as long as these technologies have been in place.

McLean says thousands of peer-reviewed scientific studies have found that radio-frequency radiation can have harmful effects on the body.

“Some of the most common symptoms reported to us from EMR are headaches, sleep problems, fatigue, pain, nausea, memory and concentration problems, anxiety and depression,” she says.

Help counter the
effects of EMR
(electromagnetic radiation)



- Don't hold a mobile phone directly against your head or body
- Don't use wireless tablets or laptops against the body
- Don't give children wireless devices to play with
- Use wired phones and computer connections
- Consider the use of antioxidants which help fight free-radical damage



Can't sleep?

For child and adolescent psychologist Rebecca Summers, disturbed sleep patterns are one of the biggest side-effects she has noticed as a result of extended social media, internet and gaming usage. "During my 15 years of practice, the impact of social media/gaming use on clients' sleep patterns is presenting in greater numbers," she says.

"Sleep is vital in order for the body to function properly and when interfered with, can lead on to issues such as moodiness or low moods, poor concentration and more. Being in front of a lit screen at night can also affect melatonin release (the hormone that signals the body to prepare for sleep) and hence interfere with sleepiness and getting to sleep."

Summers says technology is also sometimes used in excessive ways to cope with underlying mental health conditions. Signs that there may be an underlying problem with a person using social media or technology to excess include sleep disturbances, agitated behaviour, isolation from other family members, an inability to cut back on internet use or using the internet to relieve negative moods or escape problems.

Tips for a better slumber

- Stop internet/gaming use at least one hour prior to bedtime
- Keep devices out of bedrooms at night
- For adolescents, set up a time limit for internet/gaming use
- For adults, try magnesium or valerian supplements or chamomile tea to help reset sleep patterns.

Turn it down

According to Doctor Elizabeth Beach, a HEARING Cooperative Research Centre researcher based at the National Acoustic Laboratories in Sydney, even some of our smallest technological devices can cause damage.

"Testing at the National Acoustic Laboratories has recorded maximum volume levels from iPods/MP3s that exceed 100 dB, which is just as loud as a nightclub or rock concert where live music is played. Earbuds and headphones direct that sound into the ears – so if someone is exposed to it repeatedly, at high volume levels, for long periods of time, they have a higher risk of damaging their hearing," she says.

Last year, the WHO estimated that 1.1 billion teenagers and young people were at risk of hearing loss due to damaging sound levels from various activities, including

the unsafe use of portable music devices.

So is there a safe volume and length of time a person can listen to music through headphones? "A good evidence-based rule of thumb is to keep your volume below 80 per cent and limit your listening time to no more than one and a half hours per a day," says Dr Beach. To help minimise damage, Dr Beach recommends:

- Using quality, well-fitting, noise-cancelling earbuds or headphones
- Set your device's volume limiter to around 80 per cent
- Take regular breaks.

What else can you do?

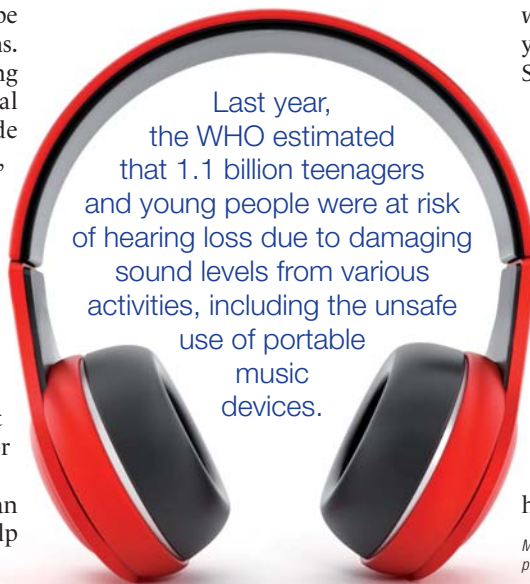
Eyes: To help prevent eye strain, have regular eye breaks away from the screen – every 10 minutes or so. Try bilberry extract for eye health.

Back: Take regular breaks from your work station and stretch. Try a variable work station so you can sit or stand while you work. Soaking in a bath with Epsom Salts helps relieve muscular strain.

Vitamin D: If you spend long hours in an office, try to get 10 minutes in mid-morning or mid-afternoon sun to help top up vitamin D levels. If you're in an at-risk group for low vitamin D levels, consider a vitamin D supplement.

Mind health: If you feel you or a family member is spending more time on devices and demonstrating an increase in negative moods, contact your GP to seek support.

For more information on how to reduce your risk of acquiring a noise-induced hearing loss, go to: hearsmart.org



Last year, the WHO estimated that 1.1 billion teenagers and young people were at risk of hearing loss due to damaging sound levels from various activities, including the unsafe use of portable music devices.

Martine Doig is a health writer/editor, certified food coach and Bach flower practitioner.

love

by Free Spirit Group

exotic & precious
ORGANIC SEED OILS
from around the world

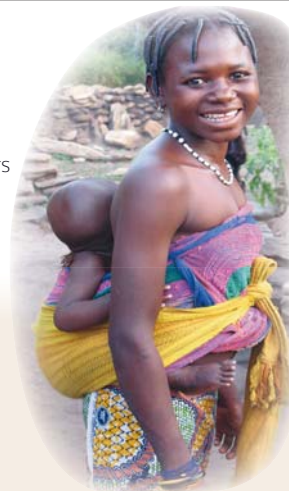
ARGAN
BAOBAB
POMEGRANATE
PRICKLY PEAR
ROSE HIP
TAMANU



freespiritgroup.com.au

Be AMAZED!

- ♥ Rose Hip Seed Oil like you've never seen before!
- ♥ Personally and directly sourced from the producers
- ♥ From the African mountain Kingdom of Lesotho
- ♥ Authentic organic certification
- ♥ Wild harvested with no harm to the environment
- ♥ Ethically empowering indigenous communities
- ♥ Positively contributing to the local economies
- ♥ THE genuine article - from plant to bottle
- ♥ Nothing added - Nothing taken away
- ♥ From the founders of Sunspirit Aromatherapy





Latest heart health news

When it comes to heart health you can't afford to be complacent. You need to proactively look after your heart. Here we look at new research that sheds some light on why **aged garlic extract** and **vitamin K2** may be of hearty benefit.

Take the pressure down!

According to results of the recent Australian National Health Survey, 70 per cent of Australians with high blood pressure don't know they have it! It's a pretty scary statistic when you think about it. That members of your family, your work colleagues or your best mate or their partner may be at risk of a heart attack or stroke (two conditions linked to high blood pressure) without even knowing it. Taking care of your heart should be top of mind for all adults no matter what your age.

Can you feel it?

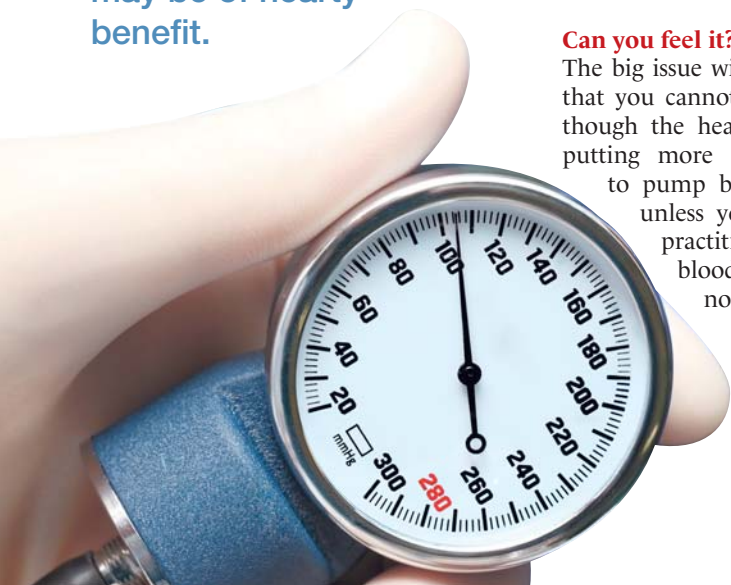
The big issue with high blood pressure is that you cannot 'feel' you have it. Even though the heart and blood vessels are putting more pressure on your heart to pump blood around your body, unless your doctor or healthcare practitioner measures your blood pressure, you will have no idea whether it is high, low or if it is considered to be normal. This inability to 'feel' whether you have high blood pressure, means

you pay less attention to it, and monitor it less. Unfortunately, the longer blood pressure stays high without being checked, the more damage it can do to your heart and blood vessels and cause extra damage that may lead to blocked arteries and clots forming.

When supporting the health of the heart and blood vessels, it's important to take medications as prescribed by your doctor and natural health practitioner. Along with your medications and supplements, you may like to consider new research, from the University of California in Los Angeles, which shows aged garlic extract benefits the blood vessels by reducing the formation of damaging plaque as it develops in its early stages.

Protect your blood vessels with aged garlic extract

Aged garlic extract made from organic garlic bulbs is aged for up to 20 months to reduce its odour and increase its potency and therapeutic activity. Also studied by Australian scientists for its benefit in reducing blood pressure, aged garlic extract has been found to have no known interactions with standard heart and blood pressure medications.





Statin update

Statins are often prescribed to lower LDL cholesterol levels and their use has been on the rise over the last few decades. It's known that statins deplete coenzyme Q10 (CoQ10) levels in the body and as a result more practitioners are responding by co-prescribing CoQ10 supplements. CoQ10 acts to promote effective energy production in the heart musculature while protecting against oxidative stress.

A study recently published in *Expert Review of Clinical Pharmacology* states that statins may have negative effects on the heart and blood vessels not only via the depletion of CoQ10, but also by inhibiting the synthesis of vitamin K2.

Leading Sydney cardiologist Dr Ross Walker explains that “there is a particular protein known as matrix-gla-protein (MGP) which is one of the proteins that reduces vascular calcification. It has been shown that vitamin K2 is a vital factor in the normal functioning of MGP. Laboratory studies have clearly demonstrated that MGP deficiency leads to heavy calcification of the aorta, leading to early death. For this reason alone vitamin K2 should be considered as a legitimate means to protect against calcification or hardening of the arteries.” To add weight to that theory, a recent large study looked at just over 4,800 elderly subjects and found that those who had the lowest intake of dietary vitamin K2 had the highest rates of cardiovascular death and aortic calcification. Dr Walker adds that, “The studies to date show that vitamin K2 is extremely safe and thankfully does not promote abnormal blood clotting.” ¹

Proactive steps to look after your heart



- Monitor your heart regularly, with the help of your chosen healthcare practitioner
- When necessary, take your medications and supplements as recommended
- Ditch sodium-laden processed foods and choose fresh, raw wholesome foods instead
- Consider aged garlic extract and vitamin K2 to support the health of your heart and blood vessels
- If taking statin medication, consult with your health practitioner for individualised advice on the benefit of CoQ10 and vitamin K2 supplements.

Immunity Plan

The Raw immunity boosting plan designed to support you in maintaining optimal health all year round.



download the
FREE
Immunity Plan
ebook online


essential
oils & herbs


whole & live
vitamin c


nothing
artificial


gluten free
& vegan



Craving creamy drinks seems natural with mother's milk being our first food. But cow's milk isn't ideal for those with lactose intolerance, high cholesterol or vegans. Naturopath **Caroline Robertson** investigates delicious, healthy dairy-free alternatives.

Milk is an elixir when taken from a loved animal, in its pure form. It promotes sleep thanks to soothing sedatives tryptophan and lactum. Ayurvedic doctor Rama Prasad advises, "Organic milk is wonderful for weight gain and relaxation. Half a cup of warm milk with a pinch of nutmeg and ginger an hour before bed gives deep sleep."

Organic milk was found to have higher concentrations of omega-3 fatty acids and antioxidants according to two studies from Newcastle University, England. However when pasteurised and homogenised it

loses much of its digestive enzymes and nutrients justifying fortification. Many have moved away from milk because of lactose intolerance causing bloat, gas, cramps and diarrhoea. Though milk has high calcium it may leech calcium from bones in order to buffer its acidity and high phosphorus content.

A 12-year Harvard Nurses' Health Study on 77,761 women found those who consumed the most milk broke more bones than those who rarely drank dairy – questioning the age old belief that milk gives you strong bones. Milk that is raw, unsweetened, fermented or cultured such as yoghurt, kefir, and sour cream are acid neutral and may not cause the same issues as regular milk.

Healthy dairy-free alternatives:

Goat's milk contains equivalent calcium and protein to cow's but has different fats, smaller proteins, lower lactose and less acidity. This makes it closer to mother's milk than dairy hence is often easier to digest and a viable option for babies.

Coconut milk is fantastic for the skin, hair, heart and immune system. Coconut milk has healthy

medium chain fatty acids which are easily metabolised and don't raise cholesterol. It also contains capric acid and lauric acid which fight fungus, bacteria and viruses. It's packed with fibre, vitamins and minerals. Coconut's fatty acids feed glossy hair and smooth skin. Luckily it's lactose free though it has a little fructose that's problematic for some. Make your own coconut milk by soaking two cups desiccated coconut in four cups warm water for an hour and blend. Strain through cheesecloth and store in the fridge to use within three days.



Soy milk in moderation is an amazing muscle food. It makes a nutritious smoothie with eight grams of protein packed into every 250ml. Soy is lactose free, low in polyunsaturated fat, high in fibre, calcium, vitamins A, B12, D, potassium plus isoflavones helpful for menopause. Unless you're allergic to soy, it's suitable in moderate amounts of a cup a day.

Prefer the brands that are free of GMO soybeans, oil and sugar. Conflicting studies have people soy confused. Some conclude that soy intake increases breast cancer and others found it decreased incidence. Soy does bind to estrogen receptors which can disrupt hormone production so it's more suitable for adults. However it was only found to lower sperm counts and affect fertility in high doses. Soy also contains phytic acid but 90 per cent of this is leached out during its preparation. Soya's goitrogens that can depress thyroid function are also reduced by heating. Recent research revealed that as long as one has enough iodine soy won't adversely affect thyroid function.

Oat milk can help heart disease, lower cholesterol and clear constipation with its high fibre, folic acid, vitamin E and phytochemicals. It has higher protein than almond or rice milk and lower sugar but is high in carbohydrates and gluten. Calming oat milk is a good option for elderly without gluten, blood glucose or weight issues.

Rice milk is a more watery milk suitable for those with nut or lactose allergies. Rice milk is often enriched with calcium, protein and vitamin D. Diabetics should be aware that it has a high glycaemic index.

Quinoa milk is high in protein, manganese, magnesium, fibre and antioxidants. It's gluten and lactose free.

Make a home brew by soaking one cup quinoa in fridge overnight. Drain and cook in two cups water for 15 minutes. Blend till smooth with 2-6 cups water to your desired consistency. Strain through cheesecloth and add one teaspoon vanilla and one tablespoon agave for extra flavour.

Almond milk is advocated in Ayurvedic medicine as an aphrodisiac and immune booster. It's nutty flavour and smoothness makes it great for desserts and drinks. The ticks for almond milk are rich vitamin D, antioxidants and iron content. Unlike dairy it has no lactose, cholesterol or saturated fats so is low calorie. Almond milk's minus is lack of protein and calcium however brands often add this. Watch out for oil, sugar and salt in commercial cartons.

If you suffer from herpes be aware that almond's high arginine can bring on an outbreak, however leaving on the skin may help as a study at the UK's Institute of Food Research found skins reduce HSV proliferation. Almond milk is alkalising along with coconut milk whereas milks made from dairy, rice, oats and soya are acidic. ☺

Caroline Robertson is a passionate practitioner of naturopathy and ayurveda. For a consultation, guided meditation or healing holiday please see www.carolinerobertson.com.au



Make your own almond milk
 Soak 1 cup almonds in fridge for 6 hours. Remove skin and drain water. Blend with three cups pure water and strain through cheesecloth. Refrigerate in sealed glass container for up to four days. For extra sweetness add a pinch of saffron, cardamom and two dates.



BECOME A GINGERHOLIC THIS WINTER

- Ginger is beneficial for colds and flu, circulation, digestion and nausea
- When the cold wind blows serve into a cup of hot water as a tea or a toddy
- Sip neat, on the rocks, as a mixer or into your favourite tippie
- Mixed in with sparkling mineral water, fresh mint and slices of orange or lime

- Awarded Best Non-Alcoholic Drink at the World Natural Beverage Awards
- **Now available at your local Go Vita store!**
- For more information visit www.rochesterginger.com.au
- Find us on  RochesterGingerAU



• Traditional • Non alcoholic • Gluten Free • Tastes Amazing • Good for you



A GREAT SOURCE OF *natural* ENERGY



NEW

Our Certified Organic Honey has natural health properties, is tasty, and great for everyday use. We have an extensive range of honeys that boast many healthy and immune boosting attributes. We hope you enjoy your honey as much as we do.

www.beepower.com.au



Why we're **obsessed** with **RAW** honey!

Bee-lieve it or not...
not all honey is
created equal!

The term 'raw' is generally associated with no cooking, heating or refining. And so is the case with raw honey. Honey in its raw unadulterated state contains natural vitamins and healthful nutrients that ensure not only the best possible taste but also a high quality product.

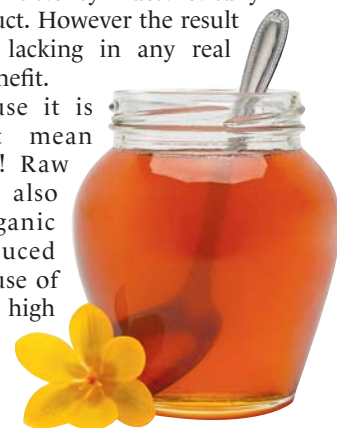
Raw honey is unpasteurised and unprocessed. Though it is subjected to low, gentle heat (only to the temperature that mimics a bee hive), simply to slow

the crystallisation of the honey so that it can be packed. Raw honey contains live enzymes that help with pre-digestion of carbohydrate foods and also are responsible for activating vitamins and minerals in the body. It is also an alkaline-forming food, helping counteract acidity. Honey is a great source of carbohydrates – both fructose and glucose, providing both instant and sustained energy for the body.

A lot of 'commercial' honey available today is not 'raw', instead it has been pasteurised ie. treated with high heat (70°C or more) and rapidly cooled, ensuring that it is quick to filter and fill into bottles. This

processing produces a cleaner looking, smoother consistency aesthetically pleasing product. However the result is a product lacking in any real nutritional benefit.

Just because it is raw doesn't mean it is organic! Raw honey that's also certified organic is best – produced without the use of pesticides or high heat – honey just as nature intended! ☺



GET A
FRESH-PICKED™
DAILY BOOST!

NATURAL
ANTIOXIDANT



Grown,
harvested
and
extracted fresh
at the source

Olive Leaf Extract is traditionally used in western herbal medicine to **support the immune system**.

Taking Comvita® Fresh-Picked™ Olive Leaf Extract everyday may also help to **maintain your general wellbeing**.

With no added alcohol, artificial colours, artificial flavours or preservatives – it's great for adults and kids 2+.

Now also available in NEW High Strength Capsules. All the goodness of Comvita's Fresh-Picked™ Olive Leaf Extract in a single, one-a-day softgel capsule.

Always read the label. Use only as directed.

new!
ONE-A-DAY
HIGH STRENGTH
CAPSULES.
AVAILABLE
NOW.



COMVITA®

comvita.com.au

Surprising benefits of saffron

This golden spice has golden health benefits too!

Saffron has been used as an exotic culinary spice and as a traditional and Ayurvedic medicine for centuries. Considered the world's most expensive spice, the unique chemical compounds found in saffron

(Crocus sativus) contribute to its health promoting properties. Its characteristic taste and aroma comes from the antioxidants picrocrocin and safranal. Its colour is due to the antioxidant carotenoid crocin.

While there is documented proof of its use as a medicine since ancient times, researchers today, are taking a renewed interest in versatile saffron. Some clinical trials are evaluating its efficacy in mild-

What is the macula?

The macula is the highly pigmented region near the centre of the retina, it contains a high concentration of photoreceptor cells, responsible for sharp, central vision and a high concentration of carotenoid pigments, thought to have a protective effect on the photoreceptors. When the macula is damaged the centre of your field of view may appear blurry, distorted or dark.



BONE HEALTH IS NOT JUST ABOUT CALCIUM?

VITAMIN K IS IMPORTANT FOR BONE HEALTH

Essential Nutrition's Vitamin K2 has been formulated with MenaQ7, a patented form of Vitamin K2 as Mk-7.

Vitamin K2 or Menaquinone 7 is new to the Australian Market.

ESSENTIAL NUTRITION VITAMIN K2

Helps maintain normal bone mineral density.*

Supports the development and maintenance of strong healthy bones.

Always read the label. Use only as directed.

*in healthy individuals




MenaQ7
Vitamin K2 as Mk-7

Available exclusively in
Go Vita stores
Australia wide.

moderate depression and it is reported to be as effective as prescription medications for this purpose.

Recent media attention focused interest on saffron's appetite suppressing properties and its use as part of a healthy weight loss program.

The latest and perhaps most exciting development though, is new research showing that saffron may have an important role to play in the health of the macula region of the eye in the prevention of age-related macular degeneration. New research, by Professor Jonathon Stone at the University of Sydney, into the health benefits of saffron has demonstrated that taken daily saffron may actually reverse early stage AMD, restoring sight by assisting the body to repair damaged retina cells.

This research confirmed by clinical trials in Italy has found saffron not only protects the photoreceptors of the eye from damage but also slows down the degeneration of the retina. Italian researchers have shown that dietary supplementation with saffron may assist the recovery of damaged retina cells. They suggested that saffron's positive effects were via a mechanism which influences the genes that regulate the fatty acid content of the cell membrane, which acts to make vision cells tougher and more resilient to damage. 



What is AMD (Age-Related Macular Degeneration)?

Age-related Macular Degeneration (AMD) affects over one million Australians, with one in three people over 60 years old affected by the disease. AMD is caused by age related deterioration of the retina, and in the past was thought to be irreversible.

If you have any of the following symptoms, you

should visit your optometrist for further advice:

- Difficulty in reading or doing any other activity which requires fine vision
- Distortion where straight lines appear wavy or bent
- Distinguishing faces becomes a problem
- Dark patches or empty spaces appearing in the centre of your vision

Bio Curcumin 4800+



Bio Curcumin 4800+ contains Meriva® curcumin, an extract of Turmeric that may help reduce joint swelling and inflammation and increase joint mobility associated with mild arthritis.

Herbs of Gold – Producing herbal and nutritional supplements since 1989.



herbsofgold.com.au

Always read the label. Use only as directed.

herbs of gold™
Dedicated to your health

CHC 71276-02/16

WHERE WISDOM MEETS VITALITY

Revitalising nutrient-rich formula for busy, active women

Includes 35 vitamins, minerals, herbal extracts and nutrients, including:

- ✓ Herbs traditionally used in Chinese and Ayurvedic medicine to nourish your body, build vitality and support healthy female reproductive function
- ✓ American Ginseng traditionally used in Chinese medicine to relieve fatigue and nervous exhaustion as well as helping people cope with stress
- ✓ Herbs and nutrients to support healthy heart, cognitive, immune and digestive function in women

Available from Go Vita Health Shops



Australian owned. Manufactured in Australia from imported ingredients. Laboratory tested for purity and potency. Use only as directed. Always read the label. If symptoms persist, consult a healthcare professional.



FUSION 康 health

ancient wisdom modern medicine®

fusionhealth.com.au

CHC71329-03/16

The benefits of probiotics

Probiotics have been researched extensively and we now know they are especially good for digestive and immune health.

Did you know that your body is host to hundreds of millions of friendly microorganisms? This thriving community inside your gut has significant impact on your health. When everything is in balance, generally our health is good. However our stressful, on-the-go modern lifestyle and highly processed foods, sugar laden diet, preservatives and additives, and overuse of antibiotics and alcohol, are all changing the population of bacteria in our gut and quite honestly, it's making us sick. When the bad bacteria start taking over, it's time to act to rectify the imbalance.

Probiotics replace harmful microbes with gut-friendly strains of microflora, and strengthen the immune system by increasing the number of white blood cells, which fight bacterial infections, viruses and harmful pathogens. If you suffer from colds and flu every year, it's worth trying probiotics to build up your immune system and strengthen your body's defences.

Probiotics are widely advocated for their role in assisting digestion, and for restoring good bacteria to the gut

following the use of antibiotics. Often the simple addition of probiotics after you have finished a course of antibiotics can reduce a number of the digestive disturbances including diarrhoea, bloating, gas and the *Helicobacter pylori* infection.

If you've had a bout of food poisoning it is likely that bad bacteria have taken up residence in your gut. Taking probiotics will fight off the bad guys and help normalise your digestion and bowel motions. There is also some evidence that certain probiotics taken before travelling will reduce the chances of you suffering from stomach upset.

If you suffer from acne, eczema or rashes it's possible that gut bacteria imbalance and resulting poor digestion may be the cause. While it may not be the solution in all cases, it's worth trying probiotics in conjunction with a raw wholesome diet and sensible skin care routine.

Many probiotic supplements combine a number of different species of friendly bacteria together in one – these are referred to as broad-spectrum probiotics. ☒

With 35 years' in journalism, Suzy Grinter has written numerous health articles, her family owning one of the first retail health stores in the UK.



Macula Saffron with Lutein & Zeaxanthin

Good Source of Carotenoid Antioxidants



NATURE'S GOODNESS

Live Long

naturesgoodness.com.au



Always read the label. Use only as directed.

Why men and women different multivitamins

While it may be tempting to buy a multivitamin that you and your partner can share, doing so may mean neither of you gets a supplement that's tailored to your needs. Here, naturopath **Paul Keogh** explains why men and women have different nutritional requirements and what you need to look out for when shopping for a multi.



It stands to reason that men and women have different nutritional needs. After all, our bodies are different, and our diets and lifestyles tend to be too.

So when it comes to shopping for a multivitamin for yourself or your partner, there are different issues you need to take into account when deciding which formula to choose.

Here are the six most important.

1 Women are more likely to feel run off their feet

While both men and women lead busy lives, research from the Australian Bureau of Statistics (ABS) shows that women are particularly prone to feeling that they're constantly short of time – especially if they're juggling parenthood with full- or part-time work.

Although many women treat it as normal, that never-ending feeling of being stretched too thin is a form of stress, and can take a toll on both your body and your health habits.

For example, women whose lives are busy or demanding are often prone to skipping

meals and eating on the run – habits that can lead to deficient intake of some vitamins and minerals. These eating patterns can be particularly detrimental when you're under pressure, because stress may increase your requirements for some nutrients, potentially exacerbating any nutritional shortfalls caused by an inadequate diet.

For that reason, the foundations of any advanced women's multivitamin and mineral formula should include effective levels of a broad spectrum of B-group vitamins and vitamin C. Vitamins B5 and C are particularly important here, as they play a vital role in supporting adrenal function, which in turn is responsible for many of the body's stress-coping mechanisms.

TIP: Look for a women's multi that also contains American ginseng, which has been traditionally used to support resistance to stress, and relieve fatigue and mental and nervous exhaustion. (In traditional Chinese medicine, this herb is regarded as being nourishing to the Yin or feminine energy, so it's particularly suited to women).

2 Men's heart disease risk is higher

Men are significantly more likely to experience certain cardiovascular issues than women, so need to take extra care to maintain the health of their hearts and circulatory systems. From that perspective, important nutrients to look for in a men's multi include selenium, vitamins B1, B6, C and E and folic acid.

TIP: Ideally your men's multi should also include lycopene, a naturally-occurring antioxidant found in tomatoes that has benefits for cardiovascular health.

3 Women are more likely to be dieting

Around 15 per cent of Australian women are dieting for weight loss or other health reasons at any one point in time.

Under those circumstances, your diet may be low in some of the vitamins and minerals your body needs for optimal health, resulting in compromised nutritional status. (For example, women consuming low-calorie diets or exercising heavily are particularly vulnerable to developing marginal deficiencies of certain nutrients).

men need multivitamins



Checklist: Does your multi do all this?

4 Many Australian men are low in zinc
ABS dietary surveys indicate that many Australian men don't obtain the recommended quantity of zinc from their daily diets, especially as they get older.

These deficiencies could have widespread health implications, because zinc is required for a vast number of physiological functions, including immune health, tissue repair and cognitive functioning.

That makes zinc an essential inclusion in a men's multivitamin and mineral formula.

TIP: Look for a men's formula containing zinc glycinate, which is easily absorbed and utilised by the body.

5 Our reproductive health needs are different


For men, the issues related to zinc deficiency discussed above are particularly relevant to reproductive health, as this important nutrient is required for testosterone synthesis, hormonal balance, prostate function and the normal production and function of sperm.

Other nutrients that are considered especially important for sperm health and

which should be included in a men's multi include selenium, folic acid and vitamins B12, C and E, while lycopene may assist in maintaining prostate health.

For women, taking a multivitamin that contains both zinc and vitamin B6 may help maintain a healthy menstrual cycle and reduce premenstrual symptoms.

During the childbearing years, a woman's multi should also contain 400-500mcg of folic acid, which, when taken daily for at least a month prior to conception and during pregnancy may reduce the risk of having a baby with neural tube defects such as spina bifida.

TIP: Herbal medicines have traditionally been used to support men's and women's reproductive health and sexual vitality. For men, these include Korean ginseng, withania and horny goat weed, which have traditionally been regarded as revitalising male tonics. On the other hand, many women thrive on herbs such as dong quai, shatavari and American ginseng, which have traditionally been used to rejuvenate feminine energy. 

Despite all our differences, men and women are the same in many ways, so in addition to the specific requirements discussed here, make sure that any multivitamin you're considering buying supports the following aspects of your health and wellbeing:

- Stress resistance and adrenal function
- Energy production and cellular metabolism
- Heart and blood vessel health
- Digestion and liver function
- Immune health
- Muscle function
- Tissue repair
- Cognitive health
- Healthy vision





9 amazing health benefits of turmeric

There's no doubt about it, turmeric, the sunny member of the ginger family, has made its mark as a versatile nutritional supplement used to manage an ever growing range of ailments.

The golden interior of the turmeric rhizome can be attributed to the presence of three curcuminoids, which are called curcumin, desmethoxycurcumin and bis-desmethoxycurcumin. To make it a little easier, these three curcuminoids are collectively referred to as curcumin.

Curcumin is the principal bioactive ingredient in turmeric, which contains only about three to four per cent curcumin. Consequently, you need to take a significant amount of raw turmeric, to obtain an effective dose of curcumin, so it makes sense to cut to the chase and take curcumin extract. Here's nine reasons why you might think about adding curcumin to your day.

1 Arthritis relief
Curcumin's powerful anti-inflammatory properties are multi-faceted and work on various levels to reduce inflammation. Clinical trials have shown osteoarthritis

patients receiving 1200mg curcumin for 14 days, had up to 50 per cent less pain and experienced increased mobility.

2 Antioxidant powers
As an antioxidant, studies have shown curcumin to be at least 10 times more active than vitamin E.

3 Possible reduction in risk of cancer
Always a contentious issue, there is a proliferation of research in relation to curcumin's role in reducing the risk of cancers. Aside from decreasing inflammation, it appears curcumin may play an important role in inhibiting the multiplication of cancer cells. More research is needed before any conclusions can be drawn.

4 Help for depression
Curcumin has also been found to have antidepressant qualities, increasing serotonin and dopamine levels in the brain. It is widely thought that lack of serotonin causes depression. Dopamine has been shown to have more of a motivational effect on the brain.


5 Reduce the risk of diabetes
Insulin resistance afflicts many Australians and recent trials have shown that supplementation with curcumin may help slow progression of insulin resistance to diabetes via curcumin's anti-inflammatory action.

6 Reduce the risk of Alzheimer's disease
A low incidence of Alzheimer's disease in India could be attributed to many factors, but is it coincidence that turmeric spice is widely used in cooking in that country? There is growing evidence that curcumin may play a role in protecting against the onset of Alzheimer's disease.

7 Reduce the risk of heart disease
High cholesterol and triglycerides are a major risk factor for cardiovascular disease. A number of studies have shown that curcumin may help to reduce both serum cholesterol and triglycerides. These positive effects may be due to curcumin's antioxidant action or may also be influenced by curcumin's protective action on the liver.

8 Alleviate irritable bowel syndrome
Studies have indicated curcumin helps to alleviate the symptoms of IBS by calming inflammation in the gut.

9 Ageing
Curcumin's antioxidant properties are thought to slow the ageing process through the reduction of oxidative stress.

Please seek the advice of your health professional before taking supplements to ensure there are no contraindications relating to your current health status. 

With 35 years' in Journalism, Suzy Grinter has written numerous health articles, her family owning one of the first retail health stores in the UK.



RRP: \$45.21 (60)


Available in 30's, 60's & 90's
vege-capsules

Taken Daily May Help

- Maintain a healthy immune system
- Maintain a healthy digestive system
- Support optimal health and wellbeing



- ✓ 35 billion organisms
- ✓ 10 Strains + Prebiotic
- ✓ Acid and bile resistant
- ✓ No refrigeration required*

Available in Health Food stores Australia wide 



Manufactured in Australia

HEALTHY ESSENTIALS™ 
THE WAY NATURE INTENDED IT

Always read the label, use only as directed. If symptoms persist see your healthcare professional.

Make tofu your go-to

Narelle Muller reports on the myriad of health benefits tofu brings to the table.

Tofu has shaken off its kaftan and tie dye image and joined the big shots as a mainstream source of protein and all things good.

Once solely a vegetarian staple, tofu has made headway into the hearts and stomachs of carnivores alike, with much to offer in the way of nourishment and taste. Also known as soybean curd, tofu consumption offers a multitude of health benefits and is a most versatile cooking ingredient. As it easily absorbs flavour, tofu works perfectly in soups and stir fries, while equally adding nutritional kick to salads and sandwiches. It can form the bulk of a meatless meatloaf and is even used in desserts.

Containing essential amino acids, along with a swag of vitamins and minerals, tofu is a definite go-to when it comes to healthy eating. It is high in protein but minus the fat that you would find in the other high protein food such as meat.

Originating in China more than 2,000 years ago, tofu is made by grinding soybeans into a liquid substance, which is then compressed and left to coagulate, or is fermented. Today, nigari tofu has nigari, a naturally occurring sea mineral, added intentionally, as a firming agent. Nigari tofu is prized for both its texture and taste.

Legend has it the invention of tofu came about accidentally when a cook added seaweed to soy milk, causing it to curdle.

In recent years, the list of claims regarding the health-giving properties of tofu has grown and much of it has been substantiated. In countries where tofu is consumed as a regular part of the diet, many of these health claims are borne out.

Rich in iron and calcium, as well as containing vitamins A, D, C and B-group vitamins, tofu is believed to help increase bone strength, reduce the risk of osteoporosis, gout and age-related mental health issues as well as lowering the risk of cardiovascular disease and some cancers.

Isoflavones found in soy products have an antioxidant effect, helping with the scavenging of harmful free radicals within the body.

It is said tofu may also be used to help lower total cholesterol in the body, including triglycerides and low density lipoprotein (LDL) commonly considered bad cholesterol.

The phytoestrogens (oestrogen from plant matter) in tofu help to balance the effects of human oestrogen, which may assist with hormonal disruptions associated with menopause, such as hot flashes. [Go](#)

Narelle Muller is a journalist and health writer of more than 20 years, as well as a qualified personal trainer.

ORGANIC TOFU

Bonsoy's new premium organic Nigari Tofu is prized for both its texture and taste. This style of Firm Silken Tofu has its roots in traditional Japan and is made with Nigari, a traditional firming agent and a naturally occurring sea mineral. Our Tofu comes in a convenient long life box, requiring no refrigeration until opened. A truly versatile product that will star on its own or serve chilled & drizzled with Ponzu and shallots, add to stir-frys, use in desserts or in your favourite recipes.

GLUTEN FREE

NO PRESERVATIVES

NON GMO

DAIRY FREE

VEGAN

LONG SHELF LIFE

Bonsoy

www.bonsoy.com [f](#) [t](#) [i](#) [@originalBonsoy](#)



RRP: \$45.21 (60)

Available in 30's, 60's & 90's
vege-capsules

Taken Daily May Help

- Maintain a healthy immune system
- Maintain a healthy digestive system
- Support optimal health and wellbeing



- ✓ 35 billion organisms
- ✓ 10 Strains + Prebiotic
- ✓ Acid and bile resistant
- ✓ No refrigeration required*

Available in Health Food stores Australia wide



Manufactured in Australia

HEALTHY ESSENTIALS™ 
THE WAY NATURE INTENDED IT

Always read the label, use only as directed. If symptoms persist see your healthcare professional.

Recipe corner



😊 **Bonsoy tofu** is non GMO and has no preservatives. A great gluten and dairy-free option!

Cooking with tofu

- 😊 Silken tofu has high water content so is fragile to cook with. It becomes firmer if pressed.
1. Cut **Bonsoy Tofu** into cubes 2.5cm thick.
 2. Wrap in kitchen towelling paper with a plate on top. Place a light weight on plate to evenly distribute pressure.
 3. Leave for two hours (change wet paper during this time)
 4. Stir fry tofu cubes on both sides first, then remove from the pan.
 5. Using same pan, stir fry vegetables of your choice with peanut sauce and cook on medium heat, return cubes to pan and gently combine.
 6. Serve sprinkled with finely chopped shallots.



😊 **Brookfarm Power Porrij** is made in Byron Bay. It has no added sugar, no additives or preservatives and comes in a gluten free option.

Plums on Porrij

- 😊
- ½ cup Brookfarm Power Porrij or Gluten Free Porrij
 - 1 tbsp Brookfarm Paleo Powerfood
 - ¾ cup milk or milk substitute
 - 250g fresh plums
 - ½ cup water
 - 1 cinnamon stick
 - 1 star anise
 - 1 vanilla bean or ½ tsp vanilla extract
1. Prepare Porrij as per packet instructions.
 2. Slice plums in half and take out the stone.
 3. Place plums, water and spices in a small saucepan. Simmer for 15 minutes.
 4. Place cooked Porrij in bowl, top with Powerfood, add stewed plums and drizzle with stewed plum syrup.



😊 **Balance 100% Whey** in NEW choc mint flavour is an advanced low-carbohydrate formula delivering 21.2g of protein per serve.

Power-packed choc mint smoothie

- 😊
- ½ banana (frozen)
 - 1 tsp ground almond meal (or 5-6 almonds)
 - ½ tsp chia seeds
 - 1 scoop **Balance 100% Whey Chocolate Mint**
 - 200ml low fat milk or soy milk
- Blend ingredients until smooth. Keep in fridge for five days.

😊 **Rochester Ginger** is an amazing tasting non-alcoholic, gluten free, traditional style ginger drink with a kick!



Winter warmer Kiwi tea

- 😊
- 1 cup hot water
 - 1 tbsp Melrose Kiwi Vinegar with cinnamon
 - ¼ tsp of each cinnamon and ginger powder
 - 1 tbsp fresh lemon juice
 - 1 heaped tsp organic raw honey
- Place all ingredients in a mug. Top with hot water and stir.

😊 **Kiwi vinegar** is prepared from the juices of whole kiwi fruit through natural fermentation. Unpasteurised and coarsely filtered, **Melrose Kiwi Vinegar** contains beneficial nutrients, active enzymes and the 'mother'. Dilute in warm water and take before meals. Add to salads, vegetables and drinks.

Ginger winter warmer tea

- 😊
- 1 cup boiling water
 - 50ml Rochester Ginger or Rochester Lemon Lime Ginger
- Stir ingredients together and garnish with lemon slices. For a hot toddy – heat in a saucepan until piping hot, sip neat or add a tot of your favourite tippie! (rum, brandy or whisky)

Mornings just got a little warmer

Brookfarm Power Porrij & Gluten Free Porrij
A delicious & nourishing breakfast - ready in just 90 seconds

Made in our Byron Bay bakehouse with Australian macadamias, almonds, cinnamon, organic quinoa & organic golden flaxseed

- No Added Sugar
- No Preservatives
- No Additives



MANUKA[®] DOCTOR



Introducing our award-winning Purified Bee Venom & Manuka Honey Skincare Range



Inspired by nature and originating from the hive, Manuka Doctor's award winning skincare collection provides skin plumping, fast acting effects with long term age defying results for photo-ready skin.

- **Illusionist Rapid Lift Mask** – Clinically proven - In just 10 minutes, skin appears plumped & feels firmer, as if lifted.
- **Targeted Wrinkle Filler** – Clinically proven to reduce wrinkles in 30 minutes.
- **Radiance Serum** – Clinically proven - In just 10 minutes wrinkles appear reduced, skin feels firmer & complexion more younger looking.
- **Replenishing Oil** – Clinically proven - In just 10 minutes, skin looks more luminous, complexion more younger looking & fine lines refined.

FULL RANGE DERMATOLOGICALLY TESTED. Includes Clinically proven formulas. Not recommended with people allergic to bee stings.





Super seeds

with super health benefits

There's something entirely magical about eating seeds, knowing these tiny critters are capable of giving birth to huge trees and lush forests. Is it surprising then, that seeds are veritable powerhouses of nutrition?

Almonds

How many people know that the delicious almond is in fact a seed, not a nut? Who cares? It's crunchy, it's delicious and rich in vitamin E, omega-3 and omega-6 fatty acids, magnesium, calcium and zinc. Almond's vitamin E, monounsaturated

fat and flavonoids lower LDL cholesterol and combat oxidation for healthy arteries. The almond's riboflavin and l-carnitine content boost brain power. Munch on almonds to stabilise blood sugar, silencing after meal cravings. Raw or roasted, almonds display potential prebiotic effects, regulating intestinal bacteria and improving metabolic processes. Almonds can be blended to create a protein, fibre rich milk, ground to a spread (we love Organic Road 100% pure Almond Spread), sprinkled on savoury dishes or tossed in salads. Almonds are amongst the lowest calorie nuts.

Chia

With three times more iron than spinach, six times more calcium than milk, seven times more vitamin C than oranges and 10 times more fibre than rice, Chia earns its place in the superfood hall of fame. Its high fibre and protein helps keep you trim and toned, curbing appetite and building muscle mass. Strong teeth, bones and nails are enhanced by chia's high

calcium, magnesium and phosphorus. It absorbs up to twelve times its weight in water, so is a great thickener in puddings, sauces, smoothies and as an egg substitute. It expands creating a full feeling and is a gentle laxative. Sprinkle on cereal, soak in juice or milk, add to desserts, baked goods, grains or to flours for a wholesome crunch. Chia seeds kept Aztec warriors going in battle, what will they do for you?

Flax

With a nutty flavour, flax contains cancer-thwarting compounds called lignans, antioxidants and phytoestrogens that ease menopausal flushes, regulate the menstrual cycle, help keep the cardiovascular system healthy, and support the immune system. Flax is the richest source of ALA omega-3 fatty acids, which reduce inflammation, promote heart health and support brain function. Ground flaxseeds can be made into a tea or soaked in water as a bulking agent to combat constipation. Flaxseeds oxidise easily once milled



but are more digestible this way. Use as a binder or egg substitute in baked goods, sprinkle on cereal or yoghurt and add to smoothies.

Sesame

Sesame is one of the oldest cultivated plants in the world with one of the highest oil contents of any seed, and its phytoestrogen activity delivers formidable cholesterol-lowering effects. What's more, it has a delightful nutty flavour. High in calcium, magnesium and copper, sesame's other medicinal properties have been linked to lowering blood pressure and treating oral disease. The seeds also contain phytate, an antioxidant compound that combats the effects of free radicals connected to many forms of cancer. Phytochemicals benefit the metabolism and sesame's fibre cleanses the colon while the oil moistens motions. Sprinkle on salads or grind to

form a paste (tahini) to be added to dips, dressings or smoothies. Tahini made from unhulled sesame seeds is more nutrient-rich than that made from hulled seeds, but it is also more bitter.

Pepitas (pumpkin seeds)

Protein-packed pepitas contain mood improving tryptophan, an amino acid that converts to serotonin, and melatonin to calm the mind and induce sleep. Pepitas are rich in protein, fibre, omega-3 essential fatty acids, magnesium, zinc and potassium, and have been used to combat menopausal symptoms, support prostate health, and bolster immunity. The seeds can be eaten raw, roasted or boiled, but keep the roasting to under 20 minutes. Spice them up as a healthy, low fat alternative to chips, add to granola bars and trail mix recipes, bake them in your bread, use to garnish soup or sprinkle on a salad.

Quinoa

Quinoa (pronounced keen-wa) has been cultivated in South America for over 5,000 years. With high protein, fibre, lysine, iron, manganese and phosphorus, quinoa has a low glycaemic index and no gluten. Its protein builds muscles and immunity. Fibre clears the colon and lysine fights viruses. This flavonoid rich food also has antioxidant, anti-inflammatory and anti-depressant activities according to research. Rinse well with water to remove the bitter flavour of its natural insect repelling saponins, then add one cup to two cups water in a pot, boil for 20 minutes and you have fluffy quinoa! 

Caroline Robertson is a Sydney-based naturopath. For consultations, health retreats or guided meditations visit www.carolinerobertson.com.au or 0430 092 601.

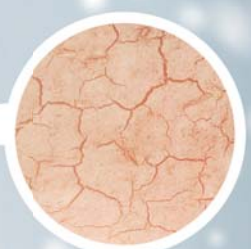


kiwi vinegar

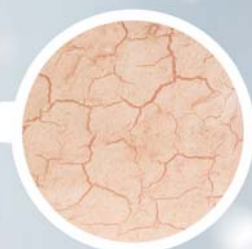
- Highly nutritious vinegar
- Contains beneficial bacteria, active enzymes and "the mother"
- Contains 5% acetic acid
- With added Cinnamon or Ginger

melrose
the whole body health co.

 Like us: /melrosehealth  Follow us: @melrosehealth @melrosesuperfoods



How to **avoid** *dry winter*



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. The good news is there are things you can do to provide extra nourishment and rehydration for your skin.



for Mum & Bub

the **Jojoba** company

BEAUTY IS IN OUR NATURE

Pure, safe & natural skin care

with 100% natural Australian cold-pressed jojoba, from our farm.



- ✓ Nappy Rash
- ✓ Cradle Cap
- ✓ Skin Irritations
- ✓ Bath Oil
- ✓ Moisturiser
- ✓ Massage
- ✓ Visibly smooths fine lines and wrinkles
- ✓ Provides deep moisturisation
- ✓ Naturally rich in potent antioxidants
- ✓ High in CoQ10
- ✓ Naturally rich in vitamins A, B, C, D, E & F
- ✓ The ultimate multi-vitamin for skin

skin



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.



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. 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.



Extra nourishment: Nourishing your skin can help prevent the skin becoming dull, dry and flaky. We love Springfields Certified Organic Rosehip Oil, a light, non-greasy oil, rich in fatty acids and antioxidants to restore optimum skin health, improve skin moisture levels and restore smoothness to rough skin. It has an excellent ability to nourish and moisturise, simply apply a few drops to the face morning and night.



Another Go Vita favourite is The Jojoba Company 100% Natural Ultimate Jojoba. Jojoba is the only plant known to produce wax esters instead of plant oil. The molecules of jojoba are very narrow and fine, so just a few drops applied to the skin is all that is needed to put back what ageing takes away. 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.



Pucker up! With the chilly winter air you may find yourself constantly licking, biting and chewing on your lips. Make lip balm your winter beauty essential! New from The Jojoba Company is the 100 per cent Natural Lip Balm – 100 per cent natural, vegan friendly, gluten free and totally nourishing and moisturising – a definite handbag must-have this winter!

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.

Hydrate: Water helps transport nutrients necessary for skin healing around the body, as well as eliminating waste matter. For hydrated, healthy and youthful looking skin, aim to drink between two and three litres of fresh, filtered water daily – yes, even in winter! ☺



Skin Food Feeds dry skin.

CELEBRATING 90 YEARS

Skin Food is an ultra-rich, multi-purpose whole body cream made with 100% Certified Natural ingredients that soothes, heals and calms dry skin.

With extracts of gentle pansy, organic calendula and chamomile, in a rich, thick base of oils and beeswax, Skin Food is your ideal nourishing and hydrating cream.

- Softens hands, elbows, knees & feet
- Heals chapped lips
- Primer under make-up
- Perfect travel companion

BONUS Skin Food 30ml
when you buy
Skin Food 75ml* \$21.95
SAVE \$14.95

*sold as a Skin Food buddy pack only

#CelebrateSkinFood
weleda.com.au



In harmony with nature and the human being.



Go Vita Corinda, QLD

Go Vita

*Your vitality
...our passion*

Each issue of **Go Magazine** we bring you our members' stories so that you have an understanding of who **Go Vita** is and what we stand for.

Go Vita Corinda, QLD

Opened in 2013, Go Vita Fundies Whole-food market in Corinda, on Brisbane's Westside, has consistently shown strong

growth. Winning Go Vita Retailer of the Year in 2015 for QLD, husband and wife team Anthony and Suahna Cox, pride themselves on creating a specialised and educated team that are focussed on 100 per cent customer satisfaction and honest health advice. Combine this with the team's involvement in local community events and schools as well as their desire to source locally produced products and you can see why this store is such a success. It stocks standard organic and natural food lines from fruit and vegetables, to dairy and pre-packaged items such as pastas and

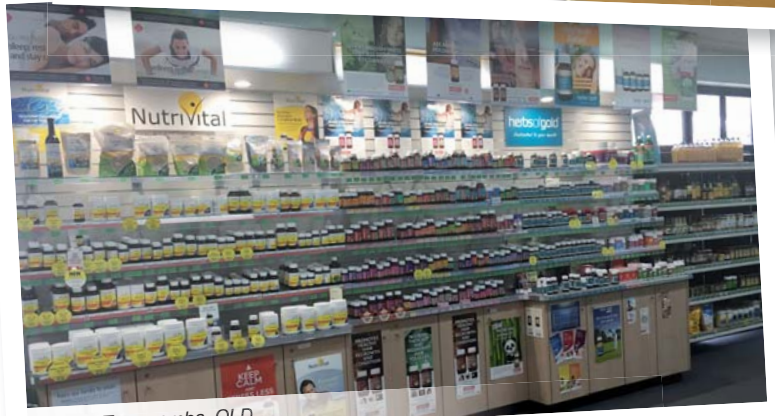
The Go Vita Promise

- Honest health advice
 - Access to specialised products
- Best value for money
 - Exceptional customer service

mueslis, there are gluten free options and increasingly-popular bulk food products are available. Products are updated regularly so there is always something new for customers to try. A small café within the store allows customers to try products and food available in store. Anthony says, "Our store is about creating a journey to



Go Vita Forest Hill, Victoria



Go Vita Toowoomba, QLD

better health starting with fresh, strictly certified organic, naturally grown pesticide-free fruit and vegetables and diet changing food choices. But essentially it's about having a large variety of products all in one place".

Go Vita Forest Hill, Victoria

Go Vita Forest Hill recently opened its doors and with over 200 square metres of modern retail space it has quickly gained the reputation of having great customer service and an extensive product range to choose from. From wholefoods, health supplements and sports nutrition products, skin and hair care, natural makeup and essential oils to books and water purifiers there is indeed a large and diverse selection of products in this well laid out store. Like all Go Vita health shops, Forest Hill has qualified and experienced staff to help you navigate the natural health world. In fact, there are two nutritionists, one naturopath, two nutrition science students and two exceptionally experienced staff who have been at the shop for over 15 years. Owner, Steven Chen, explains that, "Expert health advice and excellent customer service are the two pillars on which this store is founded, and we will do everything in our power to deliver on these values to

our customers." The free-to-join loyalty program ensures that every club member can save every day when shopping at Go Vita Forest Hill.

Go Vita Toowoomba, QLD

Situated in the Toowoomba CBD, this health food store is an institution in the area, having been located there for over 30 years. Current owners Dirk and Rose du Plooy (who also own Go Vita Chinchilla) bought the store in 2007, and it is now managed by their granddaughter Sarah Ashley. The store is filled with a wide selection of good quality products including a comprehensive range of vitamins and supplements, natural and organic beauty products and cosmetics, as well as a large selection of health foods and groceries. Customers love that they can visit a qualified naturopath for a more in depth discussion about their health.

Sarah says, "We do pride ourselves on providing personalised health advice to our customers for their own specific health and wellness needs." Customers also love that there is parking right outside the front door! It is a large store with easy access for prams and wheelchairs. You can't help but feel welcome in this family owned and run store! ☺

SPRINGFIELDS
THE BEAUTY OF NATURE



Certified Organic Rosehip Oil

Ultrafine skin oil which is cold-pressed from the hips of Rose bushes growing wild in the Andes mountains in Chile



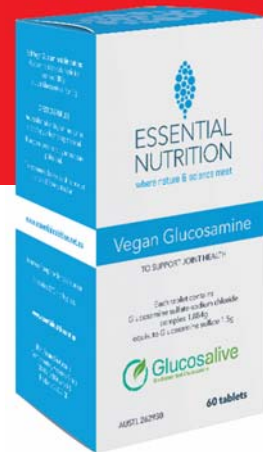
Rosehip Oil is rich in essential fatty acids, vitamins & antioxidants; nutrients that are critical for healthy skin.

With regular use, Springfields Rosehip Oil reduces the appearance of fine lines & wrinkles, replenishes lost moisture and helps to protect your skin from environmental damage.



www.springfields.net.au

NEW from Go Vita



Protein coconut water... a world first!



Pure Protein Raw C Coconut Water combines 100 per cent natural ingredients – coconut water with pea protein, cacao and vanilla – as a gluten-free, dairy-free, vegan, ready-to-go drink, perfect pre or post a workout, or just to help you get through your day! It is a great way to replace lost fluids, and top up with electrolytes!

Glucosamine made from fresh air? ALMOST!

Essential Nutrition vegan glucosamine contains Glucosalive™ an environmentally friendly, biofermented glucosamine.

Traditionally, glucosamine is sourced from shellfish, making it not suitable for vegans and vegetarians. Essential Nutrition's Vegan Glucosamine contains Glucosalive™, a vegan and vegetarian-friendly glucosamine sulfate produced from the fermentation of a plant based medium by non-GM bacteria.

Vegan Glucosamine contains glucosamine sulfate, which may temporarily relieve joint pain and aches associated with mild arthritis or mild osteoarthritis (1.5g dose/day).

If you are looking for an environmentally friendly, vegan and low allergen product to support joint health, Essential Nutrition's Vegan Glucosamine is for you.

Use only as directed. If symptoms persist see your healthcare professional. www.glucosalive.com.au CHC 71217-02/16

Nature's answer to dry conditions

Drought relief for the skin! When extra moisture, replenishment and care is needed, reach for certified organic **Love Baobab Oil**.

Cold pressed from the seeds of the African "Tree of Life" this exotic skin superfood is loaded with antioxidants, essential fatty acids, sterols and vitamins A, E and F. Because it absorbs quickly, improves elasticity and skin tone, encourages cell regeneration and feeds the skin with nourishment, your skin will love you for it!



Help for minor digestive discomfort

If you suffer from digestive discomfort, in particular non-specific dyspepsia, then NutriVital may be able to help you. You may ask what is 'non-specific dyspepsia'? Well, the Mayo Clinic* describes it as "indigestion or an upset stomach – a general term that describes discomfort in your upper abdomen. Indigestion is not a disease, but rather some symptoms you experience including abdominal pain and a feeling of fullness soon after eating."

NutriVital Gut Calm Chewable Tablets may help relieve the symptoms of non-specific dyspepsia and may assist in easing minor digestive discomfort. The chewable tablets contain Gutgard® a patented licorice extract.

Always read the label and use only as directed.

If symptoms persist seek the advice of your healthcare professional.

*<http://www.mayoclinic.org/diseases-conditions/indigestion/basics/definition/con-20034440>

CHC71188-01/16



pure delish!

All **pure delish** products are handmade in NZ – a contemporary range of cereals and snack bars, free of all the stuff that doesn't help your body and jam packed with the very best ingredients, simply good, clean food that tastes delicious! Go to www.puredelish.co.nz for more info or to watch their amazing video showing why they are 'pure delish'!



Reduce wrinkles in 30 minutes



Manuka Doctor's ApiRefine Targeted Wrinkle Filler is clinically proven to reduce wrinkles in just 30 minutes and to increase skin's firmness and elasticity after 28 days. This fast-acting formula helps to diminish wrinkles and lift tired skin. With Purified Bee Venom (PBV™) and Manuka honey, proven to encourage natural collagen formation and increase skin's elasticity. Helps hydrate, firm and protect skin. Feel the tightening sensation as it instantly works to firm skin!

- Reduced wrinkles in 30 minutes
- Increased skin firmness in 90% of women after 28 days
- Increased skin elasticity in 85% of women after 28 days
- 70% agreed their skin felt tighter and firmer
- 90% noticed perceivable smoothing

Acne control cleanser

New improved **SkinB5 Acne Control Cleansing Mousse** is a very gentle, non-drying antioxidant-rich cleanser that works deep down to remove excess oil and problem causing bacteria. It also effectively removes all traces of makeup. Soothing and healing combination of green tea, vitamin B5, and aloe vera refines skin texture, while salicylic acid prevents breakouts. Won't clog pores or dry out skin. When used daily, skin looks noticeably smoother and more refined. Completely FREE of benzoyl peroxide! For best results, for all skin types, use as part of the Award-winning SkinB5 Acne Control Program.



100% natural jojoba lip balm



A 100 per cent natural vegan lip balm, rich in jojoba and nourishing plant actives to deeply moisturise, hydrate and soften the lips. These potent plant actives provide a moisture barrier on the lips to nourish and protect them from the drying effects of the environment.



FUEL & RECOVERY

100% WHEY

Choc Mint

DELICIOUS NEW FLAVOUR



- ✓ Advanced low-carbohydrate formula blends Whey Protein Concentrate and Whey Protein Isolate to deliver 21.2g of protein per serve
- ✓ Arginine and Glutamine added to support muscle growth and maintenance
- ✓ Optimised protein digestion with natural digestives enzymes
- ✓ High in muscle-feeding BCAA's at 21.3g per 100g of protein



www.balancesportsnutrition.com



Want More Betterness

We believe that More Betterness helps you do the things you want to do. And our ever-growing legion of fans say it just makes you feel better. So fill your glass half full with Vital Greens every morning and add More Betterness to the rest of your day.

- ✓ Better Formula. Developed by Naturopaths.
- ✓ Better Absorption. No hard to swallow tablets.
- ✓ The all-in-one total daily supplement.

- ✓ DAIRY FREE
- ✓ GLUTEN FREE
- ✓ VEGAN
- ✓ SPROUTED INGREDIENTS
- ✓ WHEAT FREE



#morebetterness

www.vitalgreens.com

Find your nearest Go Vita Health Shop below • call 1800 212 100 or visit govita.com.au

AUSTRALIAN CAPITAL TERRITORY

Jamison 02 6251 2670
 Tuggeranong 02 6293 9881
 Woden 02 6281 5274

NEW SOUTH WALES

Armidale 02 5633 6147
 Ballina Central 02 6681 5811
 Ballina Fair 02 6686 8252
 Bateau Bay 02 4332 9932
 Batemans Bay 02 4472 9737
 Bondi Junction 02 9389 2160
 Byron Bay 02 6680 7464
 Caringbah 02 9524 0608
 Cessnock 02 4990 6055
 Chatswood 02 9415 2866
 Chatswood 02 9411 4222
 Cherrybrook 02 9484 7616
 Coffs Central 02 6652 2993
 Coffs Plaza 02 6651 2976
 Cronulla 02 9544 0323
 Dapto 02 4261 1138
 Darlinghurst 02 9360 9600
 Dubbo 02 6882 7527
 Edgecliff 02 9363 5598
 Engadine 02 9520 2889
 Erina Fair 02 4367 4711
 Fairfield 02 9794 7500
 Figtree 02 4229 8665
 Forster 02 6554 8152
 Grafton 02 6642 6443
 Gympie 02 9525 6209
 Hurstville Westfield 02 9585 2455
 Katoomba 02 4782 4667
 Lake Haven 02 4393 2888
 Lane Cove 02 9427 4420
 Leichhardt 02 9569 6103
 Lismore 02 6622 2199

MARRICKVILLE

Marrickville 02 9569 9920
 Morisset 02 4973 3045
 Mudgee 02 6372 1661
 Narellan 02 4647 4823
 Newcastle 02 4929 2809
 Newport Beach 02 9997 1238
 Newtown OPENING SOON
 Nowra 02 4421 6319
 Orange 02 6362 7442
 Port Macquarie 02 6583 2224
 Revesby 02 9772 3420
 Sans Souci 02 9529 2444
 Shellharbour 02 4297 4916
 Springwood 02 4751 6772
 Stanhope Village 02 8883 1194
 Strathfield 02 9746 8686
 Taree 02 6551 2614
 Tenterfield 02 6736 5242
 The Junction 02 4969 1102
 Toormina 02 6658 8838
 Toronto 02 4950 4022
 Tuggerah 02 4351 1111
 Ulladulla 02 4455 3565
 Windsor 02 4577 4702
 Woy Woy 02 4344 4822

NORTHERN TERRITORY

Darwin 08 8941 6166

QUEENSLAND

Bundaberg 07 4152 4888
 Cairns City 07 4031 0018
 Capalaba 07 3245 3877
 Capri 07 5538 0722
 Chermerside 07 3359 0910
 Chinchilla 07 4662 7066
 Corinda 07 3379 4654
 Currimundi 07 5493 2866

EARLVILLE

Earlville 07 4054 2481
 Forest Lake 07 3714 9355
 Gympie 07 5482 6277
 Hawthorne 07 3399 1002
 Hervey Bay 07 4124 9922
 Indooroopilly 07 3378 2385
 Loganholme 07 3801 2561
 Mackay 07 4957 5800
 Maroochydore 07 5443 2258
 Mermaid Waters 07 5578 6505
 Mount Gravatt 07 3343 7487
 Mount Ommaney 07 3715 8482
 Myer Centre 07 3229 0766
 Newstead 07 3252 8858
 Paddington 07 3368 1855
 Redbank 07 3818 0148
 Robina 07 5562 2533
 Rockhampton 07 4922 2132
 Smithfield 07 4038 1662
 Southport 07 5531 1402
 Springfield 07 3470 0788
 Springfield 07 3209 3864
 Stanthorpe 07 4681 1575
 Toombul 07 3256 6397
 Toowoomba 07 4638 5677
 West End 07 3844 9639
 Wynnum 07 3396 2563

SOUTH AUSTRALIA

Colonnades 08 8186 5466
 Fairview Green 08 8251 4242
 Ingle Farm 08 8396 0466
 Marion 08 8296 8401
 Mitcham 08 8373 6502
 Mount Barker 08 8391 1576
 Mount Gambier 08 8723 2722
 Munno Para 08 8284 1511
 Newton Village 08 8337 9818

SEMAPHORE

Semaphore 08 8449 7106
 Tanunda 08 8563 0244
 Tea Tree Plaza 08 8264 5133
 Victoria Square 08 8231 9454

VICTORIA

Ballarat 03 5331 5316
 Bayside 03 9781 4430
 Berwick 03 9707 1148
 Burwood 03 9886 3165
 Chelsea 03 9772 5614
 Doncaster 03 9840 2534
 Eastland 03 9870 2010
 Ferntree Gully 03 9752 2772
 Forest Hill 03 9877 5705
 Greensborough 03 9432 8401
 Knox 03 9801 5696
 Maribyrnong 03 9318 6642
 Mornington 03 5976 1180
 Ocean Grove 03 5255 4650
 QV Melbourne 03 9663 1577
 Rye 03 5985 4887
 Southern Cross 03 9642 2164
 The Glen 03 9887 8979
 Torquay 03 5261 3220
 Warrnambool 03 5562 3798

WESTERN AUSTRALIA

Bunbury 08 9707 3248
 Cottesloe 08 9286 4993
 Currabine 08 9304 2413
 Greenwood 08 9203 9322
 Hilton 08 6165 5755
 Innaloo 08 9244 4324
 Kalgoorlie 08 9021 8509
 Midland 08 6162 9729
 Ocean Keys 08 9407 8481
 Southlands 08 9332 3920
 Woodvale 08 9309 2931



DELICIOUS NATURAL NUT & SEED SPREADS

WE'RE 100% AUSTRALIAN OWNED,
100% NATURAL AND 100% YUMMY!



All of our products contain nothing artificial and are FREE FROM gluten, dairy, cholesterol, preservatives and GMOs. Our spreads have NO oil, salt or sugar added and are suitable for vegetarians and vegans. Our **Organic Road** range is also 100% certified organic*, sourced from the best organic foods from the finest producers.

START YOUR JOURNEY

More 100% YUMMY Organic Road and Natural Road products will be released in the coming months

NOW AVAILABLE IN GO VITA HEALTH SHOPS

*Australian Certified Organic Cert. No. 10425

Spice up your joints



NEW NutriVital Premium Glucosamine 1500 Plus

Each tablet of the NEW Improved **NutriVital Premium Glucosamine 1500 Plus** contains the equivalent of 500mg of *Curcuma longa* (turmeric). This is combined with the equivalent of 1500mg of glucosamine sulfate which supports the health and function of joints. Contains manganese.

Always read the label and use only as directed.




NutriVital
nutrivital.com.au