

Go

THE GOOD HEALTH NEWS MAGAZINE®

# Healthy

**BAKING**

PAGE 16

**CLEANSE  
& ENERGISE**

+

**SIMPLE SLEEP  
SOLUTIONS**

+

**BUILDING  
IMMUNE  
HEALTH**

@NOURISHin5

# Kfibre™ – The ultimate prebiotic for gut health management.



**Support your  
Microbiome**



**Normalise your  
Digestion**



**Maintain your  
Regularity**



**Normalise your Bloat  
& Dietary Indigestion**



**Weight  
Maintenance**



**Low FODMAP &  
Food Sensitivities**

## Food as Medicine

Kfibre™ is the ultimate prebiotic for gut health management – microbiome support, digestive normalisation, dietary bloat and indigestion, weight maintenance, and is low FODMAP.

If your diet and digestion is anything less than your best, Kfibre™ could be your dietary solution.

## Gut Health Management

Kfibre™ is the new prebiotic that everyone is talking about – complex prebiotics and micronutrients for your gut bacteria to produce beneficial short chain fatty acids – truly natural and dietician endorsed.

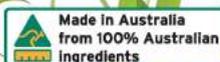
Kfibre™ is “virgin processed” from whole plant sugarcane with available sugar reduced to less than 0.1 grams per serve.

Kfibre™ has undergone over 10 years of scientific development and several food-health links in Food Standards Australia New Zealand for the maintenance of intestinal and digestive health.

Try Kfibre™ today, and everyday, for a different gut tomorrow  
Visit [www.kfibre.com](http://www.kfibre.com) and see what people say ?



**Feed. Fix. Fortify.**  
[www.kfibre.com](http://www.kfibre.com)



RESEARCHED  
BY AUSTRALIAN  
UNIVERSITIES.

# welcome

I have been amazed but not surprised by the number of people that have started this year 'tired'. For many, the usual trips away and down-time has looked very different than previous years; there's no doubt that the challenges and stresses of 2020 have taken their toll. However, now is a perfect time to reset and work on what you can do to look and feel as good as you can! A good place to start is a cleanse and detox, and if that sounds too much like hard work, then check out our cleanse and energise article (page 4) for some great easy tips on how to get started. I would also suggest a read of our article on adrenal fatigue (page 20) to see if this might be one area to investigate further. If you regularly have disturbed sleep then this will impact the way you look and feel every day. This is an issue we get asked about often, so our Go Vita experts have put together some effective simple solutions that might help get you back on track (page 12). Today, immune health is not something we think about once a year, rather it is top of mind all year, and we know many of our readers are looking for advice on building strong and healthy immune systems, hence we have dedicated an article to this (page 6). With Easter just round the corner we have provided some delicious and healthy recipes for you to try (page 16).

Our wish is for you to start the new decade focussed on your health and wellness goals. All of our Go Vita stores across Australia are passionate about helping you achieve your goals and ensuring you are the healthiest you can be. Pop in to your local Go Vita and speak to one of our Go Vita health consultants for personalised wellness advice, tailored to you!

Yours in the best of health,

*Ann Cattelan* BSc  
Editor



**Go** **Issue 60** ISSN 1832-5556  
**Editor:** Ann Cattelan BSc • hworks@bigpond.net.au  
**Content Editor:** Pamela Allardice • pamelaaallardice@bigpond.com  
**Art Direction:** Tanya Lee Design • tanya@tldesign.com.au  
**Advertising Inquiries:** marketing@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.

© 2021 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.



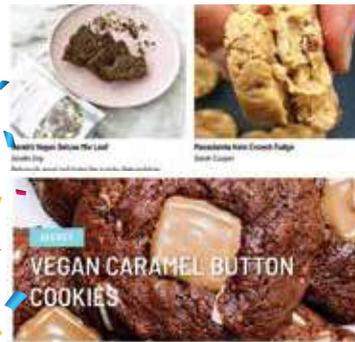
## GOVITA.COM.AU KEEPING YOU UP-TO-DATE WITH HEALTH AND WELLNESS



### IMMUNE WELLNESS HUB



### HEALTHY RECIPES



### BLOGS



### INFORMATIVE PODCASTS



### SHOP ONLINE WHEN YOU CAN'T GET INSTORE



# School's back!



**B**ack to school doesn't have to mean back to a merry-go-round of colds and tummy bugs. Keep your kids safe and healthy, the natural way.

### Improve gut health

Nutrient deficiencies in children can stem from picky eating habits which dampen immunity and leave them susceptible to every bug that is going around. The good news is that there are many health-protective nutrients that enhance immune function and improve gastrointestinal health.

A fruit-and-yoghurt smoothie is a quick and nourishing breakfast option, especially if you add a spoonful of a prebiotic and probiotic powder especially formulated for kids! Look out for low-allergy products containing Lactobacillum and Bifidobacterium probiotics for optimal digestion and nutrient absorption, plus zinc and vitamin C for immunity, skin health and wound healing.

Collagen is essential for developing bones, tendons, ligaments, skin and teeth, as well as for gut health. Taking a collagen supplement also ensures that even the fussiest eater gets the nutrients they need – being tasteless, you can add it to any food or drink. Use Locako Chocolate Gummies

Mix or Locako Kids Collagen Strawberry Monkeyness to make low-carb, sugar-free treats – see “Recipe: Strawberry Cream Gummies”. The latter product is a blend of collagen, coconut milk, monkfruit and strawberry extracts to keep little tummies healthy, and makes yummy smoothies.



Collagen is essential for developing bones, tendons, ligaments, skin and teeth, as well as for gut health.

### Boost immunity

A great way to keep your children healthy and strong is to pop a scoop of Morlife Immune Kidz into a smoothie. This formula is loaded with vitamin A, to fight infection and produce antibodies against viruses and bacteria, along with folate, for cell division and growth, and vitamins

C and D, to fight infection and ensure a healthy immune response. If getting your kids to eat their vegetables is a struggle, try Morlife Greens Kidz, a blend of 22 superfoods, including barley grass, wheat grass, kale, broccoli, elderberry, acerola, green tea, turmeric and grapeseed. One single serve provides the antioxidant equivalent of six serves of fresh fruit and vegetables, while also providing potassium, vitamin C, calcium, magnesium and probiotics. Try our Meanie Greenie Kids Smoothie – it's guaranteed kid-approved!

### Support cognitive development

Just because they are little, doesn't mean that children don't feel stress and anxiety. Teach your child simple strategies to defuse stress, such as an easy guided meditation. Show them how to sit quietly, close their eyes and pay attention to their breathing; then, if troubling thoughts enter their mind, keep returning the focus to the breath.

Natural medicine has much to offer when it comes to supporting a child's cognitive development. Morlife Clever Kidz Chocolate Drink is a delicious, convenient and highly concentrated functional formula that is designed to support a healthy growing brain and nervous system, thanks to B-group vitamins, iron, zinc, omega-3 fatty acids, probiotics, prebiotics, and herbs known to support memory and cognition, such as withania, bacopa and ginkgo.

## The bottom line

Worms are like head lice – we don't like to talk about them, but ... everyone gets them! Pinworms are particularly common in children. The eggs survive on bedding and clothing and are easily spread. Symptoms of a pinworm infection include anal itching, restless sleep and evidence of the worms on the child's skin or in their stools. The good news is that it is easy to get rid of them. The most common conventional medication is mebendazole. Effective herbal medicines are also available – look for formulas containing black walnut, wormwood and clove, which have antimicrobial and anthelmintic\* properties. Liquid formulas are easy to take and also ensure the whole household is treated – which is a must – although worm medicines are contraindicated for pregnant women. Check with your healthcare provider. ☑

\*meaning that they expel parasitic worms, or helminths.

### Strawberry Cream Gummies

- 1/4 cup coconut cream
- 3 tspb Locaco Gelatin
- 1 3/4 cup coconut cream
- 1/4 cup water
- 2 heaped tspb Locaco Kids Collagen Strawberry Monkeyness

1. Mix 1/4 cup coconut cream and gelatin in a small bowl to bloom. Set aside.

2. Heat remaining coconut cream and water in a small saucepan over a low heat until nearly simmering.

3. Remove from heat and stir through the collagen until gelatin has fully dissolved.

4. Pour into moulds or dish and refrigerate until firm (approximately 3 hours).

### Meanie Greenie Kids Smoothie

- 1 1/2 cups frozen mango
- 1 ripe banana, cut into chunks
- 1 cup packed baby spinach leaves
- 1/2 cup plain vanilla yoghurt
- 1/4 cup full cream milk (or nut milk)
- 1/4 avocado
- 1 tsp Morlife Green Kidz Powder

Place all ingredients in a blender and blend until smooth.



# REALFOOD NUTRITION FOR HAPPY LITTLE MONSTERS

MORLIFE.COM

# Cleanse & energise!

**T**he Go Vita team of experts have put together an easy guide to all-natural detoxification techniques for increased energy.

In an ideal world, your body is designed to keep you in perfect health. However, the unfortunate reality of much of modern life – environmental toxins, processed foods with added chemicals, stress, prescription and recreational drugs, heavy metals, too much alcohol and caffeine and not



enough exercise and sleep all conspire to upset the body's natural balance and rob you of energy and fitness, as well as create an opportunity for more serious diseases to start.

Detoxification is a powerful way to enhance your body's own natural and remarkable powers of rejuvenation. Read on to learn how to utilise nutrition, meditation, herbs and lifestyle choices to ease your body back to wellness.

**1 Reduce your exposure to toxins:** You've heard it before, but it is worth repeating: You are what you eat. Pesticides, herbicides and other poisonous chemicals are a primary source of toxicity for our bodies and the Earth. However, a few simple steps will greatly reduce your exposure to toxins.

Detoxification is a powerful way to enhance your body's own natural and remarkable powers of rejuvenation.

Make it a point to eat fresh foods in season; less processed foods will provide more nutrients and protective antioxidants, and they also contain fewer additives. Try to buy only – or at least mostly - organic produce, especially meat and poultry that has not been given hormones or other drugs. Expand your food choices: many of us get into a dietary rut, eating the same foods over and over.

Invest in a good home water purifier which will capture contaminants. Substitute natural materials instead of synthetics wherever possible – solid wood not particle board, down or wool instead of foam, and nontoxic natural household cleaning

products and personal care items like shampoo and moisturiser. Explore natural remedies and complementary therapies, like acupuncture and homeopathy, to reduce or even eliminate reliance on prescription medication which can place a strain on the liver.

**2 Manage stress:** Under stress, your body goes into 'survival mode' and the adrenal glands release more adrenaline, which in turn raises heart rate and blood pressure and has a dampening effect on non-urgent body functions like immunity and digestion. Lowering the level of stress in your life is a powerful step towards creating health. What makes you feel tense or unhappy? Promise yourself to change anything in your life that doesn't bring you joy. Learn to identify attitudes and triggers that contribute to your stress and to practise healthier ways of relaxing and thinking. Therapy and self-help techniques like deep-breathing exercises, meditation, regular exercise, getting sufficient sleep and rest, identifying stressful attitudes and cultivating loving relationships are all effective tools.

**3 Add herbs:** Purifying herbs stimulate the elimination of waste, increase urination, encourage perspiration, stimulate circulation, enhance immune function and improve digestion. During a cleansing program, it may be helpful to use a variety of herbs both internally and externally to improve your body's natural detoxification processes. Milk thistle (*Silybum marianum*), coriander (*Coriandrum sativum*), red clover (*Trifolium pratense*), turmeric (*Curcuma longa*), dandelion (*Taraxacum officinale*) and burdock (*Arctium lappa*) are all useful for enhancing a detoxification program – swap coffee for soothing turmeric tea or dandelion 'coffee'. Talk to a Go Vita health consultant instore about the most suitable herbs for you.



# Pacific Harvest

Experience the oceans' superfood with our range of sustainably sourced seaweeds

## Go Vita loves ...

Ensure these cleansing and energising supplements are part of your detox – they will leave you renewed in body, mind and spirit.

**Seaweed:** Nori flakes and Irish Moss are not just on-trend because they are the darlings of celebrities like Kim Kardashian – it is because they have powerful and proven health benefits. A regular part of the traditional Japanese diet for centuries, seaweed's health attributes are due to its rich content of iodine, iron, carotenoids and soluble fibre. Iodine is an essential component of thyroid hormones, which influence nearly all the biochemical and hormonal reactions which take place in the body, regulating growth, weight gain, metabolic rate and tissue health. Seaweed displays strong antioxidant activity, due to its fucoxanthins, a marine carotenoid which is also thought to improve fat-burning.



**K-Fibre:** This is a natural, raw and unprocessed prebiotic dietary fibre supplement, designed for optimal gut health management and microbiome support. It contains active phytonutrients and antioxidants which all play a practical role in detoxing your body and also in maintaining intestinal health once you have completed your cleanse. If you suffer from bowel irregularity, bloating, constipation, indigestion or food sensitivities and intolerances, K-Fibre, researched by Australian Universities, will help get your gut back on track.



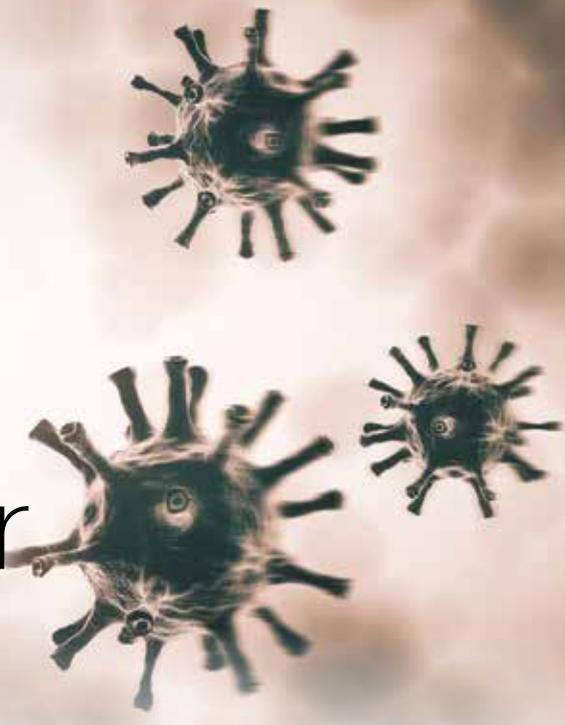
**Probiotic and prebiotic supplements:** Probiotics are the good bacteria living in your gut and prebiotics provide the fuel needed for the probiotics to grow and survive. Prebiotics come from non-digestible fibres in certain plant foods such as Jerusalem artichokes, garlic and onions. Probiotics improve gut health, immune system health and also can help boost mental health. You can find probiotics in a variety of plant-based foods, such as fermented foods – sauerkraut, miso, kefir, yoghurt, kimchi etc. If sauerkraut is really not your thing, then talk to a Go Vita health consultant about the best probiotic and prebiotic supplement for you. 



Rejuvenate, cleanse and recharge with seaweed's



Available at ALL Go Vita health shops



# Supercharge your immunity

**Discover how to use nutritional supplements and powerful herbs to boost wellness, speed recovery and keep your body strong.**

You have all the tools for taking your health into your hands at your local Go Vita store, where you can learn about super nutrients and herbs that boost immunity so you can stay fit and healthy.



**Andrographis**  
Andrographis (*Andrographis paniculata*) has been used as a traditional medicine in many parts of Asia, including

Thailand and China; it also has a long history of use in Ayurveda, the Indian medical system. In Chinese medicine, this herb is regarded as being 'cold', so it is used for what are considered 'hot' disorders, such as inflammation, infection and fever. Modern research supports this traditional application, with studies showing that, when compared to placebo, andrographis helps to reduce the severity and duration of respiratory infections, including the common cold.

Note: There have been occasional reports of adverse side effects with andrographis, such as stomach upset and

allergic reactions. If this occurs, stop taking the product and seek medical advice. As with most nutritional supplements, herbs may be contraindicated during pregnancy and breastfeeding, and may need to be discontinued in the weeks prior to surgery.



**Echinacea**  
Native to North America, echinacea (*Echinacea angustifolia*) was used by Native American healers to treat wounds

and snakebite. Today, it is recognised as an effective preventive and remedy for flu, colds and upper respiratory infections. It is widely used to restore the body to health quickly while improving the immune system's natural ability to fight off infections.



**Olive leaf**  
Widely cultivated in the Mediterranean and more recently in Australia, the leaves of the olive tree (*Olea europaea*) contain oleuropein.

This has many health benefits, including lowering blood pressure and acting as a diuretic, making it useful for treating mild cases of hypertension. Olive leaf is one of nature's most potent sources of antioxidants, which support the immune system.



**Zinc**  
This mineral is necessary for enzymatic health, which means it is involved in nearly every bodily process and function, from

sexual and thyroid health to immune function, skin problems, such as acne, eczema and psoriasis, and correct regulation of insulin levels. Zinc helps to protect the body against colds, flu, bronchitis and other infections. It is especially beneficial for older people because it revitalises the thymus gland, which manufactures immune cells. This mineral may also benefit adults and children with compromised immune systems who are prone to recurrent infections.

## 6 ways to boost your immune wellness

**1 Eat a rainbow:** Pile your plate high with brightly coloured fruits and vegetables, especially berries, citrus fruit, red onions, spinach and carrots – they're all rich in vitamins A, C and E, betacarotene and zinc.





## Vim, vigour and vitamin C

**2 Get moving:** Just 30 minutes a day can help your immune system to fight infection.

**3 Sleep deep:** Researchers have discovered that a good night's sleep improves the ability of your immune cells to fight viruses.

**4 Don't overindulge:** Numerous studies have shown that an excessive intake of alcohol will compromise immune function. Think moderation!

**5 Stress less:** When stress is chronic and persists over a long period of time, the excess stress hormones circulating in your system will suppress immune function.

**6 Let the sun shine in:** Exposing your skin to just 10-15 minutes of sunlight a day is enough to ensure your body produces the correct amount of vitamin D – which is essential for the healthy function of the immune system. 

Back in the early 1700s, lemons - a rich source of vitamin C - were known to prevent scurvy, a disease that affected sailors. Today, interest in vitamin C is based less on its ability to cure scurvy than on its antioxidant potential to protect cells from damage caused by unstable oxygen molecules called free radicals, and also on its proven immune-boosting powers. We also now know of many food sources of vitamin C that are even more potent than citrus fruits, including baobab, camu camu and acerola.

Vitamin C can help to treat the common cold and reduce the severity and duration of symptoms, with one review of 30 placebo-controlled trials finding that high doses of vitamin C shortened the duration of colds by up to four days. Research also suggests vitamin C may even extend life expectancy: one study showed that adults who took over 300mg of vitamin C daily lived longer than those who only had 50mg daily.



Acerola

Baobab

Camu Camu

# FAT & SUGAR METABOLISM

Fusion Chromium Advanced contains 200 micrograms of chromium per tablet to aid the metabolism of fats, sugars and proteins and help maintain healthy blood sugar. Also contains garcinia, hydroxycitric acid (HCA), gymnema and more.

AVAILABLE AT YOUR LOCAL GO VITA STORE

**FUSION**  health  
ancient wisdom modern medicine®



**SAME FORMULA**  
**Garcinia Cambogia Advanced**  
**NEW NAME**

Made in Australia. Always read the label. Follow the directions for use. Nutritional supplements can only be of assistance if dietary intake is inadequate.

# a kinder diet

A desire to prevent animal cruelty is the main reason people choose a vegan lifestyle. Bonus: a plant-based diet will improve your health.

Veganism is defined as avoiding all forms of animal cruelty, and excluding all animal-derived products, such as food, drink and clothing, as well as less well-known items, like isinglass, used in alcohol. Veganism is becoming increasingly popular around the world. This is partly due to the increasing awareness of some questionable modern farming practices, such as chickens being caged from birth to death. Vegans may also wish to avoid animal products because of their environmental impact. For example, beef farming is thought to contribute to increases in methane emissions; plus, animal farming may be a cause of deforestation.

## Health benefits

Veganism is also growing because of its positive impact on human health. For example, a reduced intake of meat, particularly processed meats

like bacon, is linked to a lower risk of heart disease and obesity, while eating more fruit and vegetables is strongly associated with a reduced risk of cancer and Alzheimer's disease and with improvements in kidney function. Due to its higher fibre intake, a vegan diet will also moderate blood sugar, which lowers the risk of type 2 diabetes.

Both vegetarian and vegan diets are associated with being able to lose weight

Veganism is defined as avoiding all forms of animal cruelty, and excluding all animal-derived products, such as food, drink and clothing.

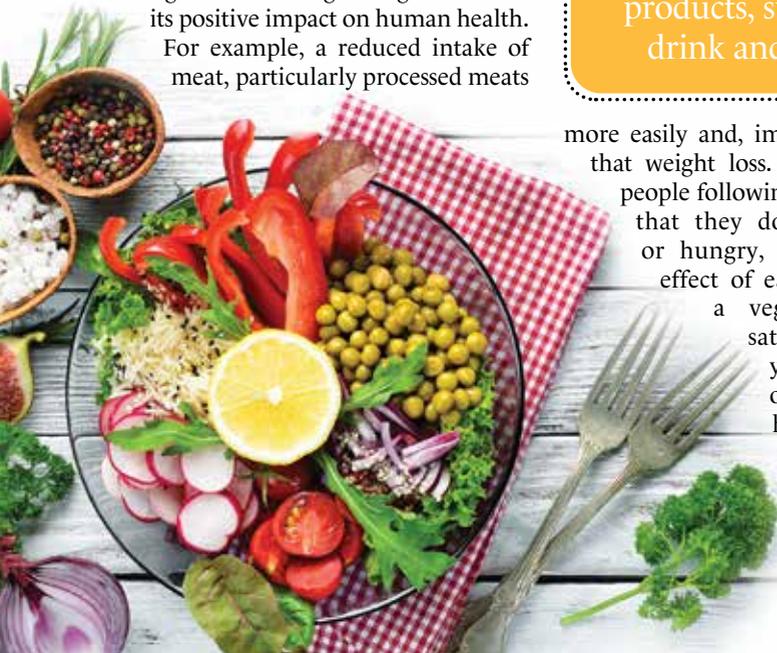
more easily and, importantly, to sustain that weight loss. Even better news – people following a vegan diet report that they do not feel deprived or hungry, as the natural side effect of eating more fibre on a vegan diet improves satiety. And, provided your food choices are organic, a vegan diet helps to avoid the antibiotics, hormones and chemicals that are routinely used in modern farming.

## Taste sensations

Nor does avoiding meat, chicken, fish, eggs and dairy products mean a limited or boring diet. A vegan diet can include a wide variety of healthy foods – apart from an array of fruits, vegetables, legumes, seeds, nuts, and grains, there is a wealth of alternative vegan food products available, including vegan cheese, nut butters, vegan meat options based on tofu, tempeh and seitan, calcium-fortified plant milks, sprouted and fermented plant foods, and flavoursome condiments.

For example, Niulife offer Cocomino Fysh Sauce, a tasty and healthy alternative to fish sauce that is FODMAP-friendly with no preservatives, gluten or MSG, along with their Organic Coconut Milk Powder, a 100% natural and plant-based alternative to dairy milk, and Organic Coconut Ghee, all of which look, smell and taste exactly like conventional fish sauce, milk and ghee – your meat-eating friends will not even notice the difference. Plus, there is Niulife's famous not-soy sauce, Original Coconut Amino Sauce, made from fermented coconut blossom nectar and spices. If you're transitioning to a vegan diet, Niulife offers this helpful tip: always look for products which can be substituted in the same quantities as the original product, as this makes life much easier when following a recipe.

The following nutritious vegan recipes have been created using Niulife Fysh Sauce as the hero ingredient, and each is also 100% plant-based and super healthy!





## Asian Fried Cauliflower Tacos

Recipe by Anushka Malcolm, @barehealthstudio

### Ingredients:

- 6 soft shell corn tacos
- ½ avocado

### Slaw

- ¼ red cabbage, thinly sliced
- 2-3 spring onions, sliced
- juice of 1 lime
- pinch of salt
- 1 teaspoon sesame or olive oil

### Cauliflower

- 2 cups of cauliflower, chopped into bite-sized pieces
- ¼ cup tapioca flour
- ½ cup filtered water
- 1 tablespoon coconut oil
- 1 tablespoon sesame seeds, plus 1 teaspoon extra for serving
- 4 tablespoons Niulife Coconut Sweet Chilli Sauce
- 1 teaspoon Niulife Cocomino Fysh Sauce

### Taco sauce

- 2 tablespoons coconut yoghurt
- ¼ lime, juiced
- ¼ teaspoon lime zest
- pinch each chilli, cumin and coriander
- ½ garlic clove, minced

### Directions:

**Slaw:** Combine cabbage, spring onion, lime juice, salt and oil in a bowl. Allow to rest for 30 minutes to soften cabbage.

**Cauliflower:** Whisk together tapioca flour, water and 1 tablespoon sesame seeds to form a batter. Heat coconut oil in a frypan over medium heat. Dip cauliflower pieces in the batter and cook until golden brown. Add sauces and extra teaspoon of sesame seeds into pan and mix until cauliflower is coated.

**Sauce:** Combine coconut yoghurt, lime juice, lime zest, cumin, chilli, coriander and garlic in a small bowl. Heat tacos in a frying pan over medium heat, about 30 seconds each side. To serve, place taco on a plate, top with slaw, avocado, cauliflower and a drizzle of sauce.

## Vegan Fysh Sashimi

### Ingredients:

- 200g firm mango cheek, sliced
- ¼ teaspoon fresh ginger, grated
- 2 tablespoons lime juice
- red chilli, sliced (to taste)
- ½ teaspoon coconut sugar
- 1 teaspoon Niulife Cocomino Fysh Sauce
- 1 teaspoon spring onion
- pearls of 1 finger lime
- 1 teaspoon mint
- 1 tablespoon coconut cream

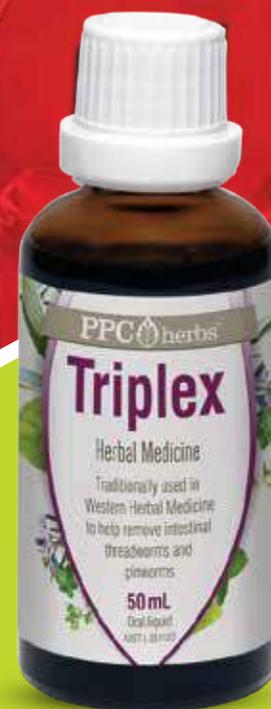


Recipe by Anushka Malcolm and Lily Zurlino, @barehealthstudio

**Directions:** Combine ginger, lime juice, chilli, coconut sugar, Niulife Cocomino Fysh Sauce and spring onion in a small bowl. Arrange mango slices on a plate, and spoon over dressing, finger lime pearls, mint and coconut cream.

# Back to school-be prepared!

Triplex® is an Australian made herbal medicine to help rid the body of pinworms and theadworms



For more information about our herbal medicines, visit:  
[www.ppcherbs.com.au](http://www.ppcherbs.com.au)

**PPC** herbs®

Always read the label

# Support for healthy



**K**een to maintain healthy blood sugar? Erika Bass explains that the mineral chromium could make a big difference.

Healthy macronutrient metabolism and blood sugar requires a combination of a balanced, nutritious diet and daily physical activity. A healthy lifestyle brings the rewards, because what you do consistently is going to lead to results.

### Start smart

Begin by getting the basics right, including:

- a balanced diet of protein, complex carbohydrates and healthy fats
- a variety of nutrient-dense plant foods
- daily exercise
- plenty of water
- managing your stress levels

If you've ticked all those boxes but still need extra assistance in maintaining healthy blood sugar levels and metabolising macronutrients (ie. fats, sugars, carbohydrates and proteins), chromium could provide that extra support.

### Look to chromium

Chromium plays a critical role in blood sugar maintenance and the metabolism of macronutrients. Chromium levels can fluctuate in people whose diets contain large quantities of sugars and/or carbohydrates, because the chromium available is used up to help break down these macronutrients. Chromium may also be required more by people who regularly engage in high levels of aerobic exercise,



## Support your immune health with ArmaForce

The immune system is our most important defender against foreign invaders to our bodies, such as viruses and bacteria.

Often it is only when we begin to feel run down or can't shake a cold that we give the immune system the attention it deserves.

Choose ArmaForce to:

- Decrease the severity of symptoms of mild upper respiratory tract infections, including sore throat, headache, runny nose, cough, fatigue and restless sleep.
- Support immune system function.

Always read the label. Follow directions for use.  
If symptoms persist, talk to your health professional.



For more information talk to your health professional or visit [www.bioceuticals.com.au](http://www.bioceuticals.com.au)

 **BioCeuticals**<sup>®</sup>

# blood sugar

because the body requires chromium in order to be able to perform this type of activity.<sup>1</sup>

The hormone insulin is central to the body's ability to use sugars (glucose). Chromium's role in maintaining healthy blood sugar is due in part to its role of helping insulin to be sensitive to the presence of sugars in the blood which are waiting to be used for energy.

Healthy diet and lifestyle behaviours can sometimes fall by the wayside. Getting back on top of your good habits might be hard at first and your body might even resist beneficial changes - but it's important to make a start. Try implementing strategies like eating more vegetables, reducing your intake of refined carbohydrates, and cutting out afternoon snack attacks.

If you still feel you need extra assistance, chromium could be the missing link that makes all the difference. Incorporate chromium-rich foods in your daily diet (see following table). If your diet is inadequate, choose a supplement that provides 200mcg of chromium per dose, and take it three times a day. For most adults, this dose is sufficient to help the metabolism of fats, sugars and proteins, and to break down fats eaten in the diet and maintain healthy blood sugar. 

*Always read the label and follow the directions for use. Nutritional supplements should not replace a healthy balanced diet.*

## Chromium-rich foods

- Vegetables: broccoli, green beans, mushroom, tomato
- Fruits: apple, banana, pear
- Wholegrains
- Brazil nuts, hazelnuts
- Egg yolk, poultry, beef



Erika Bass is Technical Support team leader at Fusion® Health. She has over a decade of experience in the natural health industry, and a particular passion for helping women look and feel their best. Reference: 1. Anderson RA. Journal of the American College of Nutrition 2013;16(5):404-410.

premedy

# Be a good host to your Ecosystem

You're a host to a community of trillions of living organisms interacting with each other and your body called the microbiome. Your health and wellbeing is likely to be in better balance if everything in your ecosystem is working together.

[www.premedy.com.au](http://www.premedy.com.au)

*Always read the label. Follow the directions for use.*

25% OFF SUPPLIER RRP\*



\*Promotion valid until 31/03/2021.

AC10945-0221

# simple *sleep* solutions

**T**ossing and turning? Waking up in the middle of the night? Here are 10 effective strategies to help you say good night to sleep problems.

Sleep is critical to the proper functioning of your brain and body, as well as to your mood. Research shows that losing even just one night of sleep can weaken immunity, because it significantly decreases the activity of T-cells, the white blood cells that fight pathogenic bacteria and viruses.

Poor or insufficient sleep is also linked to higher levels of the stress hormone cortisol, which in turn may trigger age-related insulin resistance and the onset of type 2 diabetes. Studies show that sleep deprivation compromises memory, concentration, reaction time and logical reasoning – for example, a person who has not slept for 24 hours is seven times more likely to have a car accident than a driver who is not tired.

## Holistic help

The good news is that many sleep disorders can be treated with simple lifestyle tweaks, such as exercise and dietary changes, along with natural therapies and gentle herbal and nutritional supplements.



## 2. CHECK FOR FOOD SENSITIVITIES

It is not widely known that insomnia and disturbed sleep are a common symptom in food allergies and underlying sensitivities, because foods causing the reaction may increase the heart rate and interfere with indigestion. A naturopath or a nutritionist will be able to suggest tests to see if this is the case.



## 3. EXERCISE...

but not late at night! If you're physically tired at the end of the day, you will take less time to fall asleep and be more likely to enjoy deep, quality sleep. Outdoor exercise is especially helpful, because sunlight helps to reinforce your body clock. However, avoid exercise for up to three hours before bedtime, because this may have an energising effect.

## 1. AVOID CAFFEINE

A common cause of sleeplessness is caffeine, because it has a stimulant effect on the body. Caffeine's effects can last for 24 hours, so avoiding it altogether or at least cutting it out after breakfast may be required to improve sleep patterns. Interestingly, caffeine sensitivity is thought to become greater with age.



## 4. CREATE A SLEEP HAVEN

Your bedroom should be quiet and dark, because this sends a message to your pineal gland to produce melatonin, the sleep hormone. Heavy block-out curtains can keep out ambient light and ear plugs help to cut down noise. Replace your mattress if it's over 10 years old, as a sagging or lumpy mattress may cause back pain. Wear loose-fitting pyjamas and keep the room temperature moderate – not too hot or cold.



## 5. PICK A HERB

Herbal medicines are used worldwide for sleep disorders, and can be a safe, effective and non-addictive solution. Valerian (*Valeriana officinalis*) is especially useful for insomnia where anxiety is a factor. Other herbal remedies include hops (*Humulus lupulus*), lemon verbena (*Lippia citriodora*), sour cherry (*Prunus cerasus*) and skullcap (*Scutellaria laterifolia*). Chamomile (*Matricaria recutita*) is a gentle, relaxing, antispasmodic herb – a cup of chamomile tea is particularly helpful if sleeplessness is caused by worry or muscle tension, and it is a wonderful remedy for exam stress in teens or nightmares in children.



## 6. SAY 'M' FOR MAGNESIUM

At Go Vita, our go-to nutrient for getting some shut-eye is definitely magnesium.

Magnesium is essential for muscles and nervous system health, helping to prevent night-time cramps and easing tension. Speak to a Go Vita consultant and about a magnesium formula that is enhanced with passionflower (*Passiflora incarnata*) and California poppy (*Eschscholzia californica*), two mildly sedative herbs traditionally used in Western herbal medicine to relieve anxiety, restlessness and muscle spasms.



## 8. RELAAAAAAAAAAAAAAX

Research has shown that practising gentle yoga and finishing with a meditation sequence before bedtime will boost the body's natural production of melatonin, the hormone that helps to foster and sustain sleep. Guided imagery programs combine progressive relaxation with conscious prompts to turn off the racing mind and negative self-chatter that accompany shallow sleep and insomnia.



## 9. SNACK FOR ZZZZZs

Milk, oats, turkey, cheese and pumpkin seeds all contain a compound called L-tryptophan, which is an amino acid that encourages deep sleep by triggering an increase in the body's production of melatonin.



## 7. TREAT YOURSELF

Studies show that having regular massage treatments is linked to significant improvements in sleep, particularly in people with chronic pain.



## 10. TAKE IT TO THE TUB

A warm bath an hour before bedtime is a well-known insomnia remedy for a good reason – it works. Add soothing rose or lavender essential oil to make it even more nurturing and relaxing.



**BeePower**

# A GREAT SOURCE OF *natural* ENERGY



Bee Pollen & Honey Fusion is packed full of nutrients including more than 15 amino acids and vitamins B3 and C. It comprises the minerals zinc, calcium, iron and magnesium and thanks to its pollen content, has measurable antioxidant activity.

[www.beepower.com.au](http://www.beepower.com.au)

AUSTRALIAN FAMILY OWNED

Our Organic Raw Honey, collected straight from our hives in Central NSW is unpasteurised, unprocessed and unfiltered, packed full of all the natural goodness raw honey has to offer.

# NATURAL ORGANIC VITAMIN C

**SAVE \$10**  
\*Conditions apply



Each serve contains  
600mg of  
natural Vitamin C

Easily blends in cold  
water & tastes great

**NO ADDED  
Ascorbic Acid**

\*Promotion available at Go Vita stores for the month of March 2021 or while stocks last

IN PROFILE

# magic minerals

**D**iscover the healing power of minerals and which ones you need for optimal health.

In theory, a healthy diet should take care of all your nutrient needs. However, in practice, most of us could do with a little help from supplements. For example, if you cannot tolerate dairy foods, you may not be getting the calcium you need; or, if you need to take conventional medications, you may not be aware that many of them affect the absorption or retention of certain minerals – for example, diuretics deplete zinc and magnesium. Also, since calcium cannot be absorbed properly without vitamin D, if you are not getting adequate sunshine, this can cause calcium deficiency.

## The top six

Here are six of the most important minerals and their health benefits.

**Magnesium:** This is involved in energy production, nerve function, muscle relaxation and bone and tooth formation. It also plays an important role in heart health by lowering blood pressure and preventing blood clot formation.

Magnesium levels are easily depleted by stress, alcohol and a diet high in processed foods, which contain next to no magnesium. Good food sources are whole grains, nuts, legumes and leafy greens.

**Calcium:** Although calcium is the most abundant mineral in the body, most adults do not get the amount they need every day (800 mg, rising to 1,000 mg if you are a post-menopausal woman). Calcium prevents osteoporosis and may help lower blood pressure. It provides strength to bones and teeth, and is also needed for effective communication between nerve cells, for blood clotting and wound healing, and for muscle contraction. Dairy is one of the best sources of calcium; non-dairy sources include canned salmon and sardines, broccoli and almonds.

**Iron:** This is vital for all-round good health, energy and stamina, and it is essential for healthy blood and for preventing anaemia. By helping the blood and muscles deliver oxygen to every cell in the body, iron keeps your immune system functioning optimally and also keeps your memory and cognitive skills sharp. Low levels of iron can result in fatigue and short attention span, and may also be a cause of poor academic performance



in teenagers. Women who lose iron through heavy menstrual periods may be more at risk of deficiency if their diet is inadequate. Endurance athletes, vegetarians and people favouring extreme or restrictive diets may also experience iron shortfalls. Iron-rich foods include liver, beef, and lamb; vegetable sources are berries, beans, leafy greens, peas, dried fruits, seeds, yeast, kelp and wheatbran.

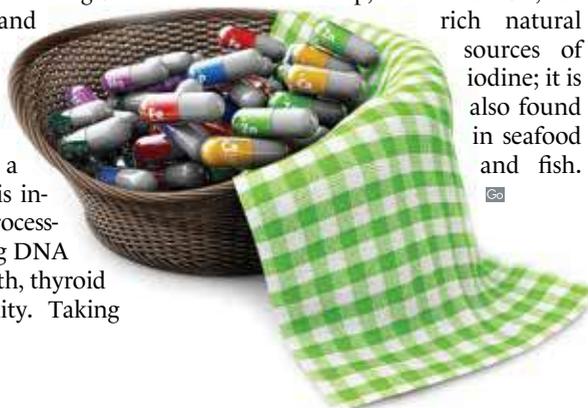
**Selenium:** This trace mineral acts as an antioxidant, countering the free radicals that damage DNA and accelerate the ageing process, and helping to prevent diseases triggered by free radical damage, such as cataracts, cancer and heart disease. Research also suggests that supplementing with selenium results in a lower risk of certain cancers, including of the prostate, ovaries, bladder and liver. Selenium is found in Brazil nuts, garlic, poultry, seafood, oats and brown rice.

**Zinc:** A crucial mineral for a strong immune system, zinc is involved in hundreds of body processes, from making and repairing DNA to wound healing, sexual health, thyroid health, fertility and immunity. Taking

zinc helps to protect the body from pathogenic bacteria and viruses, notably colds and flu, as well as mouth ulcers. It may also play a role in preventing and helping other immune-related diseases, such as fibromyalgia and arthritis. Good food sources include meat, eggs and seafood (particularly oysters); pumpkin seeds, nuts and wheatgerm also provide zinc.

**Iodine:** Iodine only has one job to do in the body, but it is a critical one: to support thyroid health by triggering the thyroid gland to make thyroxine, the hormone that regulates metabolism in all the body's cells, which in turn controls growth and development in children, body temperature, reproduction, nerve and muscle function and the growth of nails and hair. Seaweed products, notably kelp, dulse and nori, are

rich natural sources of iodine; it is also found in seafood and fish.



**15% OFF**  
NATURAL RELIEF  
**MAGNESIUM**



AMAZING<sup>STIO</sup>   
amazingoils.com.au

Valid Until 31/3/21

# Healthy BAKING

Healthy baking doesn't have to be boring! Check out these easy, healthy and delicious recipes that will have friends and family coming back for seconds!

## ORANGE MACADAMIA CAKE

Recipe by Sam Gowing

### Ingredients:

- 3 eggs
- 250g caster sugar, plus extra for dusting
- 1 cup almond milk
- ½ cup Brookfarm Premium Macadamia Oil
- zest of 1 orange
- 300g plain flour, plus extra for dusting
- 1 teaspoon powdered yeast
- ½ cup Brothers Blend Entertainer, roughly chopped

### Directions:

1. Preheat oven to 180°C or 200°C for fan-forced. Prepare a 20cm round cake tin by brushing with Brookfarm Premium Macadamia Oil and dusting with sugar and flour.
2. Using an electric mixer, beat the eggs and sugar until creamy and pale.
3. Add the milk, Brookfarm Premium Macadamia Oil and orange zest.
4. Sift flour and yeast together, slowly add to the mixture and combine. Fold in Brother's Blend Entertainer.
5. Bake for 40-45 minutes, or until a skewer comes away clean. Turn cake out onto a rack and cool completely.



## HEMP PROTEIN PANCAKES

Recipe from Nourish in 5 by Amy Lee

Adding hemp protein is a great way to boost your essential amino acids intake and also packs in antioxidants, minerals, fibre and heart-healthy unsaturated fats.

### Ingredients:

- 1 banana
- 2 eggs
- ½ cup (50g) Natural Road Almond Flour
- 2 tbsp (20g) hemp protein powder
- 1/2 tsp vanilla extract
- 2 tsp baking powder (optional, but helps it rise)
- ¼ tsp Organic Road Cinnamon
- Pinch of Natural Road Himalayan Pink Salt

### OPTIONAL TO SERVE

- Nut butter
- Berries
- Organic Road Maple syrup

### Ingredients:

1. Add all of the pancake ingredients to a food processor or blender and blend until smooth.
2. Thin the batter out with a little bit of your favourite milk, if needed.
3. Add a small amount of oil to a pan over medium heat. Pour pancakes using a ¼ cup measuring cup and allow to cook until bubbles start to form.
4. Flip the pancakes and continue cooking for another 1-3 minutes until ready.
5. Serve with toppings of choice and enjoy!

For a limited time...  
**GET 10% OFF\***

## SNACK WITHOUT REGRET.... ENTERTAINER BROTHERS BLEND

- ✓ Premium nut blend, baked with sustainably sourced Australian Pink Lake salt
- ✓ Paleo / vegan / gluten free
- ✓ All natural – preservative and additive free

\*T&C's: Discount applies to 75g & 200g varieties. Offer ends 31st March 2021.



Brookfarm™

Check out the full range of products at your local GO VITA



## IRISH MOSS RAW CHOCOLATE EXPRESSO PUDDING

Irish Moss is a natural thickener that provides many nutritional benefits, and it is a key ingredient for those following a raw diet. Serves 2-3

### Ingredients:

- ½ cup Irish Moss gel\*
- 1 tablespoon maple syrup\*\*
- ½ teaspoon vanilla extract
- 2 teaspoons instant espresso powder
- 2 tablespoons unsweetened cocoa powder\*\*
- 1 cup coconut milk
- 2 tablespoons warmed coconut oil
- raw cacao nibs, to garnish

### Directions:

**1.** Place all ingredients in a blender and process for 1 to 2 minutes, or until very smooth. Pour into a serving dish or individual serving bowls or glasses, and refrigerate. **2.** To serve, garnish with raw cacao nibs.

\* The gel must be prepared ahead of time, according to Pacific Harvest Irish Moss pack instructions.

\*\* Increase the quantities of maple syrup and cocoa powder for a sweeter and more chocolate-y pudding.

## HONEY GRANOLA Recipe by BeePower

A super easy breakfast for a lazy long weekend! Serve granola with coconut yoghurt and fresh berries! Store in container for up to a month.

### Ingredients:

- 150g Bee Power Raw Organic Honey
- 60ml Organic Road Coconut Oil
- 250g Organic Road Rolled Oats
- 150g Organic Road Sunflower Seeds
- 100g hazelnuts, roasted, roughly chopped
- 150g dates, chopped
- 100g Organic Road Dried Apricots, chopped
- 100g sultanas



### Directions:

1. Preheat the oven to 180°C.
2. Melt the honey and oil in a pan.
3. In a bowl, mix the oats and sunflower seeds, then pour in the honey mixture and combine.
4. Spread out on an oven tray. Roast for around 20 minutes, mixing occasionally.
5. Once cooled, mix in remaining ingredients.



## KETO BURNT BUTTER COOKIE SKILLET Recipe from Nourish in 5 by Amy Lee

### Ingredients:

- ½ cup butter or vegan butter
- 1 large egg or Organic Road Flaxseed 'egg'\*
- 1 teaspoon vanilla extract
- ¼ cup Organic Road Xylitol or Organic Road Coconut Sugar (if not strict keto)
- 2 cups Natural Road Almond Flour
- ½ teaspoon Natural Road Himalayan Pink Salt
- ½ cup sugar-free chocolate chips

### Directions:

**1.** Preheat oven to 175°C fan-forced. Heat butter in a 22cm non-stick pan over high heat until bubbling. Reduce heat, cover pan, and continue to cook, stirring occasionally until the butter starts to brown.

Once browned, remove from heat and cool for 5 minutes. **2.** While butter is cooling, whisk together the 'egg', vanilla and sweetener in a large bowl. Add cooled butter and mix in well. **3.** Place almond flour into bowl, add the salt and half the chocolate chips. Mix gently until batter is well combined. It will be a little thicker than cookie dough. Smooth batter into a skillet with an oven-proof handle, and top with remaining chocolate chips. **4.** Bake for 20-25 minutes or until firm and golden and a skewer inserted into the centre comes out clean. **5.** To serve, cut into 10 slices and serve warm with sugar-free ice cream.

\* Combine 1 tablespoon ground flaxseed with 2½ tablespoons water; use as an egg substitute.

LOCAKO. LO CARB KETO

DELICIOUS TREATS FOR HAPPY, HEALTHY GUT

♥ NO ADDED SUGAR ♥ AIDS DIGESTIVE SYSTEM





Herb in profile:  
**Sage**

**L**ong used by herbalists around the world, this ancient herb is proving its worth as a modern medicine for brain health.

As has been the case with many natural health products that are sold today, it was the historical use of botanicals as medicines by indigenous people and traditional healers that initially piqued the curiosity of modern scientists, and prompted them to investigate what made them work and how they could be used today. This has certainly been the case with sage.

The genus *Salvia*, commonly known as sage, is the largest member of the Lamiaceae or mint family, which contains over 900 species throughout the world. Many species of sage, including *Salvia officinalis* (common sage), are native to the Mediterranean region and have been used in a variety of different countries and cultures, for both culinary and medicinal purposes.



## Magnesium Night Plus

A golden formula that contains magnesium plus herbs traditionally used in Western herbal medicine to improve sleep.

**herbs of gold**<sup>™</sup>  
Golden formulas



[herbsofgold.com.au](http://herbsofgold.com.au)

Always read the label.  
Follow the directions for use.

AC 10437-1120 E

While there is Tea  
there is Hope

## Traditional wisdom

Sage's reputation and benefits as a medicinal herb can be traced back for many centuries, and it appears in original texts and parchments from ancient Greece, Rome and China, as well as featuring in cures and remedies passed down through Ayurveda, India's traditional medical system, and Native American wisdom.



Sage provides a fast, natural lift to cognitive performance for individuals seeking a non-caffeinated, clinically proven natural boost.

Sage has been most often used as a treatment for the following conditions: pain, swelling, inflammation, hot flushes, excessive sweating, indigestion, bloating and elevated blood fats, as well as for improving cognitive performance and memory. Of all of these potential applications, it is the impact of sage on cognitive performance and memory - and especially on how it appears to be able to improve concentration and focus - that has become the key area the scientific community is examining. There are

a number of reasons for this, ranging from an increased demand for treatment for age-related cognitive diseases, such as dementia, as well as the broader population wanting strategies for staying sharp and focused on work or study at any age, as well as supporting general mental health and wellbeing.



## New scientific findings

**Sibelius™ Sage** is a one-of-a-kind, clinically researched sage extract that works quickly and delivers cognitive benefits naturally and safely across different age groups. Let's look at the most recent research:

- Current research conducted with Sibelius™ Sage on 20 healthy volunteers (65-90 years old) taking either 167mg or 333mg showed a significant improvement in cognitive performance within one hour of treatment. This included the improvement of secondary memory, recognition, recall, accuracy and speed of attention.
- A randomised, double-blind and placebo-controlled study was performed with a total of 72 participants (12-14 and 18-25 years old). Participants took either a placebo, or a 150mg or 300mg single dose. The researchers noticed a 30 per cent improvement in immediate word recall accuracy just one hour after taking the product. No safety concerns or adverse effects were noticed in either age group.

- An essential question yet to be answered is how Sibelius™ Sage works in the body. This has not been fully revealed, primarily because there are several potential mechanisms of action. For example, one of sage's properties that may maintain brain health is its anti-inflammatory action. Chronic, low-grade inflammation is recognised as a major risk factor in the development of many age-related chronic conditions, including reduced brain health. A new study conducted on Sibelius™ Sage has investigated its effects on inflammatory responses in mature human adipocytes and neuroblastoma cell lines. This study supports the use of sage extract as an effective therapeutic anti-inflammatory agent to help maintain long-term cognitive health.🌿



Proudly Australian  
Owned & Made.





# Addressing adrenal *fatigue*

**C**ould your exhaustion be adrenal fatigue? Enhancing your endocrine system may be the key to having more energy.

Ann is a 42-year-old flight attendant, and she is typical of patients I consult - depleted from decades of working long hours, raising kids solo and experiencing devastating relationships. Ann complained of constant colds, fatigue even after long sleeps, hair loss, headaches, frequent urination, low libido, irritability, irregular periods, memory loss, apathy, anxiety, poor circulation and weight loss. Her blood pressure was also very low, she experienced dizziness with palpitations, and she ate erratically, craving caffeine and sugar.

All of Ann's symptoms suggested adrenal fatigue, a term coined in 1998 by James Wilson, a naturopath and chiropractor. Although allopathic medicine does not consider adrenal fatigue to be a disease, many health practitioners do recognise it as subclinical hypoadrenia, which is distinct from other serious conditions affecting adrenal hormones, such as Addison's Disease.

## A definitive diagnosis

Given that Ann's symptoms could have many causes, including anaemia, diabetes, depression or perimenopause, a definitive diagnosis was required. I referred Ann to have her oestrogen, cortisol/DHEA



A customised Bush Flower or Bach Flower blend can ease adrenal fatigue.

ratio, iron, ferritin, FSH, methylation and thyroid-stimulating hormones all checked, along with ACTH stimulation and blood work. The doctor Ann consulted conducted a CT scan to check her adrenals.

Her results came back as 'normal', which was not surprising because adrenal fatigue is often undetected. However, a 24-hour, four-sample saliva test ([www.i-screen.com.au/tests/adrenal-fatigue-test](http://www.i-screen.com.au/tests/adrenal-fatigue-test)) revealed Ann's cortisol levels were on the low range of normal when they should have been high in the morning, and in the high range of normal when they should have been low in the evening. By understanding the underlying causes and undertaking the appropriate treatment, Ann improved significantly.

## What can go wrong

When the body reacts to stress, the hypothalamus and pituitary glands trigger the adrenal glands to release the hormones cortisol, adrenaline and noradrenaline. In the short term, these hormones create the 'fight or flight' response that enables us to act swiftly and efficiently in response to stress or danger by triggering hundreds of metabolic, physical and mental actions, such as increasing heart rate. However, over-secretion of these hormones in response to sustained stress may result in adrenal fatigue. Dr Michael Lam lists 75 signs of Adrenal Fatigue Syndrome ([www.drhamcoaching.com](http://www.drhamcoaching.com).)

Adrenal fatigue can be worsened by psychological and physical factors,

including acidity, antibiotics, food sensitivities, infections, microbiome imbalances and toxicity. Adrenal fatigue progresses through four phases - alert, dismay, resistance and burnout. In the alert phase, increased amounts of adrenal hormones are secreted. In the dismay phase, the body is 'wired but tired', with the hormone precursor DHEA and sex hormones declining. In the resistance phase, low hormones reduce libido and energy, and may disturb the menstrual cycle. In the burnout phase, hormones and neurotransmitters are critically low, affecting the ability to think and act.

### Road to recovery

A mix of mindset, lifestyle, diet, therapies and supplements is essential to mend adrenal fatigue. Olympic swimmer Lisa Forrest quit her career due to burnout,

and in her book *Glide: Take the Panic out of Modern Living*, she reveals that her top tools were "mindfulness, compassion, curiosity and joy." Meditation techniques can reset automatic stress responses, so the nervous system relaxes with faith instead of reacting in fear.

Observe a routine promoting harmonious rhythm, with gentle exercise, 7-8 hours of sleep (starting before 9.30pm), fresh air, deep breathing and enjoyable activities. Eat a restorative diet that comprises plentiful pure water, wholegrains, vegetables, seeds and 'good' fats, such as coconut oil, olive oil or ghee. Stabilise blood sugar levels by eating small, warm meals every three hours. Avoid overscheduling, alcohol, caffeine, sugar, hot spices, exposure to cold, high adrenaline activities, skipping meals and excessive screen time, and eliminate energy 'drains', such as tiresome people,

unnecessary duties, self-defeating thoughts and uncomfortable surroundings.

A health professional may suggest adrenal aids, such as cleansing practices, herbs, and nutritional supplements. Adaptogenic herbs which increase resilience and relaxation include ashwagandha (*Withania somnifera*), cordyceps (*Ophiocordyceps sinensis*), holy basil (*Ocimum tenuiflorum*), licorice (*Glycyrrhiza glabra*), maca (*Lepidium meyenii*), rhodiola (*Rhodiola rosea*), schisandra (*Schisandra chinensis*), Siberian ginseng (*Eleutherococcus senticosus*), rehmannia (*Rehmannia glutinosa*) and tribulus (*Tribulus terrestris*). Supplements to support recovery from adrenal fatigue include acetyl-L-carnitine, the B-group vitamin complex, lipoic acid, magnesium, vitamin C, vitamin D3, GABA, probiotics, selenium, ubiquinol and zinc. 

Caroline Robertson is a Sydney naturopath and homoeopath with 30 years of experience. Contact 0430 092 601 or [info@carolinerobertson.com.au](mailto:info@carolinerobertson.com.au)



Rhodiola

Holy basil

Siberian ginseng

Maca

Ashwagandha

# Sage Advice...

*Salvia officinalis* (Sage) is traditionally used in herbal medicine to maintain and enhance memory and mental recall.

Sage is also traditionally used in Herbal Medicine as a tonic and can aid in the maintenance of general well-being.



Available exclusively in  
Go Vita stores Australia-wide.

Follow some sage advice...  
...choose Sibelius Sage

# Quinoa Q&A

**A**t Go Vita we're crazy about quinoa – a gluten- and wheat-free wholegrain, it's a great source of protein and so versatile.

## What is quinoa?

**A:** Quinoa is a grain-like crop which is native to Peru, and it has been a staple food for South Americans for thousands of years. It is now recognised around the world for its enormous nutritional value and high protein content. Being able to be cooked and eaten as if it were a grain, and yet being gluten- and wheat-free, it opens up great possibilities for anyone who is sensitive to grains.

## Why is it good for you?

**A:** Quinoa is a great source of B-group vitamins, iron, fibre and vitamin E. It also contains high levels of quercetin, an anti-inflammatory bioflavonoid which acts as an antioxidant in the body and reduces the risk of diabetes and hypertension.

## How do you use it?

**A:** There are several kinds of quinoa available, including white and tri-colour. White quinoa has a more subtle flavour and is slightly fluffier when cooked than tri colour quinoa. It has a mild, nutty taste and is a simple substitute for cous cous, bulgur or rice. It is recommended that you soak and rinse quinoa before cooking it as you would rice. Try adding quinoa to soups and casseroles, use it as a breakfast cereal with milk and fruit, or combine it with steamed vegetables, toasted almonds, pomegranate seeds and raisins for a Middle Eastern-style side dish.

Swap that white rice for quinoa, and you could lower your stroke risk by as much as 50 per cent, suggests the Nurses' Health Study.

## Sweet Potato and Quinoa Patties

This recipe from Elise Blight is easy and delicious.

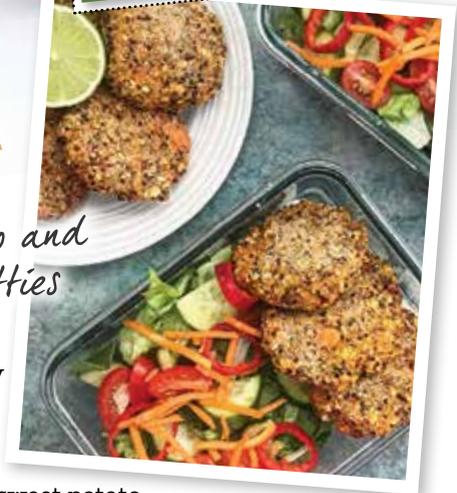
Makes 14 patties

### Ingredients:

- 2 cups mashed sweet potato
- 2 cups cooked Organic Road White Quinoa
- 2/3 cup Organic Road Rolled Oats
- 2 chia 'eggs' (2 tablespoons of Organic Road Chia Seeds soaked in 6 tablespoons of water to form a gel)
- 1 tablespoon olive oil
- juice of 1/2 lime
- salt and pepper
- 2 teaspoons paprika
- gluten-free bread crumbs to coat

### Directions:

1. Pre-heat oven to 180°C. Line a baking tray with baking paper.
2. Combine the sweet potato, quinoa and oats. Add the chia, oil, lime, salt, pepper and paprika and stir.
3. Using approximately 1 1/2 tablespoons of mixture for each patty, roll mixture into balls and coat with breadcrumbs, then press down on prepared tray.
4. Bake for 30 minutes. Flip patties after 20 minutes, then cook for an additional 10 minutes, or until golden.



## Certified Organic Quinoa

Gluten free, protein packed quinoa is a delicious and nutritious addition to salads, casseroles, soups, muffins and burgers!

- ✓ 100% certified organic
- ✓ No additives or preservatives
- ✓ GMO free
- ✓ Packed in Australia, grown in Peru



# Time for Tea



## Go Vita loves ...

### Kintra Foods

A premium tea market leader, Kintra Foods is a 100 per cent Australian-owned family business. This ethical company focuses on environmental practices and sustainability. They are proud to be a local Australian herbal tea manufacturer and have a preference for buying all packaging and raw materials from Australia. This means they are supporting many Aussie jobs both directly and indirectly. This also means they have a natural competitive advantage with superior quality, innovation, reduced production lead times and less exposure to the volatility of global supply chains. Excitingly, global demand has led the brand to significant growth with international sales to UK, USA and Canada. Choose from English Breakfast, French Earl Grey, Lemongrass Ginger & Lemon Myrtle, Jasmine Green with Pear, or Rooibos. Our favourite is French Earl Grey, with deliciously fragrant rose, blue cornflower and calendula petals adding style to each sip.

**B**rewing a cuppa is not just a comforting daily ritual: both traditional and herbal teas have extraordinary health benefits.

Traditional tea, including black, green, oolong and white tea, is made from the leaves of the tea bush (*Camellia sinensis*), an evergreen shrub that is related to the camellias that are much loved by gardeners. Black and green tea may also be flavoured with flowers, fruit peel or spices, such as Earl Grey, which contains bergamot oil, and Lady Grey, which is enhanced with cornflower petals and lemon peel.

The health benefits of black and green tea are many and powerful, including reducing the risk of cancer, heart disease and obesity. Both are rich sources of antioxidants, with one study showing that people who drank one or more cups of black or green tea daily had a 44 per cent reduced risk of having a heart attack. Black and green tea are also linked to improved memory, an improvement in insulin sensitivity in type 2 diabetics, and a reduced risk of blood clots, gum disease and hypertension. The active ingredient in

tea, theanine, has been shown to decrease levels of cortisol, the stress hormone. Teas – or tisanes – can also be made from the flowers, bark and roots of a wide variety of herbs, which are mankind’s oldest source of medicines. Here’s how they can help you.

**Lemongrass:** Relieves anxiety, lowers cholesterol and relieves bloating.

**Ginger:** Eases indigestion, flatulence and morning sickness, and stimulates circulation.

**Lemon myrtle:** Acts as an antimicrobial and mild sedative, helping to treat insomnia and support immune function.

**Jasmine:** Protects the heart and improves brain function.

**Green tea:** Increases fat burning and lowers the risk of some cancers.

**Rooibos:** Pronounced ‘roy-boss’, this traditional South African tea is a good source of polyphenols which reduce cancer risk.



**FIRST CERTIFIED PALM OIL FREE FORMULA IN THE WORLD**

LittleOak is made from the goodness of natural whole goat’s milk. No sugar. No synthetics. No palm oil.



IMPORTANT NOTICE: Breast milk is best for babies. Before you decide to use this product, please consult your doctor or health worker for advice.



# Collagen for

**F**inally, there is quick and effective way to achieve healthy, vibrant and youthful skin, in just 30 days.

Most skincare products work on the very outer layer of skin, or the epidermis – this is the stratum corneum and is mostly composed of dead skin cells, which are constantly being shed. When this surface layer is plumped up with moisturisers, it does create the appearance of smoother, more radiant skin by evening skin tone and eliminating dryness. However, it is not a real solution; in order to actually improve the condition of your skin as well as its appearance, you need to work from within.

Underneath the epidermis is the dermis, the layer that is responsible for your skin's structural integrity and elasticity. It is also the layer where you find collagen, elastin and moisture-retaining molecules like hyaluronic acid, which all work together to keep skin firm, smooth and moist. These cells in the dermis generate new collagen while the old collagen is being broken down, a process which happens continuously through early life. However, this natural collagen production slows from your mid-20s onwards, especially if additional risk factors like smoking, excessive exposure to sun and pollution, stress and inadequate nutrition are present. Women face an additional disadvantage with age, because falling oestrogen levels result in thinner, more fragile skin.

## Create collagen

It is very difficult for a moisturiser's active ingredients to penetrate your epidermis and reach down into your dermis – after all, the whole point of these top layers of skin is to prevent outside elements getting in. So applying topical creams containing collagen is not necessarily



50g Supplier RRP \$31.95  
**NOW \$17.95**  
**SAVE \$14.00**



50g Supplier RRP \$39.95  
**NOW \$22.95**  
**SAVE \$17.00**

## Help maintain **DIGESTIVE AND IMMUNE HEALTH**

Always read the label. Follow the directions for use.



Special valid 1-31 March 2021.



# gorgeous skin

going to make a significant difference because once the cream is absorbed and it plumps out the outer skin, the effect goes away. The secret to turning back the clock lies in boosting production of collagen at the cellular level, rather than on the surface of your skin. Here is how you can increase levels of collagen naturally in your skin cells.

## Eat more fruit and veg



Vitamin C and bioflavonoids are found in rich quantities in fruits and vegetables. These nutrients keep skin looking young and firm by protecting existing collagen fibres and stimulating synthesis of new collagen – without adequate vitamin C, both the collagen reserves and production of new collagen in the dermis will suffer damage. Fruits and vegetables supply silica, zinc, sulphur and selenium, the four main ‘beauty minerals’ that need to be present in every cell for healthy skin. Sulphur is particularly important, as it removes waste from cells. The antioxidants in fruit and vegetables also counter the damaging effects of free radicals on your body’s protein stores – including your collagen and elastin.

## Add ‘good’ fats



Not eating enough fat can create many problems, ranging from dry skin to hair loss and hormonal upsets. It also means that your body may not absorb enough vitamin A properly, which is needed to prevent ageing in the skin. Olive oil, flaxseed oil, walnut oil, coconut oil, avocado oil, apricot kernel oil and macadamia nut oil will all work from within to support soft, supple and lustrous skin by stimulating collagen synthesis, improving blood flow and nutrient delivery to skin cells, and optimising your body’s ability to absorb skin-supportive vitamins A, D and E and phytonutrients like lutein and lycopene. Always choose oils that are certified organic and cold-pressed, as opposed to chemically extracted.

## Top up with marine collagen

If beautiful, dewy and radiant skin is your aim, Amazonia Raw Beauty Collagen Glow can help you to achieve it faster. With 5000mg of highly bioavailable Type I and Type III Marine Collagen and 100 per cent of the recommended daily intake (RDI) of vitamin C per serve, Amazonia Raw Beauty Collagen Glow aids collagen production, supports natural skin function and is the ultimate beauty powder for a radiant complexion.

Collagen makes up 75 per cent of your skin and plays an essential protective role in the body. However, levels of collagen naturally start to decrease from as early as your mid-20s, and these losses only accelerate from then on. A daily scoop of Amazonia Raw Beauty Collagen Glow is a simple and effective way to nourish your skin, hair and digestive system and boost your body’s natural collagen stores so that you glow from the inside out. You will see results in just four weeks! 🌟

# Raw Collagen

Premium Plant Based Supplements



 Hair, Skin & Muscle

 Bioavailable Type I & III Marine Collagen

 @amazoniaco

amazonia.com



Ita Wegmann



Rudolf Steiner

Weleda has been a pioneer of sustainability, regeneration and respect for the connection between people and nature, right from its beginnings in 1921.



# Weleda Celebrates

Weleda was founded at a time of great change; revolutionary ideas about politics, science and business were in the air. Weleda's history started with a hospital, a pharmaceutical laboratory and a medicinal plant garden. The founders – philosopher Rudolf Steiner, physician Ita Wegman and chemist Oskar Schmiedel – developed the first formulas according to the Weleda philosophy which continues to this day: that humans are connected to one another and are part of nature.

## Holistic pioneers

Rudolf Steiner used the term “anthroposophy”, which means “the wisdom of man”, to describe his ideas for the reorganisation of different areas of life, including medicine, agriculture and education. Together with Wegman and Schmiedel, these three pioneers of healing understood the human being as a holistic being, one with a body, mind, spirit and a social life as part of different communities.

## People and nature

Weleda is celebrating its centenary year by shining the light on its responsible farming practices, promoting biodiversity and soil health. Weleda respects nature and cultivates partnerships with their customers, suppliers and employees, and because they find deep meaning in their work, they love what they do. Weleda believes that “as much as we take, we should give back”. From biodynamic medicinal plant gardens, to sustainable and respectful supply chains, and the responsible use of resources, Weleda is striving to make the world a better place.

All of the brand's products are certified by NATRUE, a globally recognised quality seal of approval for natural and organic products. Weleda is also one of only two natural skincare brands to be certified as a member of the Union Ethical BioTrade (UEBT).



## New look ... same high quality apple cider vinegar

- Raw and unfiltered
- 100% certified organic
- With 'the Mother'
- From fresh New Zealand apples
- Made in Australia





A cult classic



# YEARS



The Open Garden brings the garden to you! Explore Weleda's biodynamic gardens around the world in the palm of your hand.



The experience is best viewed on a mobile device.

Weleda's key products such as Skin Food date back decades (formulated in 1926) and have stood the test of time, with models, actresses and make-up artists declaring the green tube a must-have product. The reasons Skin Food is so popular are:

- a rich, highly effective formula containing active plant extracts of pansy, rosemary, chamomile and calendula to moisturise and nourish skin;
- a long-held commitment to quality and purity in sourcing raw materials – Weleda skincare is certified 100% natural
- a multi-award-winning product for excellence and efficacy.

## SUPERFOOD FOR DRY SKIN.

Skin Food intensively nourishes, restores and protects dry and very dry skin for soft smooth skin from head-to-toe.

weleda.com.au

- ✓ Intensively nourishes
- ✓ Ideal for face, body and very dry hands
- ✓ Packed with powerful plant botanicals



\*Offer valid at participating Go Vita stores 1 March 2021 - 31 March 2021 or while stocks last. Excludes gift & promotional pack.

WELEDA Since 1921

SAVE 20%



YEARS OF CONNECTING PEOPLE WITH NATURE

# A dog's best friend



**D**ogs often develop joint pain with age, but the good news is that a breakthrough natural remedy can help.

Dogs are now living longer and, just like their owners, they need help to deal with age-related joint pain. Dog lovers can now offer their pets the same care and relief as they would wish for themselves - and they are sharing their stories.

Sam Hunter, founder of K9 Health, explains: "We discovered that some pet owners who were taking turmeric supplements for their own joint problems were also giving the human product to their dogs. We examined the research into turmeric and found it compelling, so we decided to develop a turmeric product that was specifically for dogs. The feedback has been overwhelmingly positive. We're absolutely thrilled that we're helping these dogs to stay happy and active for years to come."

### Natural and effective

CurcuPet-K9 is a new, easily absorbed and effective turmeric formula that has been adapted for pets. It is available in Go Vita health shops across Australia. Here are some testimonials from owners:

Mike Miller gave CurcuPet-K9 to his 16 year-old Jack Russell cross, Paddy. He says: "It's amazing. He is now able to get up steps and is walking with a spring in his step!"

Brian and Julie Cully gave CurcuPet-K9 to their border collie, Blue. Brian says: "It's tremendous to see her now. You can see the relief in her face. She's like a different dog; she has stopped limping and is much more active."

## A new trick for old dogs

2 weeks supply trial pack for the cost of shipping

# \$9.95\*



Dr Andrew Miller, the Galston Vet says:

*"Many dogs encounter joint problems as they get older. Dogs with arthritis often suffer with chronic pain, have reduced mobility and are generally lethargic. Thanks to a breakthrough new supplement, dog lovers can now offer their pets the same level of care and relief as they would wish for themselves -*

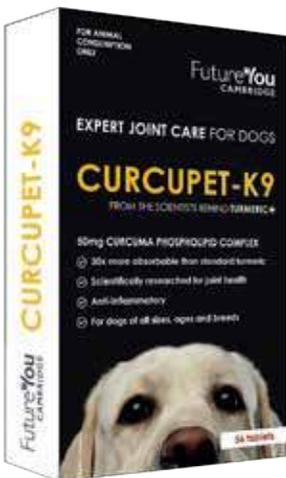
*"Data from recent studies demonstrates the beneficial effects of Curcumin on dogs with arthritis."*

If you are wondering if CurcuPet-K9 will work for your dog, then for the price of postage and handling ie. \$9.95, you can trial a 2-week supply and see how well it works.

Simply go to [govita.com.au](http://govita.com.au) and order CurcuPet-K9 Trial Pack. Use coupon code CURCUPET100OFF to receive your trial pack for **FREE**.

Limit of one coupon / trial pack per customer. You will have to pay \$9.95 for postage and handling.

\* Based on the weight of your dog. Limit one trial per customer



**CURCUPET-K9 has been scientifically formulated to improve joint mobility and flexibility for dogs**

Go Vita loves ...

# Guilt free treat

The Go Vita team loves good food and good times spent with loved ones. Come into our kitchen to share a favourite recipe for (healthy!) chocolate pudding.



Choc Malt Chia Pudding

### Ingredients:

- ¾ cup unsweetened almond milk
- 2 tablespoons chia seeds
- 1 x 34g scoop of White Wolf Chocolate Malt Protein Custard
- 2 tablespoons cocoa powder

### Method:

1. Place the almond milk in the blender, then add the chia seeds and process for about 30 seconds.
2. Add the White Wolf Custard and cocoa powder. If you have a sweet tooth, you can also add a natural sweetener of your choice, such as stevia drops or a dash of local honey.
3. Blend until smooth and creamy, adding a bit of extra almond milk if needed.
4. Spoon the mixture into a serving bowl or individual dessert bowls or glasses, and place in the fridge for an hour.
5. Top with your favourite topping – chopped nuts, chocolate shavings, fresh or dried berries - and serve.

### White Wolf Plant Protein Custard

White Wolf Custard is Australia's first high protein, low carb, keto-friendly custard. This silky-smooth creamy dessert has no added dairy, meaning no more of the upset tummies you may get with other custards. Enjoy this full-flavoured guilt-free dessert knowing that it is not just delicious but also nourishing, being packed with protein and the healthy fats GoMCT™ and GoFAT™, which are a combination of unique, high-potency, keto-friendly fat powders, including MCT powder and cocoa butter to curb cravings.



When you purchase a White Wolf Superfood Protein you will receive a **FREE White Wolf Custard sachet**

(valued at \$5). Sachet flavours will vary from store to store. Only while stocks last



# Superfood Protein

now with...

\* Organic raspberry powder

\* Organic blueberry

\* Organic acai

Fermented Organic Pea Protein & even more Superfoods including Australian Organic Blueberry, Australian Organic Raspberry Powder, plus organic Acai

### available now:

smooth chocolate

iced coffee

creamy vanilla

salted caramel



NEW + IMPROVED Formula



# Go guide...

Reviews from the Go Vita team about our favourite new wellness products.

## Refill, Not Landfill

Bottled water creates large amounts of waste, with plastic water bottles being in the top 10 most common rubbish items that are collected on CleanUp Australia Day. Australia recycles only 36 per cent of PET plastic drink bottles, which means a whopping 373 million plastic water bottles end up as waste every year. Do your part to reduce these figures and keep plastic bottles out of landfill in Australia by purchasing an eco-friendly, BPA-free and durable stainless steel Cheeki Go Vita drink bottle at your local Go Vita store.



## FREE Inika Mascara

You can receive a FREE **Inika Organic Black Mascara** (valued at \$49.00) when you purchase two Inika Organic products at selected Go Vita stores for the month of March, or while stocks last.

Boasting the world's highest organic certification, Inika Organic Mascara protects and nourishes lashes with the added bonus of rich colour intensity. Perfect for sensitive eyes, the tapered wand separates and defines lashes, while antioxidant-rich magnolia bark extract, vitamin E and sunflower oil impart a clump-free, glossy look. Inika Mascara is the world's first vegan mascara and is certified organic by the Organic Food Chain Australia. It was a finalist in the 2019 Beauty Industry Awards, and is not tested on animals.



## Morlife® Immune Kidz

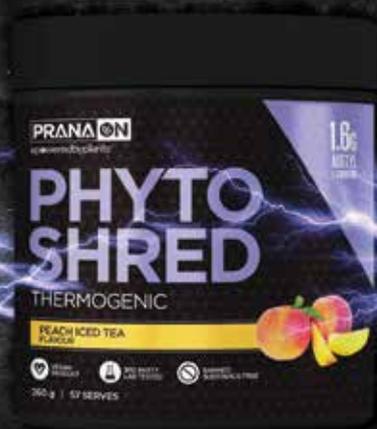
Protect and nourish your little one with **Morlife® Immune Kidz**. This yummy, convenient and all-natural real food formulation features nutrients and herbs that are integral to children's immunity, growth and development, so they can spend less time bedbound and more time ruling the playground. Just one serving provides over 100 per cent of a child's daily vitamin C needs\*, plus vitamins A, C and D, folate, iodine, potassium, extracts of the immune-stimulating herbs elderberry, echinacea, shiitake and maitake mushrooms, and 1.8 billion probiotics for healthy gut function.

\*When consumed in conjunction with a healthy, varied diet.



## Prana On Phyto Shred

**PhytoShred** is the ultimate thermogenic, a powerful, clean and natural fat burner that is scientifically formulated to boost the body's metabolic rate and energy levels. It contains guarana, green coffee bean and green tea extract, botanical ingredients that provide naturally-occurring caffeine only, so you will be able to get the energising lift you need without the negative side effects of jitters and anxiety. It also provides natural prebiotic fibre and chromium, to support gut health and prevent cravings.





## Cheeki Coffee Mugs

Sip your organic Fairtrade soy latte in style, with **Cheeki's** new range of insulated coffee mugs. Winner of the 2020 Australian Non-Toxic Awards, Cheeki's coffee mugs are 100 per cent leakproof and keep drinks piping hot for up to eight hours, thanks to Cheeki's triple wall vacuum insulation with Copper Lock Technology. Available in a variety of colours or their new 3D textured prints, and with an easy-to-clean lid - you will never drink coffee from a disposable cup again! Choose from 350 ml or 450 ml sizes.

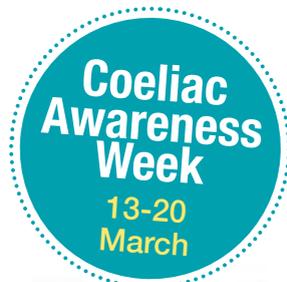
## Pasta Roma!™

Batch-made in Melbourne, **Pasta Roma!™** is made from Australian rice and sun-ripened corn, a combination that delivers an authentic pasta taste and texture. Pasta Roma!™ is free from the seven major allergens, including gluten, nuts and dairy, and is 100% vegan friendly. Choose from Spirals, Penne, Macaroni, Rigatoni or Casarecce.



## Splits™ Crispbread

Proudly made in Australia and with the goodness of great-tasting real veggies, **Splits™** Crispbread makes a delicious easy meal or snack that you can enjoy any way, any time. Splits™ Crispbread is gluten-free, 98% fat-free and contains no added sugar. Choose from Tomato, Pumpkin, Sweet Potato, Black Bean or Beetroot.



## Loving Earth Easter Eggs

Introducing **Loving Earth's** first crème-filled Easter eggs in two decadent flavours: Raspberry Mylk, a tangy raspberry crème coated in smooth cashew mylk chocolate, and Mint Dark, a silky fresh mint crème wrapped in rich dark chocolate.

Loving Earth ingredients are always high quality, with no inverted sugars, glucose or stabilisers, which gives each egg subtly unique variations that are in keeping with their handmade feel. This is a limited edition offering from Loving Earth, so get in quick!



## Niulife MCT

### Niulife Coconut MCT Oil

is nature's power fuel for high-performance energy. Supercharge your workouts with fast and powerful energy provided from these 'good' fats, and not sugar. MCTs convert ketones and are rapidly absorbed and metabolised, giving you access to clean energy and improved mental focus within minutes. For best results, take one tablespoon of Niulife Coconut MCT Oil before training. It has a neutral taste so you can take it straight from the spoon, or stir it into a hot drink or smoothie.



**AUSTRALIAN CAPITAL TERRITORY**

Canberra City 02 6174 3835  
Jamison 02 6251 2670  
Tuggeranong 02 6293 9881  
Woden 02 6281 5274

**NEW SOUTH WALES**

Armidale 02 5633 6147  
Ballina Fair 02 6686 8252  
Bateau Bay 02 4334 3448  
Batemans Bay 02 4472 9737  
Blacktown 02 9622 3021  
Bondi 02 9389 3404  
Broadway 02 8840 9931  
Byron Bay 02 6680 7464  
Caringbah 02 9524 0608  
Cherrybrook 02 9484 7616  
Coffs Central 02 6652 2993  
Coffs Harbour 02 6651 2976  
Concord 02 9743 4611  
Dural 02 9651 3634  
East Gardens 02 8964 6226  
Edgecliff 02 9363 5598  
Engadine 02 9548 1880  
Erina Fair 02 4367 4711  
Fairfield 02 9794 7500  
Forster 02 6554 8152  
Goulburn 02 4821 9303  
Grafton 02 6642 6443  
Hornsby 02 9482 2126  
Katoomba 02 4782 4667  
Lake Macquarie 02 4947 4344  
Lane Cove 02 9427 4420  
Morisset 02 4973 3045

Mudgee 02 6372 1661  
Narellan 02 4647 4823  
Neutral Bay 02 9212 5533  
Newcastle 02 4929 2809  
Newtown 02 9550 2554  
Nowra 02 4421 6319  
Port Macquarie (on Gordon) 02 6584 2066  
Revesby 02 9772 3420  
Roselands 02 9759 9971  
Rouse Hill 02 8608 1150  
Shellharbour 02 4297 4916  
Springwood 02 4751 6772  
Stanhope Garden 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 4330 5062  
Ulladulla 02 4455 3565  
Windsor 02 4577 4702  
Woy Woy 02 4344 4822

**NORTHERN TERRITORY**

Alice Springs 08 7903 9322

**QUEENSLAND**

Bundaberg 07 4152 4888  
Cairns City 07 4031 0018  
Capalaba 07 3245 3877  
Carindale 07 3324 9755  
Carindale #2 073398 4242  
Chermside 07 3359 0910

Chinchilla 07 4662 7066  
Cleveland 07 3286 5401  
Earlville 07 4054 2481  
Gympie 07 5482 6277  
Hawthorne 07 3399 1002  
Loganholme 07 3801 2561  
Mackay 07 4957 5800  
Mermaid Waters 07 5578 6505  
Mt Gravatt 07 3343 7487  
Mt Ommaney 07 3715 8482  
Myer Centre 07 3229 0766  
Newstead 07 3252 8858  
Pacific Fair 07 5531 6890  
Redbank 07 3818 0148  
Robina 07 5593 2299  
Rockhampton 07 4922 2132  
Smithfield 07 4038 1662  
Southport 07 5531 1402  
Springfield 07 3470 0788  
Stanthorpe 07 4681 1575  
The Gap Village 07 3511 0772  
Toowoomba 07 4638 5677  
Warwick 07 4661 4626

**SOUTH AUSTRALIA**

Colonnades 08 8186 5466  
Fairview Green 08 8251 4242  
Ingle Farm 08 8396 0466  
Marion 08 8296 8401  
Mt Barker 08 8391 1576  
Munno Para 08 8284 1511  
Semaphore 08 8449 7106  
Tanunda 08 8563 0244

**VICTORIA**

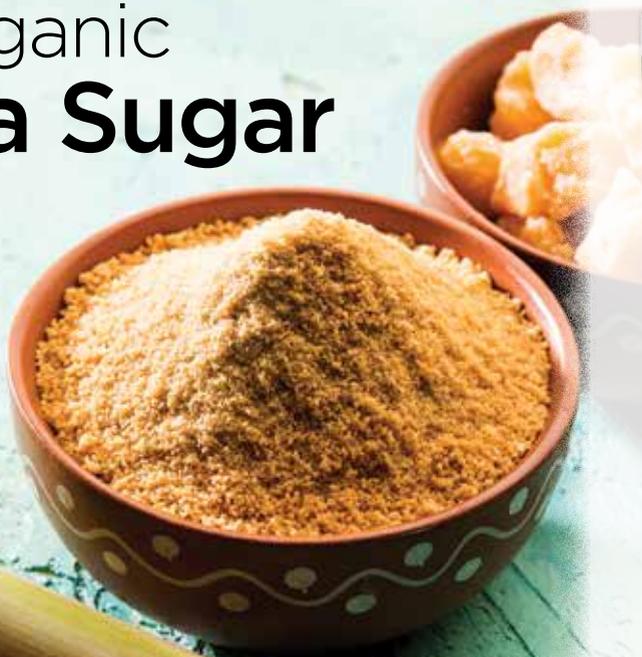
Ballarat 03 5331 5316  
Berwick 03 9707 1148  
Burwood 03 9886 3165  
Chelsea 03 9772 5614  
Cheltenham 03 9583 5306  
Doncaster 03 9840 2534  
Eastland 03 9870 2010  
Epping 03 8456 7487  
Forest Hill 03 9877 8163  
Frankston (Bayside S/C) 03 9781 4430  
Hoppers Crossing 03 9748 9645  
Keysborough 03 9701 8778  
Knox 03 9801 5696  
Maribyrnong 03 9318 6642  
Ocean Grove 03 5255 4650  
QV Melbourne 03 9663 1577  
Rye 03 5985 4887  
The Glen 03 9887 8979  
Torquay 03 5261 3220  
Warrnambool 03 5562 3798  
Waverley Gardens 03 9574 6525

**WESTERN AUSTRALIA**

Bunbury 08 9721 7111  
Cottesloe 0413 351 640  
Curraburne 08 9304 2413  
Innaloo 08 9244 4324  
Kalgoorlie 08 9021 8509  
Midlands 08 6107 6633  
Ocean Keys 08 9407 8481  
Southlands 08 9332 3920  
Victoria Park 08 6110 2521  
Woodvale 08 9309 2931

# Certified Organic Rapadura Sugar

A natural unrefined sugar, extracted from sugar cane. It will enhance the flavour of your baked goods, desserts, treats and your daily cuppa! Use in place of refined sugar – substitute it one for one!



- ✔ 100% certified organic
- ✔ No additives or preservatives
- ✔ GMO free
- ✔ Packed in Australia, grown in Peru



# NutriVital MINERAL Supplements



Ask for the **NutriVital Mineral Supplement Range** at your local Go Vita Health Shop



Always read the label. Follow the directions for use.



# DELICIOUSLY VEGAN

TASTES LIKE FISH SAUCE

TASTES RICH & CREAMY

TASTES LIKE BUTTER



Our Fysh Sauce, Coconut Ghee and Coconut Milk Powder are delicious and nutritious vegan alternatives. Use in place of fish sauce, butter and milk in your cooking, baking and dessert making.

SOY, GLUTEN & DAIRY FREE \* PALEO \* VEGAN

NIULIFE.COM.AU

niulife