Go News

JULY 2011

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Staying forever young

It'd be nice if we could flick a switch somewhere that halted the ageing process. Sadly, that isn't possible, but author of *Reverse Ageing*, Sang Whang has one tip that might help in our quest to live forever young!

Whang explains that acidic waste products can build up in our body due to food, the environment and our lifestyle. While the body does get rid of some of them, a lot still remain. "These waste products become solid wastes, such as, cholesterol, fatty acid, uric acid, kidney stones, urates, phosphates, sulphates, and, unknown to us, they accumulate. This accumulation of non-disposed acidic wastes within our body is the ageing process," writes Whang.

As such, the body needs help to neutralise the toxins to help prevent the ageing process and some of the more dangerous side effects such as heart disease as a result of cholesterol. One simple way to neutralise excess acids is pay attention to your diet – too many processed foods, overcooked meals, animal products, sugar, salt and chemicals are all way too acidic for our bodies. Focus on fresh raw foods (particularly greens!) – but if salad greens is not your thing, then try adding barley grass powder (certified organic Australian grown is best) to a smoothie or mixing with fresh juice. Also stop drinking tap water and start drinking alkaline mineralised water! It isn't that difficult; simply add a sachet of alkaline mineral granules to your water bottle every day.

Download a FREE fact sheet

Visit govita.com.au/factsheets for the full story on the importance of acid/alkaline balance for optimal health.

Help for flatulence, bloating, belching and other embarrassing digestive complaints

If you suffer from one of these often embarrassing complaints such as bloating, belching, heartburn, flatulence, indigestion, diarrhoea, constipation, bad breath, skin problems or fatigue, your digestive system is most likely out of balance and in need of help.

The good news is that getting your digestive system back in balance is not difficult, if you follow these simple steps:

- **Eat more fibre** – adding fibre to your diet is easy if you base your meals on unprocessed plant foods such as grains, legumes, fruit and vegetables. Obtaining fibre from a variety of foods ensures you get a mix of insoluble fibre (which forms large, bulky stools) and soluble fibre (which absorbs plenty of water and keeps stools soft). Slippery elm is a good source of soluble fibre and has soothing effects on the membranes of the digestive tract, making it beneficial for those who suffer inflammatory or irritating digestive conditions, such as indigestion, reflux and irritable bowel syndrome. If getting high levels of fibre in your diet proves difficult, then look out for fibre supplements with additional digestive balancing nutrients.
- **Get exercising regularly** to help keep food moving through the digestive system.
- **Eat at regular intervals** to help promote the passage of food through your digestive system. Steer clear of high fat foods as these can make digestive problems worse.
- **Detox your liver** so it's in tip top shape which ensures your digestive function is at its best. Herbs such as globe artichoke help protect and restore the liver.
- **Maintain healthy gastrointestinal flora** to encourage healthy levels of 'good' bowel bacteria (that prevent 'bad' bacteria from overgrowing and causing diarrhoea, bloating and other digestive disorders) eat probiotic-containing foods such as buttermilk, plain yoghurt (with active cultures) and miso – if this does not appeal try a daily probiotic supplement of *Lactobacillus acidophilus.*

Boost your immune health

Naturopath Paul Keogh explains how Chinese medicine can effectively strengthen your immune system and get you back on your feet faster.

When your immune system is not functioning optimally, you are more susceptible to simple infections such as common cold and flu as well as more serious infections like tonsillitis and glandular fever. In addition, immune depletion can have flow-on effects that compromise the health of other systems such as the endocrine (hormonal), nervous and circulatory systems. Over time this may predispose the body to an increased risk of developing certain allergies and autoimmune diseases such as Crohn's disease or rheumatoid arthritis. Invariably, immune dysfunction is linked to a profound loss of vitality referred to as post-viral or chronic fatigue syndromes.

The good news is that Chinese medicine is an effective way to increase your immune system's capacity to fight infection, strengthen the body's overall capacity to resist disease and promote recovery during convalescence. A Chinese herbal medicine formulated by Dr Subhuti Dharmananda from the Institute for Traditional Medicine in Portland Oregon and developed by Associate Professor Denis Stewart from Newcastle University more than 20 years ago contains the scientifically proven immune regulating herb called astragalus, blended with seven other traditionally and scientifically evidenced Chinese herbs including atractylodes, schisandra, reishi mushroom, codonopsis, Siberian ginseng, ligustrum and liquorice.

These Chinese herbs help to combat recurrent respiratory infections, slow recovery, night sweats, fatigue, muscle aches, poor appetite, irritability and weakness. When taken between bouts of infection it is valuable in the management of post-viral and chronic fatigue syndromes.

Download a FREE fact sheet

Visit govita.com.au/factsheets for the full story on Chinese herbs and immune health.

SUCCESS STORY...

Veita from Dorroughby NSW writes, "As an aspiring Olympic swimmer, my 10 year old daughter could never have competed in the NSW state titles, coming second in her age, without the Chinese astragalus formula. Before starting on this herbal medicine Jessica suffered constant respiratory infections and was too weak to train. She'd been on endless courses of antibiotics and we'd tried grommets and earplugs but the colds and ear infections continued. She now rarely gets infections and her health is so strong that she is able to maintain her studies, compete and regularly win medals."

YOUR story

The wonders of rosehip oil

After using Trilogy Certified Organic Rosehip Oil for one month, I've seen some amazing results. My skin is softer and much more moisturised and pesky acne scars have definitely become less visible. *Amy, Australia.*

Write and tell us your story at mystory@govita.com.au

FACT SHEET

Why Rosehip oil works

Rosehip oil is rich in skin-loving nutrients that improve your overall skin condition:

- **Omega-3 and omega-6 essential fatty acids** – vital lipid compounds that moisturise dry skin and improve skin softness and elasticity
- **Betacarotene and lycopene** – key nutrients for maintaining healthy skin and assisting in skin cell renewal and repair.

Rosehip oil applied topically can:

- Moisturise and smooth skin on your face and body
- Nourish damaged and dry-skin conditions
- Balance oily / combination skin
- Reduce the appearance of fine lines and wrinkles
- Improve skin elasticity and reduce appearance of stretch marks
- Reduce scars, including acne scars
- Soothe sunburn, eczema and dry scalps
- Strengthen fingernails when applied direct to nails.

Note: for best results apply twice daily for a minimum of 12 weeks. Never apply Rosehip oil to broken skin.

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Lower cholesterol *naturally*

The word cholesterol, for most people, usually rings alarm bells. However, the first thing to realise is that not all cholesterol is bad!

Cholesterol is an essential fat that every cell needs for their membranes, it is also needed to synthesise certain enzymes and hormones. The liver generally produces all the cholesterol your body needs. The problem is that often the dietary intake of cholesterol-rich foods is too high. For many people a change in diet and a reduction in alcohol and caffeine, a regular exercise program, quitting smoking and a reduction in weight will help bring high blood cholesterol levels down. However for some people you might like to consider some well researched natural supplements:

- **Plant sterols** are showing promising results in clinical trials. These fat-like compounds have a similar chemical structure to cholesterol, and compete with cholesterol molecules for absorption in the human body. According to The Heart Foundation, taking just 2-3g of plant sterols daily is sufficient to lower blood cholesterol levels by up to 10 per cent (this increases to 20 per cent when combined with a low-cholesterol diet) and reduce your risk of having a heart attack by around 20 per cent! Plant sterols interfere with betacarotene absorption, so if taking a supplement of phytosterols be sure to choose one that also tops up your levels of this important antioxidant.

- **Omega-3 fats** found in oily fish have been proven to help maintain healthy triglyceride levels and reduce your risk of heart disease. The Heart Foundation recommends 500mg of omega-3 fatty acids are needed per day, either from eating 2-3 serves of oily fish each week or by taking omega-3 supplements.

- **Coenzyme Q10** (coQ10) supports healthy cholesterol and triglyceride levels. Your body only produces limited quantities of coQ10, and as you get older this ability declines, dietary sources are few and far between so taking a coQ10 supplement is the most reliable way to ensure you're getting enough of this important cardiovascular nutrient. Also statin (cholesterol-lowering) drugs inhibit the production of coQ10.

HEALTH UPDATE

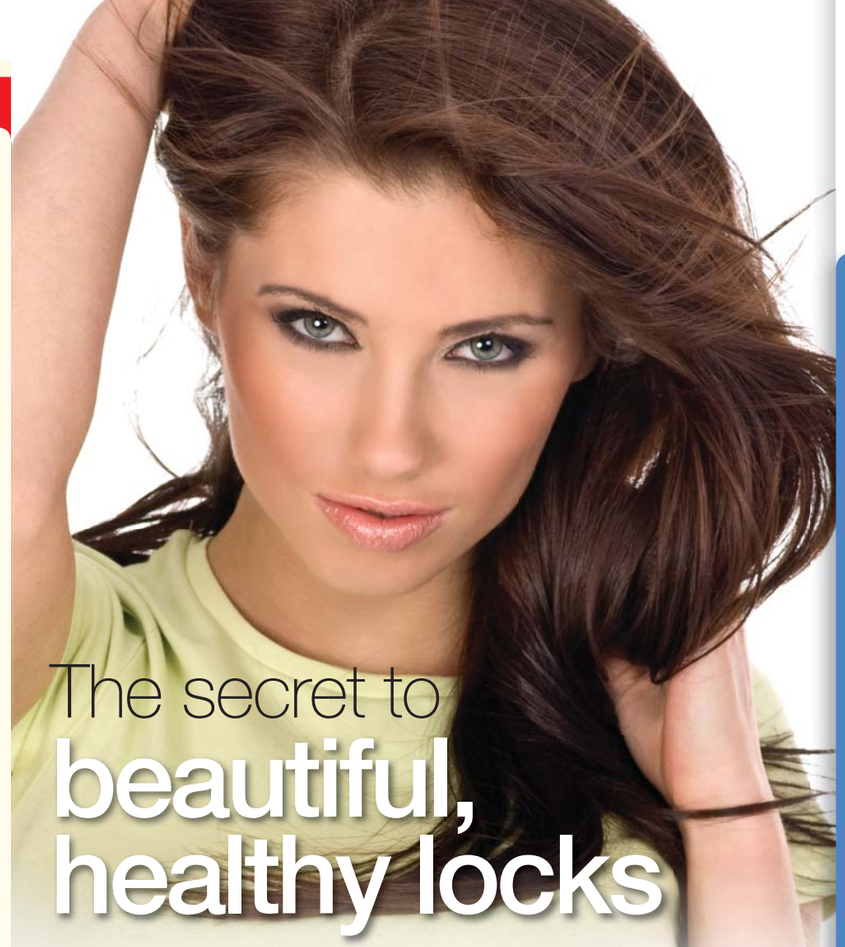
What's in your **deodorant?**

It is normal to perspire and in today's world it is normal to mask your natural body odour and even try and stop perspiration all together by using an antiperspirant. Is this good for your health?

While deodorants mask body odour they continue to allow you to sweat, however, antiperspirants are formulated to block the sweat glands and stop you from sweating. Now the problem with this is that human armpits were designed to sweat! Perspiration plays a vital role in controlling body temperature, so this begs the question is it wise to block a normal bodily process.

Another concern is that many antiperspirants contain aluminium compounds, which have reportedly been linked to breast cancer. There are many that believe the danger is very real including Heidi Rose, a Colorado-based naturopath, who explains "We know that 75 per cent of breast cancers attach to the outer half circle of the breast, close to the armpit, exactly where your lymph glands are. A biopsy of these cancerous tissues taken from this area usually shows aluminum chlorohydrate – the primary toxic chemical in antiperspirants – embedded in the tissue. So we know that it is absorbed there." The American National Cancer Institute has slammed such theories and says that there is no conclusive proof and deems aluminium in antiperspirants to be safe.

So while the jury is still out, you may like to look at natural alternatives to aluminium-containing antiperspirants, based on herbs and essential oils that act to reduce odour-causing bacteria and reduce but not block the body's natural production of sweat.



The secret to **beautiful, healthy locks**

Growing vibrant, healthy locks doesn't have to mean employing a personal stylist. A healthy diet and chemical-free natural hair care products will do the job nicely.

You can tell a lot about a person's diet by the health of their hair. If their diet consists of highly refined and processed foods, little fresh fruit and vegetables, and little or no water, their hair will be dry, dull and lifeless. Healthy hair depends on a balanced diet with a high intake of quality protein foods (such as fish, chicken, milk, cheese, nuts, soya products and legumes) to give hair more strength and prevent split ends and breakages; a variety of fresh fruits and vegetables, which are loaded with beneficial antioxidants; whole grains, which provide essential fibre and minerals; and nuts and seeds for important minerals and vitamins.

Consuming lots of water is also very important because it adds moisture to not only your skin but also your hair, keeping it looking shiny and feeling soft and silky. Aim to drink at least eight to ten glasses of fresh alkalised water daily.

The scalp is the most absorbent area of the body. What you put on your head is ultimately absorbed into the bloodstream, so choosing natural, chemical-free substances to wash your hair seems to make logical sense. For the safest skin and hair care products, select natural products:

- Essential oils and herbs for a healthy scalp plus a natural aroma
- Hydrolysed wheat protein and hydrolysed wheat starch for hydrating and moisture balancing actions. These give hair a softer, smoother feel and protect against the damaging effects of heat styling
- Natural plant oils such as jojoba, avocado and macadamia to add shine and condition
- Plant-derived glycerin to moisturise the scalp
- Rice amino acids to soften the hair and improve manageability
- Pro-vitamin B5 (panthenol) to strengthen hair
- A blend of natural coconut and glucose derived cleansers to gently remove a wide variety of dirts, oils and waxes, which means less build up and therefore healthier hair.

Herb PROFILE

Olive leaf extract

Currently the latest 'IT' herb for boosting immune health is olive leaf. And anyone who has taken it to soothe a sore throat or reduce the severity of a cold, won't be surprised to hear that research studies have now confirmed that the olive leaf extract interferes with viral infection becoming established and/or spreading.

Oleuropein, the main active ingredient, has a beneficial effect against disease producing micro organisms through its effect on natural immunity. It can be taken daily at a maintenance dose, to help reduce the risk and incidence of upper respiratory tract infections or used at a therapeutic dose in acute situations where a cough, sore throat or nasal congestion are present.

Just as exciting is new research now emerging which firmly establishes olive leaf as an important herb for heart health. The phenolic compounds, found in olive leaf extract, exhibit a vasodilator effect on the smooth muscle of the coronary arteries, hence relaxing the arteries and allowing the blood to flow more freely, which helps to lower high blood pressure. In fact a recent trial published in *Phytomedicine* found that olive leaf extract is just as effective in lowering blood pressure as other common medical hypertension treatments. Unlike the drugs however, olive leaf extract also significantly reduced plasma triglyceride levels.

The power of vitamin D

Dr Khalsa, author of The Vitamin D Revolution, recommends that any patient who experiences unexplained muscle, joint or bone pain should be checked for vitamin D deficiency. A 2003 study found that of 83 per cent of patients with lower back pain of unknown cause, had abnormally low levels of vitamin D. After supplementation 95 per cent of patients reported improvement in their back pain

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Nutra-Life Sleep Well

- Powerful blend of four herbs that helps you sleep better
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- Contains zizyphus, which is used in Traditional Chinese Medicine for insomnia
- Also contains passion flower, magnolia and corydalis. CHC41948 - 03/11

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- May also help to relieve medically-diagnosed Irritable Bowel Syndrome (IBS) symptoms and loss of appetite
- Easy-to-mix, great-tasting lemon-flavoured powder. CHC51738 – 2/11

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Aluminium-free

Herb Valley aluminium free anti-perspirants and deodorants are suitable for most people and particularly those who wish to avoid aluminium and the harsh astringent action of other commercial anti-perspirants. While the active ingredients act to reduce odour causing bacteria and reduce the production of sweat, the combination of essential oils and fragrances provide long term and effective management of odour for both men and women.

Herb & Native Flower and Spice & Native Flower varieties available in roll on or pump spray.

Antiperspirants 100ml now $5.95 each save $2.55

Deodorants 100ml now $5.55 each save $2.40

HOT PRICE

A fresh approach to immune health

With **Herbs of Gold™ high strength Olive Leaf**, standardised with 34mg of oleuropein* in every 5mL serve! Herbs of Gold™ high strength Olive Leaf is a rich olive coloured liquid extract reflecting the fresh, hand-picked olive leaves.

Olive leaf has traditionally been used for:

- Relief of fevers and cold and flu symptoms
- Relief of upper respiratory tract infections

Support your immune system this winter with Herbs of Gold™ fresh Olive Leaf. CHC 41990-01/11

*Oleuropein is a key pharmacologically active component of olive leaves.

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Slow recovery?

Fusion Health Astra 8 Immune Tonic - a powerful recuperative tonic from traditional Chinese medicine to strengthen the resistance mechanisms of the body, especially those underpinning healthy immune function. Traditional herbs to assist in the management of chronic fatigue syndrome and recurrent upper respiratory infections as well as support recovery. Contains astragalus and other Chinese herbs. Available in tablet and liquid. CHC41976-04/11

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CHC 41323-03/10

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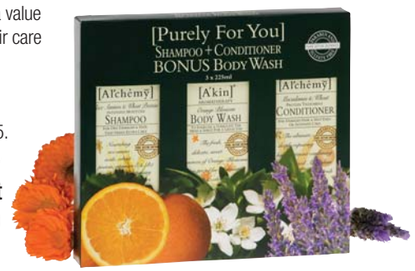
[A'kin] and Al'chemy Triple Pack valued at $44.85 now $29.00 save 35%



Fibre facts

Eating a high fibre diet ensures the proper functioning of your digestive system including keeping you regular. It may also help you maintain a healthy body weight, lower cholesterol levels and decrease the likelihood that you'll develop diabetes. This is believed to occur because fibre helps to decrease appetite and therefore energy (calorie) consumption, and also helps maintain better blood sugar balance.

To help reduce the risk of chronic disease, health experts recommend that women consume 28 grams of dietary fibre per day, and men 38 grams. However, research shows that Australians are struggling to reach these levels. If this is the case, then consider supplementing your diet with **NutriVital Good For You Fibre Cleanse**, a pleasant tasting powdered fibre supplement containing a blend of rice bran, oatmeal, linseed meal, psyllium husks, soy protein, millet and slippery elm powder. It is easy to use, simply sprinkle a couple of tablespoons on your breakfast cereal or mix with 200mL of low fat milk. It also makes a great smoothie to start the day – blend milk, yoghurt, Fibre Cleanse and fresh or frozen berries. Always accompany any fibre supplements with at least one full glass of water.

Winter Wellness

NutriVital has your family's health and wellness needs covered this winter with:

Immune Support Formula, a one-a-day herbal complex plus selenium, which may help alleviate symptoms of acute upper respiratory infections such as runny nose, sinus, cough, sore throat, earache, tiredness or headache.

Horseradish, Garlic & Vitamin C which may relieve symptoms of sinusitis by reducing mucus congestion and clearing the sinuses.

Chewable Vitamin C 500mg may help reduce the severity and duration of cold symptoms. Taken daily vitamin C helps maintain normal healthy immune function. CHC41906-03/11

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Trilogy Certified Organic Rosehip Oil is a powerful 100% natural skincare product that helps improve the appearance of scars, stretch marks, wrinkles and dry skin. Its unique potent active ingredients make it highly effective for a range of skin concerns including ageing skin, dehydration and uneven skin tone.

With every Trilogy Certified Organic Rosehip Oil 45ml receive a FREE* Everything Balm 45ml valued at $18.95 *while stocks last

GO ask

YOUR HEALTH QUESTIONS ANSWERED

by natural therapist **Elizabeth French**

Getting back to sleep

Q I have no trouble falling asleep in the evenings but I seem to wake up during the night and just can't get back to sleep. I am constantly exhausted, have you any suggestions? *Stephen, Caulfield VIC.*

A Being sleep deprived affects people in many ways such as making you cranky, stressed or not able to think clearly. If there is an underlying reason for your insomnia such as work pressures, other health issues, poor diet or use of medications then you need to address this first. Once these factors are addressed then there are a number of natural approaches that help re-establish your natural sleep patterns, such as establishing a regular bedtime, getting up the same time every morning even on the weekends, not eating or exercising just before bedtime, keeping the bedroom quiet, dark, not too warm and conducive to sleep, move the TV out of the bedroom! I also recommend taking a natural sleep formula. There are some gentle sedative herbs such as passion flower, zizyphus, magnolia and corydalis that will help you sleep through the night without waking. These herbs work to relax your mind and body and induce better quality sleep. However, they do not act as instantly, you need to take them for at least two to three weeks before deciding whether they are right for you. A few drops of lavender essential oil on a handkerchief and inhaled before sleep can have a soothing effect on the body and help relax nerves, ease anxiety and relieve stress.

Like a health question answered? Email us at naturopath@govita.com.au. We will do our best to answer your query, but for more detailed health advice please visit a qualified health professional at a Go Vita health shop near you.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. Vitamin supplements can only be of assistance if the dietary vitamin intake is inadequate. Special prices listed are available exclusively through participating Go Vita health shops from 9 July to 31 July, 2011 or while stocks last. Not all specials listed are available from all Go Vita shops. Savings off recommended retail prices. All prices are GST inclusive.
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