

Go

THE GOOD HEALTH NEWS MAGAZINE®

festive
PARTY CAKE

PAGE 14

GET READY FOR
SUMMER

+

TIME FOR A
**DIGITAL
DETOX**

+

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NEW



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This super smooth and creamy dessert has no added dairy, meaning no more upset tummies like you may get with other custards. White Wolf Nutrition have created a dessert full of flavour, that you can enjoy guilt-free and it's packed full of protein and added healthy fats such as GoMCT™ and GoFAT™ which are a combination of unique, high-potency, keto-friendly fat powders including MCT, coconut oil and cocoa butter aimed at curbing cravings

chocolate malt	strawberries & cream	banana ice-cream	honeycomb	peanut brittle
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NO ADDED DAIRY	NO ADDED GLUTEN	100% NATURAL	LOW SUGAR	NON GMO	ULTRA SMOOTH TEXTURE	GUT FRIENDLY	KETO FRIENDLY
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welcome

With no travel, no concerts and no large parties on the horizon anytime soon, it will be a Christmas like no other. Entertaining at home with small groups of family and friends will no doubt be the go-to way to celebrate this year. And what a year it's been – from bushfires to a global pandemic, it has been a challenging year for so many. Which is why supporting those around you will be key – pick up the phone and talk to a family member interstate or overseas, invite your neighbours in for a Christmas catch up, make hampers for friends and family members who are struggling to make ends meet, and remember the most valuable gift you can give, is the gift of time. Take a friend or family member for a picnic, or a day out – spending time with people you care for is one of the most cherished gifts you can give. 2020 has taught us that you just don't know what's around the corner.

We sincerely hope that you are able to rest and reset over Christmas, make sure you take a break from the digital world which has consumed many of us this year – our article on page 4, Digital Detox, will help give you some ways to switch off. Also check out our top 10 tips to look and feel your best this summer on page 2. There are some great tips to make sure you can start the 2021 year feeling refreshed with renewed energy.

Many of you will be creating beautiful home-cooked festive spreads and we hope that our gorgeous festive party cake will be on the menu, premium quality fruit and nuts go in to making this traditional festive favourite!

From all the team at Go Vita, we hope that you are able to celebrate the festive season with your loved ones in a safe and meaningful way, and may 2021 be filled with health and happiness.

Ann Cattelan BSc
Editor

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



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Macadamia Keto Crunch Fudge
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Get ready for Summer

Look and feel your best this summer with these 10 expert holistic health tips from naturopath Danielle Marasco.

Did you know that the average human being eats 25,000,000 kilograms of food over their lifetime? And in a COVID-affected world in which we stay at home more – and potentially eat more, and less healthy, food options, as well as drink more alcohol – this figure is on the rise.

The main source of toxins to affect our body is most often food, which may be laced with chemical additives and preservatives; the second largest source is our lifestyle, which plays a role in exposure to environmental pollutants and chemicals found in personal care and household items.

The good news is this simple 10-step detoxification program will improve your energy, mood, sleep and digestion, as well as boost your skin and hair health.



1. FOCUS ON FOOD

Fruits and vegetables are rich in enzymes, antioxidants, vitamins, minerals and phytonutrients, as well as having an alkalisng effect in the body and being a wonderful source of gut-friendly fibre. Aim to:

Enjoy a fresh fruit and vegetable juice daily – carrot, apple, ginger, beetroot, celery and lemon are all great cleansing choices.

Snack on unsalted nuts and seeds, to amp up the protein and fibre dietary content needed for detoxification to occur.

Eat more plant-based protein sources, such as lentils, chickpeas, broad beans and kidney beans.

Avoid packaged and processed foods which contain artificial colours, flavours, additives, preservatives and stabilising agents. Check ingredient lists to avoid excessive saturated fat and sugar.

2. MOVE IT OR LOSE IT

Your body is designed to undertake regular physical activity. The lymphatic circulatory system, which collects toxins and moves them to elimination channels, such as the colon and skin, relies on the body's large muscles like the thighs to actually pump that flow of lymphatic fluid along. Commit to a minimum of 30 minutes of moderate intensity aerobic exercise three times per week to get your body – and those toxins – moving.



3. DRINK UP

One of the easiest ways of ensuring a successful detox is to drink a minimum of two litres or pure water every day – add more if the weather is very hot or when you are exercising. A good rule is that, if your urine is not almost clear, you need to drink more.

4. SAY NO TO THE NAUGHTIES

Caffeine, tobacco and alcohol are the three most common toxins, so give your body a break from them.



5. CLEAN CONCIOUSLY

Eliminate, or at least minimise, the use of conventional personal care and household cleaning products which may come with unwanted chemical fragrances, sulphates, aluminium, bleach, petrochemicals, herbicides and pesticides. Swap to natural products that contain white vinegar, herbal extracts, essential oils and bicarbonate of soda – they are just as effective, and much safer for you and the environment.



6. STRESS LESS

Making a deliberate choice to focus on improving your physical, mental and emotional wellbeing is a very powerful step to take in reclaiming your health. If you struggle with high levels of stress in your life, reach out and enlist professional support from a counsellor or therapist, and learn effective relaxation techniques, such as meditation, Tai Chi or yoga.

8. BRUSH IT OFF

Your skin is your body's largest organ of elimination, but any dead skin cells which accumulate on its surface can compromise this ability to eliminate toxins effectively. Before showering, use a firm-bristled body brush to dry-brush your legs, back, arms and chest – this will not only remove the dead skin cells and improve your skin's appearance, it will also make you feel more energised.



9. TAKE TIME OUT

Diarise a minimum of 30 minutes a day when you do something that you love and which feeds your soul, preferably outside in nature. Ideas might include gardening, walking, swimming or reading.

METABOLISM SUPPORT

Vanilla macadamia mylkshake

Serves 1

- 1 serve Raw Protein Slim & Tone Vanilla Cinnamon
- 250ml non-dairy milk
- 1 frozen banana
- 1/4 cup macadamia nuts
- 2 Medjool dates
- peanut butter, for topping (optional)

Place all ingredients in a blender and process. Pour into a glass, drizzle with peanut butter and enjoy immediately.



10. GET RUBBED THE RIGHT WAY

All massage styles support detoxification, but the most effective one for a detox program is lymphatic drainage, because this specifically boosts the lymphatic system's ability to remove toxins.



7. TAKE OUT NUTRITIONAL INSURANCE

Supplements which improve your body's natural detoxification processes include:

Aloe vera – cleanses the colon, neutralises toxins by slowly breaking down food residue, improves digestion and reduces bloating.

Spirulina – alkalises the body, increases liver function and supplies high levels of chlorophyll, which speeds the removal of heavy metals from the body.

Hemp seed – contains soluble and insoluble fibre to regulate elimination and nourish beneficial probiotic bacteria in the digestive tract; also high in chlorophyll.



digestion cleanses detox alkalise



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Danielle Marasco is a naturopath, nutritionist and hypnotherapist, at Go Vita Tuggerah, with over a decade of experience in the natural health industry. www.daniellemarasco.com.au



Switch OFF!

During these COVID-19 times we are glued to our devices more than ever – is it time for a digital detox?

Technological advances have provided us with some important gifts, including increased connection and access to information. However, just as eating too much of the wrong foods can damage our bodies, overdosing on screen time can harm our health and wellbeing – disrupted sleep, thanks to exposure to backlit screens at night, plus dry scratchy eyes and poor posture are just a few of the possible physical health side effects of technology overload.

There is also growing research to suggest that too much technology causes mental health problems, such as anxiety, depression and mood swings. Constantly scanning information online is altering our ability to pay attention. For example, we no longer find it easy or natural to focus on simply reading a book, and we will look for other stimuli at the same time. Not only does this dilute the reading experience, but it undermines our ability to concentrate on complex tasks and to break tasks down into a step-by-step process. Then there is 'the Google effect' - the fact that we know answers are always

at our fingertips discourages us from the effort of retaining information because we can just look it up again.

The Go Vita experts have put together this handy 7-step guide to having a digital detox, so that you can unplug, recharge and reclaim control.

1 Set limits: Put daily reminders on your phone, iPad or computer to check in with how you're doing with respect to stress and fatigue levels and overall exposure time. Always log off at least

There is growing research to suggest that too much technology causes mental health problems, such as anxiety, depression and mood swings.

one hour before bedtime and use that hour to meditate or read.

2 Prioritise self-care: Diarise time slots in every day which will be absolutely technology-free and use them to nurture

yourself. How you fill these time slots is up to you – tried-and-true ideas include spending time in nature, taking a walk in a park or on the beach, practising yoga or meditation, talking with a trusted friend, reading uplifting material, taking a warm scented bath and pottering in the garden. Choose one day a week to go completely offline, and shut off your phone and computer. Consider booking yourself in for a retreat at a spa or health resort to clear your mind and reset.

3 Commit to real-time: Face-to-face conversation and voice connection provide important information to all the people involved, which is not present in Facebook posts, emails or text messages. When nonverbal cues like tone of voice, facial expression and body posture are absent, it makes misinterpretation of the message more likely. Be deliberate about making time to see friends and family in person, or at least to speak on the phone.

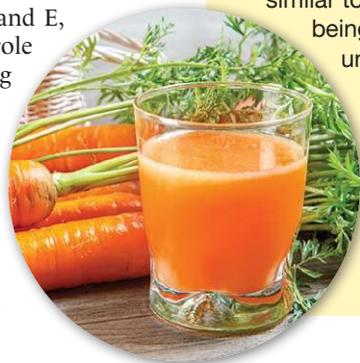
4 Take a break: A paradox of technology is that although it has the potential to connect us more than ever before in history, it is also making us feel less





7. Get help

Used appropriately, technology can be a great servant – but it has the potential to be a dangerous master, with some experts warning that signs of technology overload are remarkably similar to drug addiction, such as being unwilling or physically unable to turn off a device even if it is causing negative physical or mental effects or relationship problems. If this is true for you or a friend or family member, seek professional help. www.beyondblue.org.au



connected. In particular, too much time on social media can cause FOMO (Fear Of Missing Out), anxiety and low self-esteem. If you feel social media is not adding value to your life, schedule a break for 30 days.

5 Be present: “Be. Here. Now.” This famous phrase from spiritual teacher Ram Dass is particularly apt for our times. Challenge yourself to be present. Stop scrolling and savour taking time out, rather than rushing on to the next thing. Pay attention to the moment.

6 The eyes have it: Too much screen time can make eyes dry, scratchy and sore. Protect and support your eye

health by eating oily fish like salmon (a rich source of omega-3 fatty acids), citrus fruits and leafy greens (both are excellent sources of vitamin C, to fight age-related eye damage) and orange foods like carrots and sweet potato (packed with the antioxidant vitamins A and E, which play an essential role in vision). Supplementing with zinc and the carotenoids lutein and zeaxanthin has been linked to better long-term eye health and may help delay age-related sight loss and macular degeneration. 

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the ocean's Superfood

Seaweed is a traditional food that is being rediscovered for its many health benefits and tasty flavours.

Seaweed is the basis of the ecosystem of our oceans; it is also one of the most nutrient-dense foods on Earth, providing three key health benefits:

1 Nourishment: Seaweed contains many concentrated and bioavailable minerals, trace elements, vitamins, enzymes, antioxidants and omega-3 and -6 fatty acids. It supplies a complete fat-free protein, similar to that of an egg, and is the best natural source of iodine, which is necessary for thyroid health. Seaweed is a rich source of vitamin B12, which is often hard to find in non-animal protein sources, for anyone following a vegan or vegetarian diet.

2 Detoxification: Seaweed contains alginic acid, which binds to heavy metals and environmental pollutants so they may be excreted from the body; it also contains fucoidan, which inhibits pathogenic bacteria, fungi and viruses. Green-coloured seaweeds are particularly rich in chlorophyll, which has a cleansing effect.

3 Digestive and metabolic balance: Seaweed is alkaline, helping to counter acidity in the body from dietary and environmental sources. Seaweed provides prebiotic fibre, which encourages the growth of good gut bacteria and supports metabolic and hormonal function.

Getting started

It is easy to incorporate seaweed in your diet. Try these ideas:

- **Swap salt:** Replace table salt with Pacific Harvest Kelp Salt or Seaweed Salt.
- **Add a garnish:** When you serve a salad, vegetables or pasta, finish with a sprinkle of Power of Three Seaweed Flakes, Sea Lettuce or Dulse Flakes.
- **Learn and explore:** Use Pacific Harvest's range of dried seaweed flakes, leaves and fronds to add flavour, texture and nutrition to casseroles, stews, soups and more.

Note: Seaweed's high iodine content means that a little goes a long way, so read the usage information, especially if you have a thyroid imbalance. Consult a healthcare practitioner or nutritionist for personalised guidance.

Eat a rainbow

Just as we should aim to eat many different-coloured vegetables and fruit, we should also eat a range of seaweeds, because they provide different benefits. For example, green seaweed (eg. sea lettuce) is cleansing and good source of iron; red seaweed (eg. dulse, nori, sea chicory, Irish moss) provides minerals and protein; and brown seaweed (eg. wakame, sea spaghetti) is rich in iodine, omega-3 and -6 fatty acids, fucoidan and lignans.





How to use seaweed products

- **Agar Powder:** An odourless, flavourless, plant-based alternative to gelatine. Try it in raw desserts or as an egg replacement.
- **Atlantic Dulse Flakes or Leaves:** Dulse adds a unique smoky flavour to food, earning it the nickname 'vegan bacon'. Try it with eggs and as a garnish on potatoes.
- **Irish Moss:** A cleansing supplement which may also be used as a plant-based thickening agent. Simmer to make a broth or rehydrate and leave to form a gel - a great addition to your morning smoothie
- **Kelp Salt:** An organic New Zealand salt enhanced with raw kelp from New Zealand's pristine ocean. Switch to Kelp salt for a naturally iodised salt.
- **Nori Flakes or Wild Fronds:** Enjoy nori straight from the bag as a nutritious snack, or try it with eggs, stir-fries and seafood. Sprinkle flakes onto prepared food for added nutrients, dramatic colour and umami flavour. The flavour of nori can change depending on how it is prepared.
- **Power of Three Seaweed Flake Blend:** A colourful, tasty blend of three seaweeds - green (sea lettuce), red (Atlantic dulse) and brown (sugar kelp). Use it on vegetables, fish and rice for added nutrients and umami flavour.
- **Sea Spaghetti:** Adds texture, flavour and nutrients to salads, soups and stir fries. Soak in tepid water for 30 minutes, or boil/steam until it expands and takes on the texture of al dente pasta.
- **Seaweed Salt:** A blend of organic New Zealand salt, organically harvested Atlantic dulse flakes and wild wakame which adds beautiful colour and smoky flavour to any dish.
- **Wakame Wild Leaves or Farmed Fronds:** Adds nutrition, a silky texture and subtle flavour to any food. Soak in tepid water to rehydrate. 🌱



Pacific Harvest Power

A sustainable star, seaweed is being hailed as the food of the future. It is carbon negative and requires no pesticides or fertiliser to grow – just the goodness of the ocean.

Pacific Harvest has specialised in seaweed since 2002 and only works with ethical harvesters to source farmed and wild seaweeds from around the world. All their seaweeds are tested in accordance with the Australia New Zealand Food Code for contaminants. Additionally Pacific Harvest conducts nutritional testing to validate the claims of all their seaweeds. You will note the Fernmark on New Zealand harvested seaweeds – a valuable mark of provenance and trust. Their packaging is now fully recyclable following a recent overhaul.

Hayley Fraser-Mackenzie, Managing Director says, "We have reduced plastic in our range by over 30 per cent and will continue to raise the bar as new technologies become available. We are delighted that our new packaging is fully recyclable."



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go nuts

Nuts are an excellent source of protein as well as being high in heart-healthy mono- and polyunsaturated fats, and an excellent source of vitamin E, essential fatty acids, dietary fibre, vitamins and minerals. Nuts are cholesterol-free and make an excellent snack. Choose small serves of salt-free varieties. Here are our favourites of these true nutritional gems...

Brazil Nuts

Rich in protein, iron, calcium and zinc, Brazil nuts also contain the highest natural source of selenium – just one nut exceeds the recommended daily intake (RDI). Optimal selenium intake is linked to a reduced risk of breast cancer and prostate cancer.

HEALTH BENEFITS

- Contribute to heart health, reduce the risk of developing type 2 diabetes, assist with weight management, reduce the risk of cancer, improve sperm quality and reduce depression.
- Increase selenium levels in the blood.

Chestnuts

Chestnuts are quite different from other nuts nutritionally, being more like a wholegrain as they are low in fat, and contain protein as well as carbohydrates, dietary fibre, trace minerals and potassium.

HEALTH BENEFITS

- A low-GI diet can help to manage blood glucose and insulin levels, and may reduce the risk of type 2 diabetes and heart disease. Chestnut meal has a low glycaemic index.
- Chestnuts are the only nuts that contain vitamin C, with a serve providing around 30 per cent of the RDI.

Pecan Nuts

Pecans are one of the few plant sources of both mono- and polyunsaturated fats and omega-3 fats, which all play an important role in heart health, along with antioxidant polyphenols, which protect the body's tissues from damage.

HEALTH BENEFITS

- Improve total cholesterol, reduce LDL ("bad") cholesterol and triglycerides, increase HDL ("good") cholesterol.
- Provide vitamin E and arginine, good for heart health.
- Reduce insulin resistance and fasting insulin in overweight or obese adults.

Pine Nuts

Very high in manganese, a mineral which is needed for bone formation and the metabolism of nutrients, as well as providing iron, zinc and vitamin E, and valuable trace minerals like copper and selenium

HEALTH BENEFITS

- Improve satiety by increasing levels of appetite-regulating hormones.
- Improve cognitive function, attention capacity and working memory.

Hazelnuts

Rich in fibre, calcium, magnesium and vitamin E, hazelnuts are a particularly good source of protein. Also contain plant omega-3 oils and monounsaturated fats.

HEALTH BENEFITS

- Reduce total and LDL ("bad") cholesterol and improve HDL ("good") cholesterol.
- Improve cognitive function, attention capacity and working memory.

Macadamias

Macadamias provide manganese and niacin, and also contain the highest content of monounsaturated fats of all tree nuts (81 per cent), which is important for heart health.

HEALTH BENEFITS

- Reduce oxidative stress, which is an important factor in the development of disease and ageing.
- Contain high levels of palmitoleic acid, an omega-7 fatty acid that helps skin to retain suppleness.

Almonds



Almonds provide protein, calcium, iron, zinc and vitamin E, which is highly protective against heart disease. They also lower blood cholesterol levels – in one study, volunteers who ate 75g of almonds a day had a 10 per cent drop in LDL (“bad”) cholesterol.

HEALTH BENEFITS

- Reduce total and LDL cholesterol and LDL:HDL cholesterol ratio.
- Increase the growth of beneficial gut bacteria, leading to increased butyrate production which keeps the colon healthy.
- Improve performance in tests measuring cognitive function, attention capacity and working memory in children.

Cashews



These are an excellent source of essential fatty acids, fibre, protein, B-group vitamins, iron and zinc. Cashews have a lower fat content than most other nuts.

HEALTH BENEFITS

- Have a low glycaemic index (GI) of 25; a low-GI diet can help to manage blood glucose and insulin levels, and may reduce the risk of type 2 diabetes and heart disease.
- Are particularly high in iron (12 per cent of the RDI), required for transport of oxygen in the blood, and zinc (14 per cent of RDI), important for wound healing and immunity.
- High in niacin, a B-group vitamin required for growth and metabolism.

Pistachios



Pistachios are one of the few nut sources of resveratrol, a powerful antioxidant with anti-ageing, anticancer, antiviral and cardioprotective properties. They also contain the highest amount of protein of all the nuts and valuable amounts of the amino acid arginine, which causes the blood vessels to relax and remain elastic.

HEALTH BENEFITS

- Improve total cholesterol and LDL:HDL cholesterol ratio, reduce LDL (“bad”) cholesterol.
- Reduce triglyceride levels in adults with type 2 diabetes, as well as decreasing fasting blood glucose.
- Increase beneficial gut bacteria, therefore improving intestinal health.



NUTTY FACT: Most nuts have a high percentage of fat; however, this does not mean that they are bad for our health. On the contrary, the fat content of nuts is mostly mono- and polyunsaturated, which is beneficial in the prevention of heart disease and in lowering LDL (“bad”) cholesterol.



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Relief for IBS

Are you one of the 20 per cent of Australians who suffers from IBS? Read on to discover if short-chain carbs (FODMAPs) are the culprit.

The old saying “An apple a day keeps the doctor away” is not always true; in fact, the humble apple can actually create wind, pain and bloating. In 2006, when Monash University researchers were developing the low FODMAP diet, they discovered that high-FODMAP foods, like apples, can be both friend and foe to the body, depending on an individual’s sensitivity to them. Since then, doctors, dietitians and nutritionists have widely recommended the low FODMAP diet as a treatment for irritable bowel syndrome (IBS), with very successful results.

Beat the bloat

Do you regularly experience a distended tummy, embarrassing wind, abdominal pain, and constipation or explosive diarrhoea? And do these symptoms persist even after you have eliminated common causes of digestive disorders, such as alcohol, caffeine, dairy, hot spices, legumes and ultra-processed foods? If so, a possible diagnosis of IBS may be confirmed by your healthcare provider, after they have ruled out coeliac disease, colon cancer, inflammatory bowel disease, parasites, small intestinal bacterial overgrowth (SIBO), and other digestive disorders.

If you do have IBS, the good news is that the low FODMAP diet is a scientifically supported and drug-free treatment method that results in significant improvement in three out every four people with the condition. The not-so-good news is that considerable discipline is required in order to follow the three-phase process of restriction, reintroduction and maintenance. The Monash Uni Low FODMAP Diet™ provides great guidance and support, including recipes, detailed

Doctors, dietitians and nutritionists have widely recommended the low FODMAP diet as a treatment for irritable bowel syndrome (IBS), with very successful results.

food information, a food diary, symptom recorder, shopping lists, tutorial and feedback channels to the FODMAP team – all for around just \$10.00.

Follow the FODMAP path

FODMAPs are short-chain carbohydrates that many people find difficult to digest, and they include an extensive list of fermentable oligosaccharides (eg. onions), disaccharides (eg. Lactose in some dairy products), monosaccharides (eg. Excess fructose like in honey) and polyols (eg. Sorbitol as in apples

and peaches). FODMAPs pass through the small intestine attracting water as they go, which causes bloating, when they reach the large intestine they are fermented by healthy bacteria that live there, producing gas. These two things cause extreme discomfort – in fact, one study found that IBS patients said they would trade an average of 25 per cent of their remaining lifespan if it meant being symptom-free.

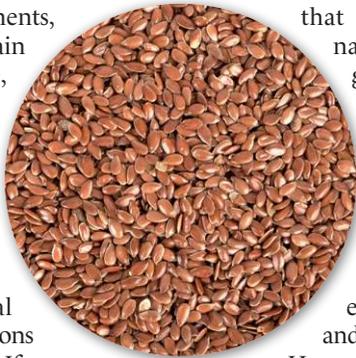
The low FODMAP diet classifies foods along a ‘traffic light’ system, ranging from low (green) through to moderate (orange) and high (red) – see box “Seeing Red” for examples of high FODMAP foods. Low FODMAP foods may be substituted for high FODMAP foods from the same food group; for example, wheat can be replaced with oats, rice or quinoa. Serving sizes also determine a FODMAP rating; for example, 10 almonds equates to a low FODMAP serving size, but 20 almonds is considered to be high FODMAP.

Following a definitive IBS diagnosis, it is recommended to eliminate all high FODMAP foods for two to six weeks. High FODMAP foods may then be reintroduced, one at a time, and the reaction tested for three days. The food is then usually removed again while testing for tolerance to remaining fodmap groups. Finally, a personalised diet and meal plans that minimise the most poorly tolerated FODMAPs may be designed by a dietitian, naturopath or nutritionist. Holistic health tips to soothe IBS stress and pain include taking moderate exercise, eating mindfully and slowly, sipping warm water, and gentle stomach massage.

Selecting supplements

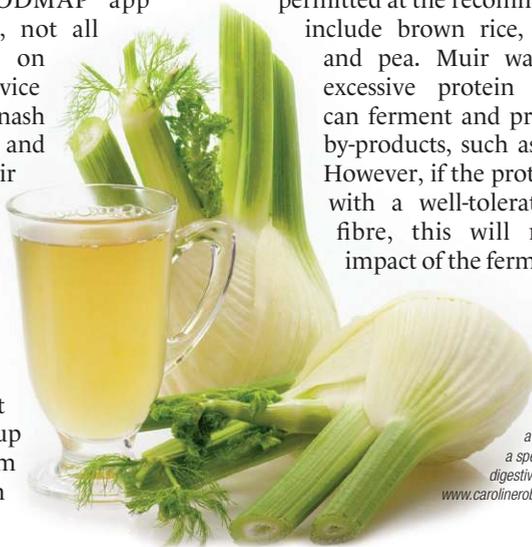
Although there is an abundance of apps, blogs and cookbooks to educate people on how to follow a low FODMAP diet, confusion remains about medications and supplements, as these often contain FODMAPs. For example, any ingredient name ending in “ol” is likely to be high FODMAP. Having first gained guidance from your healthcare practitioner, it is advisable to eliminate any non-essential supplements or medications that contain FODMAPs. If you are unsure about whether a product contains FODMAPs, ask your health consultant or the manufacturer.

Although the FODMAP app is regularly updated, not all supplements appear on it yet, so I sought advice from Jane Muir, Monash University dietitian and nutrition scientist. Muir explains: “Collagen has no carbs, so it is OK. Spirulina gets the green light, but other green powders are not yet FODMAP approved. Aloe vera is fine at a maximum of ¼ cup per day, but psyllium should be taken with



caution because it draws water into the intestines.” Herbs and nutrients that are often prescribed by naturopaths to heal the gut, such as charcoal, liquorice tea, glutamine, marshmallow, flaxseed and slippery elm, are all low FODMAP. Other stomach-soothing supplements include low FODMAP digestive enzymes, fennel leaf tea, and a Bifidobacteria probiotic.

However, prebiotic supplements like inulin and artichoke powder, along with whey protein powder, are high FODMAP. Protein powders which are permitted at the recommended dose include brown rice, egg, hemp and pea. Muir warns against excessive protein because it can ferment and produce toxic by-products, such as ammonia. However, if the protein is taken with a well-tolerated natural fibre, this will reduce the impact of the fermentation. ©



Caroline Robertson is a naturopath with a special interest in digestive and skin disorders. www.carolinerobertson.com.au



Seeing red

High FODMAP foods include:

- apples
- apricots
- artichokes
- artificial sweeteners
- asparagus
- barley
- Brussels sprouts
- cauliflower
- chamomile tea
- cherries
- coconut water
- dessert wine
- rum
- figs
- garlic
- leeks
- legumes
- mangoes
- maple syrup
- milk
- mushrooms
- nectarines
- peaches
- pears
- plums
- quark
- rye
- snow peas
- sugar
- watermelon
- wheat
- yogurt



“Kfibre™ is a low FODMAP complex dietary fibre that provides prebiotic support to assist in preserving the health and diversity of your gut microbiome, while following a low FODMAP diet.”

–Joanna Baker APD & Gut Health Specialist



www.Kfibre.com



plant-based menopause



Yoga for menopausal women

Research suggests that practising yoga might help women who are peri-menopausal or post-menopausal manage both vasomotor symptoms like hot flushes and night sweats, and psychological symptoms such as mood swings. In particular, regular yoga may lead to a small-to-moderate reduction in the severity of hot flushes – but you'll need to develop a regular practice, as these effects don't occur in the short-term, according to research published in the *Journal Complementary Therapies in Medicine*.

Hot and bothered by menopause symptoms?

Menopause is a natural stage of life for women, but nevertheless, is often associated with troublesome symptoms, ranging from hot flushes to mood swings. Luckily there are herbs that have traditionally been used to help relieve them in both Chinese and Western herbal medicine, says Erika Bass.

Menopause is the end of a woman's reproductive years and is said to have taken place when no menstrual bleeding has occurred for a period of 12 months. For most women, this occurs between the ages of 45 and 55.

The symptoms of menopause

About 85 per cent of menopausal women experience symptoms of some kind.

Most common are hot flushes and night sweats (collectively referred to as 'vasomotor symptoms'), which affect up to four in five menopausal women.

Menopausal women who get hot flushes also often experience sleep disturbances and mood swings.

The links between hot flushes, sleeping difficulties and moodiness are complex and may vary from one woman to the next. However, it's hypothesised that for many (but not all) women, sleep disturbances during the menopausal transition are triggered or exacerbated by night-time hot flushes, and that the resulting poor sleep may contribute to moodiness.

Vaginal dryness (decreased vaginal

lubrication) is another very common symptom. It's experienced by one in three post-menopausal women and may be associated with discomfort during sexual intercourse.

Menopause symptoms: the traditional Chinese perspective

In traditional Chinese medicine (TCM), normal healthy function in the human body is considered dependent on appropriate balance of Yin and Yang.

The Kidney organ-meridian system is regarded as the source of all Yin and Yang in the body in TCM. It's also traditionally believed to govern all aspects of reproductive function including menopause, and is regarded as the storehouse for Jing (also known as Kidney essence), a form of life force energy that's associated with vitality but declines from mid-life onwards.

In TCM, menopause is traditionally recognised as a time when Kidney Yin becomes deficient in comparison to Kidney Yang.

Since Yin has cooling and moistening properties, a deficiency of Kidney Yin produces symptoms characterised by heat (like hot flushes and sweating) and lack of moisture (like vaginal dryness).

Yang has heating and drying properties, so as Kidney Yin declines and Kidney Yang becomes relatively dominant or hyperactive, the severity of heat-related menopausal symptoms is exacerbated, and the body fluids start to dry up. In TCM this symptom pattern is known as 'internal heat in Yin deficiency' or 'deficiency heat'.

Herbs traditionally used to relieve the symptoms of menopause.

A variety of herbs have traditionally been used to relieve menopausal symptoms in Chinese and Western herbal medicine. Below are some of the most important to be aware of if you're looking for symptomatic relief.



Anemarrhena: In TCM, the herb anemarrhena (or Zhi Mu) is traditionally used to relieve hot flashes, night sweats and vaginal dryness when Kidney Yin deficiency is present. It's traditionally regarded as having cooling properties and the ability to moisten dryness, so is traditionally used in TCM to nourish Yin and cool deficiency heat.



Black cohosh: Traditionally used to relieve menopause symptoms such as disturbed sleep, mood swings, irritability, mild rheumatic aches and pains and hot flashes in Western herbal medicine.



Vitex: Also known as *Vitex agnus-castus* or chaste tree. It's traditionally used to ease symptoms of menopause in Western herbal medicine, as well as to provide overall support for hormone health.



Dong quai: Traditionally used to relieve menopausal symptoms in TCM, where it's also traditionally taken as a blood tonic to strengthen Jing.

What is peri-menopause?

According to the Australian Menopause Society, peri-menopause refers to the time leading up to menopause when a woman may start experiencing changes in her menstrual periods such as, irregular periods or changes in flow. Cycles can be shorter or longer in length. Symptoms may also include hot flashes and night sweats, aches and pains, fatigue or irritability as well as premenstrual symptoms such as sore breasts. These changes may be caused by fluctuations in the production of hormones from the ovary. Some women can experience menopausal symptoms for 5-10 years before their final menstrual period. There is no way to predict the age at which a woman's menopausal symptoms will start or how long they will last. ⁶⁶

References available on request. 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.



GUT PROBLEMS? WE'VE GOT YOU COVERED!

THE INSIDE FIX...
COMPLETE GUT
NUTRITION FOR YOUR
WELLNESS JOURNEY



MORLIFE.COM

Festive fare

The Go Vita team has all the recipes, tips and inspiration you need to make this Christmas your tastiest ever.

Party Cake

Natural Road Festive Cake Mix is a premium blend of nuts and sweet, plump and juicy dried fruits that makes other dried fruit mixes seem uninspired by comparison. And this cake is so impressive and easy to make!

Ingredients:

- 125g plain flour
- ½ teaspoon baking powder
- pinch of salt
- 1 kg Natural Road Festive Cake Mix
- 200g caster sugar
- 3 eggs
- 1 cup brandy or 1 cup fresh orange juice
- 1 teaspoon vanilla essence

Directions:

1. Grease and line a 20cm round baking tin. 2. Sift flour, baking powder and salt in a bowl. Add cake mix and caster sugar. 3. Combine eggs, brandy or orange juice, and vanilla essence together in a separate bowl. Add egg mixture to fruit mixture and mix thoroughly. Pour into prepared tin. Bake at 150°C for two hours.



@amyleactive

Pitaya, Lime & Chia Dip

This sweet dip from *Nourish in 5* by wholefoods cook Amy Lee is perfect for jazzing up your festive fruit platter, and it will be sure to impress your guests.

Ingredients:

- 1 x 400ml can Organic Road Coconut Cream, refrigerated overnight
- 3 tablespoons Organic Road Chia Seeds
- 2 tablespoons Organic Road Maple Syrup
- 1 tablespoon pitaya powder*
- ½ teaspoon vanilla extract
- juice of ½ lime

Directions:

Scoop off the thick part of the coconut cream that has risen to the surface, and discard the leftover water. Mix all ingredients together until smooth and refrigerate for 30 minutes to thicken. Serve chilled with sliced fruit and berries. * Can substitute with beetroot or matcha powder.



@nourishin5

Dairy free honeycomb custard

Combine 1 scoop White Wolf Nutrition Honeycomb Custard Powder with 80ml of milk of choice into small saucepan. Use a fork to mix well. Gradually add more liquid (maximum 150ml) until custard reaches the desired consistency. Warm on low heat for approximately two minutes.





@loving_earth



@hempfoodsaustralia

Did you know?

Hemp Food Australia hemp seeds come from Tasmania and are dehulled in Bangalow. There is full traceability back to the farms that the seeds were grown. Hemp seeds are a rich source of plant-based omega-3 and -6 fatty acids and protein.

Choc-Berry Christmas Ice Cream

This recipe from Kira Constable is a real show-stopper – chockful of luscious berries and yummy chocolate, it is the perfect finale for a special meal.

Serves 8-10

Ingredients:

- 6 bananas, peeled, chopped and frozen overnight
- 4 cups frozen raspberries
- 1 x 80g bar Loving Earth Raspberry Chocolate, roughly chopped
- 2 x 400ml cans of coconut cream, refrigerated overnight
- 4-8 tablespoons maple syrup or rice malt syrup
- flaked coconut and shaved chocolate, to serve

Directions:

1. Place all ingredients in a high-speed blender or food processor and blitz completely until smooth. 2. Stir in the chocolate and blitz again for a few seconds, making sure that chocolate chunks still remain.

If your preference is for a soft serve-style of ice cream, you can serve immediately. Or, pour the mixture into a large freezer-safe dish and place in the freezer overnight. Remove the ice cream from the freezer and place on benchtop for 10 minutes before either slicing or scooping to serve and topping with flaked coconut and shaved chocolate.

These pretty mini tartlets are wonderful to have on hand for Christmas catch-ups with loved ones.

For the crust

- 150g almonds
- 25g Hemp Food Australia hemp flour
- 4 medjool dates, pitted
- ¼ teaspoon sea salt

For the filling

- 120g cashews, soaked for two hours prior and drained
- 50g Hemp Food Australia hulled hemp seeds
- 80g frozen blueberries
- 1 medjool date, pitted
- 2 tbsp coconut oil, melted

Toppings

- 2 tablespoons desiccated coconut
- 1 tablespoon cacao nibs
- 1 tablespoon Hemp Food Australia hulled hemp seeds
- handful of blueberries

Raw Blueberry & Hemp Tartlets

To make crusts: place all crust ingredients into a food processor and process until the mixture sticks together when pinched. Press mixture into silicone tart cases and freeze for 20 minutes, then pop the crusts out of the cases.

To make filling: place all filling ingredients except the coconut oil, into a food processor and process until smooth. Stir coconut oil into mixture until well combined. Spoon filling into tart cases. Freeze until set. Remove tarts from freezer and leave on benchtop for 10 minutes before serving chilled. **To serve:** top with coconut, cacao tips, hemp seeds and berries.



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Truly *gifted*



Raw Nuts by Organic Road

Christmas wouldn't be Christmas without delicious nuts to nibble on. Organic Road nuts are a crowd-pleaser with certified organic Brazil nuts, cashews and raw mixed nuts. Create your own hampers for eco-conscious family and friends.

There is something for everyone in the Go Vita guide to the best eco-friendly presents that bring joy, health and wellbeing.

Haircare Duo pack by Springfields

A beautiful duo haircare pack with bonus certified organic argan oil, Australian made botanical haircare infused with pure essential oils and botanical extracts for simply healthy shiny hair.



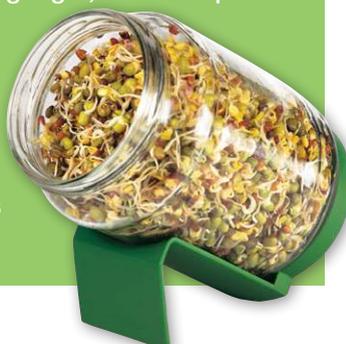
Plant Protein Custard by White Wolf Nutrition

Drop the sugar and amp up energy-providing protein – a whopping 20g per serve – with this keto-friendly, plant-based custard. Comes in five scrumptious flavours: Banana Ice-cream, Honeycomb, Strawberries & Cream, Chocolate Malt and Peanut Brittle.



BioSnacky Glass Sprouter

It's easy to grow fresh, nutritious and delicious sprouts with this nifty gadget, and it's a present that will appeal to all ages, from kids to grandparents. Pop in a couple of seed packets – such as chickpea, sunflower, alfalfa or mung beans – and start sprouting!

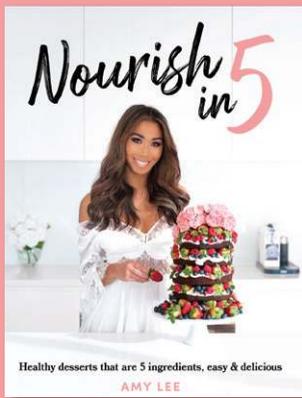


Superfood Gift Packs by Weleda

Choose from a selection of stunning eco-friendly packs from Weleda, all created with high-quality natural and organic ingredients sourced ethically and sustainably - such as Superfood Active Regeneration with Pomegranate Hand Cream and Skin Food, or Superfood Daily Renewal with Seabuckthorn Hand Cream and Skin Food Light.

Nourish in 5 by Amy Lee

A feast for the senses as well as the tummy, this collection of healthy, easy and delicious dessert recipes from the popular health, fitness and wellness blogger Amy Lee is the ultimate 'must-have' wholefood baking cookbook. All recipes are triple-tested and produce zero waste.



Gift Sets by Inika Organic

Gift sets
from \$49



Whether the ladies on your Christmas list are health-conscious, fashion followers or eco-warriors, we're sure you will find something for them in Inika's selection of unique, sophisticated and green beauty products, which are proudly certified organic, vegan and cruelty-free.



Organic Bamboo clothing by Body

Comfort meets function with this fabulous and versatile range of organic bamboo, super-soft and durable socks, t-shirts, briefs, bras and boxers. Hip green-design Australian brand Body sustainably source the bamboo they use in their clothing.



Drink Bottles and Coffee Cups by Cheeki

Avoid single-use plastic with these sturdy, eco-friendly, BPA-free reusable stainless steel accessories. Like all the pieces in the Cheeki collection, their bottles and cups are made to last – for life.



Bread Mixes by Simply No Knead

A great gift for any foodie on your Christmas list, these Gourmet Bread Mixes are made from the highest quality flours and can be used to create a huge range of delicious bread including fruit loaves, finger buns, scrolls and pizza bases. Choose from Tuscany, Sourdough, Pizza, Swiss Light or Dark Rye.



Power Plant Protein - Gingerbread by Prana On

This limited edition flavour is smooth, sweet with a hint of spice, making it delicious in smoothies, oats, shakes and pancakes. Loaded with 30g of plant protein per serve, probiotics, digestive enzymes, aminos and organic Reishi mushroom; this is the ultimate gut-friendly protein powder to support peak performance, lean muscle growth and optimum recovery.

While stocks last. Stock may vary between participating stores.



Haircare Heroes

Whether your hair is too fine, too frizzy or just right, natural haircare products will ensure it stays strong, shiny and healthy.

Conventional shampoos, conditioners and hair styling products such as gel and mousse can contain an alarming range of chemical toxins. These ingredients have been linked to a range of health disorders. In particular, the parabens, which are used as preservatives and antibacterial

agents in haircare products, are known to disrupt hormone function, an effect that is linked to an increased risk of breast cancer and reproductive problems.

Ironically, certain ingredients used in haircare products may actually damage hair. For example, sulfates (sodium lauryl sulfate, sodium laureth sulfate, ammonium lauryl sulfate - the ingredients that make shampoos foam) can strip the hair of its natural protective oils, resulting in itchiness, dandruff, reactive dermatitis, brittle hair and even hair loss. Petrochemical-derived synthetic silicones used in conventional

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conditioners and anti-frizz creams can weigh hair down and dull its shine, while artificial fragrances can trigger allergies. So it makes sense to be safe and not sorry, and choose products that do not contain ingredients that can harm your health..

Better choices

The good news is that there are many beautiful natural hair care brands, such as Springfields, which pride themselves on using pure, gentle and beneficial ingredients derived from herbs, fruit and vegetables that nourish and rebalance the scalp and also protect, strengthen and nourish your precious tresses. For example, sunflower, macadamia and marula oils are great for restoring hair texture and tensile strength and helping to prevent hair breakage, while coconut oil is high in lauric and linoleic acids, which both improve shine and bounce.

Joboba 'oil', extracted from the jojoba seed, has a time-honoured history of use in maintaining beautiful hair. The natural wax esters found in jojoba closely mirror the skin's natural sebum (oils), meaning that it is extremely compatible with skin and hair and very easily absorbed. Then there is Moroccan argan oil: this is often referred to as "liquid gold", and for good reason, because it is full of nutrients and essential fats that strengthen and regenerate the actual root bulb of each hair and leave hair soft, shiny and smooth, while also providing natural UV-protective effects and having a lightweight texture that won't make hair feel or look greasy. It is a must-try for anyone plagued by split ends, flyaway hair or scalp irritation. Springfields have a special offer in December where you

can try a free bottle of argan oil with your purchase – visit one of the 130 Go Vita stores around Australia to find out more.

Natural haircare products rely on a wealth of botanical ingredients to rehabilitate and protect your hair, such as camellia leaf, liquorice root, green tea, ginseng, olive leaf and oatmeal.

Aloe vera juice is particularly valuable, because it is rich in amino acids, vitamins and minerals that nourish and moisturise hair, leaving it soft, manageable and shiny. Wheat protein is an excellent non-animal protein derived from wheatgerm and it increases the hair's natural ability to retain moisture while also making hair appear thicker and giving it a glossy sheen. If your hair could do with a colour hit, oatmeal and liquorice root help to improve the health of colour-treated hair and enrich its depth of shade and condition. Essential oils like frankincense, cedarwood, rosemary, sandalwood, lavender, rose geranium and orange all help to stimulate the scalp and therefore encourage new hair growth, as well as penetrating the hair shaft to strengthen it. ☑



Are you taking the World's Best Spirulina?

Grown in the ideal Hawaiian climate for over 30 years using fresh, unpolluted Hawaiian aquifer water, Hawaiian Spirulina is rich in organic iron and minerals, vitamins, phytonutrients, human-active B-12, antioxidants, chlorophyll and phycocyanin making it the best natural multivitamin & mineral supplement on Earth.

Hawaiian Pacifica Spirulina has been sold in Australia since 1995 and is still going strong ... just like the people who take it every day! Suitable for vegetarians and vegans.

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Hair Colour heroes



Bad hair day? You don't have to have bad hair dye as well, provided you choose natural, chemical-free brands.

Fun fact: social distancing and the temporary closure of hair salons are inspiring more women to take matters into their own hands and experiment with at-home hair dye jobs, whether it's to maintain an existing colour, or to try a whole new look during this emotionally taxing time. D-I-Y hair colouring is also a smart way to save money when the economy is suffering and so many people are doing it tough.

However, conventional home hair dye brands contain a long list of chemicals with dangerous side effects. These include hydrogen peroxide, ammonia, ethanalamine and sodium lauryl sulfate. Of particular concern are lead acetate (a neurotoxin and suspected carcinogen), resorcinol and parabens (endocrine-disrupting chemicals

tints of nature®
Simply Healthier Hair Colour™

Permanent hair colour
by Tints of Nature

Our permanent hair colour offers a healthier alternative to traditional hair dyes, with exceptional results.

- ✓ Vegan
- ✓ Cruelty Free
- ✓ 100% Recycled Plastic Bottles* & Boxes
- ✓ 75% Certified Organic Ingredients
- ✓ Ammonia Free
- ✓ Propylene Glycol Free
- ✓ Resorcinol Free
- ✓ Gluten & GMO Free
- ✓ No Colour Stripping Salts
- ✓ Paraben Free
- ✓ Unrivalled Colour Offering
- ✓ Beautiful Grey Coverage
- ✓ Nourishes & Conditions

For more than two decades we have strived to provide the most ethically produced, healthy and high-performing hair colours and aftercare products. Totally unique in our approach we apply natural chemistry using the best possible natural and certified organic ingredients; leaving out the harsh chemical additives to ensure hair stays healthy and colour lasts longer.



Find out more at:
www.tintsofnature.com.au

*Previous packaging may still be in circulation, please check packaging.



that interfere with hormones and are linked to reproductive abnormalities and a range of other disorders), and PPS and toluene (both of which can cause an allergic reaction, ranging from a mild burning sensation, redness or rash, through to more severe weeping blisters, chemical burns and swelling of the face).

Go natural

The good news is that there are great natural alternatives to conventional at-home hair dyes, which are gentle, effective, economical and free from dangerous chemicals. Natural at-home hair colouring products also offer the following advantages:

- **No animal testing:** According to People for the Ethical Treatment of Animals (PETA), the use of animals in experiments to test safety and efficacy of chemicals used in personal care products is not only cruel, but often

ineffective. There are ethical cruelty-free options, such as cell culture technology.

- **Certified organic ingredients:** This provides an assurance that an item has been grown and produced without chemical contamination, and is fully traceable and sustainable.
- **Vegan:** This guarantees that the product and its ingredients are not tested on animals and are 100 per cent cruelty-free.
- **Kinder to your hair:** You don't have to worry about brittle hair or breakage with natural hair dye products, as their ingredients help to keep hair shiny, soft and manageable. At Go Vita, we love the Tints of Nature Tints of Nature Permanent Hair Colour range. Available in 24 stunning shades from black, brown, red and blonde, there's a perfect colour for everyone. 

B the best



The Go Vita team is delighted to congratulate one of our favourite natural hair colour brands, Tints of Nature, for becoming a Certified B Corporation, or a B Corp, for short.

So - what exactly is a B Corp?

B Corps are businesses that meet the highest verified standards of social and environmental performance, transparency and accountability. The B Corp community works towards reduced inequality, lower levels of poverty, a healthier environment, stronger communities, and the creation of high-quality jobs with dignity and purpose. Importantly, it is one of the only certifications in the world that is for the whole business, rather than the product or service a business offers.

Well done, Tints of Nature!

MENOPAUSE SYMPTOMS?

Fusion Menopause contains black cohosh, which is traditionally used to relieve menopause symptoms like disturbed sleep and mood swings in Western herbal medicine, while Fusion Menopause Heat Relief features dong quai, which is traditionally used to ease menopausal hot flushes in Chinese medicine.

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This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional.



The secret for healthy *Bones*

When it comes to bones, calcium gets all the press; however, that is not the whole story.

Poor bone metabolism is characterised by the loss of bone mineral density and mass, which in turn weakens bones and makes them susceptible to fractures. The risk of low bone density increases significantly with age, and yet those affected rarely realise they have a problem until they have a fall that results in a fracture; in fact, according to the International Osteoporosis Foundation, an astonishing 200 million women are affected by low bone density – that is more than the combined population of Germany, the UK and France!

Here is another interesting fact: did you know that your entire skeleton is constantly being repaired, and is therefore effectively replaced every seven years or so? This bone repair and replacement process is regulated by osteoblasts (cells that build up the skeleton) and osteoclasts

(cells that break down the skeleton). As long as your bone-forming activity (absorption) exceeds bone-breakdown activity (resorption), your bones will remain healthy. You can support and improve your odds of maintaining this balance by providing your bones with the right nutrients.

Vitamin K2 helps your body to simultaneously build strong, dense bones while also protecting your cardiovascular system from dangerous calcium deposits.

The missing link

Calcium is widely accepted as being the nutrient that is most important for bone health. However, some studies have raised concerns that excessive calcium supplementation may trigger heart disease, and this has caused some people

to stop taking calcium. This can be a big mistake, because the body cannot make calcium on its own, and it relies on dietary and supplemental forms to maintain adequate levels. In order to protect both your bones and your heart health, the answer is to take calcium together with vitamin K2, because this vitamin is critical in ensuring the correct regulation of calcium metabolism.

Vitamin K2 - specifically, vitamin K2 as menaquinone-7 (MK-7) - has been shown to increase the activation of two important vitamin K-dependent proteins: osteocalcin and matrix GLA protein (MGP). Once activated, osteocalcin binds calcium to the bone matrix, while MGP stops calcium from being deposited into arteries and blood vessels. In this way, vitamin K2 helps your body to simultaneously build strong, dense bones while also protecting your cardiovascular system from dangerous calcium deposits.

There is proven clinical evidence to support this. In two recent studies, vitamin K2 as MK-7 (as MenaQ7® from NattoPharma) not only improved bone mineral density, bone mineral content

and bone strength, it also stopped age-related arterial stiffening and improved arterial flexibility. In the first study, the research team monitored 244 healthy postmenopausal women who were randomly selected to receive either 180 mcg of MenaQ7® or a placebo every day for three years. The supplementation group significantly increased their circulating active osteocalcin (cOC), a well-established biomarker for bone and vitamin K status. After three years of supplementation, improvements in both bone mineral content and density were more evident in the MenaQ7® group. Moreover, bone strength was greatly improved.

In the second study, the same research group took recognised standard measurements for cardiovascular health [pulse wave velocity (PWV) and ultrasound techniques] from the same group of 244 healthy postmenopausal women. Results confirmed that carotid artery health was significantly improved over a three-year period as compared to the placebo group. Also, PWV was significantly decreased in the MenaQ7® group, demonstrating an increase in arterial elasticity and reduction in age-related arterial stiffening. In other words, the arteries actually became healthier and more flexible in the MenaQ7® group. These results have been supported by a recent one-year study in healthy men and women. ⁶⁶

Dr Hogne Vik is the Chief Medical Officer for NattoPharma. Clinical references available on request.



Lifelong benefits of K2

Bone health is not just a concern for older people. In fact, the odds of developing a bone disease later in life are closely linked to the amount of bone mass accumulated before age 30, so adopting good bone-building habits early is essential. Up to 90 per cent of peak bone mass is acquired by age 18 in girls and by age 20 in boys, and just a 10 per cent increase in bone mass will halve that child's risk of osteoporotic fracture in adult life. Interestingly, a study published in *Food & Function* has revealed that healthy children actually demonstrate the largest vitamin K deficiency, followed by adults 40 years and older. Research has also emphasised the importance of MK-7 supplementation, indicating that improving vitamin K status in children over a two-year period resulted in them having stronger, denser bones.

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Feeling sluggish?

Rediscover your va-va-voom with these simple strategies.

Depression, poor sleep and skin breakouts are all signals that your body and mind are under stress. Here's how to reclaim your mojo.

Enrich your diet

You are what you eat; in particular, you need:

B-group vitamins: These are required for skin, immune and nervous system health; low levels of B-group vitamins, especially vitamin B5, are linked to an increased incidence of depression. These nutrients are water-soluble, which means you need to eat foods containing them every day, or take a supplement. Foods which are rich in B-group vitamins include salmon, leafy greens, eggs, meat, shellfish, legumes and yoghurt. Plant-based foods that supply the B-group are tempeh, nuts and seeds, muesli, nutritional yeast, oats, mushrooms, avocados, tahini, fortified cereals and wheatgerm.

Vitamin D: You already know you need this vitamin for the correct absorption of calcium – but did you know that an inadequate intake is also linked to depression? Your body creates vitamin D when exposed to direct sunlight; however, even in our sunny climate, vitamin D deficiency is widespread. Good food sources of vitamin D include oily fish (salmon, sardines, herring, mackerel), red meat, liver, egg yolks and some fortified foods, such as spreads. Mushrooms are another great source of vitamin D, if you feel your diet is inadequate, mushrooms are included in skinB5™ Superfood Booster.

Spirulina: This blue-green algae is one of the most nutrient-dense foods on the planet. Its many benefits include boosting immunity, balancing blood sugar and improving muscle strength. Spirulina is



a good source of tryptophan, the amino acid needed for serotonin production, and therefore supports mental health.

Probiotics: Your gut microbiome (the bacterial colonies which live in your intestines) is closely linked to mental health and mood, because it produces around 95 per cent of the body's serotonin. Yoghurt is one of the best probiotic foods, along with kefir, tempeh, kimchi, sauerkraut, miso, kombucha and pickles; or, take a supplement like skinB5™ Superfood Booster, which includes prebiotics, digestive enzymes and probiotics.

Omega-3 fatty acids: These are critical for healthy brain development and function. Good food sources include cold-water oily fish (salmon, mackerel, tuna, sardines), nuts and seeds (flaxseed, chia seed), and plant-derived oils (flaxseed, soybean, canola).

Collagen: Your body's production of collagen declines from age 25, causing the skin to lose elasticity. Stress also hastens skin ageing, because elevated cortisol, the 'stress hormone', breaks down collagen and elastin. Foods that boost your body's

SPRINGFIELDS

HAIRCARE DUO PACK

With Bonus Hair Treatment
Certified Organic Argan Oil



BOTANICAL HAIRCARE

Infused with Pure Essential Oils & Botanical Extracts

The key to healthy, shiny hair is nourishing the hair and scalp with nutrients whilst avoiding harsh chemicals which strip the scalp of its natural oils, damaging the hair and irritating the scalp.

Our botanical haircare is full of natural goodness:

- ALOE VERA GEL to moisturise and soothe
- JOJOBA OIL to nourish and add shine
- ARGAN OIL promotes the growth of healthy hair
- WHEAT PROTEINS to strengthen and protect
- MACADAMIA OIL to improve hair strength and resilience
- BOTANICAL EXTRACTS to help promote a healthy scalp

Hair Types: Choose From Normal, Dry/Damaged, Colour Treated And Normal To Oily
Our Ethos: Australian Made & Owned. No Animal Ingredients or Testing. Cruelty Free. Vegan Friendly.

NO SLS • SLES • ALS • PARABENS • EDTA • PROPYLENE GLYCOL • PETROCHEMICALS • COLOURS



production of collagen include bone broth, chicken, fish, egg whites, citrus fruits and berries. Bioavailable marine collagen is also included in skinB5™ Superfood Booster.

Ginseng and ashwagandha: Ginseng has long been used in traditional Chinese medicine to boost energy and promote relaxation; similarly, ashwagandha is a remedy for depression and anxiety in Ayurveda, India's 3000-year-old medical system. Both of these adaptogenic herbs are found in the skinB5™ formula.



Boost your creativity

Interesting activities stimulate your spirit and keep your spark alive. Try these fun ideas:

- **Experiment with a new recipe or ingredient**, like our delicious Superfood Bliss Balls (see box).
- **Make an edible face mask!** The skinB5™ Instagram Reels show you how to make one using everyday kitchen ingredients.
- **Foster new connections and ideas** – explore volunteering, social groups, fitness and meditation classes.

Get physical

Moving your body, even in a small way, will give you an instant energy boost. Simple tricks include using a stand-up desk, going for long walks – or just popping on your favourite playlist and dancing! 🎵



Superfood Bliss Balls

Ingredients:

- 1/3 cup almond meal
- 1/3 cup rolled oats
- 1/3 cup cacao powder
- 1/4 cup skinB5 Superfood Booster
- 1/4 cup desiccated coconut
- 2 tablespoons Manuka honey
- 2 tablespoons coconut oil

Directions:

1. Place all dry ingredients in a food processor and blend. Add honey and oil and mix until smooth.
2. Using a heaped tablespoonful at a time, roll mixture into balls, and then refrigerate for 30 minutes.

Judy Cheung-Wood founder and Managing Director of skinB5, and well-respected acne expert.



Time TO OVERHAUL
YOUR SKINCARE to
FEEL GREAT IN
YOUR own SKIN.

Next Generation
Clear Skin + Wellness

Easy everyday skincare treatment for healthy skin and acne control - Inside & Outside.



Holly Dexter - skinB5™ Ambassador/
Miss Universe Australia National Finalist

ALWAYS READ THE LABEL. Follow directions for use and if symptoms persist talk to your health care professional. Customer results may vary. Acne Control Extra Strength Tablets may assist in the treatment of acne.

Get your GOAT

Yes, breast is best for babies, but ... not everyone can breastfeed successfully. So, what is the best alternative?

Goat's milk is an excellent alternative to breast milk, if the mother is unable to breastfeed, or chooses not to. There are five key reasons:

1 It is naturally high in A2 protein: This makes it easier to digest and less likely to lead to painful symptoms of poor digestion, such as stomach cramps, diarrhoea, trapped wind and bloating.

2 It is a natural source of prebiotics: Goat's milk is higher in prebiotic oligosaccharides, which are naturally-occurring carbohydrates that feed 'good' gut bacteria, resulting in a healthy gut microbiome. This high concentration of oligosaccharides means that goat's milk is the closest in composition to human breast milk.

3 It requires less processing: Cow's milk is harder for tiny tummies to digest and therefore it is highly processed. Goat's milk, on the other hand, is much more like human breast milk, which means less processing is required.

4 It has lower levels of lactose: Lactose is the sugar found in milk which is digested by the enzyme lactase. If a person is deficient in lactase, they will struggle to digest lactose, resulting in signs of lactose intolerance, such as trapped wind, constipation and diarrhoea. Goat's milk contains lower levels of lactose than cow's milk.

5 It is rich in nutrients: Goat's milk provides vitamins A and B, the minerals calcium and magnesium, protein, probiotics, prebiotics and carbohydrates, which all support the development of a baby's bones and organs, and its immune, digestive and nervous systems.

The LittleOak difference

There are several goat's milk products

available, but there is only one that is 100 per cent free from both palm and canola oil: LittleOak. Founder Elke Pascoe explains why:

"We consider every ingredient in our formulas based on what's best for baby and also the environment. This is why we removed palm oil and canola oil. Palm oil may inhibit the absorption of calcium, fats and essential omega-3 fatty acids – three essential elements for a baby's development. And it was for similar reasons that we looked to replace canola oil. We are the first in the world to use flaxseed in infant formula, which we are very proud of.

"We recognise that breastfeeding is best for babies, but for some mums this is not an option, and for those women there is now a product that provides a nourishing alternative that they can trust. We have collaborated with nutrition and paediatric experts to develop the LittleOak range of infant formula and toddler milks based on goat's milk, to complete your baby's nutritional needs while being gentle on delicate digestive systems."



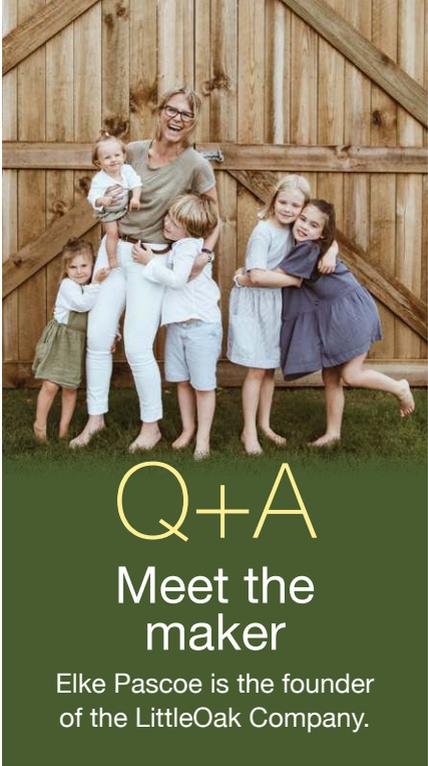
Goat's milk by nature is closer to human breast milk than cow's milk or soy, which means less processing and more natural goodness.

Why did you start the LittleOak?

As a mum, I started researching what was in infant formula and how it was made. Almost immediately, it became clear to me that what I – along with millions of parents around the world – was unwittingly feeding my baby was no better than a chemical cocktail. While current formulas won't necessarily harm a baby, they certainly are not the most wholesome nutritional alternative to breastfeeding. Not only did I see an opportunity, but more importantly, I felt I had a responsibility to do better.

What was your goal?

We had one very clear goal: to develop the most wholesome and natural infant formula, and one that was as close to nature as possible in taste, texture and nutritional value. That is why we fell in love with goat's milk. Goat's milk, by nature, is closer to human breast milk than cow's milk or soy, which means less processing and more natural goodness. It is high in oligosaccharides, similar in protein levels to human breast



Q+A
Meet the maker

Elke Pascoe is the founder of the LittleOak Company.

milk, and is low in lactose, which makes it perfect for babies and toddlers with sensitive tummies.

We also knew we needed to create a brand that was all-natural but supported by science. Our New Zealand-made product is boosted with scientifically proven levels of prebiotics to strengthen a baby's immune system and packed with naturally sourced algal DHA and ARA for healthy brain development.

Only the best ingredients go into our products and we uncompromisingly reject any chemical processing and unnecessary preservatives.

We have built a product that is arguably distinctive from any other because we have listened to real mums and dads and what they want from an infant formula.

Why did you choose the name LittleOak?

Well, before PS4, Fortnite and Xbox, kids used to climb trees. Our vision is to make the world a more natural place, starting with making the most natural infant and toddler milks - so the fit with trees and nature was perfect. 🌳



**THE 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.

Protein power

What is protein and why do we need it? Are you getting enough? Read on to find out.

Protein is an essential nutrient that we must obtain from food every day, as it is not stored by the body. Protein is essential for the repair of muscles and tissues, muscle growth, regulation of metabolism and production of energy.

How much do you need?

The amount of protein you need depends on your body weight and your health status. For example, when you are sick or under stress, your body needs more protein as it uses energy to fight off what ails you. Your immune system depends on a constant supply of amino acids, which are the building blocks of protein. If you do not take in enough kilojoules and protein, you risk nutritional deficiency and muscle wasting.

Your body's needs for protein alter during different life stages. For example, during pregnancy, the recommended dietary intake (RDI) for women age 31-50 increases by 12 grams per day, and by 16 grams per day while breastfeeding. Athletes require additional protein in

order to increase muscle mass, energy and stamina, and their needs vary according to body weight and the type and intensity of activity. An increased intake of protein also plays a key part in diets which are helpful in supporting weight loss, such as the Keto and Paleo diets.

Protein naturally activates the body's innate satiety mechanisms, so you will feel fuller for longer, and be less likely to overeat. Plus, when your meal has a

Protein is essential for the repair of muscles and tissues, muscle growth, regulation of metabolism and production of energy.

greater ratio of protein to carbohydrates, it stabilises blood sugar, reduces insulin response and avoids that post-meal slump in energy that can come after eating a high-carb snack. Research also suggests that leucine, an amino acid found in protein, helps you to maintain muscle mass while losing body fat during a weight loss program.

Good protein sources

Meat, poultry, fish, eggs, milk and dairy products are excellent sources of protein, and provide all of the amino acids that your body requires. For most people, one of these animal protein foods is regarded as the basis of at least one meal a day, and this is usually enough to meet the recommended dietary intake. However, the nutritional advantages of these animal foods must be weighed up against their undesirable fat content and lack of carbohydrates and dietary fibre. Also, for vegetarians or vegans, meat is not an option, and so they look to plant-based sources for their daily protein.

Plant-based sources of protein include different types of legumes (peas, beans, lentils), as well as a huge variety of nuts and seeds. Legumes are low in sodium and saturated fat and contain no cholesterol. In addition to being good sources of protein, nuts and seeds also supply many vitamins, minerals, and healthy monounsaturated and polyunsaturated fats. When you choose a lower-fat plant protein, you will get a higher concentration of protein, weight for weight, than its higher-fat counterpart, such as steak. Plus, all plant proteins have a high soluble fibre content, which helps to reduce blood cholesterol levels and reduce constipation.

Go Vita loves...



Veego Plant Protein Powder

Meet the new kid on the vegan protein block! We love that Veego Plant Protein Powder is a complete protein source (it contains all of the essential amino acids the body needs). It's family friendly and full of organic goodness. We are big fans of the sprouted brown rice protein, hemp protein and medium

chain triglycerides sourced from organic coconuts. Veego is so super tasty and you can choose from four delicious flavours Creamy Vanilla, Rich Chocolate, Chocolate Peanut Butter and Salted Caramel.



White Wolf Natural Plant Protein Custard

This is high in protein, low in carbohydrates with no added dairy, which means no more upset tummies that may result from traditional dairy-based custards. It is also keto-friendly and packed with healthy fats, including GoMCT™ and GoFAT™, which are a combination of high-potency

healthy fat powders like MCT, Cocoa butter, which may curb cravings. Best of all, they are quick to prepare and delicious – ultra-smooth and creamy and full of flavour. Choose from Chocolate Malt, Banana Ice Cream, Honeycomb, Strawberries and Cream and Peanut Brittle.



Prana On Protein Nut Butter

These high protein nut butters are packed with 10g of protein per serve and come in three indulgent flavours; Choc Chunk, Caramel Crunch and Peanut Butter Jelly. Delicious in smoothies, on toast, with sliced apple, on pancakes, stirred through oats or enjoyed with a spoon straight from the jar! Scoop it, Dip it, Spread it... Go nuts!

Plant-based protein foods are a healthy choice for anyone looking to reduce or eliminate their intake of animal-derived foods while ensuring that their protein intake remains optimal, as well as anyone who feels their protein intake may be inadequate for their needs and therefore wishes to take a supplement. While protein bars are a great go-to for boosting your protein intake, there are many more options appearing on our shelves – check out “Go Vita loves ...” above to see our latest plant protein products. 



ASHWAGANDHA COMPLEX DAY & NIGHT FOR STRESS SUPPORT



Help the body adapt to stress as used traditionally in Western Herbal Medicine.

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



Prana On Protein Nut Butters

These tasty nut butters are packed with 10 grams of protein per serve, and are delicious in smoothies, spread on toast or sliced apple, stirred through porridge or enjoyed by the spoonful, straight from the jar. Vegan-friendly, gluten-free, Australian-made and 100 per cent natural. Choose from Choc Chunk, Caramel Crunch or Peanut Butter Jelly. Scoop it, dip it, spread it ... go nuts!



Veego Plant Protein Bars

Make those hunger pangs disappear with these super tasty **Veego Plant Protein Bars**. With 12 grams of protein you'll breeze through to lunch or dinner. This might just be the best new wholesome afternoon snack for you and the kids. Available in six tasty flavours, Almond White Chocolate, Peanut Butter Crunch, Banana Bread, Chocolate, Cherry Choc and Coco Choc.



Motion Potion

Poop like a boss! Australia's most-loved bowel health product, **Motion Potion**, is now available in easy-to-take capsules. Motion Potion's all-natural blend of fibre, herbs, prebiotics and probiotics will give you the perfect poo every time; it also gives effective relief for constipation or diarrhoea. Motion Potion is gentle enough for the whole family to use and is recommended by naturopaths, doctors and gastroenterologists around Australia. Regenerate your microbiome now!

White Wolf Nutrition Custards

Introducing Australia's first high protein, low carb, keto friendly no added-dairy custard.

These yummy custards are a great way to boost your protein with 20g per serve. Check out the Custard Protein Oats recipe – what a great way to start the day!



Vegan Honeycomb Custard Protein Oats

Ingredients:

- 1 scoop White Wolf Nutrition Honeycomb Custard
- 1/3 cup quick oats
- 1/2 cup almond milk (or milk of choice)
- 2/3 cup hot water
- optional toppings – fruit, nuts, seeds, yoghurt or maple syrup

Directions:

1. Combine honeycomb custard powder with milk. Stir until smooth.
2. In a separate bowl, combine oats and hot water. Stir and microwave for 30 seconds.
3. Let sit for 1 minute then stir through the honeycomb custard until well combined.
4. Top with desired toppings.



Natural Road Festive Cake Mix

Cook the impressive Christmas cake featured on our cover, using this premium fruit and nut mix. The easy-to-follow recipe is on page 14 of this issue. Check out the Go Vita Instagram feed to watch Amy Lee create this delicious traditional festive cake.



REGROW hair

Adam and Kristy Hungerford have been passionate about hair health ever since Adam experienced hair loss in his early 20s and became inspired enough by his own results to become part of the medical hair loss treatment industry. This dynamic duo has now launched **REGROW**, a hair regrowth range without the nasty chemicals like limonene, minoxidil and sulfates found in other products.

Since launching Regrow Hair Clinics, Kristy and Adam have worked with people experiencing hair loss for different reasons, including chemotherapy. Kristy says, "It is heartbreaking to watch your mum shave her head during cancer treatment so she doesn't have to pull out clumps of hair. When my mum started using REGROW, her hair grew back fast, thick and curly. So we decided to try our products on other former chemo patients - and we got amazing results."

The REGROW products contain 13 natural active ingredients, which are a unique combination of powerful DHT inhibitors and high purity protein builders to create volume, softness and strength. REGROW also contains oxygenated natural rain water from the Gold Coast's pristine Hinterland, which is the special ingredient that makes hair extra soft and shiny. REGROW is proudly Australian-owned and manufactured, cruelty-free and vegan-friendly.



Aloe Vera Immune

Cleanse, detox, alkalise, revitalise and boost energy with **Aloe Juice Immune**, a nourishing drink formulated to assist digestion and elimination. Drinking just 50ml of this tonic daily twice daily will help to enhance and optimise your health.

Aloe Vera Immune contains 80 per cent pure cold-pressed juice from the inner leaf of the aloe vera plant (*Aloe barbadensis*), along with antioxidant-rich cherry, blueberry and pomegranate juices to provide a wealth of vitamins, minerals, enzymes and phytochemicals. Preservative-free, grown under organic conditions and packaged in glass, to help our environment.



Morlife Complete Gut Restore

Have you got the guts for good digestion? Get that good gut feeling with **Complete Gut Restore**, a glorious tropical blend featuring the symbiotic combination of shelf-stable probiotics and essential prebiotic fibres that promote a happier tummy and kick-start gut motility. In addition to resistant starch, soluble and insoluble fibres, this blend provides a comprehensive range of functional herbs and extracts as well as calcium, zinc and vitamins A, B2, B3 and biotin to encourage gut lining repair, optimise digestive enzymes and support metabolism.



New

Australian Grown Hemp Seed 800g

Add hemp to your daily diet for unsurpassed nutritional benefits.

Including Omega 3, 6 and 9, Vitamins & Minerals and Antioxidants.



Support Australian Grown



Suitable for vegetarians & vegans



Combination of healthy fats



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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 Junction 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
Indooroopilly 07 3378 2385
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
Mt Gambier 08 8723 2722
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
Ferntree Gully 03 9752 2772
Forest Hill 03 9877 8163
Frankston (Bayside S/C) 03 9781 4430
Greensborough 0401 043 088
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
Claremont 08 9384 7620
Cottesloe 08 9286 4993
Currabine 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



Traditionally used in Western Herbal Medicine to relieve digestive discomfort

Traditionally used in Western Herbal Medicine to calm nerves

Traditionally used in Western Herbal Medicine to relieve symptoms of PMT

With milk thistle, schisandra & selenium which support healthy liver function

NutriVital One-A-Day Herbals



Always read the label. Follow the directions for use. If symptoms persist consult your healthcare practitioner. St John's Wort affects the way many prescription medicines work, including the oral contraceptive pill. Consult your doctor. Vitex may affect the way some prescription medications work, including some oral contraceptives.



ALL RAW



ALL NATURAL



VEGAN FRIENDLY



DAIRY FREE

MEDIUM CHAIN TRIGLYCERIDES

COMPLETE PROTEIN SOURCE

SPROUTED BROWN RICE PROTEIN



HEMP PROTEIN

NOURISH YOUR MIND AND BODY

ORGANIC INGREDIENTS

FAMILY FRIENDLY



SMOOTH IT

Blend into smoothies or bowls



SHAKE IT

Just add water



BAKE IT

Cakes, breads, pancakes, cookies



CREATE IT

The options are endless



EAT ME!
AVAILABLE NOW
AT ALL GO VITA
STORES.



Pacific Harvest

Experience the ocean's superfood
with our wide range of sustainably sourced
seaweeds



Enhance flavour and nutrient density of everyday meals

Easy to use - seasonings, flakes and leaves

Available at all Go Vita stores

pacificharvest.co.nz