

Go

THE GOOD HEALTH NEWS MAGAZINE®

Winter

OVERNIGHT OATS

5-WAYS PAGE 1

IMMUNE
WELLNESS

+

MIGHTY
MCTs

+

TOOTHPASTE
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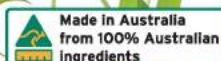
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welcome

Over the past year life has been pretty different for most of us, and at Go Vita we're excited to see new customers discovering our stores. For many it's the first time they have explored a health food store and our member stores are absolutely loving showing new customers what we do! Many customers are surprised by the breadth of product range at Go Vita - from bulk health foods, pantry lines and supplements, natural beauty care and baby products to eco-friendly drink bottles, keep cups, aromatherapy oils and diffusers, sustainable kitchen storage, non-toxic nail polish, tanning products, sustainable bamboo clothing and gifts just to list a few! – no matter what you are looking for there is every likelihood you will find it at Go Vita! Another big plus with Go Vita is we provide personalised health and wellness advice with the aim to help you live a healthier more sustainable life. Talk to one of our qualified practitioners at your local store.

We hope you enjoy this issue of Go Magazine, with articles to inform you on how best to support your immune health, emotional wellbeing and for those battling sleep deprivation, we recommend our article on page 4! We have some wonderful new products available at Go Vita and we are delighted to bring you the stories behind these new and exciting brands through Go Magazine.

Stay warm and healthy this Winter! Rug up and get out and about in the fresh air and sunshine when you can! Don't avoid exercise just because it's cold (which we know is so easy to do!) just adjust your routine so that you're still active, it's one of the best ways to keep your immune system strong!

Yours in the best of health,

Ann Cattelan BSc
Editor

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



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Overnight Oats

5 ways

Prepare the night before for a quick and simple breakfast! The hemp seeds add protein and make the oats super creamy!

INGREDIENTS

- 1 ½ cups (360g) almond milk or Organic Road coconut milk
- 1 cup (100g) Organic Road rolled oats
- 3 tbsp (30g) hemp seeds
- 1 medium banana mashed (about 120g) or apple puree
- ¼ tsp Organic Road cinnamon

METHOD

1. The night before, stir together all ingredients in a sealed container or bowl. Store in the fridge overnight.
2. The next morning, mix the oats again to ensure everything is evenly distributed.
3. Optional to add the mix-ins below ...

Carrot Cake

- ½ cup finely grated carrot,
- ¼ cup chopped pecans, 3 tbsp raisins and
- ¼ tsp all spice

Mocha

- ¼ cup brewed coffee, chilled or room temperature
- + 3 tsp mini choc chips for topping

original base recipe

Peanut Butter & Jam

- ¼ cup (145g) peanut butter
- and ½ cup berry chia jam

Apple Pie

- 1 medium apple (180g) chopped, grated or stewed

Reprinted from **Nourish in 5** by Amy Lee



All systems GO for **immune** wellness

Cold and flu viruses are relentless in trying to invade your body - but strong immunity will boost your chances of staying healthy.

Imagine a pill you could take that helped keep every cell in your body healthy - impossible? Not really. Over the past 30 years, a wealth of scientific evidence has accumulated on the power of nutritional supplements - vitamins, minerals, herbs - to significantly improve cell performance and ensure the efficiency of all the body's biochemical processes.

Nutrient deficiencies compromise the immune system by reducing the ability of the T-cells (white blood cells) to repel antigens (foreign substances, like bacteria and viruses) in the body. Unless you are meticulous about analysing the food you eat, it is difficult to be sure that you are getting the right amounts of the nutrients you need; plus, factors like stress, illness, intense exercise, and your genetic composition and biochemistry all conspire to affect how well or badly you absorb those nutrients. A good quality all-in-one vitamin and mineral supplement is an excellent idea, especially as many nutrients work best

when combined with others. For peak immunity, add these specific herbs and nutrients:

Andrographis

(Andrographis paniculata)

In traditional Chinese medicine, this is considered to be 'bitter' and 'cold', which means it is appropriate for any conditions that are defined as 'hot', such as acute infections and fever. Andrographis works as a preventive, helping to reduce the likelihood of catching a cold or flu, and also as a treatment, reducing symptoms such as fever, tiredness, sore throat, headache, cough, poor sleep, mouth ulcers, earache, and nasal and throat congestion.



thought to date to the third millennium BC. It is a gentle adaptogen, stimulating and increasing energy, while also easing asthma and coughs and reducing excessive mucus. It has a tonic effect on red blood cells, which enhances haemoglobin production, and on the lymph glands, which speed the removal of toxins from the body.

Echinacea *(Echinacea purpurea)*

The use of this herb can be traced back to ancient Native American tribes; today it is used all around the world to strengthen immunity and fight off colds and flu. Research shows that it improves the body's production of interferon, T-cells and natural killer (NK) cells, as well as speeding tissue repair. Its best proven use is as a treatment for colds and flu; however, other research suggests it may be of use for patients with autoimmune disorders, such as chronic fatigue syndrome, lupus and rheumatoid arthritis.



Astragalus

(Astragalus membranaceus)

Long used in traditional Chinese medicine to treat infections, this herb boosts the body's production of interferon, a natural antiviral and immune stimulant. *(for more detailed information on this amazing herb go to page 14)*



Codonopsis *(Codonopsis pilosula)*

This herb, with its distinctive bell-shaped flowers, is native to north-western China, and featured in the Yellow Emperor's Inner Classic, a medical treatise which is

Elderberry *(Sambucus nigra)*

Also used to make wine and jam; elderberry syrup has been used for centuries by European herbalists to soothe sore throats. Elderberries are a rich source of

antioxidants, and the standardised extract used in modern nutritional supplements has been shown to repel several flu viruses and reduce the severity of cold symptoms.

Manuka honey

Produced by bees which pollinate the manuka bush (*Leptospermum scoparium*), manuka honey is superior to regular honeys due to its exceptional antibacterial and healing qualities and its ability to improve both digestive and immune health - enjoy a delicious dollop in a smoothie or over cereal and yoghurt, or add to tea to help soothe a cough and sore throat.



Olive (*Olea europaea*)

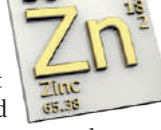
Olive leaf extract may very well improve your immune system's capacity. Studies suggest that olive leaf extract's main active ingredient, oleuropein, has a beneficial effect against

disease producing microorganisms through its effect on natural immunity. Taken daily it may help reduce the risk and incidence of upper respiratory tract infections. It also helps soothe a sore throat, and relieve coughs and nasal digestion.

Vitamin C

This supports optimal immune function in two ways - one, it boosts the activity of immune cells, and two, it supports and improves the production of collagen, the protein found in all connective tissue, which means it helps to counter inflammation and the spread of infection.

Zinc

Research that tested zinc supplementation against placebo has shown that people taking zinc reported less nasal congestion and fewer sore throats. Zinc is thought to work in two ways: first by increasing T-cell quantities, and secondly by fighting cold viruses where they enter the mucous membranes. 

Top Winter Wellness Tips

- **Keep moving:** Try a bushwalk, a run or maybe an aquarobics class in a heated pool or a hot yoga class.
- **Sip, sip, sip:** Don't forget your water bottle! It's just as important to stay hydrated in winter, especially if you work in an overheated office.
- **Eat for the season:** Cook up hearty soups, stews and casseroles, all rich in immune-boosting nutrients!
- **Add insurance:** Add immune boosting supplements to your daily routine, including olive leaf, vitamins A and C, zinc and a good quality probiotic.
- **Be cozy:** Dress to suit the season - warm layers will help your body to retain heat and prevent you from catching a chill.
- **Stay safe:** The CoVid-19 vaccine may be here, but that doesn't mean you should go back to pre-virus habits! Thorough hand-washing and regular use of hand sanitiser can reduce your chances of catching a cold or flu.

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The challenges of sleep deprivation

Sleep is critical to the proper functioning of your brain, and a lack of it interferes with mood and concentration. Charmaine West explains.

We have all felt the effects of a poor night's sleep: most people will feel grumpy, stressed or irritable, and they may also have trouble concentrating the next day which worsens if the poor sleep continues. This is because your sleep and your mood are closely linked, and it cuts both ways – while it is easy to see the effects of a bad night's sleep on your mood, did you know that your mood also affects your sleep?

The mood-sleep loop

Sleep issues are very common, with a recent report to the Sleep Health Foundation finding that over half of all Australian adults experience at least one symptom of poor sleep.

Getting enough sleep, and ensuring that

it is good quality sleep, is essential for health and wellbeing. Your body repairs itself while you sleep, restoring and supporting brain function and overall physical health. A study published in *JMIR Mental Health* found a strong link between poor quality sleep and decreased wellbeing.

While it is easy to see the effects of a bad night's sleep on your mood, did you know that your mood also affects your sleep?

Studies show that people who experience sleeplessness report increases in negative mood balance (e.g. anger, frustration, irritability, poor motivation) and decreases in positive moods. For example, a study conducted at Harvard Medical School that limited the sleep duration of participants to only 4.5 hours a night for one week found that they felt

significantly more stressed, angry, sad and mentally exhausted. When the group returned to their normal sleep pattern, they reported an improvement in mood.

While it is easy to see how poor sleep can affect your mood, it has only recently been found that your mood also impacts on your sleep. Feelings of stress and overwhelm keep the body and mind stimulated, awake and alert. You may find it difficult to turn your brain off; you may also experience an increase in heart rate and altered breathing patterns – all symptoms that make it hard to get off to sleep and to enjoy long and deep sleep. People experiencing chronic or ongoing stress often have sleep problems.

Taking back control

If you have trouble getting enough good quality sleep, here's how to get back on track.

Improve sleep hygiene

Sleep hygiene is the set of habits that you have around your sleep. Bad sleep habits often play a part in poor sleep. For example:

- **Routine:** Try getting up at the same time each morning and going to bed around the same time every night.
- **Environment:** Make sure your bedroom is comfortable. Consider the comfort of your mattress and pillows, and ensure the room is the right temperature and dark enough.
- **Relax:** Avoid mentally stimulating activities too close to bedtime; try activities like reading or having a warm bath instead.

Get your fuel right

- **Good fats:** Include omega-3 fats in your diet from fish, and other good fats from avocados and nuts.
- **Magnesium-rich foods:** Include plenty of leafy green vegetables, seeds and whole grains.
- **Avoid processed foods, caffeine and alcohol:** In particular, avoid caffeine, alcohol and cigarettes too close to bedtime – caffeine and nicotine are stimulants and can make it difficult to fall asleep. Caffeine's effects can also last for up to 10 hours after you consume it, especially in older people, whose metabolism is slower.

Although alcohol is a sedative, it can disrupt sleep later, when it wears off.

- **Calming drinks:** Have a warm, milky drink before bed. Milk contains tryptophan, which is a sleep-enhancing amino acid.

Support your mood

- **Meditation:** Regular practice can reduce feelings of stress and overwhelm. Not sure where to start? Sit quietly and focus on your breathing, or try a meditation app on your phone.
- **Exercise:** Regular exercise is good for both physical and mental health, and it also releases mood-enhancing endorphins. Yoga is particularly good for helping to reduce stress, and feelings of overwhelm.

Important! Always speak to a health professional when using herbal medications. Health professional-only brands, such as Flordis, offer high quality products and education for practitioners so that they can advise on the best product for you. 📞

Charmaine West is a naturopath with over 15 years' experience who specialises in helping stressed, tired women find their way back to balance.



Herbs that help

According to the American Medical Council, St John's wort is used traditionally to support the nervous system, relieve symptoms of stress, calm the mind and reduce irritability.

Lemon balm can help reduce feelings of stress and overwhelm and increase calmness.



Relieve cold & flu symptoms this winter

AC11500-0521F

Back to Basics



Fats, sugar and salt – are they good for you, or not? Nutritionist, best-selling author and international speaker **Cyndi O'Meara** explains why we need to go back to basics.

There are seven main groups of nutrients, or macronutrients - fats, carbohydrates, fibre, proteins, vitamins, minerals and water. With the exception of water, I have seen each of these macronutrients challenged - demonised, even - since I started studying nutrition in 1980. First it was fat, then sugar, then salt, and now animal protein is in the crossfire. But it's not all bad.

The evolution of food

Growing up in the 1960s and 70s, I watched my mum make all our food from scratch. With supplies from a very basic pantry, we ate dinner and dessert every night. Groceries were bought locally from the butcher and greengrocer, milk and cream was delivered by the local dairy and flour, sugar, salt, spices, cocoa, nuts and seeds

came from the local general store. There were no large supermarkets and most people had a small vegetable garden and a few fruit trees in their backyard.

There were no dietary guidelines back then, either - instinct and culture drove food consumption. The food we ate did not contain additives, flavours, colours, acidity regulators, synthetic biology products, bioengineered products or GMOs; the food was real and there was very little packaging or rubbish to throw away. No glyphosate was sprayed on food (although other chemicals may have been present). As a community we had robust health and there was very little obesity and few food allergies or sensitivities. Coeliac disease was rare and, for the most part, people had good gut health.

Along with exercise, sleep and connecting with nature, the food we eat plays a huge part in our overall health and mental wellbeing. However, chemicals used in agriculture and in our food, along with food additives and preservatives, are contributing to health issues. For instance, sugar itself can be listed in over 50 ways on an ingredient panel - and that doesn't include either natural or artificial sweeteners!



Simple steps

An unhealthy lifestyle is merely a series of unhealthy habits. You can change these step by step.

- Chocolate itself is not a bad food - but eat only the best made from the finest ingredients.
- Eat nature's fats in moderation. Eggs, nuts, seeds, cold-pressed oils, fish and meats.
- Always read the label of any packaged food, particularly the ingredients. If you don't recognise a word, chances are it's made in a chemical laboratory, not grown on a farm.
- Take Changing Habits Supreme Green Blend each morning to give your day an added real food boost.




Reclaiming health

Good health relies on good food. For over 40 years, I have researched food ingredients and food processing in order to understand what people are really digesting, and how this affects the human microbiome and gut health. Foods in their natural form - including the macronutrients sugar, salt, fats and carbohydrates - are all important to the human body. Preparing food from its most natural form is how our ancestors survived; they also ate seasonally, which meant not all foods were available year-round in endless quantities.

When it comes to your health, some habits can be hard to change, but many only require a simple swap. For example, choose organic produce where possible. Swap white refined sugar for organic rapadura sugar, and refined salt for seaweed salt.

These nutrient-dense products are an investment in your health, plus you will use less of them in recipes because they are rich in flavour.

Eating naturally-formed macronutrients will benefit your health, rewarding you with energy, fewer cravings and more meal satisfaction. My book *Lab to Table* was written to empower people by providing knowledge to help them rediscover the good health and high energy levels their bodies are capable of. This book is more of an education than a diet, teaching you how to value quality foods over quantity and the simple changes you can make to reduce your chemical calorie intake and focus instead on the benefits of real, nutrient-rich whole foods. Learn how to fight disease through nutrition, rather than fuelling it! 

Cyndi O'Meara is a nutritionist, best-selling author and film maker, known for What's with Wheat? (2016). She is also an international and TEDx speaker and founder of Changing Habits.

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LAB TO TABLE

Stop Being A Lab Rat.
Start Making Better Choices For Your Table.



Cyndi O'Meara

Cyndi O'Meara recently released *Lab to Table* (RRP \$29.97), an updated and extended version of her best-selling *Changing Habits, Changing Lives*.

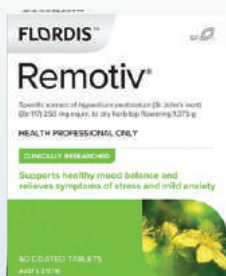
From July 1, we are giving away **10 FREE copies** in each Go Vita store nationwide. **Be quick – the first 10 customers to show this article at their local store will WIN!**

*Only while stocks last.



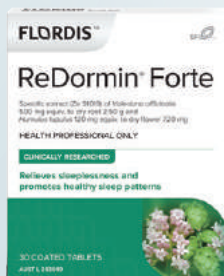
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A is for astragalus

Run down? Astragalus is traditionally used to improve immunity and support vitality in Chinese medicine. Erika Bass explains.

Astragalus (pronounced ass-tra-gah-lus) is a herb that is traditionally used in both Chinese and Western herbal medicine. There are thousands of plants in the Astragalus genus, but the one that is most commonly used medicinally is *Astragalus membranaceus*, which is also known as Huang Qi and milk vetch.

East and West

Astragalus is native to northern China and Mongolia, so it is not surprising that its medicinal use originated in traditional Chinese medicine (TCM). The first mention of astragalus in TCM texts dates back 1800 years. Today, it is still considered one of the most important herbs in Chinese medicine. Based on its use in TCM, astragalus made its way into Western herbal medicine dispensaries in the 19th century. Today, it is a popular ingredient on the shelves of Go Vita stores around Australia, especially

during the cooler months of the year. Specific benefits include:

Traditional immunity booster: In both TCM and Western herbal medicine, astragalus root is traditionally taken to improve immune defences. For example, in TCM astragalus is traditionally taken to reduce the frequency of common colds, while in Western herbal medicine it is traditionally used to support and improve

In both TCM and Western herbal medicine, astragalus root is traditionally taken to improve immune defences.

the functioning of the immune system when it's working to fight off illness and also to promote healthy immune system responses.

Qi, or 'life energy': In addition to its immunity-enhancing actions, astragalus is traditionally regarded as having a several other health benefits in TCM, many of

which are centred on its effects on the life force energy known as Qi (pronounced 'chee'). From the perspective of TCM, Qi influences all aspects of wellbeing, encompassing the body, mind and spirit. In TCM, astragalus is traditionally taken to strengthen Qi, and as a restorative tonic that replenishes Qi when its levels need topping up; it is traditionally considered especially beneficial for nourishing the Qi of the lungs.

Qi and stress: In TCM, stress levels and Qi are considered closely intertwined. A stressful lifestyle - for example, one that features long hours of hard work - can deplete your Qi, which in Chinese medicine terms fuels all your physical functions. In a vicious cycle, if your Qi is out of balance, your ability to respond appropriately to the world around you may be as well. If that occurs, astragalus is traditionally taken in TCM to increase vitality; this aspect of its actions is considered an extension of its traditionally prized usage as a Qi tonic. It is also traditionally used in TCM to help the body cope with and adapt to stress.

How to take it

In TCM, astragalus is often taken alongside other herbs, such as reishi mushroom

which is traditionally used in TCM to improve immunity, relieve tiredness and reduce feelings of being run down. Other herbs that astragalus is often taken with in TCM include Chinese licorice, codonopsis, white atractylodes and fang feng.

TCM theory teaches that, while astragalus is traditionally considered beneficial for improving immunity and helping decrease your likelihood of experiencing recurrent common colds, it is not the best herb to use during the active stages of an infection. So, if you do catch an infection like a cold, stop

taking astragalus for a while, and start again when the cold has passed. (In the meantime, herbs like honeysuckle and forsythia are traditionally used to relieve common cold symptoms in TCM.)

In TCM, astragalus root is traditionally used in a similar way for children as it is for adults: to improve their immune defences, reduce the frequency of common colds and boost vitality. When given to kids, astragalus is often combined with other herbs, such as fang feng and white atractylodes. [Go](#)

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.

Your body's protective shield

The outer surfaces of the body (the skin, nasal passages and mucous membranes) are our first line of immune defence, acting as barriers that help to prevent mild illnesses taking hold. A similar concept exists in TCM, where it's traditionally understood that a specific form of Qi called defensive Qi (or Wei Qi) circulates near the exterior surface of the body. Defensive Qi's role is to act as a kind of security force, reducing the likelihood that factors like cold and wind can penetrate the body's exterior surfaces and cause illnesses like common colds. Astragalus is traditionally used to stabilise the exterior surface of the body, support defensive Qi and reduce the frequency of common colds.

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Sometimes a great
nutrient performs
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and that is certainly the case
with vitamins K2 and D3.
Dr Hogne Vik reports.

Vitamins K2 and D3 are star performers when it comes to supporting bone and cardiovascular health. Let us take a closer look at how they work together and what benefits they provide.

Vitamin K2, specifically vitamin K2 as menaquinone-7 (MK-7), increases the activation of two bone-friendly proteins, osteocalcin and matrix GLA protein (MGP). Once activated, osteocalcin binds calcium to the bone matrix, helping to build strong dense bones, while MGP stops calcium from being deposited into arteries and soft tissues, and therefore protects your cardiovascular system.

Heart and bone health

According to the World Health Organization, nearly 18 million people die annually from cardiovascular disease, making it the number one cause of death. Osteoporosis, where bones become brittle due to lack of calcium and vitamin D, also takes a significant toll worldwide. According to the International Osteoporosis Foundation, one in three women over age 50 will experience osteoporosis fractures; for men, it's one in five.

The good news is that vitamins K2 and D3 play a vital role in reducing the risk of both osteoporosis and cardiovascular

disease. According to research published in *The Journal of Biochemistry*, vitamin D3 promotes bone build-up and maintains calcium and phosphate levels for bone formation. Calcium needs vitamins D3 and K2 to be present in order for it to be effectively absorbed and bound to the bone matrix; without vitamins D3 and K2, calcium can present a risk factor for cardiovascular problems.

It is important to note that although vitamin K represents a family of vitamins, it is only vitamin K2 as MK-7 which is the most effective in activating osteocalcin and MGP. Similarly, not every member of the vitamin D family provides the same bone-building benefits as vitamin D3. A University of Surrey study, published in the *American Journal of Clinical Nutrition*, which compared the effects of supplementing with vitamins D2 or D3, concluded that vitamin D3 was twice as effective in raising participants' serum blood levels of vitamin D. Another study, published in *The Journal of Endocrinology*






DYNAMIC DUO

and Metabolism, showed vitamin D3 converted to its active form in the body 500 percent faster than vitamin D2.

A 2013 study of child patients with the blood disorder Thalassaemic Osteopathy (TOSP) further highlights the positive combination of vitamins K2 and D3 for bone health. This study investigated the effects of a dietary supplement with vitamin K2 (50 mcg MK-7 as MenaQ7® from NattoPharma) and vitamin D3

(5mcg calcitriol) in the patients. The findings, which were published in the *Journal of Pediatrics, Hematology & Oncology*, showed that vitamins K2 and D3 had a positive effect on the bone mineral density of the children during a one-year period, with the researchers concluding that supplementation of MK-7 instead of drugs was a beneficial alternative for the treatment of TOSP.

When it comes to cardiovascular health, there is also much evidence highlighting the

benefits of vitamins K2 and D3. For example, A 2013 study published in the *Polish Archives of Internal Medicine* evaluated the cardiovascular effect of oral administration of vitamin K2 (again, MenaQ7®) plus vitamin D, or vitamin D alone. This six-month study showed a slower progression of arterial calcium deposits in the vitamin K2/ vitamin D group than was detected in the group receiving only vitamin D. 

Dr Hogne Vik is the Chief Medical Officer at NattoPharma.

Traditional Immune Tonic

Astragalus is traditionally used to improve immune defences and help reduce the frequency of common colds in Chinese medicine.

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Plant-based wholefood omega-3 alternatives are becoming regarded as more sustainable, ethical and cleaner options than fish oil and even algal oils.

Omega-3 fatty acids are well known for their cardioprotective effects, along with many other benefits, including reducing inflammation, boosting immunity, and preventing and treating a range of health conditions, including joint problems, psoriasis, asthma, eczema, Crohn's disease, menstrual cramps; there is also a correlation between the incidence of mental health problems and an inadequate intake of omega-3s.

Varied sources

Omega-3 fatty acids come in three different forms: alpha lipoic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA); each form has nutritional value and health benefits, but the majority of research has been conducted on EPA and DHA, especially with regards to heart and brain health.

Traditionally, the main source of the omega 3s EPA and DHA has been from a fish source, either as food or as a supplement. However, concerns about overfishing of the seas, as well as potential contamination of fish with microplastics

and chemicals, has seen increased focus on plant and vegan alternatives. An added concern around fish oil supplements is the potential for refining procedures, which are designed to remove impurities in fish oil, but can actually result in oxidation and therefore a poorer quality final product.

Until recently, one of the main sources of plant-based omega 3s was an extracted algal oil, which is made by removing a triglyceride oil from marine phytoplankton, or micro-algae. This process typically involves the use of volatile solvents, like hexane; although solvent residue is mostly removed, small amounts remain, and this may be something that a health-conscious and sustainably-minded consumer might wish to avoid.

The good news is that Phytality Nutrition offers a solution to the problem of finding a cleaner, unrefined and unprocessed form of omega-3s, by offering a source in its original whole plant form, known as marine phytoplankton or marine micro-algae. This marine phytoplankton is grown in a closed system, controlled production environment, using food-grade quality nutrients and inputs, and results in the cleanest and purest form of omega-3s. By choosing this original whole plant form, it is possible to cut out the "middle fish" and obtain omega-3's from its original source. When choosing marine phytoplankton



ULTANA Phytoplankton production facility in Europe.




Key benefits

Omega-3s from marine phytoplankton in a whole plant form provide the following advantages:

- A controlled production source (not wild-harvested) offers a more ethical and sustainable choice.
- Purest form of omega-3s, from nature's original source.
- No mercury, PCBs or insecticides, which may be found in fish oils.
- No chemical extraction process of lipids, as occurs with production of some algal oils.
- No processing, refining, or use of chemical stabiliser or solvents.
- No chance of oxidation, because lipids are enclosed inside the plant cell walls.
- Delivered with micronutrients and choline to aid absorption.
- Omega-3s are present in the 'polar lipid' form, which is more bioavailable.

as your omega-3 source instead of algal oils, you cut out the chemical extraction and refining processes used in producing most algal oil supplements.

Taking whole plant-based omega-3s not only provides you with the purest source, it also offers a highly bioavailable form of these nutrients. This is because the omega-3 lipids in the phytoplankton source are present in a better, 'polar bound' form as glycolipids and phospholipids; these are bound to the cell wall membranes of the phytoplankton and cannot be extracted from the algae in the same way that the less bioavailable triglyceride forms present in fish and algal oils can. It also means that they are both water- and oil-soluble, and as our bodies are mainly water-based, this allows for an increased uptake of omega-3s, unlike extracted fish and algal oils, which are generally not water-soluble.

Research studies conducted in the US into the efficacy of phytoplankton have proven that, compared with fish, krill and algal oils, there are considerable improvements in bioavailability provided by 'polar bound' omega-3 lipids. With this whole plant-based source, you also receive the benefits of other important nutritional co-factors being present, such as trace minerals and choline, which further assist in the absorption of omega-3s. 



Clean Omega-3 in its Original Plant Form

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Licorice love!

One of the most extensively used and thoroughly studied herbal remedies, licorice has a long medicinal history.

Licorice (*Glycyrrhiza glabra*) has been used for centuries in Ayurveda, India's traditional medical system. It is excellent for immune support because it contains glycyrrhizin, which reduces inflammation and increases levels of interferon, a virus-fighting substance produced by the immune system. The Sanskrit name for licorice is yastimadhu, which means "the sweet stick", and Ayurvedic medicine considers it to be soothing and balancing, while in traditional Chinese medicine (TCM) it is called "the great harmoniser".

What it does


Here are the top reasons why licorice is an important addition to your winter health regime:

A nerve tonic: Licorice is a strong adrenal tonic which supports and improves energy levels – it is

often used to treat adrenal fatigue and chronic fatigue. When excess stress, nervous exhaustion and anxiety result in physical and mental debility, licorice has a fortifying effect.

Support for digestion: Due to its cooling effect, licorice is useful for any type of digestive problem involving inflammation, such as heartburn, indigestion, ulcers, acidity, gastritis and inflammatory bowel disease. Given that optimal digestive function is integral to good health, licorice contributes to overall vitality and wellbeing.

Enhances calm: Ayurveda regards licorice as being 'sattvic' in nature, meaning it induces a peaceful state in body and mind; its grounding and calming properties are said to increase love and compassion and to enhance clarity during meditation. An adaptogenic herb, licorice helps to build stress resilience and mental strength.

Improves respiratory health: Licorice thins mucus, so it can help ease asthma, bronchitis, allergies and colds by relieving symptoms of coughing, wheezing and sore throat. 



Go Vita loves Organic India Tulsi Licorice Spice Tea

In this delicious blend, **Organic India** combines the soothing, sweet character of licorice with tulsi, India's legendary sacred herb. Tulsi has long been a favourite of yogis, because it nourishes and balances the mind and spirit as well as the body. Together, tulsi and licorice create a warming, mellow, caffeine-free tea with sparkling flavour notes of spicy cinnamon and ginger plus the freshness and zest of lemon, which helps you get to the other side of a sugar craving without caving in to sweet snacks.

Note: Always check with your doctor for certain contraindications that may relate to licorice, such as liver disorders, hypertension, heart failure or oedema.

To download your **FREE Tulsi & Yoga eBook** scan this QR code



References available on request.



Tulsi tea, *yoga* in a cup

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- ✓ Natural Detoxifier
- ✓ Powerful Adaptogenic Herbs

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Fibre for gut health

Did you know that 70 percent of Australians fall short of meeting their fibre needs? Learn how to ensure you're not one of them.


The more we learn about the gut microbiome, the more we realise how much more there is to learn. The gut microbiome is made up of trillions of bacteria, microorganisms and their genetic material, which all live - and hopefully thrive - in your intestines. Nor is the gut microbiome solely concerned with gut health and digestion: it is vitally linked to immune, nervous, metabolic and cardiovascular health and specifically impacts weight, brain function and mood and the likelihood of developing diabetes, autoimmune disorders and several cancers. Put simply - good health starts in your gut.

Defining a healthy gut

Each person's gut microbiome is more individual than their fingerprints, and there is no single gold standard classification of what is healthy or unhealthy. However, science has identified the following factors as being important to a healthy gut:

- it contains an abundance of diverse types of bacteria;
- it is effective in digesting food and absorbing nutrients;

- it operates with ease - there is minimal bloating, wind or pain and bowel movements are comfortable;
- there is no disease or damage; and
- it is resilient, quickly returning to normal after an 'assault', such as a course of antibiotics or a larger amount of alcohol than normal.

Fibre is essential for a healthy gut microbiome. Fibre is the part of food that the body cannot break down; instead, it passes through the gastrointestinal tract intact and is finally broken down by the beneficial bacteria in the intestines. When these 'good' bacteria are being well fed with the fibre they love, they will produce beneficial by-products, such as short-chain fatty acids, which produce a healthy layer of mucus that protects the delicate epithelial cells of the gut lining and plays a role in reducing the risk of bowel cancer. Other important benefits of fibre include: satiety - it keeps you feeling fuller for longer; stabilising blood sugar by slowing digestion; helping to regulate cholesterol and blood pressure levels; and making stools softer, bulkier and easier to pass, especially good if you suffer constipation or diarrhoea. 

Joanna Baker is an Accredited Practising Dietitian and a Registered Nurse who loves food! At Everyday Nutrition she works exclusively in gut health and food intolerance. She aims to help people enjoy food with as much variety as possible while keeping their tummy happy. www.everydaynutrition.com @theguthealthdietitian



Are you getting enough?

The best sources of fibre are fruits, vegetables, nuts, seeds, legumes and wholegrains. However, if you struggle to include enough fibre in your diet or your diet is limited or inadequate, a complex dietary fibre supplement like Kfibre (virgin sugarcane prebiotics) will help you to meet your needs. Unlike isolated or purified fibres, Kfibre is a whole plant food fibre, with no artificial additives, colourings, flavourings or preservatives. This means it is a whole food fibre with all the nutrients retained, just like they would be in your vegetables and fruits. It contains the complexity of the cell walls found in fruits and vegetables, and it therefore provides a more complex fibre to feed the beneficial bacteria in the gut. Kfibre has been shown to nourish the entire digestive tract and keep gut microbiota healthy and thriving.

Breakthrough in pain relief

An exciting new and clinically-proven ingredient promises effective drug-free pain relief.

Palmitoylethanolamide (PEA) is an endogenous fatty acid amide that belongs to the endocannabinoid family. It is produced naturally in the body around various tissues, as a biological response to injury, stress, pain and inflammation. PEA works by acting on the cannabinoid receptor CR2, and it has been clinically proven to support joint health, sports-related inflammation, pain relief and sleep.

It can be difficult for the body to produce PEA on demand at the site of pain or injury as we age. However, the good news is that there is a new ingredient available called Levagen+®, which provides the body with bioactive PEA. The PEA content in this proprietary ingredient is powered by LipiSpense® technology to increase uptake and enhance functionality in the body.

Clinically proven

Levagen+® is supported by 21 human clinical trials conducted on its benefits for sports nutrition and healthy ageing. For example:

- **Exercise recovery:** Results of a clinical

trial published in *Nutrients* showed that a group of healthy males taking 150mg of Levagen+® had reduced lactate and muscle damage compared to a placebo



Herbal support

Another well-known pain-relieving ingredient, now paired with Levagen+® is boswellia (*Boswellia serrata*), a powerful anti-inflammatory and immune-balancing herb which has been used for centuries in traditional Ayurvedic medicine and African folk medicine to relieve the joint pain and soreness associated with osteoarthritis and rheumatoid arthritis.

group. Researchers correlated the reduced muscle damage to improved performance, allowing test subjects to have higher intensity exercise routines for longer.


- **Osteoarthritis relief:** A clinical trial undertaken on patients with mild to moderate osteoarthritis showed that those taking a supplement of either 300mg or 600mg of Levagen+® reported reduced joint pain, joint stiffness and anxiety, and improved joint function.

- **Improved immunity:** A number of studies demonstrate PEA's ability to boost the immune system and provide symptomatic relief of flu symptoms.

- **Anti-inflammatory action:** PEA is well recognised for its therapeutic anti-inflammatory effects, with over 350 research papers documenting its anti-allergic, analgesic and neuroprotective properties.

- **Stress relief:** PEA can also contribute to improved relaxation and restfulness, leading to good quality sleep.

- **Highly bioavailable:** A double-blind study conducted on healthy men and women to measure uptake of Levagen+® found that its lipid-based delivery system, Lipisperse®, increased plasma PEA concentration by 75 percent, compared to standard PEA.

Non-addictive and well tolerated, PEA is also being trialled for pain relief in areas such as fibromyalgia, carpal tunnel syndrome, lower back pain, sciatica, inflammatory bowel disease and neuropathies, with positive results. 



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Backstage with BONDI VITE

At Go Vita, we love to share the stories behind our favourite brands. This issue, we look at Bondi Vite.


Former NSW Waratah Damien Fitzpatrick carved out a successful playing career in both Australia and France, despite a significant defect in his left knee which saw him undergo three knee reconstructions and a complete tibial osteotomy. The brutal nature of Damien's final surgery saw him play the remainder of his career on a hugely compromised knee, which increased his commitment to preparation, recovery and preventive measures more than ever before. It also strengthened his determination to find alternatives to long-term use of conventional anti-inflammatory drugs, and their side effects. The result? Bondi Vite was born.

The Bondi Vite difference

Towards the close of his playing career, Damien went about assembling a formulation team of biochemists, accredited performance dieticians and pharmacists,

boasting a cumulative 30-plus years of professional experience. Their goal was to create a range of fairly priced, premium quality, clinical-strength complementary medicine products that were specifically created with active and athletic outcomes in mind.

Importantly, the products were designed to support a range of users, from weekend warriors to elite athletes, and everything in between. The new choice of elite sporting teams across the country, Bondi Vite has now become an integral part of the preparation of some of Australia's best athletes.

Bondi Vite is also redefining the limits of complementary medicine to specifically support and drive active lifestyles in ordinary people. With the Australian population more active than ever before, Bondi Vite aims to shift the dial on complementary medicine and bring a high-performance mindset to the everyday active person as well as support the high-performance athlete who pushes their limits on any given day. That's the Bondi Vite difference - formulations developed specifically for a high physical output which optimise energy, promote recovery, boost immunity and protect joints. 



What is HASTA?

With his background in professional sport, Damien was mindful about creating a range that could support the performance of the world's best, and this is why he has ensured Bondi Vite products are HASTA (Human and Supplement Testing Australia) batch-tested for banned substances.

This commitment to clean, safe supplements through HASTA is another feature that sets Bondi Vite apart from many other sports nutrition products. Nor is this something that is only of interest to elite athletes; increasingly, the strength, quality and safety of supplements is just as important to the everyday person who is concerned about diet and nutrition and who loves nothing more than getting out and being active, whether that sees them jogging in a park, taking a fitness class, or swimming in our oceans.

Further evidence of the Bondi Vite philosophy and their pride in their products is found in fact they are also Australian-made, approved by the Therapeutic Goods Administration (TGA), made with the highest quality active ingredients at their upper-recommended dosage to ensure maximum benefit, and comply with all aspects required for Good Manufacturing Practice (GMP).



Mighty MCTS

What are medium chain triglycerides (MCTs)? And could they help you to achieve your health and fitness goals?

Over the past decade, MCT oil has become extremely popular with people who are looking to build muscle and stay lean. It has many benefits, including increasing energy, maintaining a feeling of fullness for longer, boosting metabolism, helping to burn calories and fat, stabilising blood sugar levels between meals, aiding recovery and weight loss while maintaining muscle mass.

Key advantages

Boosts metabolism: The 'medium chain' in MCT refers to the length of the chain of fatty acids in a fat or oil. About 60-65 percent of coconut oil is MCT and it metabolises much more quickly and quite differently to the long chain triglycerides

(LCTs) found in processed foods, vegetable and soy oils. MCTs are sent directly to the liver, where they are almost entirely burned for fuel. Many Pacific Island populations traditionally eat diets where upwards of 50 percent of their calories come from coconut fat, and these people remain lean and muscular into old age.

Encourages ketosis: This is an important and natural fat-burning metabolic state in which there is a high concentration of ketones in the blood. Ketone production occurs when fat provides most of the fuel for the body, rather than glucose from carbohydrates. A ketogenic diet is a very low carb, high fat diet that can help with weight loss - this type of diet immediately removes foods such as grains, sweets and soft drinks and also limits legumes, potatoes and all fruit. On a ketogenic diet, fatty acid stores are released from body fat stores before being transported to the liver where they form ketones and provide energy. MCTs go

directly to the liver where they are also converted into ketones, which means they can help the body get to ketosis faster because they will not be stored as body fat.

Quickly digested and absorbed: MCT oil is so easy to digest, it is often included in infant formula and given to people with digestive problems. A post-workout shake or smoothie containing MCT oil may help prevent muscle catabolism (break down), improve protein synthesis and reduce recovery time.

Regulates insulin: Insulin regulates blood glucose (or sugar) levels. For a long time, body builders thought fats should be avoided post-workout. However, MCT oil benefits those looking to build muscle by increasing the insulin spike created by a post-workout meal, and in turn improving muscle building. MCTs may also help to slow the build-up of lactate levels which can occur during exercise, as well as encouraging the body to use more fat instead of carbohydrates for energy.

SPRINGFIELDS

Stay well this Winter with EZI-BREATHE

A synergistic blend of essential oils to support your respiratory system

 Lavender
  Eucalyptus
  Tea Tree
  Peppermint

Springfields Ezi-Breathe is a powerful combination of essential oils which have each been used traditionally in aromatherapy for relief of symptoms of nasal and mild upper respiratory tract congestion.

Directions For Use: Use in an ultrasonic diffuser or blend with our Unscented Jojoba Cream to make a chest rub. Always read the label. Follow the directions for use. If symptoms persist talk to your health professional.

Try it!

Choose from Niulife MCT, Endurance or Clarity MCT Plus⁺, and start slowly with a small amount, gradually building up to 1-3 tablespoons a day. These oils are easily added to smoothies and coffee or drizzled on your favourite salad.



WE GIVE IT ALL BACK


100% OF PROFITS FROM ALL NIULIFE PRODUCTS GO TOWARDS EMPOWERING LIVES, ERASING POVERTY AND BRINGING HOPE.



Go Vita loves ... Niulife

One of our favourite brands, Niulife is the perfect example of how one small idea can change the world - for the better. A 100 percent not-for-gloss social enterprise that is serious about erasing poverty and empowering lives in some of the world's poorest coastal communities, everything Niulife does is about the people whose lives they are helping to change. Niulife give 100 percent of the profits from the sale of every one of their certified organic coconut oil-derived products to the Niulife Foundation which supports the villages that make the oil. They also ensure that all Niulife ingredients are sourced from ethical, family owned producers that give back to their local communities.

Niulife has also worked tirelessly with local governments and organic certification systems like NASAA to develop world-class protocols for the ethical and sustainable production of certified organic coconut products. Each DME[®] coconut oil press is independently owned by the villages. Not only does Niulife buy oil that the villagers produce, but 100 per cent of all profits from the sale of their products go back to the villages via the Niulife Foundation.

These programs, run by the Foundation help Support Teams in partnership with individual village enterprises, equip locals with all the knowledge, skills and tools they need to set up and sustain their own independent small businesses and micro-economy. 

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Great reading



What is the perfect diet? Wellness guru and longevity thought leader Marcus Pearce has the answer.

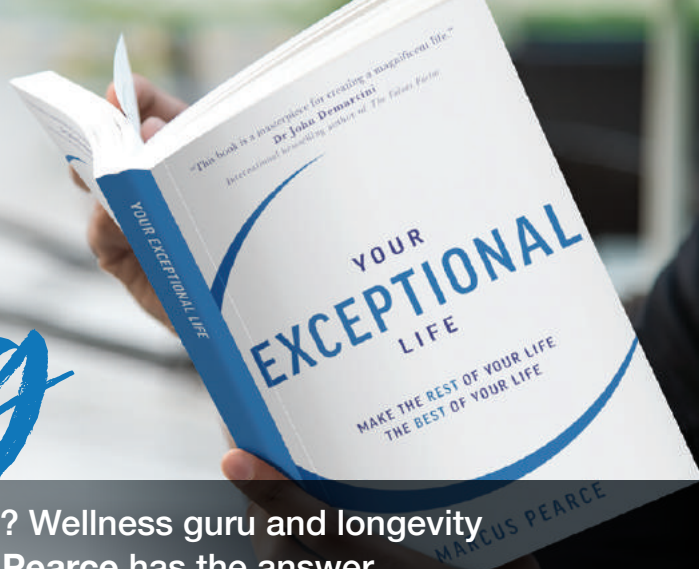
When National Geographic sent Dan Buettner and his team around the planet to study groups of people who were noted for their longevity, they discovered a number of dietary similarities – but also many differences.

For example, in the European ‘Blue Zones’ of Ikaria and Sardinia, where people routinely live past the age of 90, they eat the classical Mediterranean diet of vegetables, fruit, herbs, beans, bread, olive oil and wine. In Loma Linda, California, there is a group of Seventh Day Adventists who follow a strict vegetarian or vegan diet, and who outlive the rest of the American population. Further south, in the ‘Blue Zone’ of Nicoya, Costa Rica, people eat corn, eggs, rice, beans, wild fruits

and vegetables, while in Okinawa, Japan, the traditional diet of rice, fish, tofu, vegetables and very little fruit has remained unchanged for centuries.

What this teaches us is that there is no one diet that suits all human beings. However, what any culture, across any period of time, can agree on as being the best diet for human beings is best summed up by Michael Pollan in *Food Rules*: “Eat food. Mostly plants. Not too much.”

This is an edited extract from *Your Exceptional Life* by Marcus Pearce, founder of the Exceptional Life Blueprint and CEO of the Wellness Couch podcast network and host of the Go Vita podcast. *Your Exceptional Life* is available now in your local Go Vita store, or from www.marcuspearce.com.au



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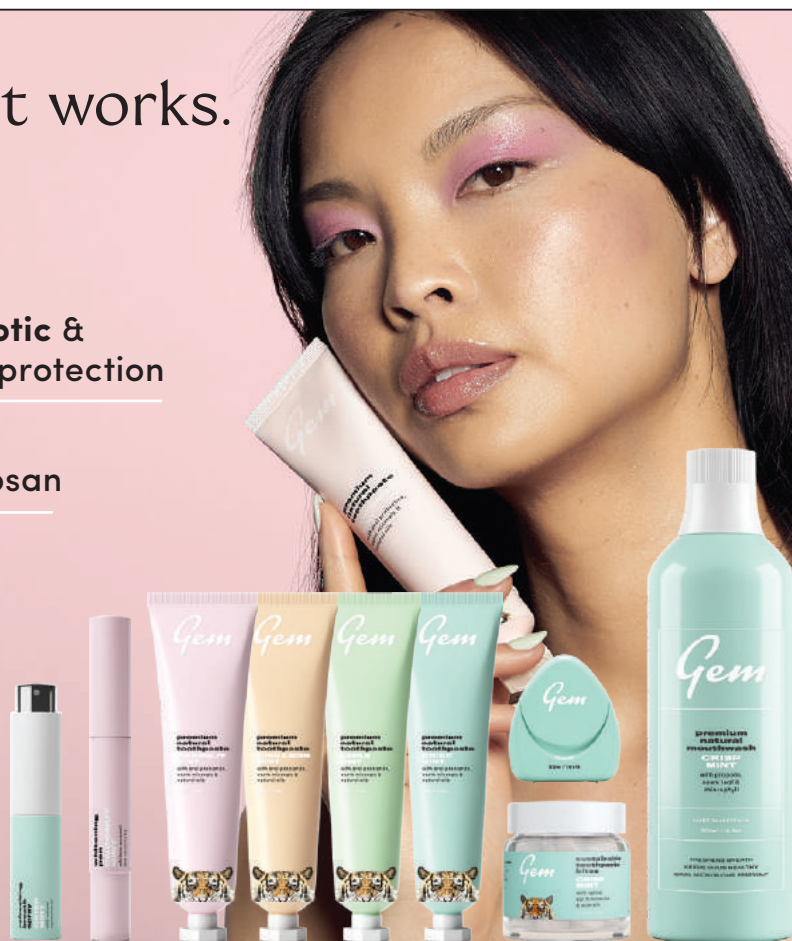
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Toxins in toothpaste

Conventional oral care products can contain risky ingredients. Here's how to take better care of your mouth.

Toothpaste and mouthwash get tossed into the supermarket trolley every week. However, there is compelling evidence that some brands contain toxic ingredients. Here are the worst offenders:

Fluoride: Fluoride, a chemical commonly added to toothpaste to prevent tooth decay; it has never been approved as safe by the US Food & Drug Administration (FDA). Fluoride is a known endocrine disrupter, affecting the bones, brain, thyroid, pineal gland, hormones and blood sugar levels.

Triclosan: This pesticide has been banned by the FDA. It destroys both beneficial and bad bacteria in your mouth, and upsets the mouth's natural flora balance.

Sodium lauryl sulphate (SLS): SLS irritates the mouth, which can lead to canker sores, irritation and organ toxicity. Almost 16,000 studies have exposed the toxic nature of this chemical.

Titanium dioxide: Evidence suggests that nanoparticles in titanium dioxide induce toxic effects in the brain and cause nerve damage. Some are even carcinogenic.

Propylene glycol: A synthetic chemical used as a surfactant, it's also found in antifreeze and paint. Highly toxic to humans, it irritates the skin, eyes, lungs and mucous membranes.

DEA: Shown to cause eye and skin irritation and has even been linked to liver cancer in mice.

Parabens: These preservatives disrupt hormonal function and are associated with a range of development and reproductive problems.



Q&A: Georgia Geminder
founder and CEO of Gem Oral Care

Hullo Georgia – please tell us a little about yourself

I'm the founder of Gem and I'm unnaturally obsessed with natural products, haha! After spending years immersed in beauty products (I was once a model) and going deep on microbiome health (I once launched a Kombucha), I learned about the power of forming healthy habits, natural ingredients and the microbiome.

Why the particular interest in oral care? The more I learned, the more I started questioning the daily-use type of products that actually compromise our health standards. I was particularly struck by toothpaste – why do we use organic moisturiser on our face, then fill our mouths with the same toxins found in rat poison and toilet cleaner? My questioning inspired Gem, a line of toxin-free oral care products, including toothpaste, breath spray, whitening pen, mouthwash, floss and even sustainable toothpaste bites that help you to take better care of your mouth.

How are GEM products different?

Gem is here to stop you nuking your mouth and to help you upgrade your oral care routine instead. Our products are free from the bad stuff, like parabens, triclosan, SLS, aspartame, polyethylene glycol (PEG), and artificial colouring, flavouring or sweeteners, and full of the good stuff, like probiotics, earth minerals and natural oils. And of course, Gem does all the things you would expect your oral care products to do, like freshen, brighten and protect your mouth and teeth. [Go](#)



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IN **PROFILE**

The vegan collagen advantage


Collagen supplements are very much on trend! We often get asked for a vegan-friendly version, in preference to traditional marine or bovine sourced collagen. The good news is that a vegan alternative is now available!

Collagen is a fibrous protein, the 'building block' that provides structure to the bones, skin, muscles, tendons, ligaments and teeth. It provides elasticity for skin, and it is also critical for the health of the muscles, joints, gut, hair and nails. Unfortunately, you lose the ability to produce collagen naturally with age – in fact, from your late 20s, your body breaks down existing collagen fibres faster than it produces them, making you gradually look and feel older.

Vegan plus

The good news is that taking collagen as a nutritional supplement restores and maintains the body's natural reserves, and provides key health benefits, including improved muscle mass and strength, a reduction in the progression of the pain associated with osteoarthritis, and minimising lines and wrinkles in the skin.

Up until recently, the main sources of supplemental collagen came from the connective tissues of animal foods. However, the latest research shows that a vegan-friendly source of protein can be manufactured through a combination of natural ingredients, fermentation and chemical synthesis, to provide a near-identical amino acid profile as collagen and is proving to be just as effective as animal-sourced collagen – even more so when it is presented

as a complete protein powder containing all nine essential amino acids to create the profile of collagen hydrolysate, and also includes a comprehensive range of collagen-stimulating nutrients to improve absorption and uptake of the collagen. 

**Go Vita loves ... Nutraviva
Vegan Collagen Alternative™**

Nutraviva Vegan Collagen Alternative™ has been researched and developed in Australia by a dedicated team of professionals within the health and nutrition industry. In 2019, Nutraviva committed to developing the first true vegan collagen alternative formula after searching the market and finding only simple collagen boosters or basic plant-based proteins, none of which provided the crucial ingredients for collagen formation. Nutraviva Vegan Collagen Alternative™ is the first true vegan collagen alternative that offers a comparable amino acid profile, per serve, to collagen hydrolysate and also provides nutrients and compounds that assist collagen formation.



The wonders of wakame

Harvesting nutrient-dense, carbon-negative seaweeds like wakame may be the wave of future healthcare.

For centuries, Asian cultures have recognised that seaweeds (sea vegetables) like wakame provide a concentrated source of nutrition. Over the last 40 years, medical science has also discovered that eating seaweeds reduces the risk of some diseases, and studies reveal that people who regularly consume them in their diet tend to live longer, healthier lives. Key benefits include:

- **Nutritional value:** Wakame is highly nutritious, rich in iodine, calcium, iron, protein and vitamin B12. Along with other seaweeds, it is a clean, natural, unprocessed food.
- **Detoxification:** Wakame can help to contribute to the health of the endocrine and nervous systems while helping the body eliminate dangerous toxins from environmental pollution.
- **pH balance:** All seaweeds are alkalising, helping to soothe digestion and improve metabolism.

Wakame adds a unique umami flavour, wonderful texture and visual appeal in food!

Sweet Potato Cakes with Wakame

Servings: 4 | Prep time: 30mins | Cooking time: 40mins

Ingredients

- 800g sweet potatoes (kumara), peeled
- 10g dried Pacific Harvest Wakame Fronds
- 1 large onion, finely chopped
- 50g butter (or spread)
- 2 tbsp flat leaf parsley
- 1 tbsp kelp powder
- 2 eggs, beaten with salt and pepper
- butter and coconut oil (for frying)

Method:

1. Cut kumara into large chunks and cook gently in boiling water until tender. Drain and cool.
2. Re-hydrate Wakame in warm water for 5 minutes. Drain and squeeze out any excess water. Chop coarsely.
3. Squash potatoes into a puree with butter, add Wakame, onion, parsley and kelp powder. Adjust seasoning and mix in the eggs.
4. Shape the mixture into cakes and fry in sizzling butter/oil until golden and crunchy. Serve with a salad or green vegetables.

Go Vita loves ... Pacific Harvest

"The seaweed company"

Since 2002 Pacific Harvest has been the leading supplier of ethically harvested edible seaweeds throughout Australasia. All their seaweeds have been sustainably harvested and tested for contaminants for over 18 years.

TIP: Look for white powder on dry wild harvested seaweeds – this is an amino acid called glutamine and is what gives seaweed a wonderful umami flavour – not to be confused with mould!



Pacific Harvest

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



Wild Wakame, harvested from the pristine waters of New Zealand

Chilli Seaweed Seasoning, containing a blend of all three seaweed colours – excellent as a condiment

Boost your nutrient intake today whilst adding wonderful umami flavour to your meals!

Available at ALL
Go Vita health shops

HEMP

...pure gold!



Hemp seeds have long been consumed as a staple food around the world. Today, they are also hailed as a superfood, thanks to their extraordinary nutrient profile.

Hemp seeds and the products created from them, such as protein powder, oil and flour, are exceptionally nutritious. Hemp protein powder and oil are high in omega-3, -6 and -9 essential fatty acids, plus the -3 and -6 are present in the perfect ratio. With 40 percent less saturated fat than olive oil and a fatty acid profile that is superior to flaxseed oil, hemp seed oil is also one of the healthiest culinary oils. Here is a snapshot of what this superfood provides:



■ Polyunsaturated fatty acids (PUFAs):

Compared with other nuts and seeds, such as walnuts, flaxseed, chia and soya beans, hemp seeds contain the highest quantities of the PUFAs (polyunsaturated fatty acids) essential omega-3 and -6, providing around 47g of PUFAs in every 100g of seeds.

With 40 percent less saturated fat than olive oil and a fatty acid profile that is superior to flaxseed oil, hemp seed oil is also one of the healthiest culinary oils.

- **Protein Hemp seeds:** provide an exceptional quality and quantity of protein. Hemp protein is gluten-free, with a complete amino acid profile. Hemp is the only plant to make protein from edestin, a protein very similar in structure to hemoglobin, which makes it more digestible than other protein sources, like soy. Also, unlike soy, hemp

seeds do not cause allergies or contain oestrogenic compounds. Every 100g of hemp seeds contains approximately 33g of high-quality protein.

- **Gamma linolenic acid (GLA):** Hemp seeds are one of only five known sources of this 'wonder' ingredient (the others are borage seed, evening primrose seed, blackcurrant seed, carrot seed and wheatgerm). GLA is important for preventing inflammation.
- **Conjugated linoleic acid (CLA):** Hemp seeds contain 15 times as much of this fat-fighting ingredient as fish oil.
- **Low-carb:** Hemp seeds contain practically no carbohydrates, providing less than half a gram of sugar per 20g serving.
- **Vitamins and minerals:** Hemp seeds are rich in iron, magnesium, phosphorous and zinc, as well as vitamins A, E and the B-group; it is also the only known plant food source of vitamin D, the bone-building 'sunshine vitamin'. In fact, just one serve of Hemp Gold Protein powder provides 71 percent of your (average) daily iron requirement, 116 per cent of magnesium, 84 percent of phosphorous and 37 percent of zinc!



Best-ever Baba Ghanoush

Ingredients

- 1 medium eggplant
- juice of ½ a lemon
- 1 large garlic clove, crushed
- ½ teaspoon cumin
- 1 tablespoon hemp gold seed oil
- 1½ tablespoons tahini
- sea salt and black pepper
- toasted hemp seeds, parsley, and pomegranate seeds

Method: 1. Place eggplant over a naked flame and cook for 15 minutes, turning frequently, until skin is charred and flesh is soft. **2.** Cut eggplant open, scoop flesh into a bowl, and add lemon juice, garlic, cumin, hemp seed oil, tahini, sea salt and black pepper. **3.** Serve topped with hemp and pomegranate seeds and parsley.



Go Vita loves ... Hemp Gold

Hemp Foods Australia has just released their new and improved **Certified Organic Hemp Gold Seed Oil** and **Hemp Gold Protein**. Made by pressing already dehulled hemp seeds, the Gold range offers a lighter colour and flavour and no strong aftertaste compared to regular 'green' hemp products, which are made using seed and husk.

Their Hemp Gold Seed Oil is cold pressed in a natural, unrefined, raw process to give the highest quality plant oil with the same great nutritional profile. This produces a mild, nutty flavoured oil which is very versatile.

Hemp Gold Protein powder is a natural wholefood plant-based protein powder, not an isolate like pea, soy or rice protein. Using dehulled hemp seeds means the protein content is concentrated to 60 percent with the added benefits of 16 percent omega fatty acids, 7 percent fibre, 6 percent minerals and a low 5 percent carbs, and is naturally easy to digest. It's a smooth and creamy powder which dissolves well and doesn't leave a gritty residue behind.

- **Fibre:** The hemp seed husks are an excellent source of fibre to cleanse the gut and improve immune health.
- **Phytosterols:** Hemp seeds offer an astonishing 1,480mg of cholesterol-fighting phytosterols per 20g serving.

Some other facts about hemp seeds which contribute to their superfood status are: **They are a balanced food** - on their own, hemp seeds provide much of the nutrition your body needs, without oversupplying some nutrients and triggering deficiency in others. **Hemp seeds are highly digestible;**

they do not require cooking, soaking or crushing, your body can easily take what it needs and eliminate what it doesn't. **Hemp seeds are safe** - You don't get high from eating hemp seeds as no hallucinogenic THC exists in the seeds. Finally, **hemp seeds are sustainable.** You don't have to kill anything, poison the planet, exploit the ocean or risk anyone else's safety to obtain hemp seeds. They grow just about anywhere without the need for fertilisers, herbicides or pesticides, when grown to ACO Certified Organic standards, and they require far less water than wheat, rice or soy. 🌱

**Hemp
Foods**
AUSTRALIA



Hemp Gold™

Our New & Improved Hemp Gold™ Protein & Oil offers a complete amino acid profile with a neutral hemp flavour and no strong aftertaste.



How is your **Emotional** *Fitness?*

Naturopath Susan Gianevsky shares helpful tips on how to improve your emotional wellbeing, resilience and balance.

At school, I was called a ‘worry wart’ – I did not understand how to control my emotions and I thought it was normal to struggle with nerves and be unable to sleep the night before a test. Later on, when I was a school teacher in my 20s, I observed that confident and relaxed students moved through the curriculum with ease, whereas those who were more sensitive and timid found school difficult. At that time, there was little focus on how to build emotional wellbeing and resilience, and I became keen to learn more about this topic.

Positive definition

Emotional wellbeing may be defined as a positive state of mind and body, where one feels safe and connected to other people, the community and the wider environment. Being able to enjoy optimal emotional health and fitness informs our capacity to manage, communicate and interpret events, as well as to form and sustain relationships. When emotional wellbeing is balanced, we can relish every moment, rather than feel overwhelmed and sluggish, which over time will derail

our physical health. Emotional wellbeing is the key which enables us to progress in our lives; it also determines our physical health, because negative emotions put the body under stress, which in turn compromises immunity and may trigger behaviour which harms physical health, such as overindulgence in alcohol or risk-taking behaviour.

The key signs of emotional stress include: trouble sleeping or oversleeping, racing thoughts or constant worry, anger and irritability, restlessness, feeling

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- ✓ With 22% premium macadamias nuts

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Check out Brookfarm's full range of paleo granola at your local GO VITA

T&C's: Discount applies to Brookfarm Keto Premium Paleo Granola 330g. Offer ends 31st July 2021.

Go Vita loves ... Rest&Quiet Calm, Sleep & Focus Formulas

The **Martin & Pleasance Rest&Quiet** range contains unique combinations of Bach Flower Remedies that are traditionally used for stress, sleep and focus. Dr Edward Bach was a physician who developed the remedies in the 1930's, based on his philosophy that a person's emotional and mental state influenced their overall health and wellbeing. Each formula is designed to support a restful and quiet mind in an increasingly busy world. They are available in spray or dropper form, or as travel-friendly pastilles, which are perfect for your handbag or car. All the products in the Rest&Quiet range are alcohol-free, high potency, and safe for the whole family. Choose from:

Rest&Quiet Calm: Traditionally used to calm the mind and relieve symptoms of stress and mild anxiety. With cherry plum (for fear of losing control), clematis (lack of interest in the present), impatiens (impatience), rock rose (panic and terror), Star of Bethlehem (shock, loss or grief), aspen (fear and anxiety of unknown origin) mimulus (fear of known things) and white chestnut (unwanted thoughts).

Rest&Quiet Sleep: Traditionally used to calm the mind and relieve sleeplessness. With agrimony (for inner worry and torment), cherry plum, elm (overwhelmed by responsibility), impatiens, vervain (overenthusiastic, active mind) and white chestnut.

Rest&Quiet Focus: Traditionally used to calm the mind and support mental focus, concentration and clarity. With clematis, elm, hornbeam (for mental fatigue and brain fog), larch (lack of self-confidence), scleranthus (indecision and uncertainty), walnut (oversensitivity to life changes) and white chestnut, plus vitamin B12.

overwhelmed, unmotivated or unfocused, mood changes, low energy and a lack of motivation. Unfortunately, despite the wealth of information on the importance of recognising these signs, there is still a tendency to not address emotional wellbeing openly, perhaps out of a fear of being judged or thought of as weak by others. The good news is that there are natural solutions that will support emotional and mental wellbeing so that you can sleep better, feel motivated and energetic, and more inclined to take physical exercise, which supports overall wellbeing.

- Explore new ways to express yourself
- Learn how to meditate and practise mindfulness
- Discover the power of the Bach Flower Remedies and how they can benefit you. I believe these natural medicines can act as a catalyst for positive inner transformation, raising self-awareness, self-reliance and self-esteem, and move us from negative states towards positive ones. 🌿

Susan Gianevisky is a naturopath, Homeopath and women's health ambassador.

My top tips for emotional wellbeing are:

- Expose yourself to as much fresh air and sunlight as possible
- Make your emotions your responsibility
- Take care of your physical health
- Pursue a hobby
- Learn ways to manage your stress
- Practise gratitude



Martin & Pleasance
Since 1855

Rest&Quiet

Your Moment of Calm



CALM



SLEEP



FOCUS

Introducing Rest&Quiet, a range of complex formulas, traditionally used in Bach Flower Remedies to calm the mind.

ALCOHOL FREE
AUSTRALIAN MADE & OWNED



restandquiet.com.au

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

AC10868-0121



The earth-friendly Breakfast

Can you protect your health and the health of the planet by changing your breakfast cereal? Yes!

How can we each do not only what is best for our own health, but also ensure it does not come at a cost to the planet? We, the many* makes delicious carbon neutral breakfast cereals with specific health benefits. Plus, they are a certified carbon neutral organisation, and are committed to investing into carbon reduction projects.

A better bowlful

Little steps lead to big change – and what could be easier than swapping your standard breakfast cereal for one that helps you kick some big health and climate goals?

We, the many* believe that the nutrients your body needs should come from real food. Their products have been created with scientifically proven functional ingredients that will optimise

health, such as beetroot (for antioxidant and exercise performance), turmeric (anti-inflammatory and cognitive support) and green banana resistant starch (for gut health).

Simply changing your regular breakfast cereal for one from We, the many* is also probably the easiest way we can counter climate change by reducing the carbon emissions we release into the atmosphere. The business model is different from that of most companies – rather than making one-off donations to climate-related causes, We, the many* invest their profits in climate action projects, such as wind farms, regenerative farming, recycling innovation and climate start-up regenerators; so, the bigger their business grows, the bigger those investments will grow. The really cool part is that 50 percent of the profits from the investments will be reinvested into carbon reduction – so the potential for positive environmental impact just keeps growing. ☺



Will Brook, Co-Founder We, the many*

Go Vita loves ...

We, the many* range

Beetroot Granola: Rich in antioxidants, thanks to beetroot, goji berries and currants, plus healthy oleic fats to boost brain power and fibre for gut health and blood sugar control.

Turmeric Granola: A powerful anti-inflammatory recipe, with whole oats to prevent diabetes and lower cholesterol levels, and good fats from almonds to keep you feeling fuller for longer.

Prebiotic Granola: With green banana resistant starch, which is a natural prebiotic to feed your microbiome and heal your gut.

Beetroot Porridge: Loaded with vitamin C and folic acid for growth and energy, plus potassium and iron.

Turmeric Porridge: With immune-boosting turmeric, ginger, black pepper, oats, cinnamon and cardamom.

Prebiotic Porridge: A gut-friendly formula with a deep, nutty flavour.

We, the many*

WE INVEST 50% OF PROFITS INTO CARBON REDUCTION

NEW carbon neutral porridge



Great for the planet. Great for your health.

wethemany.com.au @wethemany

The power of plant protein



White Wolf Nutrition Natural and Lean Plant Protein is an ultra-smooth blend of three amazing protein sources – organic pea, watermelon seed and pumpkin seed. It also has DigeZyme® digestive enzymes added which may assist with digestive health

and nutrient absorption plus LactoSpore® probiotic which may improve overall gut health by eliminating harmful gut bacteria. Pop in to your local Go Vita to check out the range of eight amazing flavours!

- Vegan-friendly
- Keto-friendly
- High protein, low carb
- 100% natural sweetened and flavoured
- Ultra-smooth texture
- No added gluten or dairy
- Non-GMO
- No fillers/gums
- No added sugars/artificial colours

*Peanut
Brittle and
Raspberry
Slice*

Ingredients

- 1 cup / 100g oat flour
- 1 scoop White Wolf Nutrition Peanut Brittle Protein powder
- ½ tsp baking powder
- 2 / 200g ripe bananas, mashed
- ¼ cup egg whites (or sub a chia egg for vegan option)
- 40g Greek / coconut yoghurt
- 1 tbsp maple syrup
- 2-4 tbsp almond milk
- Frozen raspberries to top

Method

1. Preheat oven to 180°C
2. Combine oat flour, protein and baking powder in a bowl.
3. In a separate bowl, whisk together mashed banana, egg whites / substitute, yoghurt and maple syrup. Pour into the dry mixture and fold through.
4. If needed, add in 2-4 tbs almond milk or other liquid to add more moisture.
5. Pour mixture into the baking tin, sprinkle with raspberries and bake in oven for 30-40 mins or until fully cooked through.

Smooth & Delicious PLANT PROTEIN

100% NATURAL. HIGH PROTEIN & LOW CARB. NON GMO.

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CARAMEL SWIRL

BANANA CINNAMON

CHOCOLATE MALT





WIN a bottle of Radiant Glow!

Radiant Glow is a light, highly nutritive priming skin veil that creates a perfect, glowing base and leaves skin silky-smooth and dewy. Enriched with firming magnolia extract, restorative aloe vera and argan oil to minimise fine lines, it is a wonderful multitasking product that may be used as a primer, moisturiser and illuminator.

Go Vita has teamed up with Inika to give you the chance to win one of five beautiful bottles of Radiant Glow. Simply tell us in 25 words or less why you would love to win this prize, email your entry to us at promo@govita.com.au, making sure you include your name and contact number. Good luck!



Aromatherapy Cognitive Support + Wellbeing Collection

Juniper Pure Organic Skincare has an exquisite new collection of pulse point blends to assist in times of low mood, anxiety, sleeplessness and brain fog. It's like having a mental health first aid kit at home, plus it's easy to slip one into a pocket or handbag when you're out. Australian-made, cruelty free and vegan.



Tonika Adaptogenic Creamers

The perfect addition to your coffee, hot chocolate, or smoothie, these creamers are plant-based and keto-friendly, with a base of coconut milk, added MCTs and carefully selected adaptogens to help the body regulate stress response and boost immune function. **Choose from Honeycomb, Vanilla Macadamia or Cacao and Maca.**



PomPom Paddock Crispy Coating Mixes

We all love a tasty little fried treat, but gluggy coating mixes can take a toll on our health. **PomPom Paddock Crispy Coating Mixes** are a delicious alternative! Made with PomPom Paddock's signature cauliflower flour and a delicious blend of herbs and spices, these mixes are gluten-, dairy-, egg- and soy-free, as well as being low in sodium, packed full of nutrients and super easy to use. Choose from Italian or Kentucky Style; to use, simply coat fish or chicken and bake or fry for a quick and healthy dinner.



NutriVital supplements

This Australian-made and owned premium health supplement brand has been busy creating these three exciting new products:

NutriVital Activated B Complex Tablets, support energy production and nervous system function. Helps support a healthy stress response in the body.

NutriVital Hair, Skin & Nails Tablets, support collagen formation, skin integrity, healthy hair and strong nails.

NutriVital Pain & Inflammation Capsules contain boswellia, to relieve symptoms of joint aches and pain associated with osteoarthritis and rheumatoid arthritis, and Levagen+™, which acts on the cannabinoid CR2 receptor in the body.

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

LittleOak sachet packs

LittleOak Infant Formula is the first infant formula in the world that has been certified palm oil-free; instead, it is made with all the goodness and nutrition of natural whole goat's milk, and it contains absolutely no sugar and no synthetic ingredients. LittleOak Infant Formula is now available in boxes of five sachets, which are perfect for when you are out and about; or you just want to trial the product first before you buy the larger tub.



Bee Winter ready

BeePower Manuka Honey Lozenges are made from premium high grade MGO500+ Manuka Honey, which has been single-filtered. All BeePower lozenges are individually packed to provide soothing relief for sore throats and dry mouth while you're on the go. BeePower Manuka Honey Lozenges are made using honey harvested by specialist beekeepers along the east coast of Australia's pristine bushland and native forests. Choose from Lemon or Ginger and Lemon varieties.

Bee Power Lemon Honey

The perfect blend of sweet and sour! Add to grilled chicken or salmon, drizzle over a fruit salad or add a spoonful to a cup of herbal tea to rejuvenate your entire system. Sore throat or blocked nose? Stir a teaspoonful of Bee Power Lemon Honey through a mug of hot water and sip it.



SkinB5 breakthrough

SkinB5 has achieved global recognition, with its Classic Cleanser and Clay Mask winning two top beauty awards in the 2021 Singapore Beauty Insider Awards. Plus, SkinB5 has received five more nominations across four categories in the *Wellbeing Magazine* Be-YOU-T Awards. The year 2021 is definitely shaping up to be an exciting one for SkinB5 with these two international awards already received, and the potential for five more to come. Congratulations SkinB5! - a trusted Australian-made brand of effective, scientifically formulated acne-fighting products.

AUSTRALIAN CAPITAL TERRITORY

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

NEW SOUTH WALES

Armidale	02 5633 6147
Ballina Fair	02 6686 8252
Bateau Bay	02 4334 3448
Batemans Bay	02 4472 9737
Blacktown	02 9622 3021
Bondi Junction	02 8068 8185
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
Eastgardens	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 4334 4847
Grafton	02 6642 6443
Hornsby	02 9477 5142
Katoomba	02 4782 4667
Lake Haven	02 4392 1846
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 9758 6281
Rouse Hill	0455 408 554
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
Thornton	02 4966 1232
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
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QUEENSLAND

Bundaberg	07 4152 4888
Cairns City	07 4031 0018
Capalaba	07 3245 3877
Carindale	07 3324 9755
Carindale #2	07 3398 4242

Chermside	0476 049 057
Chinchilla	07 4662 7066
Cleveland	07 3286 5401
Earlville	07 4054 2481
Gympie	07 5482 6277
Hawthorne	07 3399 1002
Indooroopilly	07 3378 8698
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
Southport	07 5531 1402
Springfield	07 3470 0788
Stanthorpe	07 4681 1575
The Gap Village	07 3511 0772
Toowong	07 3870 8118
Toowoomba	07 4638 5677
Warwick	07 4661 4626

SOUTH AUSTRALIA

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

Tanunda	08 8563 0244
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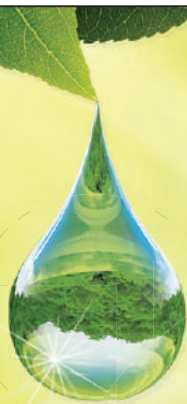
VICTORIA

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

WESTERN AUSTRALIA

Bunbury	08 9721 7111
Cottesloe	0413 351 640
Currambine	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

Discover the power of nature's oils



✓ A naturally sourced antiseptic



✓ Calms the mind & supports healthy sleeping patterns



✓ Traditionally used in Western herbal medicine to relieve headache symptoms

**Thursday
Plantation**

Tempting Trio

When you combine antioxidant-rich cacao, good-for-you turmeric and blood sugar balancing cinnamon together, not only do you get a flavoursome hot chocolate, but you get a super healthy drink!

Key benefits

- may help reduce inflammation
- may help manage blood sugar levels
- great source of vitamins and minerals
- may help improve mood.

TURMERIC HOT CHOCOLATE

Ingredients

- 2 cups almond / cashew milk
- 2 tablespoons Organic Road Raw Cacao powder
- 1 teaspoon Organic Road Turmeric powder
- 1 teaspoon Organic Road Cinnamon powder
- 1 teaspoon vanilla extract
- 1 tablespoon Organic Road Maple Syrup
- Pinch black pepper
- Dark chocolate to decorate (optional)

Method

Combine all ingredients in a saucepan over medium heat, whisk until smooth. Pour hot mixture into a blender and blend until frothy. Pour into mugs and sprinkle with grated chocolate.

Serves 2



- ✓ Certified organic
- ✓ 100% Australian Owned
- ✓ No additives or preservatives
- ✓ Vegan friendly
- ✓ GMO Free



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



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BRAIN HEALTH
FORMULA

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FORMULA



Niulife's range of Coconut MCT Oils provide a fast and powerful source of energy from fats, not sugars. Our MCT Plus+ formulations are fortified with Omega 3s from chia, camelina and flax oils, which can provide a more sustained energy release over 6 hours; twice as long as regular MCT oil.

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