

Newsletter

June 2007

(Special Edition)



melrose

First in Flaxseed Oil

This Month

Naturopath News

Fish Oil

Read about us

Australian Natural Health - Vitamin C

Australian Iron Man - Glucosamine

Focus On - Vitamin C

Nature and Health - Flaxseed Oil

Options - Omega Fibre

Women's Health and Fitness - Essential Greens

Conscious Living - Fish Oil

Organic Gardener - Flaxseed Oil

Healthy and Heart Wise - Nut Spreads

Natural Health & Beauty - Vitamin C

Expo's

AAMT (Massage) National Conference
June 1 - 3

The Good Food & Wine Show - Melbourne
June 1 - 3

The Good Food & Wine Show - Sydney
June 15 - 17



Geoff's Letter

Dear Friends,

As we all know, our pets are akin to family when it comes to their welfare and some may also say that they are even more important. People will tell you that they know of owners who save on purchasing food for themselves in order to spend a little extra on their pets to keep them healthy. And if a major operation is required, they will borrow heavily to prolong the life of their dog or cat. Every morning I travel past a veterinary clinic on my way to Melrose. There are always cars in the parking lot belonging to, one would assume, pet owners bringing their pets in for treatment as soon as the clinic opened. As a gauge of the total pet market you only have to see the rows and rows of dog and cat foods in the supermarkets - quite astounding when you think that when I was much younger, you bought food for the dog (a bone) from the butcher and you fed the dog any left over scraps from your own meal. Cans of prepared meals were unheard of. Why am I telling you this?

Well recently there was a massive recall of pet foods in the USA. An unbelievable number of brands - Hills, Royal Canin, Nestle and another hundred or more were all recalled because dog and cat owners were reporting to their Veterinary Clinics with sick and dying animals. Most of these brands were produced by one contract packer - Menu Foods. The problem was traced to a substance called Melamine. It appears that 60 tons of wheat gluten and rice protein from China was contaminated with Melamine.

Melamine would be familiar to us as the plastic coating used for cupboard shelves and bench laminates with trade names such as Laminex, Formica, etc. Another use for Melamine is as a source of nitrogen, and it was this fact that its high nitrogen content led the Chinese supplier to add Melamine to wheat gluten and rice protein. Proteins contain nitrogen and it is usual to estimate the amount of protein from its nitrogen content. Adding Melamine to gluten and rice protein would give the impression of a higher protein level, thus perpetrating a fraud.

The Melamine addition proved deadly as there were thousands of dogs and cats ill and dying all over the US. It was also thought that Melamine had entered the human food chain via pigs fed the contaminated feed and another report that food scraps used in poultry feed were also contaminated. Can you imagine the panic this scenario has created - the challenge to the FDA is now immense. The moral of this catastrophe might be: the cheapest source may not turn out to be so cheap after all.

Our Australian Quarantine Inspection Service (AQIS) keeps a watching brief and flag spot checks on imported raw materials. We have had several imports flagged for testing in recent years. I believe that AQIS tests 5% of all food imports, so it is possible for contaminated raw materials to slip through. Nevertheless in the end, it is the responsibility of the importer to purchase from suppliers with good house keeping records that comply with good manufacturing practice. It also indicates that purchasing certified organic ingredients would add another check to the system, providing further assurance.

Cheers,

Product information



Organic Safflower Salad Oil is back in stock

Melrose Organic Safflower Salad Oil 500ml



Olbas Range

A unique blend of 6 pure plant oils including peppermint, eucalyptus, cajuput, clove, juniper berry and wintergreen.

Temporarily relieves symptoms of catarrh, sinusitis, colds and flu.

Externally apply for relief of pain associated with rheumatic conditions.

Available as an Inhaler, 10ml oil, 25ml oil, and pastilles.



Melrose Hi Lignan Breakfast Booster

A combination of whole foods rich in phyto nutrients and plant lignans.

Contains: Flaxseed Meal (Organic), Soy Flour (GMO free), Almond Meal, Brazil Nut Meal, Sunflower Meal, Barley Grass Powder, Soy Fibre, Ginger, Licorice, Calcium Lactate, Vanilla, Magnesium Carbonate.

The food concentrates in Breakfast Booster have been chosen to reflect the evidence of many years study of scientific papers in the field of nutrition and wellbeing. Flaxmeal is the richest source of plant Lignans and an excellent source of soluble and insoluble fibre, and Omega-3. Soy is a recognised source of the isoflavonoids: diadzein and genistein. Brazil nuts are the richest natural source of the antioxidant Selenium and Barley Grass is a natural source of chlorophyll and beta carotene as well as several antioxidants. The combination of wholefoods and wholefood concentrates in Breakfast Booster bring together phytonutrients that are the foundation of optimum nutritional care and wellbeing.

Suggested Serve - approximately a heaped dessert spoon. Sprinkle on breakfast cereal. Mix with water or juice. Mix into shakes or use with other foods as desired.



Melrose Breakfast Booster 450g

Fish oil breakthrough in the fight against rheumatoid arthritis

New study shows fish oil reduces pain and stiffness in sufferers

In a new paper published in February 2007 in the journal *Pain*, researchers have evaluated 17 separate trials looking at the treatment of joint pain with omega-3 polyunsaturated fatty acids, found in fish oil. The results are that 'omega-3 polyunsaturated fatty acids are an attractive adjunctive treatment for joint pain associated with rheumatoid arthritis, inflammatory bowel disease and dysmenorrhea'.

These findings are no surprise to Royal Adelaide Hospital's Head of Rheumatology, Professor Les Cleland. 'We've known for more than 20 years that fish oil supplements can benefit the symptoms of rheumatoid arthritis', Professor Cleland says. 'We've also found that people who take fish oil have a reduction in cardiovascular risk factors, and they use fewer NSAIDs.' NSAIDs, or non-steroidal anti-inflammatory drugs, have been shown to increase the risk of cardiovascular disease and gastric bleeding.

One NSAID, Vioxx, was recalled worldwide in 2004 because it caused an increased risk of potentially fatal side effects.

So why is fish oil not used more widely in the treatment of inflammatory conditions? 'One reason is the lack of availability of a suitable dosage. Most of these studies use nine or more capsules a day, and that's too inconvenient and expensive for many people'. At the Royal Adelaide Hospital, liquid fish oil is used instead of the capsules, with great results. 'Fish oil is readily taken as a liquid, with juice', Professor Cleland explains. The Royal Adelaide Hospital provides over 400 bottles of fish oil each week to patients.

Norwegian 18/12 liquid fish oil with lemon/lime flavour, as used at the Royal Adelaide Hospital, is available from Melrose Health.

Study Details:

Goldberg R J, Katz J. A meta-analysis of the analgesic effects of omega-3 polyunsaturated fatty acid supplementation for inflammatory joint pain. *Pain*. 28 February 2007, pp.

Ocean nutrition from the pristine Arctic waters off the coast of Norway



Omega 18/12 Fish Oil 500ml

Omega 18/12 Fish Oil 250ml

Congratulations Melrose



Highly Commended - Salad Dressing

We have received a Highly Commended award from Slimming and Health Magazine in their Healthy Eating Awards 2007 for our Melrose Mayonnaise.

- Egg and Dairy free
- Cholesterol Free
- with Organic Mustard
- Creamy and smooth
- Delicious tangy taste
- Suitable for Vegans

Melrose Organic Mayonnaise has a delightful appetising taste. Suitable for salads and sandwiches. Certified organic by the Biological Farmers of Australia.

Melrose Organic Mayonnaise 365g

NSW Sales Manager for Melrose : Ben Furzey, Phone 0417 575 955

NSW authorised distributors of Melrose products:

Pagle P/L ph: 02 9736 1800 fax: 02 9736 3133

Go Vita Distributors - NSW ph: 02 8707 0300 fax: 02 9634 2301

Life Span Holdings P/L ph: 02 8831 5000 fax: 02 9634 2301

Traditional Medicine Supplies ph: 02 9699 4655 fax: 02 9699 4711

4 Redland Drive, Mitcham 3132
Phone: 9874 7800 Fax: 9874 7366



Email: orders@melrosehealth.com.au
Website: www.melrosehealth.com.au