

Newsletter

(Special Edition)

December 2007

This Month

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- Flax

Clean Food Organic -
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Options - Castile Soap

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- Flaxseed Oil

Organic Gardener
- Castile Soap

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- Lignan Life (Dec)
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Window Displays

Chlorella/Christmas



We wish you
all a happy
and safe
Festive Season



melrose

First in Flaxseed Oil

Geoff's Letter



Dear Friends,

Do flax lignans lower the risk of Breast Cancer?

Last Thursday evening, our RMIT University PhD candidate, Leah Williamson, presented the results of her three year's research on a way that women could lower the risk of developing Breast Cancer using Flax Lignans. The Flax Lignans, in concentrated tablet form, were produced by Melrose and are now marketed as Lignan Life.

We learnt that what we call Estrogen is really a group of estrogens and that there are 'good' and 'bad' estrogens just like good and bad cholesterol. The evidence was clear that Flax Lignans increased the good estrogen, 2-Hydroxyestrone, resulting in a protective effect against uncontrolled tissue development that leads to breast lumps. The good thing is that, unlike HRT, there are no known side effects when taking Flax Lignans as part of a normal diet.

Leah's research also produced evidence that women experiencing **hot flushes** noticed that their hot flushes gradually disappeared whilst on the Lignan tablet only to return when the next phase of the trial was to go on to a placebo. Many of the 35 women in the trial continue to take Lignan Life. Recently, US research workers found that 57% of postmenopausal women had a better quality of life after taking flax lignans.

From other research papers, Leah demonstrated how Flax Lignans improved related hormone conditions such as alleviating hair loss, reducing acne and, especially for males, reducing prostate enlargement and prostate cancer.

All present were convinced that the research gave new hope to reducing the risk of breast and prostate cancers by simply increasing Flax lignans in the diet and applauded Leah on the quality of her research and her presentation.

Flax lignans are available in measured potency by taking one or two Lignan Life tablets daily or sprinkling about 10-20 grams of Melrose Golden Flax Meal, Omega Flax Fibre or Breakfast Booster on your breakfast cereal.

GMO decision by Vic Government is flawed

What is the point of farmers producing GM Canola that no-one wants to buy?

'Business Development Manager Appointment'. I have been aware for some time that the future pathways for business development, including marketing and sales, are more complex than ever. There are now many more opportunities available, especially in the field of nutraceuticals, which are ready for further development. We are extremely fortunate to have **Benedict Hughes** recently join Melrose as 'Business Development Manager'. Benedict has considerable experience in these areas and we welcome him to the Melrose team. He can be contacted at the office number or mobile 0419 324 525 or email bhughes@melrosehealth.com.au.

Regards,

Christmas is not far away

**- are you ready and have you ordered in some extra special things?
Here are some ideas for:**

"Gourmet Picnic Hampers"

Kaoka Organic Chocolate & Drinking Chocolate
Shady Maple Farms Organic Maple Syrup and Maple Spreads
Melrose Organic Mustard
Melrose Nut Spreads
Melrose Organic Tahini
Organic Ground Coffee or Beans
Melrose Organic Mayonnaise and Dijonnaise
Melrose Organic Worcestershire Sauce
Melrose Organic Balsamic Vinegar
Melrose Organic Green or Black Olives



"Pamper Hampers"

Nature's Herbs Organic Shampoos, Conditioners, Bath Foam and Shower Gel
Golden Wattle Bee Pollen Shampoos, Conditioner and Moisturiser
Rainwater Soft Everyday Apricot and Calendula Lotion
Rainwater Soft Everyday Shampoos and Conditioners
Hemp Oil Hair and Body Care
Melrose Sweet Almond Oil
Gel and Face Cream



"Holiday Travel / 1st Aid Hampers"

Propolis Tincture
Olbas Inhaler
The Good Oil Tea Tree Oil
Lucas Papaw Ointment
The Oil Garden, Therapeutic Creams



"Aromatherapy"

The Oil Garden Essential Oils:
Vaporiser Blends
Tea Light Candles
Massage Oils
Ceramic Burners



"Christmas Cooking"

OmegaCare Table Spread
Melrose Apple Juice Concentrate
Melrose Vegetable Oils
Melrose Organic Mayonnaise
Four Leaf Organic Flours and Grains



"Pet Treats"

OmegaPet:
Clean Wash Shampoo
Flax meal
Flax chunks
Yarrah Organic Cat and Dog Food



Coconut oil

Coconut oil has been used for centuries both internally and externally. Coconut supplies a lot of nutrients important for good health, fighting various diseases and supporting metabolism.

Once mistakenly believed to be unhealthy because of its high saturated fat content, it is now known that the fat in coconut oil is unique.

All fats consist of fatty acids made up of long chains of carbon atoms with hydrogen atoms attached. In this system you have short-chain fatty acids (SCFA), medium-chain fatty acids (MCFA), and long-chain fatty acids (LCFA). Coconut oil is composed predominately of medium-chain fatty acids (MCFA), also known as medium-chain triglycerides (MCT).

The vast majority of fats and oils in our diets, whether they are saturated or unsaturated or come from animals or plants, are composed of long-chain fatty acids (LCFA). Some 98 to 100% of all the fatty acids you consume are LCFA.

The size of the fatty acid is extremely important. Our bodies respond to and metabolize each fatty acid differently depending on its size. So the physiological effects of MCFA in coconut oil are distinctly different from those of LCFA more commonly found in our foods. The saturated fatty acids in coconut oil are predominately medium-chain fatty acids. Both the saturated and unsaturated fat found in meat, milk, eggs, and plants (including almost all vegetable oils) are composed of LCFA.

Coconut oil is effective in reducing body fat and lowering weight because it contains fewer calories than any other fat. For this reason, it has gained the distinction of being the world's only natural, low-calorie fat. When you use coconut oil in your food preparation, you can eat the same types of foods as you normally do yet consume fewer calories. Although coconut oil is saturated, it has no cholesterol and no dangerous trans-fats found in other oils.

The fact that coconut oil contains fewer calories, however, is not the main reason it has gained a reputation as a low-calorie fat. Its advantage in weight management is due primarily to its effect on metabolism. Medium-chain triglycerides in coconut oil are smaller than other fats and, therefore, digest very quickly, so quickly in fact, that the body uses them as an immediate source of fuel rather than pack them away in storage inside our fat cells. MCT are used to produce energy much like carbohydrates and, therefore, they do not circulate in the bloodstream like other fats. Coconut fats are processed directly in the liver without putting strain on the digestive system and are highly recommended for those who have difficulty digesting fats.

Coconut oil is rich in lauric acid, a proven antiviral, antibacterial and antifungal. Lauric acid in coconut is the same as lauric acid found in mother's milk that is essential for babies developing systems and immunity. Coconut has a long shelf life, resistant to heat and is the safest cooking fat.

How much coconut oil should I take?

Researchers state that the optimal amount for an adult is between 3 and 4 tablespoons per day. This

equates to the amount of medium chain fatty acids a nursing child would consume in one day from mother's milk. It is best to use coconut oil three times a day at meal times. We recommend that you begin with a smaller amount and build up to the recommended dosage if necessary.

Does coconut oil need to be kept in the fridge?

No, it does not need to be kept in the fridge. Indeed, it will become as hard as a brick if you do keep it in the fridge. In tropical climates, the oil is traditionally not refrigerated and is always liquid. In colder climates, at least for most of the year, the oil is solid. It can be made liquid by standing the container in a pan of warm water - never microwave! The natural antioxidants give it a very long shelf life. Store out of direct sunlight.

What happens when coconut oil is heated?

Coconut oil is not destroyed by heat. The medium chain fatty acids are very resistant to heat and even commercial oils heated to very high temperatures retain their MCFA's. Coconut oil is one of the best and safest oils to use in cooking, because it does not turn into a Trans fat on heating like other seed oils (including olive oil).

Will heating coconut oil turn it into hydrogenated oil? Hydrogenation is not caused by heating coconut oil during cooking. It is an industrial process where hydrogen molecules are introduced into the oil to make it solid at room temperature. It chemically alters the oil and creates harmful trans fatty acids. It is perfectly safe to heat coconut oil for cooking.

What's the best way to use coconut oil?

There are many ways to use coconut oil and incorporate it into one's diet. Since it is a stable cooking oil, one can simply replace unhealthy oils in the diet with it. Since it is a solid most of the time at room temperature, it can be a butter or margarine substitute for spreads or for baking. Any recipe calling for butter, margarine, or any other oil can be substituted with it. Many people simply eat it by the spoonful. Coconut oil can also be massaged into the skin for external applications.

Are coconuts a nut, fruit or vegetable?

The meat of the coconut is usually referred to as fruit, and the coconut itself is the nut (or seed). This will reproduce into a coconut palm tree if allowed to. Coconut oil is classified as a "vegetable oil".

Product sizes

Coconut Oil Refined Organic Colombia 300g

Coconut Oil Unrefined Organic Organic (Fiji) 300g

Coconut Oil Unrefined Organic East Timor 300g

Coconut Oil Unrefined Organic East Timor 900g



Go nuts by Toni Jordan B.Sc. Dip B.A.

Delicious on their own or as part of a meal, nuts are the healthy choice.

For many years, nuts were considered a bad food choice. They were unhealthy, people said: high in fat and high in calories. If you ate nuts, you were...well...nuts.

How times change. Now the research shows that, not only are nuts a safe addition to everyone's diet, but they're actually good for you. Health and dietary organisations around the world now recommend nuts as a well-balanced source of essential nutrients, protein and fibre. And as for fat...Well, yes. Nuts are high in fat. But it's the good kind, polyunsaturated and monounsaturated fats, so nuts can reduce the risk of heart disease. Best of all, the latest research shows that nuts, as part of a balanced diet can help weight loss because they're the ideal snack to replace high sugar foods like cakes, sweets and pastries. Nuts are high in protein and fibre, so a snack or meal containing nuts will help you feel fuller for longer.

Tips for including nuts in your diet

Raw nuts are healthy, but there are other ways to include the power of nuts in your diet. As kids we all loved peanut butter and today there are many different kinds of nut spreads available, and they're ideal for grown-ups. Nut spreads are delicious and convenient, but don't just use them on sandwiches, toast and biscuits. Try:

- **Pistachio spread** served on bruschetta or biscuits as an appetiser, or mixed with a little light sour cream or yogurt as a dip
- **Cashew spread** stirred through a vegetarian or meat curry—this gives an authentic Indian flavour and naturally thickens the curry
- **Macadamia spread** blended with olive oil, basil and grated parmesan cheese, then stirred through spaghetti as an easy pesto pasta sauce
- **Almond, brazil and cashew spread** (often called **ABC spread**) added to porridge or muesli for an early-morning protein-boost, or included in your favourite muffin recipe
- **Almond spread** mixed with salad dressing, and used to top your favourite salad. Try it with rocket, roast pumpkin and chick peas
- **Brazil and linseed spread** added to a risotto—just spoon through at the end of the cooking time with a little grated cheese and chopped rocket
- **Hazelnut spread** is a terrific addition to soup. Try a spoonful stirred through potato, leek and mushroom soup

Casseroles, smoothies, omelettes and quiches—once you start adding nut spreads to your families meals, you'll soon find your own delicious combinations.



What exactly is Tahini?



Tahini is a spread made from ground sesame seeds, often used in Middle-eastern and Asian cooking. Although not strictly derived from nuts, tahini has a nutty taste and can be used as a replacement for nut spreads in many recipes. Tahini is a rich source of calcium and essential fatty acids, and it can be mixed with lemon juice and garlic to make a sauce or added to hummus. It's also an ideal non-dairy butter or margarine replacement. There are two kinds of tahini commercially available: hulled and un-hulled. Un-hulled tahini is made using the whole sesame seed. This is stronger in taste and darker in colour than hulled tahini.

