

Naturopath News

by Jacinta Ammerlaan

Organic Essential Greens

Melrose Essential Greens is a blend of nature's most nutrient dense foods. These natural superfoods are full of valuable vitamins, minerals, essential amino acids, phytonutrients, antioxidants and plant pigments such as chlorophyll. Made from organic Barley grass, organic Wheat grass, organic Chlorella and organic Spirulina with a taste of lime.

The unique benefits of each ingredient are as follows:

Barley & Wheat Grass

Barley and Wheat grass powders are a concentrated source of vegetable greens essential to life:

- > Contains all non-essential and essential amino acids
- > Vitamins B1, B2, B5, B6, B9, C, E & Beta-Carotene
- > Minerals including - Potassium, Calcium, Magnesium, Iron, Copper, Phosphorus, Manganese & Zinc.
- > Enzymes including - Cytochrome oxidase, Lipase, Protease & Amylase.
- > Improves digestion and helps support intestinal flora
- > Enhances Energy Levels
- > Detoxifying
- > Highly Alkalisng - reduces acidity in the body
- > Cleansing
- > High in dietary fibre - helps curb appetite
- > Anti-inflammatory

Spirulina

Spirulina contains a concentration of perfectly balanced organic nutrients:

- > Vitamins B1, B2, B3, B5, B6, B12, E & Beta-carotene
- > Minerals Iron, Manganese & Zinc
- > Antioxidants
- > Rich in GLA - (gamma linolenic acid) that supports the production of preferable inflammatory mediators eicsanoids
- > Contains 67% easily digestible proteins
- > All essential amino acids
- > Phytonutrients
- > Abundant levels of chlorophyll.
- > Spirulina is an ideal supplement for vegetarians and vegans, as it provides a natural plant source of protein and is rich in other vitamins and minerals that vegetarians and vegans commonly lack in their diets.

Chlorella

Chlorella is classified as a 'superfood' which contains a wide variety of nutrients:

- > Vitamins A, C, B1, B2, B3, B5, B6, B12, E & K, Folic Acid, Biotin & Inositol
- > Minerals including Iron, Calcium, Potassium, Magnesium & Phosphorous
- > Chlorella contains the highest natural source of chlorophyll available.
- > Chlorella is considered to be a complete protein which is made up of 60% protein
- > Contains all 8 essential amino acids.
- > One of Chlorella's unique properties is a phytonutrient called CGF (Chlorella Growth Factor) which enables it to strengthen and support the body's natural functions.
- > Chlorella is also alkaline and helps balance the body's pH level.
- > Chlorella is a powerful detoxification aid for heavy metals and other pesticides e.g. Mercury, Cadmium, Lead, DDT and PCB.

Melrose Organic Essential Greens Ingredients:

Organic Barley Grass powder (25%), Organic Wheat Grass powder (25%), Organic Chlorella powder (25%), Organic Spirulina (20.1%) & Natural Lime Flavour (4.9%).

Melrose Organic Essential Greens Dosage:

Adults - 1 teaspoon per day
Children - ½ teaspoon per day

Your Health

May 2010

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Dear Readers....

As the weather cools down and the air gets drier, the moisture leaves the trees causing the leaves to dry up and fall. Autumn is here.

The dryness in our bodies is obvious as we experience dry lips and skin, coughs, itchy skin and a flaky scalp. These are all common conditions in Autumn but needn't be experienced.

Our skin is our largest organ and its condition will reflect the state of our immune system. We need to keep hydrated, thereby keeping our lungs moist and immune system happy. There are a few ways to do this, and I like to address most health issues both internally and externally.

Firstly, eat nourishing and moisturising foods like nuts and seeds, oils like tahini, nut butters, olive and flax oils, avocado and oily fish. Try Melrose Brazil Nut and Linseed Spread on toast with raw honey or make some tahini dressing and drizzle it over fish. Guacamole is perfect now using Melrose green olives and anchovies and a little olive oil drizzled on top.

Getting in the bath in winter is easy enough but once you add a tablespoon of Melrose organic extra virgin coconut oil, getting out will be the issue!

Splash some onto your face, massage it into your scalp and hair and lie back and let it soak into every pore on your body. Stay in there as long as you like then dry off by lightly pressing your towel into your skin. You will feel a protective and nourishing layer over your skin that lasts all day. I have started using it daily in the shower as well. After you loofah your skin, to remove the dead cells, take a little coconut oil and rub it all over your body.

Again dry yourself by pressing the towel over your body to remove excess water only. Your skin will feel amazing and the subtle fragrance of coconut is heavenly.

Janella Purcell



Freecall 1800 632 254
Email: orders@melrosehealth.com.au
www.melrosehealth.com.au

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The Chia Company National Heart Health Week

Chia seed is the richest combined source of Omega-3 ALA, fibre, protein and antioxidants and is grown here in Australia by the Chia Company. Chia is fast becoming the preferred source of these essential nutrients in the fight against modern diet related disease. Thanks to the passion and dedication of local farmers, this super seed is now readily available to all Australians. The Chia Company grow Chia seed in the pristine Kimberley region of Western Australia.

In support of the National Heart Foundations' Heart Health Week (2nd to 8th May), The Chia Company will be promoting the key benefits of the Chia seed for Heart Health. Their Heart campaign will be running throughout all of May and will be supported by:

1. PR release to print, TV and online media. You will see the Chia Company advertised in the April/May issue of Nature & Health magazine and the May issue of Women's Health magazine. They will also be advertising in the June issue of Health Smart and Shape magazines. The Chia Company have also targeted TV morning shows.
2. In store communications: Posters and Chia Heart Postcards (share the message cards) are available from your Melrose representative.
3. Online: The Chia website now includes a Heart Health benefits section and during the month of May there will be an online chat forum with accredited dietician Emma Morris. Visit www.thechiaco.com.au. Also available online is a website aimed at helping consumers find food products to suit their needs. Information on Chia and many other products can be found at www.whatcanieat.com.au
4. Exhibiting at Dieticians Conference (28th May): over 700 dieticians attend this conference so there is a great opportunity to educate key influences.
5. Direct Mail to cardiac centres: The Chia Company currently supports many cardiac centres with information on Chia benefits. This targeted campaign on Heart Health will be welcomed by many progressive cardiac centres.

With the potential for increased media attention, make sure you have plenty of Chia products and merchandising in your store. Contact your Melrose representative or our friendly customer service staff so that your store can support this worthy campaign during the month of May.

Nature's Goodness Product Update

Over the next few months Nature's Goodness Australia will be both releasing some great new products, as well as relaunching some new look classics.

In the meantime, they are phasing out the following products:

- > Fresh Royal Jelly 250g
- > Fresh Royal Jelly 500g
- > Fresh Royal Jelly 1kg
- > Royal Jelly Night Cream 100g (keep your eye out for a new improved product)
- > Nabiz Wine 500ml (available by bulk order only – contact us for details)

Stay tuned for news of their brand new product range.

Oil Garden New Range

Ask your sales rep or call the office for details on the new Oil Garden range



Q & A

If Essential Greens contains Wheat Grass and Barley Grass why is it Gluten free?

Melrose only uses the leaves of young barley and wheat plants. Gluten is a storage protein only found in barley and wheat grain. As the plant has not yet formed grain our wheat and barley grasses are gluten free. The other two ingredients Chlorella and Spirulina are also gluten free.



Melrose Healthy Cinnamon Buns



This tasty recipe uses Melrose Organic OmegaCare Gold table spread, which is made from organic flaxseed oil and sunflower oils. OmegaCare Gold is low in saturated fat, rich in Omega-3 and it's gluten and dairy free and suitable for vegetarians.

- 1 1/2 cups Four Leaf Self-Raising Wholemeal Flour
- 1/4 tsp cinnamon
- 1/4 cup oat bran
- 2 tablespoons Melrose Apple Juice Concentrate
- 1/4 cup Melrose Organic OmegaCare Gold table spread
- 2 eggs (you can substitute silken tofu to create a vegan version)
- 3/4 cup soy milk or organic milk

Method:

Preheat oven to 200°C. Grease baking tray or small muffin tin. Sift flour & cinnamon, mix in oat bran. Combine the Melrose apple juice concentrate, Melrose OmegaCare spread, eggs & soy milk. Add the dry ingredients and mix well. Place spoonfuls on to the tray or into the muffin tin.

Bake for 20 mins or until brown. Cool on wire rack. Serve warm and spread with Melrose OmegaCare Gold table spread or Shady Maple Syrup to taste.

For more tasty recipes don't forget to visit melrosefoods.com

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Healthy, organic & natural