

Your Health

from Melrose

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In this issue

Dear Readers by
Warren Morey - Gluten
Intolerance

Naturopath News by
Jacinta Amerlaan -
Melrose Vitamin C

New Products - Olive
Leaf Drops

Information - Melrose
Walnut and Cashew
Spread



Dear Readers....

Gluten Intolerance or Coeliac Disease? Simple gluten intolerance can be uncomfortable, but the symptoms are short-lived. The good news is that gluten intolerance is not a food allergy.

Gluten intolerance causes the same symptoms as coeliac disease, including bloating, wind, vomiting and rashes, but does not damage the bowel.

More serious gluten intolerance is called celiac disease. That's when gluten actually triggers the body's immune system. When people with celiac disease eat foods or use products containing gluten, their immune system responds by damaging the villi - tiny, fingerlike projections in the small intestine that absorb the nutrients from food. For this reason it's considered an autoimmune disease.

Gluten is the protein component of wheat, rye, barley and oats. Increasing numbers of adults are being diagnosed with coeliac disease, whereas years ago it was considered a disease that was only diagnosed in children. Coeliac disease can present at any age and the variability and often vagueness of symptoms can present a diagnostic challenge to many medical practitioners. Presentation can include gastrointestinal symptoms such as:
Loose stools/diarrhoea, or constipation (or a combination of both), Flatulence, Bloating,

Abdominal pain or Nausea. In people with the metabolic disorder coeliac disease, gluten damages the small intestine, reducing the body's ability to absorb nutrients and leaving sufferers at risk of a variety of illness.

At present, the only treatment for these conditions is to totally eliminate gluten from the diet. The gluten-free diet can be challenging and difficult, especially for the first few months following diagnosis, but it progressively becomes easier with familiarity with the diet and the foods available grows over time.


If further information about Gluten intolerance or Coeliac disease is required, contact the Coeliac Society on (02) 9487 5088 within Australia or visit www.coeliac.org.au

The good news? All Melrose Foods Are Gluten free and fortunately there are a great range of alternative gluten free products now available. Melrose Foods are available in good health food stores and other specialty food outlets which will also stock a variable range of gluten free foods.

by Warren Morey

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Your partner in health



A naturally healthy winter with Oil Garden Aromatherapy

As the days shorten and the chill sets in, you need more than a Winter coat to keep you healthy and warm. Aromatherapy is a great way to protect your body and home from the germs that creep in and expose you and your family to illness. With a selection of naturally antibacterial pure essential oils; it's easy to stay happy and healthy this Winter.

For a naturally helping hand, try these tips from Oil Garden Aromatherapy:

Top 5 oils for Winter

1. Breathe Easier
2. Lemon
3. Eucalyptus
4. Peppermint
5. Thyme

Vaporise

Fill your home or office with a selection of therapeutic aromas with Oil Garden's Breathe Easier Pure Essential oil blend. For the symptoms associated with cold and flu or to refresh your home over winter, vaporise 6 drops of pure essential oils in a candle or electric vaporiser (oil burner) filled with water.

Breathe it in

Inhalation is one of the fastest ways for pure essential oils to enter the body, and is an effective way to relieve sinus congestion in the winter months. Add 3-5 drops in total of Eucalyptus, Peppermint and Thyme to a glass or stainless steel bowl containing 1 litre of steaming water. Cover head with a towel and inhale the vapours to help alleviate nasal congestion.

Aromatherapy on the go

Aromatic tissues are a convenient way to minimise cold and flu symptoms on the go. Place 3 drops of Oil Garden Breathe Easier onto a tissue, fold and inhale deeply to clear those sinuses.

Spritz those surfaces

A do-it-yourself natural antibacterial spray is ideal for use around the home or office and is a great way to eliminate germs, naturally. Add 25 drops of Oil Garden Breathe Easier to a spritz bottle with 100ml of distilled or pre-boiled water. Shake well to combine and spray onto regularly used surfaces like keyboards, telephones and benches.

Keep it clean

To give your floors a natural, antibacterial clean, add 5 drops of both Lemon and Eucalyptus pure essential oils to water and combine in your mop bucket. Enjoy freshly scented and hygienic floors.

Oil Garden Aromatherapy's range of ready made products are a safe and simple way to introduce Aromatherapy to your family this winter.

Oil Garden Breathe Easier pure essential oil blend

A pure essential oil blend containing Eucalyptus, Thyme and Corn Mint for the relief of symptoms of colds, flu/influenza, congestion and sinusitis.

Breathe Easier blend 25ml RRP \$14.99

Oil Garden Chest Rub

A powerful natural remedy for the cold and flu season. Containing pure essential oils of Eucalyptus, Corn Mint and Cajeput blended into a convenient ready to go cream base. To help reduce the severity and duration of cold and flu symptoms. May assist in the management of sinusitis. Apply as required to chest, back and soles of feet. Not to be used in children under 2 years of age without medical advice.

Cream Chest Rub 62ml RRP \$15.99

Oil Garden Square Candle Vaporiser Eggshell RRP \$32.99

Plate for Vaporiser Eggshell RRP \$15.99

Vaporiser Electric Eggshell RRP \$54.99

Spritz Bottle 100ml RRP \$6.99

Best Sellers Grocery

Melrose Golden Flaxmeal

Melrose Organic Coconut Oil

Melrose Almond Oil

Melrose Organic Apple Cider Vinegar

Melrose Almond Spread

Melrose Organic Wheatgerm Oil

Melrose ABC Nut Spread

Melrose Organic Olive Oil

Shady Maple Syrup

Melrose Organic Molasses

New from Olive Leaf Australia Olive Leaf Drops

- Olive Leaf Extract, for immune support
- UMF 10+ Manuka Honey, effective against a wide range of bacteria
- Menthol to help clear blocked airways
- box contains 12 drops individually wrapped



Olive Leaf drops 12 RRP \$6.95

Note: Kin Kin Organic Teas price increase effective 1st July 2010

Have you tried the Melrose Walnut and Cashew spread?

Walnut and Cashew spread provides a delicious, balanced protein spread. Made with 80% Walnuts and 20% Cashews, it is Kosher, gluten free and has no artificial colours, flavours or preservatives.



See the deal sheet for this month's special offer

Chicken salad with walnut dressing

- green beans, 200g topped, cut into 3cm lengths
 - celery sticks, 3 thinly sliced diagonally
 - grape tomatoes 200g punnet, halved
 - red capsicum 1 medium, seeded, cut into thin strips
 - button mushrooms 100g sliced
 - flat-leaf parsley 1/2 cup
 - cooked chicken, 2 cups (350g) skin off, shredded
 - Melrose walnut and cashew spread, 1 1/2 tbs
 - Melrose apple cider vinegar, 1tbs
 - fresh orange juice, 1/3 cup (80ml)
1. Blanch the beans in a small saucepan of boiling water until bright green and tender-crisp. Rinse under cold running water, drain well. Place the beans, celery, tomatoes, capsicum, mushrooms and parsley in a large bowl, season with sea salt and freshly ground black pepper, toss to combine.
 2. To make the dressing, place the walnut and cashew spread, apple cider vinegar and orange juice in a small bowl and whisk until well combined and smooth. To serve, divide salad between 4 plates, top each with shredded chicken and drizzle over some of the dressing. Serve immediately, enjoy!

For more recipes visit www.melrosefoods.com

Business For Sale GoVita Health Foods Ocean Grove

- Great potential, growing area, 2 years old, has whole of Bellarine Peninsula
- Consultation Room with Naturopath and Reflexologist operating with potential for more practitioners.
- Good Supplement and Food trade.
- Contact: Leigh Cronin, Australia Property Resources, 0409420021

Naturopath News

by Jacinta Ammerlaan

Some Facts about Vitamin C

Vitamin C is involved in hundreds of biological processes, the most important being the manufacture of collagen, the major protein in the body. Collagen is found in tissue, cartilage and tendons, and it helps support blood vessels.

Vitamin C improves the effectiveness of Vitamin E and the absorption of Iron. It is an antioxidant and free radical scavenger. Vitamin C is an essential nutrient which must be obtained from food or through supplements.

Cooking can destroy much of the Vitamin C content in food, and it is easily oxidized in air and sensitive to light. Cigarette smoking, stress, alcohol, the contraception pill, diabetes and ill health all increase your need for Vitamin C.

Vitamin C supplements are commonly used for the prevention and treatment of Vitamin C deficiencies.

Benefits of Vitamin C:

- Assists in the management of colds and flu by reducing the severity and duration of symptoms.
- May assist in reducing the symptoms of hayfever, allergies and mild upper respiratory tract infections.
- May assist in the management of wound healing, reducing muscular cramps, promoting healthy bones, teeth, skin and hair.
- May protect against stroke and heart disease by lowering blood pressure and LDL levels, and help to thin the blood to protect against blood clots.
- May also help prevent atherosclerosis (commonly known as hardening of the arteries) by strengthening the artery walls as it manufactures collagen.



Melrose Vitamin C powders are all made from dextrose (normally from corn starch). They are Gluten free, Wheat free and contain no sugar.

Our number 1 Vitamin C Tip – Remember Vitamin C is water soluble and only small amounts are stored at a time, therefore it is important to supplement everyday.

Melrose produces four different Vitamin C Powders and we often get asked the question;

Which Melrose Vitamin C Powder is right for me?

- **Vitamin C Ascorbic Acid** - is suitable for anyone wanting a simple form of vitamin C.
Active Ingredients
1 gram is equivalent to- Vitamin C 1000mg
- **Vitamin C Calcium Ascorbate (non-acidic)** – This powder is gentle on the stomach and is also highly recommended as a source of Calcium.
Active Ingredients
1 gram is equivalent to - Vitamin C 900mg
Calcium 100mg
- **Vitamin C Sodium Ascorbate (non-acidic)** – Sodium Ascorbate is gentle on the stomach and is more soluble than other forms of Vitamin C however it may not be suitable for a low sodium diet.
Active Ingredients
1 gram is equivalent to - Vitamin C 880mg
Sodium 120mg
- **Vitamin C plus Bioflavonoids** - is a well balanced blend of three forms of Vitamin C: Calcium Ascorbate, Sodium Ascorbate and Ascorbic Acid. Also contains bioflavonoids - Hesperidin and Rutin. This Vitamin C powder is flavoured with Natural Orange Oil.
Active Ingredients
1 gram is equivalent to - Vitamin C 560mg
Hesperidin 140mg
Rutin 14mg

Dosage:

Adults – 1 to 3 grams daily in a glass of water or juice. Stir until dispersed. (2 grams = 1 level 2.5ml spoon)

Children – Half the adult dosage

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OFFICE HOURS: Monday-Thursday 8.30am-5.00pm Friday 8.30am-3.00pm

For more product information go to www.melrosehealth.com.au

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