



## this issue

Spring Into Good health

Naturopath Catherine Love

Our Showroom

Upcoming Events

Vita Mix Product of the Month

## Don't Forget

### OUR SHOWROOM

The demonstrations and seminars held during the months of July and August were enjoyed by all. These were fun, and informative evenings. Healthy delicious recipes were offered along with fact sheets and links/articles. Thank you to Nathan Forbes (Naturopath), Scott Wheeler (Fitness Clinician) and Tommy Nicholas (Vita Mix Rep.) for sharing their knowledge and assistance to our seminars and demonstrations

View online demonstrations and seminars in November & December 2009.

Our Demonstration Kitchen  
Showroom Address:  
Improve Your Health



Products

@

Styline Kitchens  
Unit 1/ 30-32 Whyalla Place,  
Prestons, 2170

## Achieve health and wellbeing with us.

### Spring into Good Health...

**Improve Your Health Product's** would like to introduce Naturopath Catherine Love. In this Spring issue of Health Times she shares her views on how we can stay Healthy in a Toxic World.

### Staying Healthy in a Toxic World

In our busy modern world, toxins are commonly encountered. Environmental toxins include things like heavy metals, pesticides, chemicals, food additives, drugs and pollutants, which are present in the air, water and food that we consume. Toxins do not only come from your external environment, they can also be generated internally by "unfriendly" bacteria, yeasts and parasites in your digestive systems.

Your body is an amazing machine which can eliminate all these toxins through many different pathways; however, excess toxic exposure can overburden this machine. If you are not feeling 100%, a detoxification program will help to reduce this toxic load from your body and put a spring back into your step.

### Are Toxins Affecting Your Health?

Toxins can make you feel sluggish, tired, irritable and generally unwell. To find out if your health is being affected by toxins, ask yourself these questions:

- Are you often tired or lethargic?
- Do you regularly suffer from bloating, diarrhoea, constipation or other digestive disturbances?
- Do you get recurrent headaches?
- Are you regularly suffering from muscle aches and pains?
- Do poor short-term memory and concentration affect your ability to function at work?
- Do you have allergies or sensitivities?
- Do you suffer from depression, anxiety and/or mood swings?

If you answered "Yes" to one or more of these questions, your body may be overburdened by toxicity.

### It's time for a Spring Clean!

The single most effective and efficient tool to improve your health and wellbeing is a comprehensive detoxification programme that includes bowel and liver cleansing. This is best carried out under the guidance and support of a qualified healthcare practitioner. However, there are short term strategies that can greatly benefit your body to help you kickstart your digestive system and improve your vitality.

### Home Detox

50-100mL aloe vera juice  
2 tablespoons wheatgrass juice  
1-2 tablespoons psyllium husks  
Mix together and drink twice a day

### Dietary Tips

There are some simple diet changes you can make today to help reduce your level of toxicity:

- Try to ensure that 50 per cent of your food is raw as in vegetables, salads and juices.
- Invest in a juicer - cold pressed juicers are best - so you can add extra nutrients to your diet. Raw vegetable juices such as carrot, celery and beetroot or fresh fruit juicers with added wheatgrass can help revitalise your body.
- Always look for fresh seasonal fruit and vegetables - organic is preferable when you can.
- Grow your own sprouts - these are alive with concentrated nutrients and should be eaten daily.
- Substitute cows milk with milks made from nuts, rice or soy - make these yourself to ensure they are free of preservatives. They can be blended into smoothies by adding fruit as a 'treat' to help abolish sugar-cravings.
- Remember to avoid packaged and processed foods as much as possible.
- It is important to eliminate foods containing artificial colours, flavours, additives and flavour enhancers, as well as foods containing hydrogenated fats.
- Read the ingredients list to ensure that the food does not contain high amounts of saturated fat, gluten and sugar.
- Eat slowly and do not eat on the run.

Catherine Love, Naturopath can be contacted at Camden Natural Healthcare on Tel: 4655 6449 or [catherine@camdenhealth.com.au](mailto:catherine@camdenhealth.com.au).



## Vita Mix Blender

Improve Your Health Products offers the Vita Mix Blender it has been the leading kitchen health appliance for over 80 years. This blender is truly an investment in your health. The recipes are healthy and delicious. The Vita Mix is recommended by so many, one person in particular is Victoria Butenko. I welcome Victoria Butenko's books to Improve Your Health Products. Victoria Butenko takes us onto a new journey with Green Smoothies. Did you ever think blending spinach, pears, green grapes and a slice of lemon with skin and 2 cups of water could be blended into the most delicious and nutritious drink for the family to enjoy!!!

There are so many green smoothie recipes in Victoria Butenko's books. The Vita Mix is not only great for Green Smoothies, it is also fantastic for those delicious sorbets (frozen banana, frozen green grapes and fresh pineapple—no preservatives), nut butters—no hydrogenated oils, nut milks—non mucus forming chemical milks, salsa—healthy snacks, juices—total juice to start the whole family's day, Soups—heat your soup to a temperature that does not destroy the enzymes, your fresh soup is ready within 4 minutes. Many more recipes are available. See our website for more information.

## Upcoming Events

- **Young Living Oils Seminar**- guests Nathan & Edwina Forbes. The seminar will focus on **Emotional Clearing Technique. 10th November 2009 @ 7pm.** At Improve Your Health Products Showroom.  
c/o : Styline Kitchens, Unit 1/ 30-32 Whyalla Place Prestons 2170.  
Ph: 0411448344 or [info@improveyourhealthproducts.com.au](mailto:info@improveyourhealthproducts.com.au)
- The '**VITA—MIX Blender**' demonstration **27th November 2009 @ 11:30am.**  
At Improve Your Health Products Showroom  
c/o : Styline Kitchens -Unit 1/ 30-32 Whyalla Place Prestons 2170. Guest Tommy Nicholas  
PH: 0411448344 or [info@improveyourhealthproducts.com.au](mailto:info@improveyourhealthproducts.com.au)
- **'Raw Juicing Demonstration'**, on - **1/12/2009 @ 11:30am.** At Improve Your Health Products Showroom.  
c/o : Styline Kitchens, Unit 1/ 30-32 Whyalla Place Prestons 2170.  
Ph: 0411448344 or [info@improveyourhealthproducts.com.au](mailto:info@improveyourhealthproducts.com.au)
- **Sprouting Demonstration** on **5th December 2009 @ 12—1pm.** At Improve Your Health Products Showroom.  
c/o : Styline Kitchens, Unit 1/ 30-32 Whyalla Place Prestons 2170.  
Ph: 0411448344 or [info@improveyourhealthproducts.com.au](mailto:info@improveyourhealthproducts.com.au)
- **'Vegetarian Cooking Classes'** on 9th and 11th November 2009.  
At 7pm Warragamba Town Hall, Class Cost Free. Please notify us if you are attending as numbers are needed for the preparation.  
RSVP on 0411448344 or [info@improveyourhealthproducts.com.au](mailto:info@improveyourhealthproducts.com.au)

## What do you receive when you purchase a Vita Mix Blender from Improve Your Health Products....



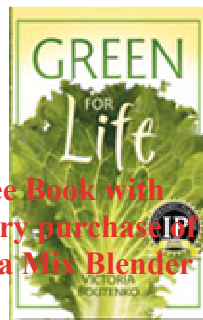
Choice of  
colour white  
or black



1 X Vita Mix Blender—2 DVD's, 1 tamper, 2 Recipe Books plus FREE BOOK -. 'Green For Life'



Free Book with  
every purchase of a  
Vita Mix Blender



**Special  
Demonstration  
Price**

**On 27th November 2009  
@  
11:30am**