

February 2010– Newsletter

Start the New Year on Track

Yes, it is that time of year again. Kids are back at school, New Years Resolutions have been made and forgotten. Now with holidays over, its time to get back on track and improve your overall well being for the year to come. If you have been thinking you don't feel as well as you should, maybe its time to come and see how I can help improve this for you

Do Any of These Sound Familiar?

- fatigue/low energy
- weight gain
- bloating, indigestion
- constipation
- sluggish metabolism
- difficulty concentrating

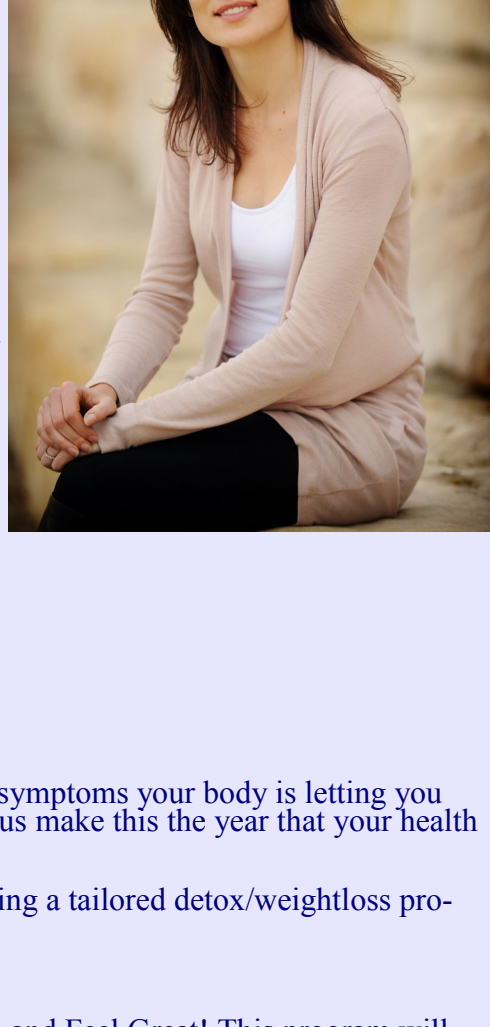
If you are experiencing 2 or more of the above symptoms your body is letting you know that it is not running at its optimum. Let us make this the year that your health is a priority!

I can help to improve the way you feel by creating a tailored detox/weightloss program that fits your unique individual situation.

Utopia Detox– Cleanse, Revitalise, Rejuvenate and Feel Great! This program will assist you to detox safely and improve your general health. You will learn the right foods and supplements to take for your body to cleanse the toxins and help your organs of elimination to function properly which will bring about increased energy, vitality and improve your overall health.

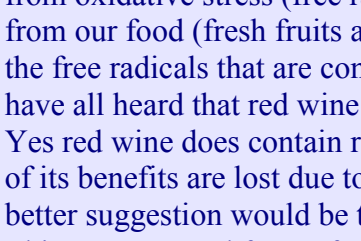
Or

Keto Slim– is our very successful weightloss program that focuses on teaching you the right foods to eat and when to eat them. Along with treating any underlying hormonal imbalance that may be preventing weight loss. To learn more about the program visit our webpage at www.utopia.net.au



NEWS SNIPPETS

Did you know that the clinic is open every Saturday from 10-2 for you to come and pick up any supplements that you have run out of. Call ahead to confirm that everything you need is on the shelf. 1300 790 908



Every Day Tips to Keeping Healthy

Antioxidants– These are powerful little phytochemicals that protect all of your cells from oxidative stress (free radicals). Although many antioxidants can be obtained from our food (fresh fruits and vegetables), it can be difficult to get enough to combat the free radicals that are constantly be generated in our polluted environment! We have all heard that red wine is a great way to get added antioxidants on a daily basis. Yes red wine does contain resveratrol which is a powerful antioxidant however many of its benefits are lost due to the alcohol we consume at the same time. A much better suggestion would be to start your day with a freshly squeezed vegetable juice. This concentrated form of vegetables packs a serious punch of antioxidants!!

Omega 3 Fats– Our Western diet is often very deficient in our omega 3 essential fatty acids (the good fats). The reason these fats are so important is that our body can not produce these fats, but does require them to carry out numerous cellular functions. These beneficial fats help to improve skin and brain health, lower cholesterol and reduce the inflammation associated with arthritis, eczema and psoriasis. Fish is one well known way to increase our consumption of these fats, recommended fish; Trout, Salmon, Mackerel, Sardines and Herring. As well as nuts and seeds; almonds, walnuts, brazil nuts, pepitas and sunflower seeds.

RECIPE



Spring Clean– is ideal for detoxifying. The cabbage is a great detoxifier as it aids digestion and prevents fluid retention and constipation. It is perfect for juicing as its nutrients are most abundant when it is raw.

- 250g pear
- 125g cabbage

50 celery

25g watercress

Juice all ingredients and service over ice.



Karma Cooler– a great refreshing summer drink that is also good for you. Cucumber helps to flush out the kidneys and the grapefruit aids the elimination of toxins.

600g grapefruit

750g cucumber

1 lemon

Sparkling Mineral Water

Juice grapefruit, cucumber, lemon. Pour into a jug over ice and top up with sparkling mineral water.