



WELLSPRING

Your health and wellness must-read

AUTUMN &
WINTER 2016
VOL. 5, ISSUE 1

Kate
Reardon

SPECIAL FEATURE

2016 POWER LIST -
HEALTH AND
WELLNESS
DISRUPTORS

REARING TO GO

NATURAL HEALTH ENTREPRENEUR STEPS INTO HER TRUE POWER

KATIE KENDALL'S WELLNESS MUST-HAVES • NUTRITIONIST NOURISHES MELBOURNE'S HOMELESS
TEA RANGE HEATS UP PARIS FASHION WEEK • THE RAW TRUTH ABOUT DATE-BASED DESSERTS

 ENDEAVOUR

IN THIS ISSUE

4 Kate's next chapter

Kate Reardon steps into her true power with the release of her first book *The Essential Cleanse*.

8 How do I eat thee? Let me count the ways

Foodie Hannah Noonan embarks on a one of a kind pancake challenge.

10 How my tea range made an appearance at Paris Fashion Week

Natural health lover and entrepreneur Kate Dalton talks about one of her business' biggest breaks.

12 A few of my favourite things... with Katie Kendall

High profile yogi Katie Kendall shares her wellness must haves.

14 Dategate – Are your raw desserts just junk food in disguise?

Two experts debate the health benefits of one of nature's most loved lollies.

16 Power List – 2016's Disruptors Rocking the Health and Wellness Industry

Wellspring brings you the companies changing the face of the health and wellness sector for the better.



20 No ordinary freakshake

Wholefoods lover Kate Cook turns a dessert phenomenon on its head by creating a healthier alternative.

21 A unified voice for naturopathy

A world first international representative organisation gives Australian naturopaths a united voice on a global stage.

22 Fab Finds

We bring you our favourite locally made items.

26 The truth about nutritional medicine practitioners

An opinion piece about the role of nutritionists.

27 A sweeter future

A non-profit organisation strives to help nourish Melbourne's homeless.

28 Where I eat... review by Valeria Ramirez

Wholefoods lover takes us to her favourite eateries in Brisbane.

29 When two become one

Naturopath Anita Pierantozzi trains junior doctors to become more knowledgeable of complementary therapies.



INSIDE



Feature: Kate Reardon (page 4)

WELLSPRING

Wellspring is published by Endeavour –
Level 2, 269 Wickham Street,
Fortitude Valley, Brisbane, Qld 4006

Editor in Chief: Dana Kennedy

Features Writer: Nina Tovey

Design: Raymond Koo

Cover Photography: Jeff Camden

Editorial and advertising enquiries:
wellspring@endeavour.edu.au

Phone: +61 7 3257 1883

Fax: +61 7 3257 1889

All material in *Wellspring* is wholly copyright and reproduction without the written permission of the publisher is forbidden. Whilst every effort has been made to ensure accuracy, Endeavour Learning Group shall not have any liability for errors or omissions.



The mark of responsible forestry

Wellspring is printed on paper which contains 100% post consumer waste recycled fibre. It is also certified by the FSC (Forest Stewardship Council) and ISO 14001 EMS accredited. We have also made an online version available at endeavour.edu.au/wellspring as part of our efforts to reduce our carbon footprint and paper consumption.

FIRST WORD

The one thing about change... is that it's constant!



When scoping this issue with the editorial staff, we were debating the importance of embracing change in life – whether through necessity, happy accident or self awareness and focus.

We know nothing stands still for long, yet many of us are tempted to look the other way when change comes knocking at our door. For that reason we've injected this issue with inspiring stories that prove welcoming change can make the extraordinary possible.

Take naturopath Kate Reardon who graces this issue's cover as the perfect example. At a crossroad in her life during her early 20s, Kate was looking for a book to help her unlock the potential inside her. It took some gentle advice from an Endeavour lecturer for Kate to realise her own quest for wellness held all the answers, rather than an external source.

By fully committing to the change ahead of her, Kate found herself into a position years later to spearhead a thriving natural health retreat in Ubud. Now she is sharing the lessons from her own health journey through her first book *The Essential Cleanse*, which attracted a royal stamp of approval from the Duchess of York herself.

If we take embracing change to its extreme, we have disruption – the latest entrepreneurial buzzword. At their best,

disruptor businesses can completely change the way we think, do business and go about our day.

We've all seen how disruptor brands can benefit consumers, and many of us have experienced this for ourselves with global giants Airbnb, Uber and Spotify. This left us wondering – which companies are disrupting and reigniting the health and wellness industry? We trawled the globe to find out, and you can read our round up in the 2016 Power List on page 16.

Change is also in the air closer to home and within the Endeavour family. After a rigorous application process, I'm thrilled to announce that the Chinese Medicine Board of Australia (CMBA) has re-approved Endeavour College of Natural Health campuses to deliver the 4 year Acupuncture degree so that our Acupuncture graduates are eligible for registration with CMBA.

Endeavour has had approval for five of its six campuses for many years. However with the introduction of its flagship Sydney campus in George Street, Haymarket just over three years ago, we applied for and received CMBA approval (additional to TEQSA higher education provider approval) for all six campuses – now including Sydney. This means our students are among the only in Australia studying a CMBA-approved undergraduate Acupuncture qualification.

It is also the start of a new era for Endeavour's Myotherapy degree, previously known as Musculoskeletal Therapy. We've recently heard word from the Australian Association of Massage Therapists they have named our Bachelor of Health Science Degree (Myotherapy) their preferred degree nationally.

And last but certainly not least, we come to this very publication... Endeavour's brand extension magazine *Wellspring*. After four years the time was right to freshen up our style and format. You'll see we've transformed our regular flip issue into a special feature where we will tackle a theme pertinent to our readers, and you can find now find more information about our courses at the back of the magazine. Let us know what you think at wellspring@endeavour.edu.au.

Yours in wellness

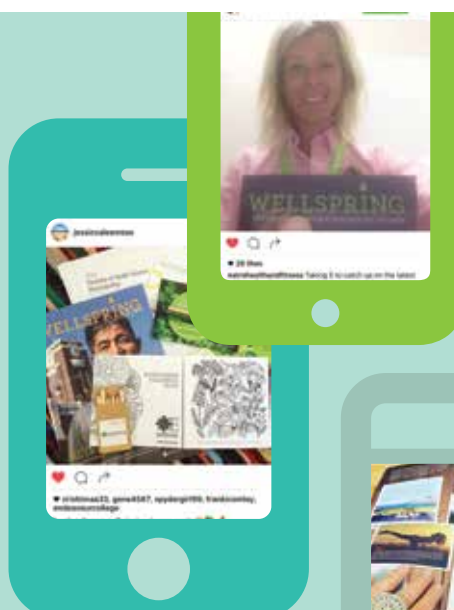
Carolyn J Barker AM
Chief Executive Officer
Endeavour



SNAP & SHARE

Our readers are the heart of *Wellspring* Magazine and we love hearing from you after each issue is released. Keep talking to us over Twitter, Facebook and Instagram by using the hashtag #wellspringmagazine and #futureofwellness.

Next issue we will give one lucky reader who posts their feedback a stylish, chemical-free, double glassed Fressko LIFT flask worth \$44.95.



KATE'S NEXT CHAPTER

If spearheading a burgeoning health retreat in Ubud with daughter Ruby on her hip wasn't impressive enough, naturopath Kate Reardon is stepping into her true power with the release of her first book. *The Essential Cleanse* is helping countless people overhaul their lives, and has even attracted a royal stamp of approval.

by Nina Tovey





"I knew I had all this potential inside me, but I didn't know how to access it," reflects Kate Reardon about the beginning of her health journey as we sit down for an interview about her book.

It was this powerful realisation Kate experienced in her early 20s that saw the naturopath embark on her own quest for wellness, which would eventually see her share her insights to help heal patients and readers around the world.

A pivotal conversation with one of Kate's lecturers during her early 20s will always stand out in her memory.

"When I was studying I was at a real crossroads in my life. I was doing all the right things but felt like something was missing. I remember walking into my lecturer's office and asking her to recommend a guidebook about removing all the things I didn't want from my life and how I could create an existence full of bliss and adventure," Kate said.

After waiting eagerly for a response, Kate's lecturer kindly told her she would have to write that book herself. With that, a seed was planted and ten years and thousands of clients later Kate released the book she

affectionately refers to as a 'love letter of essential wisdom'.

That same lecturer was standing in the room with tears in her eyes as Kate shared her recollection of the fortuitous conversation with a crowd of guests at her recent Brisbane book launch.

Summed up by Kate as 'the secrets and science behind cleansing for total vibrant health', *The Essential Cleanse* talks readers through her 21 day program and strives to show there is much more to cleansing than giving up alcohol and cigarettes.

"Standing in your true potential is about removing anything in your way by examining all sorts of self sabotaging patterns and releasing these blockages. They can be physical toxins within our bodies, self-limiting beliefs, self destructive behaviours or even an inability to slow down," said Kate.

"True healing lies in our ability to calm our minds, love our bodies and reconnect with our spirit."

Since launching the book Kate's email lights up daily with stories of major transformations from people going through the program, and requests from stockists keen to get their hands on the book.

The fact Kate's close friend and client the Duchess of York Sarah Ferguson offered to write a glowing foreword certainly helped the book command even more attention. In her introduction Sarah credits Kate with saving her soul from the depth of destruction, and throws her endorsement behind the program she said would offer readers 'intense experiences of transition'.

The story of how Kate's book came together could be a bestseller in itself, and is a powerful reminder of the power of tapping into our intuition. When the entrepreneur came across some promotional material for LA-based inspirational speaker and author Mastin Kipp's upcoming writers retreat in 2013, something just felt right.

"The idea behind the retreat was to help people get the first draft of their book out on paper within a month, and when I came across it on social media I felt like I was going to be there," said Kate.

There was one problem – it cost \$10,000. So she held off, and then two doors opened. Kate learned the retreat would be held in Bali and not Hawaii as usual, and not long after that she received a phone call.

"I got a call from Mastin's retreat organiser who asked me if I would consider working with them for the month in exchange for participating on the retreat. Was I interested? Absolutely!" Kate said.

Once Kate arrived the words flowed – 2,500 words a day for 21 days to be precise. She also worked with 14 other retreat participants to 'trial' her book, and formed lifelong friendships with some of the women and Mastin himself in the process.

Then it came time to find the right editor, and divine intervention took place when acclaimed wordsmith Kelly Notaras declined the opportunity to edit Kate's book but promised to find her the perfect alternative.

Next thing Kate knew she was on a Skype call with Michelle Burford, the founding Senior Editor of *O, The Oprah Magazine* and co-author of three *New York Times* bestsellers. The stakes were high, and it happened to be the one day of Kate's pregnancy she was hit with morning sickness.

"I was in a café in France and was completely nauseous trying to connect with this incredible woman over the Internet. Luckily she had read a few pages and felt connected to my story, and I felt the same way about her, and she agreed to take me on," said Kate.

"It was a beautiful connection, as she helped me so much to shape the book and find my voice in it. There is so much more of me in these pages than you would have seen in the first draft – Michelle helped me get over my fears of being vulnerable," Kate said.

Michelle's influence paid off, with readers constantly contacting Kate to tell her how touched they were by her strong voice throughout the book.



True healing lies in our ability to calm our minds, love our bodies and reconnect with our spirit. ●●

"People have told me they feel like I'm there with them, that they can hear my voice when they're reading the book. It's exactly what I wanted and the best feedback I could receive," Kate said.

Feeling surrounded by books written by authors with huge transformational life stories, Kate felt uncertain whether her journey was 'enough' to cut through with readers.

"I didn't feel I had a big story – I had a great childhood and had lived a happy and balanced life. It was Michelle who helped me fine tune what I was all about – that I was an ordinary girl wanting to live an extraordinary life. That was a real turning point for me," said Kate.

Another important lesson came with Kate's decision not to sign with a publisher to retain her authentic voice.

"I was told by many people I trusted that taking on a major publisher would mean I'd likely be put into a box for marketing purposes, and I decided self-publishing would mean I could do it my way. I'm proud I did it on my own – I chose everything from the font to the photos," said Kate.

Kate said one of the things that most attracted her to writing *The Essential Cleanse* was the chance to connect with so many more people than she could ever manage one-on-one.

"This is a way I can connect with people who may not have the chance to work with me through my retreat or over Skype. It's like having a healing session with me from afar, and I love that," Kate said.

Kate said she was supported every step of the way by her husband Patrick, to whom she dedicated the book.

"Patrick works so hard behind the scenes and does incredible things I could never do. We've been able to create something together we both love, while also raising our little lady Ruby. He is very much in it with me, and it's an incredible feeling," Kate said.



The Essential Cleanse

\$26.95

Available in-store and online at
Wellspring Bookstore
wellspringbookstore.com.au

Kate on ...

Living and working in Indonesia

"You have to really love what you do and believe in it because it is hard to do business here. There are lots of hoops to jump through, lots of money to outlay and different laws to consider. I've seen many businesses fail because they weren't in it wholeheartedly. There is human order and divine order, and if you're meant to be doing something the universe will support you."

Living an intuition-led life

"I run the business and live my life generally based on how I am feeling in my heart compared to what I should be doing in my

head. It is always intuition-led. I feel like living in Bali supports this as there is so much focus on connecting to each other, the planet and the spirit. It is important for me to feel good and get a full 'yes' for every decision I make.

I recently decided to fulfill a long-term dream to become a certified yoga teacher which takes 200 hours of time. I just booked it and worked with my family to fit it in."

Staying energised while helping others

"I have a high priestess I see in Bali who helps me with water cleanses and energy clearing. I also exercise regularly and eat

well, which is necessary as I do have clients I get attached to. Their stories are like my stories and it can be hard to disassociate."

Working as an energetic healer

"I've always been very connected to the spiritual world, and discovered as I went deeper that I could feel people's energy in a way they couldn't. I really wanted to strengthen that part of myself and in that way I knew I'd never be a 'normal' naturopath. It has been really important to me to honour that energetic side of who I am."

☎ katereardon.com.au



HOW DO I EAT THEE? LET ME COUNT THE WAYS



Hannah Noonan ♦

After struggling with digestive issues, Melbourne foodie Hannah Noonan delved into studying nutrition to help herself develop a peaceful and positive relationship with food.

As part of this process Hannah stumbled across social media campaign The 100 Day Project, and this led to a lightbulb moment as she asked herself a simple question – ‘why couldn’t I create a different healthy pancake every day for 100 days?’. We caught up with Hannah to find out how the challenge is going so far.

The journey began when I started to transition out of working in dispute resolution. Essentially I wanted something to keep me occupied and challenged besides my studies. So I did a Google search looking for inspiration for a project I could complete. I came across the 100 Day Project and saw people posting their projects on Instagram to ensure they remained publicly accountable for keeping to the challenge.

I loved the idea and decided I would focus on making pancakes. It seemed like the right idea as there were so many food intolerances in my family that I’d become quite good at changing recipes to suit everyone. Plus I didn’t think I’d get tired of eating pancakes every day, and I loved the idea of sharing my recipes with people along the way!

Every pancake recipe I’ve created has been made with wholefood ingredients.

I’ve made everything from gluten-free, sugar-free, dairy-free, grain-free, low FODMAP and vegan pancakes. When it comes to flavours and ingredients, I’ve made teff pancakes with coconut yoghurt and cherries, chickpea flour and chai tea pancakes, and even chocolate coconut pancakes with salted chocolate tahini sauce and chia jam.

One of the biggest lessons I’ve learned is about perseverance.

There have been good days and not-so-good days, but there has always been tomorrow and I’ve learned all I have to do is show up and try again. I was also surprised at how much I loved being creative, as I often had to come up with new ideas quickly with whatever ingredients I had in the kitchen that day.

I never expected people would look forward to seeing my creations every day, but they do! I’m so grateful for the support and encouragement that kept me going with the project even when I felt like giving up. I’m now up to day 88 and I’m still going strong!

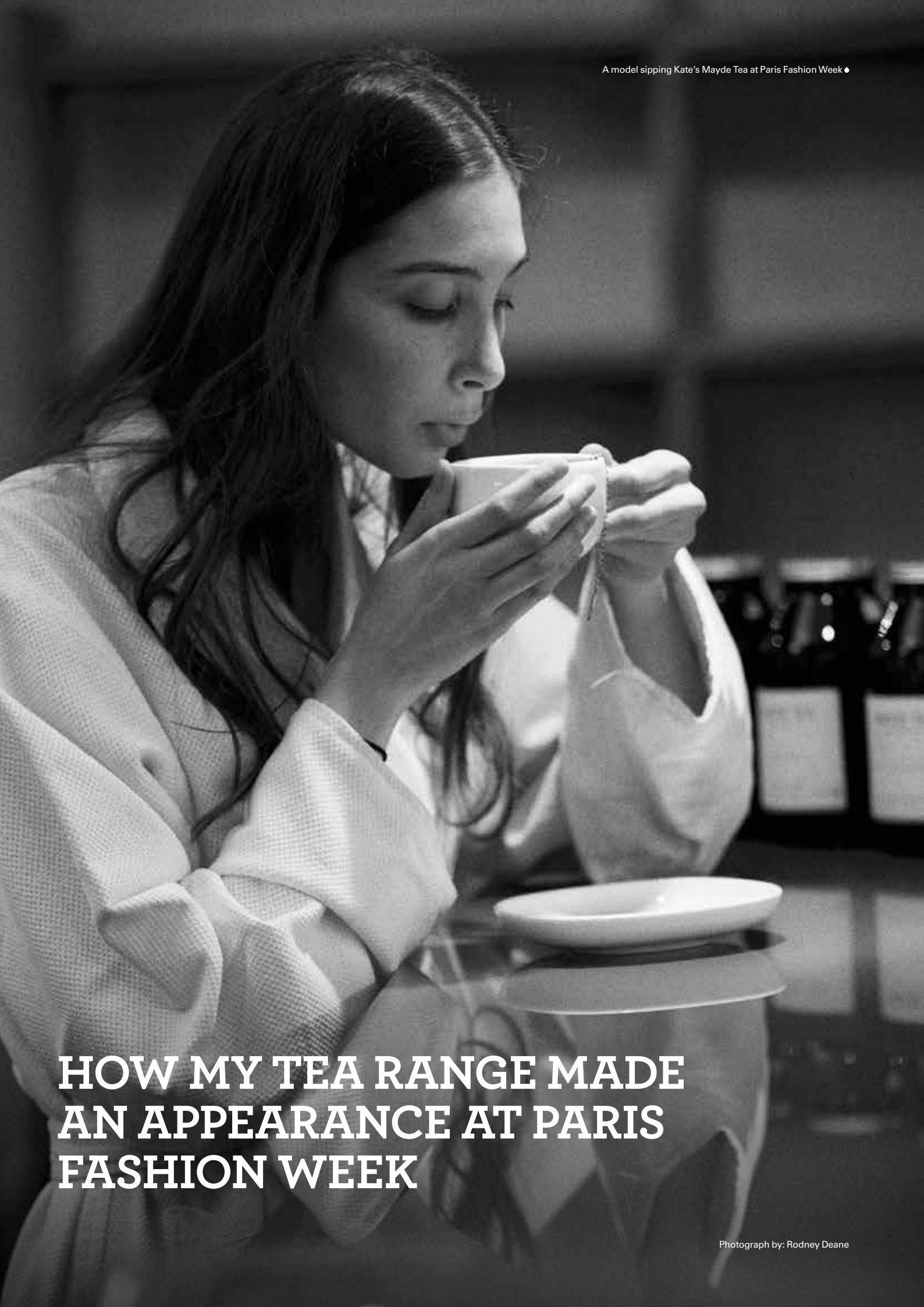
I’ve also learned there is so much opportunity for us as natural health students. I’ve started doing some freelance writing and developing other recipes. I am also enjoying working on my own blog ‘A Gut Reaction’ where I concentrate on digestive health and different dietary needs. I still plan to create pancake recipes once the project is over, just perhaps not every day!

The Inspiration Behind The 100 Day Project

The story began when San Francisco-based artist, designer and writer Elle Luna was inspired by a post graduate college project encouraging students to repeat a chosen action daily for 100 days. In 2014 Elle and her friends joined forces to launch a social media version of the campaign and started sharing their projects on Instagram.

People of all ages joined in, tagging images of their journey with #The100DayProject, and the rest is history, with a growing community of people relishing the chance to engage in a bite-sized way to play creatively.

📶 100daysofpancakes.com



A model sipping Kate's Mayde Tea at Paris Fashion Week ♦

HOW MY TEA RANGE MADE AN APPEARANCE AT PARIS FASHION WEEK

Photograph by: Rodney Deane

When *Wellspring* heard 27 year old naturopathy student Kate Dalton's herbal tea range had been handpicked to feature at one of the world's biggest fashion shows, we sat down with the herbal medicine lover to get the inside scoop.

Could you tell us how your very own product line Mayde Tea made it all the way to one of the world's 'big four' fashion shows?

It all started with a connection I made when I used to manage a café in Bondi. I struck up a beautiful friendship with Gaby Howard and Nadine von Cohen who now own Flaunter Media, an Australian technology start-up that makes it possible for fashion brands and agencies to send print-quality images and videos to journalists and bloggers.

Their company ended up being selected last year by the Australian Chamber of Fashion as the official distribution platform for the seven Australian designers heading to Paris Fashion Week. The girls had drank my tea since we met, and saw an opportunity to suggest the line be featured in the Australian showroom for the models and designers to drink. The next thing I knew the girls were taking a big package of my tea in their suitcases to Paris and the rest is history!

That sounds like an amazing opportunity for your brand. What was the reception like?

I was ecstatic when I found out – it is the biggest week of the year in Paris! It put Mayde Tea in front of huge fashion labels and top models who loved drinking it and found it offered some calm amongst the madness. We had lots of people asking where they could buy it, which has left me thinking about exploring the idea of selling it overseas which is very exciting.

What has the experience taught you about business?

It reminded me of how important every interaction can be, and that every time I represent my brand it can change the direction of the business for the better. Every step along the way, every decision I've made and every person I've met has had an impact on the next chapter of my story.

It's also taught me to be more savvy. I used to say yes to every opportunity that came up for Mayde Tea, regardless of how much it benefitted the business. I've learnt to use my time and resources wisely, and say yes only when it makes absolutely sense.

You moved to Byron Bay almost two years ago now – what has the shift made possible for Mayde Tea?

It's been wonderful as the Byron Bay community is so supportive of local businesses.

Being approached by some local dining institutions like The Farm has been instrumental in helping me secure other stockists in the area and has helped my online business grow too.

I now have 120 stockists around Australia in almost every state and territory.

How is Mayde Tea different from other herbal tea companies on the market?

Mayde Tea is handmade using 100% organically grown, medicinal grade herbs with no artificial flavours, colours or sweeteners. I use mostly recycled materials for packaging and it is completely recyclable.

The ingredients we use are wild crafted, which means they are picked in their natural habitat.

What led you to start Mayde Tea initially?

Studying alternative medicine opened my eyes to how beneficial herbal medicine is, and has been for thousands of years throughout the world. I started using what I was learning at Endeavour to nourish and heal my body with outstanding effects through making my own tea.

I was pretty excited by the results so I shared my herbal tea creations with friends and family. Their feedback was so positive it gave me the confidence to create a range of teas which heal and nourish the body with the best of nature's ingredients and herbs.

Before I knew it I was wholesaling Mayde Tea products to cafés and selling directly to consumers through my online store. It is the best thing I have ever done.

Mayde Tea from

\$19

Buy online at
maydetea.com



Join the *Wellspring* team as we ask Australia's health and wellness game changers about the products, services and experiences they can't live without. This issue we connected with one of our favourite yogis Katie Kendall, the Co-Founder of Flow Athletic in Sydney.

A FEW OF MY FAVOURITE THINGS...

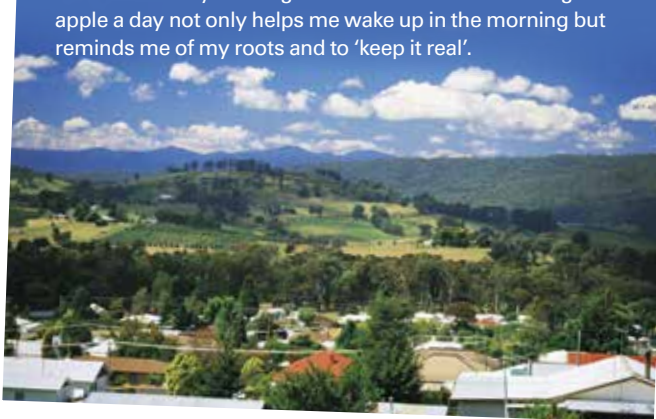
My Team

These guys are like my family. Love them so much and don't know what I'd do without their enthusiasm, support and initiative. They run this place and the other co-founder of Flow Athletic, Ben Lucas, and I feel blessed to have such wonderful energy on our side.



Apples

I grew up in a really small country town in southern NSW called Batlow – famous for apples. Although my parents still live out that way I don't get back there so much. Eating an apple a day not only helps me wake up in the morning but reminds me of my roots and to 'keep it real'.



Crazy Legs Handstand

I love this. It makes me feel incredible and I usually do at least one a day. Doesn't matter what I'm wearing, where I am or who I'm with – 30 seconds in this pose is way better than a coffee.

Photograph by: Life Without Andy



Boots Darling

This is a little café around the corner from my studio, Flow Athletic and they make a mean 'Boots Bircher'. Each Saturday morning after I finish teaching my last class I head here for a full decadent hour to myself and a bowl of this stuff.



Blackmores Muscle Magnesium

This stuff is pure gold. I take this each night before bed. It is not only helps me sleep but helps my very active muscles to recover.

📶 blackmores.com.au



Deepak Chopra's *Seven Spiritual Laws to Success*

This book is like my bible. The seven laws that Chopra outlines are really gentle, intuitive and ethical ways of living and help create more joy and abundance. I lend this book to all my friends and right now, it's in my mum's hands. It's the kind of easy read you can take to the park one afternoon and be done in a few hours. Each chapter offers practical and totally usable tips for living the laws in the every day. deepakchopra.com

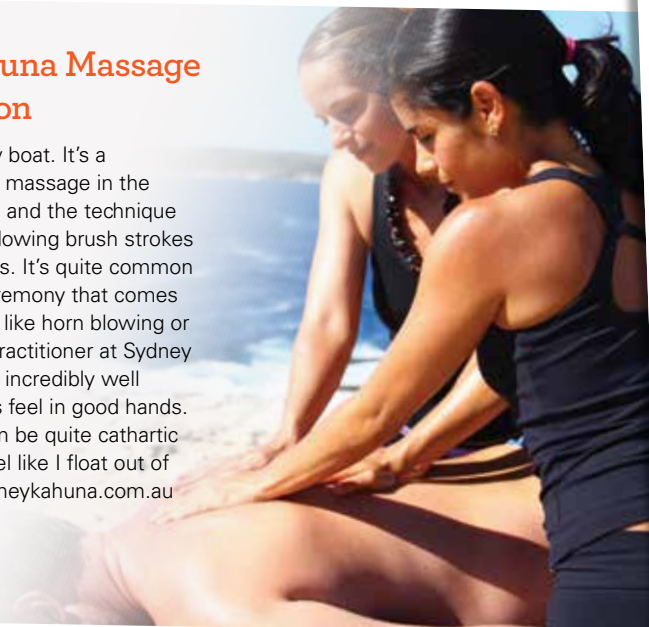
Simple Kind to Skin Cleansing Wipes

I don't know what I did before discovering these wipes and I can, without a doubt, say they keep my skin looking brighter. Because my job is so active and I sweat a lot, these are ideal for keeping me fresh in between classes and meetings. simpleskincare.com.au



Sydney Kahuna Massage in Paddington

This place floats my boat. It's a traditional Hawaiian massage in the heart of Paddington and the technique involves big, long, flowing brush strokes that feel so delicious. It's quite common to have a whole ceremony that comes with each massage like horn blowing or card pulling. Each practitioner at Sydney Kahuna Massage is incredibly well trained and I always feel in good hands. The breath work can be quite cathartic also. Each time I feel like I float out of that place. sydneykahuna.com.au



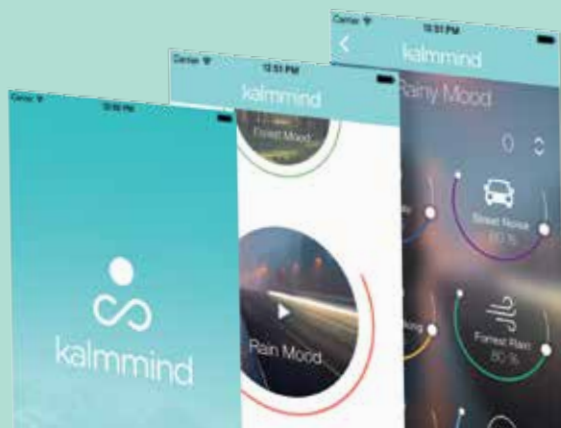
Danielle La Porte

She's my favourite author, motivator, inspiration and renegade. Her attitude has helped me through so many moments of confusion and doubt as well as inspired me to live colourfully and the way I want to live it – without having to ask permission or approval from others first. She wrote a book called *The Desire Map* and has loads of products to keep you inspired and on track. daniellelaporte.com



KalmMind

I developed an App with one of my good buddies to help people relax, feel more at ease and learn to breathe properly. I'm super passionate about getting more people into yoga and mindfulness and this is just another way I can do that. Can't wait to develop more... stay tuned! kalmmind.com



About Katie Kendall

Katie is the Co-Founder and Director of Yoga at Flow Athletic in Sydney. Kate's personal philosophy centres around simplifying life by doing one thing at a time and participating in it fully and with childlike curiosity. Kate is known for finding fun and contemporary ways to make yoga accessible to everyone regardless of age, sex and ability.

katiekendall.com.au



DATEGATE

Are your raw desserts just junk food in disguise?

Date-based treats are all around us and are promoted as a healthier alternative far kinder to our blood sugar levels than traditional desserts. However, is it as simple as swapping one for the other? We asked two natural health experts whether we should be approaching date-based foods with caution.

Alyce said...



NO

Dates are presented to us in a sweet, caramel-like gooey, chewy goodness. Many of us have enjoyed raw, vegan, organic treats made with dates and those of us not eating refined sugars may even be so bold as to refer to dates as nature's lollies or chocolate – corny, but true!

We are told now not to eat them, that there's too much sugar and some people are shunned if you bring a raw vegan date slice to your friend's birthday party. It's time to have a closer look to prove my point that dates are our friend.

They are packed with vitamins. Dates provide the body with not just energy in the form of carbohydrates, but also nutrients and minerals such as potassium and magnesium for the muscular system, along

with iron to improve blood circulation and utilisation of oxygen. Also offering a good source of calcium and phosphorus for our bones, nerves and brain function¹, dates are the perfect example of the wonder of eating food in its natural state.

Dates are celebrated in Chinese Medicine for building strength. Their warming nature supports digestion by promoting digestive juices and circulation instead of stagnation. It is even suggested the warming sweet nature of foods can be beneficial in the early stages of detoxification in supporting the liver and blood flow and in times where mood and emotional energy are low, small amounts of minimally processed sweeteners such as organic dates can improve energy to the brain and support our nervous systems². Did you know dates even have an alkalizing effect in our bodies, therefore reducing inflammation?³.

Dates are the better choice over highly processed sweeteners.

Whilst fruit sometimes gets a bad rap in the health world, dates are a wholefood and in its most natural form, providing nutrition and benefit to our bodies. We often forget that fruit carries such a beautiful natural sweetness and is a beneficial way to sweeten our cooking.

There's nothing wrong with enjoying dates in moderation. In the wilderness where wild dates grow, we would have seen warriors and those living off the land consuming them for energy and to support

their bodies through the long days. They would have eaten them in moderation and when required, not gorging on a packet whilst watching TV.


Organic dates are a great energy food, but because of their high glycemic index consuming organic dates should be done in moderation and adding something like nuts is a great way to balance our blood sugar levels.

1. Koch, M 2001, Laugh With Health, Everbest Printing Co Ltd, China, p.49
2. Pitchford, P 2002, Healing with Wholefoods, North Atlantic Books, USA, p.327
3. Edgelow, D 2006, Apple A Day, Griffin Press, Adelaide, Australia, p.37



About Alyce Serpell

Alyce is a Melbourne-based naturopath with a passion for holistic health and wellbeing. Her clinic SEED Naturopathy was built on the traditions of naturopathic medicine and her tagline for health is 'it all begins with a seed'.

 seednaturopathy.wordpress.com



Emily said...

YES

Close your eyes and think of your favourite oozy, caramelly, melt-in-your-mouth sweet treat.

What are you thinking of? You might go all out with a Snickers bar. Or you might try to be virtuous and picture an all natural and 'healthy' date.

Yep, Medjool dates are definitely "nature's caramel" and provide a gooey sweetness to raw desserts (or even savoured on their own).

And, because they're a whole food, they're also healthy, right? Unfortunately, it's just not that simple. Before you launch into a box, it's time to read the fine print.

Dates are loaded with sugar! Just one Medjool date can contain 16g of sugar, or a whopping four teaspoons. That's more than half the World Health Organisation's recommended daily intake.

And a lot of that is fructose. Dates are more than one third fructose, which studies show is the sugar causing us problems. It's been linked to numerous metabolic conditions, including type 2 Diabetes.

The sugar is concentrated. The fructose content wouldn't be so much of a problem if the water wasn't drained out, because you wouldn't be able to eat as many! Drying fruit makes it much, much easier to gorge on. You wouldn't eat a whole bag of fresh dates, but it's easy to chow down a bag of the dried versions. You've been warned!

Dates can contain yucky stuff. Dried fruit is often preserved or even coated in rancid oil. These can cause horrible digestive and respiratory problems and many kids don't tolerate them well.

The mineral content is negligible. "But dates contain iron!" we hear you cry. Yeah, that's true, but we choose to get our iron from other sources that aren't accompanied with a mound of sugar. Try red meat, eggs, dark leafy greens – so much more nutritious.

They're not sweet enough for cooking.

You need lots of dates to achieve the same sweetness as sugar. This means you end up eating more than you should in any given recipe (including blending up entire cups for raw vegan cakes and "datorade" smoothies). Sneaky little dates.

We know it's tempting to throw a handful of dates into all your sweet recipes, but try to keep them for special occasions. We prefer to sweeten our foods with fresh fruit and naturally sweet veggies, adding some fructose-free sweeteners like rice malt syrup if we need that little bit extra.

Then again, we don't eat desserts that often... an abundance of vegetables, fruit, protein and healthy fats keeps us nourished and satiated every day.



About Emily Seddon

Emily Seddon is I Quit Sugar's naturopath and nutritionist and is based in Sydney. Emily loves using herbal medicine to treat ailments.

 iquitsugar.com

POWER LIST – 2016's DISRUPTORS ROCKING THE HEALTH AND WELLNESS INDUSTRY



What differentiates disruptors from the pack is their originality – companies with ideas so radical they make us rethink what we thought we knew, and who open up new possibilities for their industries and customers. WhatsApp stirred up the telecommunications industry, Netflix changed the face of home entertainment, and Airbnb caused waves throughout the travel industry. So who are the game changers disrupting the health and wellness industry to better serve its customers?

Childhood mates ice the beverage market

Sydneysiders Drew Bilbe and Troy Douglas have added some serious fizz to Australia's beverage industry with the creation of Nexba, an all natural iced tea range sweetened with stevia extract instead of sugar.

What started as a big idea dreamed up on a Mexican beach quickly gathered steam as the two childhood friends sought advice from their mentors and bought a small canning factory to manufacture their products.

With no previous business experience and aged in their early 20s, the pair nevertheless proceeded to make 100,000 cans of iced tea in 2011 that they quickly sold to cafes and canteens from the back of a van.

With consumer appetite for healthier products strong and Nexba's beverages containing 50 per cent less sugar per serve than rival products, the wins came thick and fast. 7-Eleven started stocking the Nexba range in 2012, with Coles following suit in 2014 and Woolworths signing up shortly after.

Today more than three thousand outlets across Australia stock Nexba beverages. If that wasn't enough, the startup has sold more than three million cans and is the fastest growing brand in the Petrol and Convenience sector, according to Aztec MAT research.

Their influence on the market did not go unnoticed, with the startup being named 2015 Telstra Australian Micro Business of the Year in a nod to their record of shaking up such a competitive space.

The Australian Beverages Council recently valued the local non-alcoholic drinks sector at \$8 billion, and noted small niche businesses are moving in on major players including Pepsi, Schweppes and Coca-Cola.

The founders have also hit a chord with their commitment to sustainability, with all Nexba packaging fully recyclable.

This is one small business with big ambitions to own the 'better for you' beverage market and take shelf space away from some of the biggest companies in the world one drink at a time.

The boom of telemedicine changes face of healthcare

Virtual healthcare is booming in the United States, with a startup called HealthTap making it possible for patients to connect immediately with one of more than 100,000 licensed doctors over the Internet for consultations and care at any time of the day or evening.

Feeling sceptical? Think again – telemedicine is big business in America, where 15 million people met with a doctor virtually in 2015. This represents double the number compared with just two years earlier, data from the American Telemedicine Association showed. To put a dollar figure around the growth, Verify Markets predicts the virtual health care market will generate \$3.5 billion by 2022.

Founded in 2010, HealthTap offers customers a community of doctors they can access via text or video consultation for a monthly fee, saving them the time of booking an appointment with a 'real life' doctor and travelling to the medical centre. It is now even possible for HealthTap's team of doctors to prescribe lab tests and access the results directly.

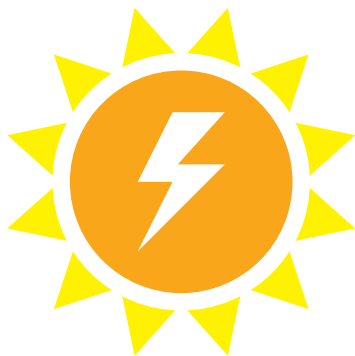
Not only can users find detailed reviews of HealthTap doctors before booking an appointment, they can also send photos and documents to the doctor during the call. The doctors can access the patient's health records, including their client history saved through HealthTap.

Subscribers are also able to access doctor-approved articles, health apps and Q&As relevant to their health records. Reminders are also sent through a mobile app ahead of virtual sessions, and users are even prompted to take any prescribed medication.

The HealthTap doctors are paid depending on the number of clients they see and the quality of the ratings they generate.

The service is proving particularly popular who have patients with chronic health concerns, and the income to take advantage of the convenience offered. While telemedicine will never replace traditional in-person care, the explosion of smartphone use has supported the use of telemedicine which empowers consumers with greater choice about how and when they access their healthcare.





Home batteries take on the power companies

American energy storage company Tesla Motors has been credited with helping reinvent energy with the launch of the Powerwall, a lithium-ion home battery system designed to store electricity generated from rooftop solar panels.

The major selling point is that the technology allows people to power their homes independently from the utility grid which carries electricity from power stations to homes and businesses. That could mean no more need to deal with power companies and less use of coal power.

The home battery's super power lies in its abilities to store electricity generated by solar panels during the day and make it available during the evening, secure a 'net zero' rating that can see you connect to the grid for periods of high demand, or power your home in a power outage.

Tesla's Powerwall has earned a cult-like following since late 2015 when it was announced Australian residents would be one of the first worldwide to access the technology. Unlike previous models, this home battery is said to be automated, compact, easy to install and low maintenance, and the first wave of Australian customers are currently having the system installed.

There is a solar power revolution occurring in Australia, with 15 per cent of Australian homes having rooftop solar. In fact, Australia has the highest rate of household solar panel installation in the world, with 1.5 million homes having made the switch already.

There is an undeniable market for technology such as the Powerwall, with consumer advocacy group Choice reporting almost two out of three Australians want to meet their energy needs in a self-sufficient way. It also reports the cost of energy as a consistent top concern for Australian consumers.

Energy retailers unfortunately didn't properly prepare for the shift, charging customers unsustainable fees and designing a grid which didn't account for the two-way energy traffic that was to follow.

With Powerwall's prices starting at \$12,000, it is not expected most Australian households will be in a position to adopt the new technology in the immediate future until battery prices drop. However, it is undeniable Tesla's invention has already started changing the way we use – and generate – electricity.

Queensland gamechanger shakes up podiatry industry



Noosa-based podiatrist Dan Everson has spent the last three decades busier than most. Not only has he established the largest group of podiatry practices across the Sunshine Coast after opening his first clinic at 20, he developed Australia's first computer-designed and manufactured orthotics range and turned many heads in the industry along the way.

Dan started to develop his own model of custom-made orthotics after becoming frustrated with the shortcomings of traditional design which tended to be based on foot measurements alone. Dan's design on the other hand was built using state of the art computer integrated technology, and years of extensive clinical data.

The world paid attention when Dan's design system was granted a patent because of its ability to help podiatrists prescribe orthotics which improve the way force is transferred when a person walks. Dan reached a personal milestone when he provided Nambour hospital with free access to his orthotics design model for several years, saving the hospital administration more than \$800,000 in admissions.

Dan said what propelled him forward was identifying with his clients and being passionate about finding the right solution for them.

"I've kept on this path because I love seeing people's lives transformed in this way. Addressing people's pain and restoring their mobility can change their outlook, health and

self-esteem, so it's more than a clinical case to me, it's always personal," Dan said.

The ambitious entrepreneur has been credited with bringing a more evidence-based approach to orthotic design, and to that end his business today distributes his custom-made orthotics to 150 podiatrists around Australia and overseas.

He's also playing a role to educate the next generation of podiatrists, recently launching *The Kinetic Orthotics® Method Book* seen by many in the industry as the bible for modern podiatry therapy.

What does this all mean for the average Joe? We can hope to see many more Australians moving without pain.

Mobile tools help overworked doctors deliver better patient care



Apricot Forest is a suite of three apps making serious waves in China by helping exhausted doctors get on the front foot by removing some of the obstacles presented by China's medical industry.

First let us set the scene. The number of qualified doctors and nurses has not risen according to the demand for care, with 95 million Chinese people with diabetes and 165 million people with heart disease alone. The majority of Chinese doctors work for state-run hospitals and typically earn the same wages as a taxi driver despite juggling intense workloads. In fact, it is not unusual for a doctor to treat up to 60 patients a day, with most major hospitals being paid when they meet patient quotas, order tests and prescribe medicine.

This disconnect between quality and quantity has led to an outburst of tensions between patients and doctors. In 2012 Chinese hospitals experienced an average of 27 assaults, with a number of doctors murdered by frustrated patients.

The most popular app of the trio is called MedClip, a program designed to give doctors the tools to make their work

quicker and more effective. It allows them to photograph, store and organise patient records digitally, dictate notes directly into a patient's file, send patients reminders and educational materials through a popular Chinese digital messaging system, and even liaise with other doctors on challenging cases. Apricot Forest's other two apps arm doctors with reference materials and up to date research literature.

Founder Zhang Yusheng has certainly tapped into an enormous need, with 25 per cent of China's 2.5 million doctors already using at least one of the apps. Zhang also worked hard to ensure the apps protect the confidentiality and security of patient confidentiality, with an editing tool censoring a person's name if it were to appear on a document and the apps complying with US standards for security of healthcare information.

Smart activewear brand disrupts the sport industry

Californian startup Athos is taking the baton from Fitbit and bringing the personalised fitness revolution to the next level with its line of smart shirts and pants that measure physical performance instantly to help people get better results from their workouts on the spot.

Athos' clothing range uses electromyography technology to monitor heart rate, effort, breathing and muscle exertion rates in real time, with eight small sensors built into the shorts that send the data to the customer's phone instantly.

Customers can then look at their phone for an X-ray map of their body, with muscles lighting up in various colours as they are

used. These insights are used by people to improve their posture, correct poor form or change their intensity to improve their results and decrease their chance of injury. It is clever technology as it can help guide the considerable group of people suffering from minor injuries who use different muscles to reduce pain, which can create its own set of problems.

Athos is poised to make the biggest impact on the professional sports field, where hundreds of millions of dollars are invested in coaching, monitoring performance and rehabilitation. Imagine a physiotherapist prescribing Athos clothing to their clients and being able to check on their rehab progress remotely?

Smart activewear and wearable technology isn't exactly new, but what Athos brings to the table is durable and comfortable design combined with its user friendly app. It is looking to be a winning mix.



Athos clothing ●



NO ORDINARY FREAKSHAKE

Larger than life milkshakes piled high with indulgent toppings overflowing onto the plate below. This dessert phenomenon recently left social media on fire and millions of mouths watering. We're talking mason jars coated with ganache, followed by your milkshake of choice and finished off with a selection of toppings – salted caramel, Nutella, marshmallows, pretzels and doughnuts to name a few.

With one of these addictive beverages totaling up to 1500 calories, wholefoods lover and blogger Kate Cook, 26, turned the concept on its head by creating her own healthier alternative with an 88 per cent lower sugar count. We tracked down Kate to tell us her delicious story.

Can you tell us about your version of a freakshake and how you came up with the idea?

I kept seeing photos of freakshakes on my social media feeds and wondered how I might go about making a cleaner version. Then I saw one of my favourite YouTube channels 'How To Cook That' create a pretzel freakshake, and since I often try to recreate her treats I knew I had my latest challenge.

I'm all for indulging in a treat every now and then but when I did a calculation on the number of calories it was just far too indulgent. Don't get me wrong – I love a great dessert on the odd occasion but 1500 calories for just one drink was too crazy. I think this food trend is very scary when you see how popular some of these

desserts are becoming. As a very occasional treat they are completely fine, but I wouldn't be surprised if people were consuming them semi-regularly with no idea how many calories are in a single serve.

So I set about looking at the ingredients of the original and found a healthier alternative for each one. I swapped Nutella for a Cocoa Peanut Butter Spread, regular whipped cream for coconut whipped cream (both of which contain healthy fats) and regular sugar-ridden drinking chocolate for a sugar-free version. It is still an indulgent treat but it is made from much healthier, less calorie dense foods. Trust me – it's absolutely delicious and totally worth the prep time when you know you can enjoy it guilt-free.

Your clean freakshake made some serious waves – even being picked up by **buzzfeed.com**. What other feedback did you get?

I have intrigued quite a few people with the concept. Some people can't understand why you'd add pretzels to a milkshake and others love the idea of being able to eat a 'guilt-free' version of something so indulgent.

What did the experience teach you?

There are so many amazing options available these days and you can find a healthier

substitute for many foods if you look hard enough. It is also possible to improvise and use what you have at home already. No chocolate peanut spread? Use peanut butter! No soy Bliss ice cream? Make yourself frozen banana 'nice cream' instead. Where there is a will, there is a way!

When did your interest in wholefoods begin?

I've cooked with wholefoods for the last four years. I came across Sarah Wilson's blog when I was diagnosed with an overactive thyroid and was looking for ways to ease my symptoms through a healthy diet. Sarah talked a lot about how reducing sugar intake and increasing healthy fats in her diet helped with her thyroid issues, so I was keen to give it a try. I didn't want to get rid of sweet foods altogether so I wanted to find a way to incorporate delicious treats into my diet that were more nutritious.

Do you have any plans to create similar version of other popular desserts?

I actually make a chia seed chocolate mousse that my fiancé can't believe is healthy so maybe I should share that recipe with the world next.

Visit smallpaperthings.com to find out how to make Kate's clean freakshake for yourself.

A unified voice for naturopathy

Australian naturopaths have the opportunity to speak with a united voice on a global stage for the first time in history, following the establishment of a world first international representative organisation the World Naturopathic Federation (WNF) in 2015.

Not only has Australia been involved with WNF since its creation, it is also the only country along with Canada with members in each of the major categories – full membership (which involves a federation of practitioner associations), associate membership (limited to organisations focused on naturopathy) and educational membership.

Co-Secretary General of WNF Jon Wardle said the organisation was developed to help naturopathy advance on a global scale through providing a unified approach to better leverage opportunities available to the profession.

“The lack of a formal representative organisation up to this point often meant naturopaths weren’t included in conversations about international initiatives that affect the profession, and the big decisions were often being made by people and organisations that may not fully understand the unique needs of naturopathy,” said Jon.

“Our key mission is to give naturopathic medicine a strong voice in international discussions, not just on matters that already directly affect the profession such as education and policy, but also to advocate for greater inclusion of naturopathic medicine in addressing global health priorities.

“For the first time ever, the naturopathic profession has the structure it needs to grow globally, with practitioners from all countries now able to be an active part of that process.”

Jon said the WNF was in the process of developing formal relations with the World Health Organisation (WHO) which would have great benefit to the naturopathy industry.

“We’ve heard from numerous stakeholders in the Australian government, business and non-government organisation sectors that believe having Australian representatives of a global naturopathic organisation recognised by WHO will help legitimise the naturopathic profession in Australia,” Jon said.

Representative of the Australian Full Member of WNF the Australian Naturopathic Federation (ANF) and

President of the National Herbalists Association of Australia (NHAA) Natalie Cook said the ANF was formed as a vehicle to allow Australian naturopaths to be represented with one voice.

“This is a significant milestone as it provides a framework to build shared values and allows associations to work together more effectively for the benefit of the naturopathic profession in Australia,” Natalie said.

“It also means we can draw on best practice internationally and ensure our voice is heard clearly and consistently on the domestic front.”

Natalie also recognised the extensive work of Australia’s oldest complementary medicine association the NHAA, who were instrumental in the development of the Terms of Reference for the ANF and act as the representative body for Australia in the WNF.

The NHAA is currently the sole member of the ANF, with the Complementary Medicine Association (CMA) and the Australian Naturopathic Practitioners Association (ANPA) in the process of joining the group.

Educational Member for WNF Endeavour College of Natural Health Representative Carolyn Barker AM said being part of WNF meant Endeavour had a say at the global naturopathic table.

“We now have the ability to present the Australian approach to naturopathy education to the international naturopathic community. It will also help us better understand the international trends in naturopathic medicine by linking these insights back to our curriculum,” said Carolyn.

“We believe this affords our graduates a far greater world view of the opportunities for contemporary naturopathic practice and the possibilities for the profession they are entering.”

Representative for the WNF Associate Member the Australian Register of Naturopaths and Herbalists (ARONAH) Dr Amie Steel said the organisation was focused on helping the WNF identify the supports and barriers impacting on the global advancement of naturopathy.

“We’ve been able to learn from the experiences of naturopaths in other countries, many of which have faced – and beaten – similar challenges to the naturopathic profession as we face here in Australia,” said Amie.

Who are the Australian members of WNF?

Full Member:

Australian Naturopathic Federation

Associate Members:

- Australian Register of Naturopaths and Herbalists (ARONAH)
- Australian Naturopathic Practitioners Association (ANPA)*
- Complementary Medicine Association (CMA)*

Educational Member:

Endeavour College of Natural Health

*In process

Fast Naturopathy Facts

1. There are 100,000 naturopathy practitioners worldwide working on every continent except Antarctica.
2. Naturopathic practices centre on the belief of the healing power of nature, which supports the body’s own natural processes for health.
3. WNF conducted the world’s most comprehensive survey of naturopathic medicine, which revealed the profession globally has far more in common as far as its practices and philosophies than previously thought.



The *Wellspring* team loves nothing more than trawling the globe for the newest wave of health, wellness and beauty products. Yet sometimes home is where the heart is, so this month it is all about our favourite locally made items.



Australian Organic Miso

Made from Australian grown soybeans that are GMO free and certified organic, this miso is flavoured with natural sea salt and hand-made organic koji and then fermented for six months. Suddenly me-so hungry!

riceculture.com.au

\$12

for a 350g jar



Body Whip by Oasis Skin Co

This moisturising body whip is created with 100 per cent certified organic ingredients to nourish, repair and protect your skin. Enriched with vitamins and raw, unrefined shea and cacao butter, avocado and almond oil, this winning product is also scented with therapeutic essential oils that linger on your skin all day.

oasisskinco.com.au



Detox Spray by Wyld Myrtle

This one is for our yoga lovers. Formulated by a top organic chemist, this Detox Spray uses lemon myrtle to kill odour causing germs on your yoga mat. It can also be used to sanitise your shoes, wet suits or boxing gloves.

We love the inclusion of organic lemon myrtle, one of our favourite scents.

wyldmyrtle.com.au

\$15.99

for 250ml bottle



Greenleaf Bag

This hemp-based re-usable shopping bag caught our attention as a safe alternative to plastic for storing fresh produce in the fridge. These eco-friendly bags are said to maintain the quality, freshness and nutritional value of produce stored in the fridge longer, and are made using no harmful chemicals or plastics. Sounds like one fresh idea to us.

greenleafbag.com

\$11.95

for 50g



**Pick Me Up Tea
by Jade Walker**

This healthy coffee alternative was a winner with the *Wellspring* team with its mixture of yerba mate, cognition-enhancing ginkgo leaf and a kick of ginger. With all organic ingredients, this blend is packed with antioxidants and handcrafted in Melbourne.

jadewalker.com.au

\$15

for a 120g jar



GoodMix Blend 11

This superfood blend packed with ingredients like chia seeds, almonds, pepitas, raw cacao nibs, and puffed amaranth and millet is one of the best we've come across. We add ours to smoothies and bliss balls, and it makes the base for a killer bircher muesli.

Stocked at Wellspring Bookstores in Brisbane, Melbourne and Sydney or at Wellnation Clinics nation-wide.

goodmix.com.au

\$17

(\$15.30 for students/alumni)
for 400g bag



From
\$24.50

a bag



**Orange geranium
multipurpose cleaner
by Eco House**

This all-natural citrus-based multipurpose cleaner cuts through grime whilst refreshing and deodorising the home. We love the addition of geranium, one of our favourite essential oils. This gentle but effective cleaning product is handmade in Brisbane.

ecohouselifestyle.com

\$6

for a 500ml bottle



AN AYURVEDIC TASTE SENSATION

This eggplant bharta, described by its creator as a 'kapha-balancing shaggy mash' can be eaten cold as a dip, and is a side dish or entrée your guests will remember. We like it eaten with dippers of raw carrot, celery and cucumber.



Eggplant Bharta

(SUMMER)(KAPHA¹)

Serves 2

Ingredients:

- 1 large eggplant (aubergine)
- extra virgin olive oil, for brushing
- 1 tablespoon ghee
- 1 teaspoon cumin seeds
- 1 small onion, finely chopped
- 2.5 cm (1 inch) piece of ginger, peeled and grated
- 2 garlic cloves, crushed
- ½ small green chilli, seeded and finely chopped
- 1 tomato, finely chopped (to yield ½ cup)
- ½ teaspoon ground turmeric
- ½ teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon garam masala
- Celtic sea salt, to taste
- 2 tablespoons finely chopped coriander (cilantro) leaves, to serve (optional)
- Indian dosas, to serve

Method:

1. Cut three or four slits in the eggplant, then brush the eggplant with a little olive oil. Heat a medium frying pan over medium heat, then fry the eggplant for 10 minutes, turning frequently, until it is soft and charred. Remove from the heat. When cool enough to handle, remove and discard the skin. Mash the flesh and set aside.
2. Heat the ghee in a clean frying pan over medium heat and add the cumin seeds. Cook for 1 minute, then add the onion and cook for another minute. Add the ginger, garlic and chilli, then cook, stirring frequently, for 1 minute.
3. Add the tomato and ground turmeric, coriander and cumin, then continue to cook, stirring frequently, for 3 minutes.
4. Add the mashed eggplant, garam masala and salt. Stir to combine and cook for a further 2 minutes.
5. Top with the coriander leaves (if using) and serve with Indian dosas.

Indian Dosas

(KAPHA & VATA²)

Makes 10

Ingredients:

- 110 g (3¾ oz / ½ cup) urad dal
- 1 teaspoon fenugreek seeds
- pinch of Himalayan salt, plus extra to taste
- 210 g (7½ oz / 1½ cups) quinoa flour
- 1 litre (35 fl oz / 4 cups) filtered water, plus extra for soaking
- ghee, for shallow-frying

Method:

1. Soak the urad dal and fenugreek overnight in a bowl of filtered water with the salt. Rinse the dal, place in a blender with the flour and blend to a fine paste. Add enough of the water to make a thin batter. Pour into a large heatproof bowl.

2. Heat the oven on 200°C (400°F) for 10 minutes, then turn the oven off. Sit the bowl in the oven for 15 minutes or until the batter is slightly bubbly and frothy (this traditional fermenting step is optional – the taste is the same whether you do it or not). Remove from the oven and season with salt.
3. Heat a frying pan over high heat and add a small amount of ghee. Ladle about 80 ml (2½ fl oz / ⅓ cup) batter into the pan and quickly swirl to spread evenly over the base of the pan. Add a few drops of ghee. When the edges are looking crisp, fold the dosa in half and remove from the pan.
4. Repeat with the remaining batter.

Extract from *Eat Right For Your Shape* by Lee Holmes, published by Murdoch Books.

Eat Right For Your Shape

Eat Right For Your Shape by bestselling author Lee Holmes takes a fresh look at the ancient Indian healing system of Ayurveda and applies it to the way we eat. This practical guide and cookbook features over 120 seasonal dishes and will help you bring about harmony in your life through food, nutrition and mindfulness.

🌐 superchargedfood.com



\$31.50

Available in-store
and online at Wellspring
Bookstore

1. Kapha is the dosha (each of three energies believed to circulate in the body and govern physiological activity) responsible for the lubrication and structure for the body.
2. Vata is the dosha responsible for every movement of the body.



The truth about nutritional medicine practitioners

By Miranda Partridge

The thing about nutrition is that it seems everyone has an opinion. So many people and companies claim they have the answer to solving all our health problems. Even those who advocate eating wholefoods can get stuck in a set of rules to follow and a mindset of this-is-the-way-YOU-should-eat, and if you don't, well, you clearly aren't doing it right. Everyone has an opinion. Everyone has the magical pill. And most of the time, the focus is on our waistline or the way that we look, rather than health itself.

Food is a very sensitive subject for a lot of people too. We judge each other, or feel the need to apologise and explain when what we eat is different from the norm. There are memes and social media rants, celebrities and bloggers, health coaches, nutritional medicine practitioners, dietitians, naturopaths, celebrity chefs, exercise physiologists, online healthy eating programs, bikini models, personal trainers, yogis, detoxes, skinny teas and the body-love movement. No wonder we find it so confusing to know what is legitimate when we want to look for health advice. So how do you know where to turn when it comes to your health?

When it comes to health and nutrition, I love what my modality does for people, and I think we do it well. I'm not here to beat up the "competition" (they each exist because they are needed in the world). Instead, I just want to concentrate on what it is we do, how we do it, and why I believe it's a beneficial approach to health and nutrition.

First of all, what is nutritional medicine?

Nutritional medicine practitioners create personalised diet, lifestyle and supplemental treatment plans that take into account all unique aspects of their client's health, including health history, diagnoses, medication, family health history, current symptoms, lifestyle constraints and personal health goals. Treatments are designed to find and address the root cause of an individual's


symptoms using food as medicine. Our degree includes a thorough understanding of human biology, anatomy, physiology, pathophysiology (the study of disease/illness) and clinical sciences including chemistry, biochemistry, pharmacology and nutritional biochemistry. We use this knowledge to create diets for our clients that not only meet the minimum requirements of nutrients, but utilise the healing abilities of nutrients and phytochemicals in food to help the body heal itself. This usually resembles dietary changes including lots of fresh fruits and vegetables, nuts, seeds (wholefoods in general), recipes that help boost particular nutrient levels or activate certain biochemical pathways in the body, lifestyle suggestions that help the healing process, and specific supplement prescriptions backed up by scientific studies.

Despite some claims that have done the rounds from time-to-time, we have two years of in-depth study of science, the body and how it all works as part of our three year degree. What all that means is that, although we practice nutritional medicine with traditional principles, we also ensure we are up to date with the latest scientific studies of how nutrition can be used as medicine for our clients. We also ensure that every prescription we give is personalised for each individual client. When we prescribe diets for weight loss, we decide our food prescriptions based on the quality of the food, rather than how many calories it has. But our nutritional expertise also allows us to prescribe specific supplements to support your body's healing mechanisms and overall function.

Nutritional medicine is a holistic form of treatment. This means it encompasses the body, mind and spirit to bring about healing. It is complementary to modern medicine, in that a practitioner is mindful of any medications you may be on and works around those to give you the best result. Best of all, it teaches you how to understand the needs of your own body and how to feed those with tasty, beautiful whole foods.

For the most part, depending on your case, it is fairly inexpensive because most of the prescriptions are from food that you buy and cook yourself, and supplements are intended to be taken only temporarily to boost the nutrients you are deficient in. It's a really lovely way to learn how to cook the food your body needs and create a healthy lifestyle for yourself and for your family that is achievable for you and fits into the way you currently live.

My favourite part is that there is no judgement. When you come to a nutritional medicine practitioner, your health history, your diet and lifestyle habits, while analysed, are not judged. Our role as practitioner is to teach you our knowledge for your benefit, not to squash you when you're feeling down. We provide practical solutions you can achieve and make sure you're comfortable with the changes. All in all we aim to help your body work at its optimum level so that you have the strength and resilience to bounce back from the hard times and the energy to celebrate the good times.

 mirandaswellness.com

About Miranda



Miranda Partridge is a writer, nutritional medicine practitioner and self-love advocate with a passion for helping people improve their mental wellbeing. Miranda studied at Endeavour College of Natural Health.



A sweeter future

One nutritionist in the making was so moved by the number of Melbourne residents living without consistent access to nutritious food she created a non-profit organisation to help nourish this marginalised group of society.

Amber Magna felt compelled to launch her business Feel Good Food Packs after realising 100,000 people experience homelessness in Melbourne and are unsure whether they will eat on a particular day.

The concept behind Amber's food packs was simple – to provide free nutritious food parcels that give a boost of nourishment to Melbourne's most vulnerable. A typical pack would include between three and five snacks, including items such as trail mix, a fruit and nut bar, jerky, a healthy chocolate bar and an energy ball.

Once Amber had her business idea down pat she contacted the CEO of like-minded Melbourne charity Anonymous X Sean Thorton to share her plans with him.

"In Victoria we are fortunate to have organisations that exist to address the issue of food insecurity, particularly among the homeless population. I wanted to add to their work with a food pack that was designed to supplement meals, because I've learned that for people sleeping on the streets it can be tough to access three full meals a day," said Amber.

"When I emailed Sean he wrote back saying he loved my idea and within a few months we'd secured regular food donors and Anonymous X took me under their wing and helped me get the packs out there to people in need."

"In the last seven months, we have donated 450 packs. To put that into perspective, a pack might last for one to two days, alongside meals."

The social change champion said she'd learned despite services like food vans being accessible to the homeless, it was still easy to fall through the cracks.

"From speaking with people on the streets, I've learned it's not always possible for people to access these services every single day, for every meal. The packs give people a little extra food, either to eat in between meals, or instead of a meal if they miss one," Amber said.

"Most of the food we supply is gluten-free, dairy-free and vegan, so it's good to be able to provide food people know is safe to eat, or food that fits within their values and beliefs. Many people believe that when you are homeless, you don't have a choice to be picky about food, but the fact is people experiencing hardship still have values and preferences just like anyone else."

Feel Good Food Packs have supplied packs to a number of other charities, including Pets of the Homeless, One Voice, The Legend Project and Crepes for Change.

Amber recently expanded her business to offer workshops on nutrition education, cooking skills and food budgeting to encourage healthy eating habits in people over the longer-term.



Amber Magna

People who would like to support Feel Good Food Packs can buy its fundraising eBook featuring recipes from Pana Chocolate, Cyndi O'Meara and Luke Hines, or contact Amber to enquire about volunteering or donating food items.

A number of Endeavour graduates already work with Feel Good Food Packs, and Amber is looking for other passionate people to join her team.

"We've recently received applications from a number of students and graduates, which is really exciting. We'd love to hear from people with a passion for nutrition and a strong desire to make healthy food accessible to people doing it tough in Melbourne," Amber said.

feelgoodfoodpacks.com



Valeria Ramirez ●

Where I eat...

Where do Australia's top foodies love to eat when someone else is cooking? That's what we asked entrepreneur, personal trainer and wholefoods lover Valeria Ramirez, who took us to her favourite eateries in Brisbane and explained what keeps her coming back for more.

Review by Valeria Ramirez

Being a busy mama and business owner, my life now revolves around daycare hours. When my son is at daycare I try to pack as much as I can into that time which usually involves lectures at Endeavour and seeing my clients.

Squeezing in a healthy bite on the run can be challenging because healthy options are not always around. While I try to pack my own food where possible, sometimes I do get caught out. That's when I give my girls at Pressed Juices in the city a call so that they can pop aside my beloved Kelp Noodle and Rainbow Slaw Salad or a Buckwheat and Mushroom Wrap so I can grab it and go.

The Kelp Noodle salad is packed full of living goodness that every body needs. Kelp noodles are a great source of vegan iodine, which most people tend to be low in. The salad is a wonderful way of getting a variety of fresh, crunchy and oh-so-colourful veggies into your day, plus they come in the cutest jars you can recycle for later use.

The buckwheat and mushroom wrap is a new addition. I grew up on buckwheat in Russia, so I am very excited to see it become hip and trendy some 20 odd years later in Australia. This gluten-free bundle of deliciousness is brimming with digestive enzymes and protein that fills me up and keeps me going until dinner.

On the weekends I like to press the pause button and clock in some quality time with my husband and friends, and what better way than over a nice healthy breaky. I am loving Billykart in West End at the moment. Set under the largest green wall in the Southern Hemisphere, Billykart offers a beautiful seasonal, quality produce focused menu. It can be a bit of a wait on the weekends, but there's plenty of space to sit down and chat while you wait, or why not get lost in all the tasty morsels and house made goodies next door at Billykart Provisions.

My breakfast favourites at Billykart include the poached fruits, orange blossom almond milk curd, with heavenly malted house granola. It's the perfect dish for something sweet. Crunchy and fragrant, the nutty granola is packed full of nutrients, fibre and good fats while the almond milk curd is a great alternative to traditional yoghurt. For something savoury I love the sprouted seed loaf that is perfectly complemented by avocado tahini, taramasalata, pickled green tomato, and fragrant fresh herbs.

Each meal is perfectly balanced and just the right portion to fill you up without making you feel too full.

About Valeria Ramirez

Valeria is a holistic health coach, nutrition student and founder of The Well Nest, a cosy place for mothers to learn to nurture themselves and their families.

📶 thewellnest.com.au

Pressed Juices

214 Adelaide Street
Brisbane

Open Monday to Saturday 7am to 6:30pm and Sunday 8am to 5pm.

📶 pressedjuices.com.au

Billykart West End

2 - 4 Edmondstone Street
South Brisbane

Open Sunday and Monday 7am to 5pm and Tuesday to Saturday 7am until late.

📶 billykart.com.au



When two become one

Naturopath Anita Pierantozzi built on her Bachelor of Health Science degree with two postgraduate qualifications that helped her enter the conventional medicine industry with ease, landing the highly coveted role of Senior Medical Education Officer at Redcliffe Hospital. Since then Anita has injected her love of complementary therapies into the training she provides junior doctors to help the next generation of medical professionals embrace a more integrative approach to healthcare.

After returning to Endeavour to work as a tutor and eventually take on a Senior Lecturer role after graduating in 2006, Anita took on the considerable task of tackling two postgraduate qualifications at once. Progressing through a Masters of Public Health (Nutrition) and a Graduate Certificate of Education concurrently at the University of Queensland may have left Anita with a jam packed schedule, but in the end her efforts proved valuable in giving the natural health professional a career advantage.

"I could never have done the job I'm sitting in now or have published the papers I did without my degree and postgraduate qualifications. I've learned you can use your Bachelor of Health Science degree to get wherever you want to go – I've seen some of my fellow graduates go on to complete medical degrees. It really can be an incredible foundational point for people who wish to go on to specialise," said Anita.

In Anita's current role as a Senior Medical Education Officer at Gladstone Hospital, she is charged with supporting junior doctors to provide educational assistance, orientation and induction and career guidance and support to set them up for success by ensuring they are work ready.

"I love my job as I'm really an educator at heart. It gives me the chance to have my educational hat on as well as my complementary medicine hat, which I really enjoy," said Anita.

Anita said the experience of working in a regional hospital taught her how different regional healthcare services were to their urban counterparts.

"You read about how different the set up is but it is another thing to experience it. There are typically greater workforce shortages, and patients don't have access to the range of services they do in the city such as orthopedic surgeons or intensive care services," said Anita.

Being a natural health practitioner has given Anita an opportunity to infuse a greater focus on complementary therapies into the training she gives up and coming doctors.

"My background has been treated as an asset in the hospital system, particularly given there is now widespread recognition that many doctors don't receive specific training on complementary medicines during their degree. I've been able to empower junior doctors by giving them greater confidence when dealing with issues around the use of complementary medicines," said Anita.

"To ensure your voice is heard by doctors I've learned you need to show how your information is clinically relevant, so I make sure to provide data around the use of natural therapies, outline the implications from a legal perspective which can arise from not asking patients about their usage, and some of the common interactions between medicines prescribed to help ensure patient safety.

"I really try to get across that it is in no one's interest for the two sides of medicine to work in silos – we need to communicate more closely," said Anita.

Anita said she has received a warm reception from the medical profession and encouraged other practitioners to approach conventional medicine professionals with their heads held high.

"I have found there is a great appetite for more knowledge about complementary therapies. The majority of people from the medical profession are very interested in my background and have so many questions for me. I've found they want to learn about us as much as we want to learn about them!"

A NATURAL EDGE

Endeavour College of Natural Health is Australasia's largest degree conferring tertiary institution offering qualifications in complementary medicine and natural health. It has campuses in Adelaide, Brisbane, Gold Coast, Melbourne, Perth and Sydney, five Bachelor degrees, four Honours degrees, 5,000 students, 350 staff, leading academics in the field, and an active Office of Research. Here is a round up of the Bachelor of Health Science and Honours degrees Endeavour offers.

Bachelor of Health Science (Acupuncture)

This degree turns students into acupuncture practitioners, equipped to restore the harmonious flow of energy by influencing acupuncture points with needles, lasers or finger pressure. Students are also taught about Traditional Chinese Medicine, practised alongside Acupuncture, which uses Chinese herbs and traditional medicines to stimulate and strengthen healing mechanisms and restore balance.

Acupuncturists often practise independently as a sole trader, or provide treatment in a multidisciplinary setting. Acupuncturists often work alongside other allied health practitioners such as medical doctors, physiotherapists, osteopaths, chiropractors and naturopaths.

Practitioners may choose to focus on particular areas of interest such as women's medicine, sports medicine, men's medicine, chronic disease or other areas.

Course Duration

4 years full time or 8 years part time

Study Mode

Face-to-face on campus with selected subjects available online



Bachelor of Health Science (Nutritional and Dietetic Medicine)

This extremely popular degree offered by Endeavour prepares students for a successful career as a qualified holistic nutritionist capable of approaching disease prevention and management through a multidimensional lens. Graduates of this degree are equipped to integrate scientific evidence and sound clinic reasoning to motivate people and communities to eat well and live healthier lives.

Graduates may choose to work in private clinical practice or in an integrative healthcare setting. Many holistic nutritionists also decide to pursue careers in corporate health, provide nutritional consulting to health-related businesses, complementary medicine safety and compliance, nutraceutical innovation and development, nutraceutical sales and marketing, and health writing and blogging.

Course Duration

3 years full time or 6 years part time

Study Mode

Face-to-face on campus with selected subjects available online

Bachelor of Health Science (Naturopathy)

Endeavour's naturopathy degree is one of its most popular, and arms students with an array of natural therapies to support healing and health. Its core principle, "the healing power of nature," guides the naturopath's use of nutrition, dietary counseling, herbal medicine, manual therapies, flower essences, lifestyle education, homeopathy and other modalities to treat illness and restore health.

Many naturopaths work in private practice, setting their own hours and developing and managing their own businesses. Others join multidisciplinary clinics with other natural and conventional medicine practitioners. Some naturopaths catch the research bug and pursue graduate education research, whereas others pursue a career in the media as a writer or personality in their own right. Many natural product companies hire naturopaths to help formulate new products, conduct research, perform technical writing or provide sales and marketing support.

Course Duration

4 years full time or 8 years part time

Study Mode

Face-to-face on campus with selected subjects available online





Bachelor of Health Science (Myotherapy)

This degree is designed to develop myotherapists equipped to treat and manage musculoskeletal pain and dysfunction. Myotherapy uses standard methods of assessment such as postural evaluation and neurological and functional testing to determine the particular cause of musculoskeletal pain and associated problems.

Many myotherapists choose to practise independently as a sole trader, or provide treatment in conjunction with other healthcare professionals in a multidisciplinary setting. Practitioners may choose to focus on particular areas of interest with specialised groups such as pre and postnatal care or working with athletes.

Course Duration

3 years full time or 6 years part time

Study Mode

Face-to-face on campus with selected subjects available online

Bachelor of Complementary Medicine

This non-practitioner online degree provides students with a broad perspective on the scope of this dynamic field in the overall context of public health, ethics, research, health promotion and health behaviour. It exposes students to a wide variety of natural medicine streams to develop a sophisticated understanding of multiple disciplines in this rapidly growing sector. A range of electives enable students to gain knowledge in specific natural medicine professions and may lead to interest in further study to become a practitioner.

Graduates can pursue employment in a variety of fields including public health, public administration, health administration and social work. They may also work in the allied sectors of the natural medicine industry as patient services coordinators in a multidisciplinary clinic, managers of multidisciplinary clinics or health retreats, government policy advisors, health store owners and operators, and product sales representatives for natural product companies.

Course Duration

3 years full time or 6 years part time

Study Mode

Fully online

Honours Program

Endeavour offers a sought after Honours degree – a specialised year of study that follows the successful completion of an undergraduate degree (Bachelor of Health Science).

The Honours degree allows graduates to draw together the theoretical and practical skills gained in undergraduate studies and develop an in-depth knowledge and understanding of your particular modality or an area of interest through research and additional course work. The Honours degree provides an indication of a student's research potential and introduces students to basic research training.

Four Endeavour Honours degrees are available:

- Bachelor of Health Science (Acupuncture) (Honours)
- Bachelor of Health Science (Naturopathy) (Honours)
- Bachelor of Health Science (Nutritional and Dietetic Medicine) (Honours)
- Bachelor of Health Science (Myotherapy) (Honours)

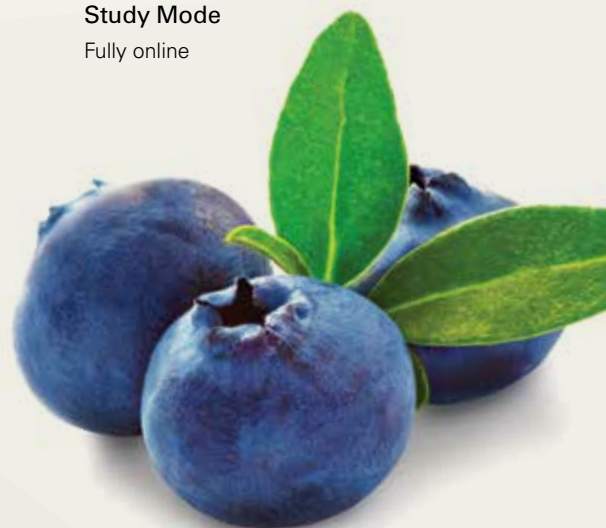
Potential career pathways from the Honours degree include working as a research assistant, enrolment in a Doctor of Philosophy (PhD) program, research consultant, clinical trials coordinator, research and development officer or technical writer.

Course Duration

1 year full time or 1.5 to 2 years part time

Study Mode

Fully online





Wellnation Clinics⁺

The teaching clinics of Endeavour College of Natural Health

WHOLE HEALTH FOR THE WHOLE OF YOU



NATURAL HEALTHCARE STARTING FROM \$15

Acupuncture • Myotherapy • Naturopathy • Nutritional & Dietetic Medicine
Relaxation Massage • Remedial Massage • Seated Massage • Tui Na Massage

Book online at **wellnationclinics.com.au** or phone **1300 859 785**

Adelaide • Brisbane • Gold Coast • Melbourne • Perth • Sydney