

nu-leaf nu-sletter

volume 2, issue 3
april, 2007

nu-leaf
naturopathic weight & health specialists

nu-leaf hours

tues: 10am - 6pm

wed: 10am - 6pm

fri: 10am - 2pm

sat: 9am - 1pm

please note: fri is retail sales only

healthy tip:

Change your lifestyle

If you're calling this a "diet," then you're going to gain all the weight back (and more) within a few months of losing it. Diets do not work. Diets are temporary. When you change your dietary lifestyle, however, you're changing your habits - and you're putting yourself on track for long-term / continued success and weight maintenance.

inside this issue

nu-product	1
on special this month	1
healthy tip	1
nu-leaf results	2
recipe of the month	2
contact us	2

nu-product: InNatal

INTRODUCING InNatal for Mother and Child from BioCeuticals. Providing nothing but quality for expectant mothers.

InNatal is a multi-nutrient formula that has been meticulously researched using evidence based data. Providing a comprehensive range of vitamins and minerals especially chosen to assist in providing the additional nutrient requirements of women planning a healthy conception, pregnancy, and lactation.

Preconception: low levels of folic acid have been strongly linked with an increased risk of neural tube defects and iodine is essential for normal healthy cognitive development and growth of the foetus and new baby, and normal thyroid function.

Pregnancy: InNatal has been formulated to provide daily pregnancy upper level intake of several key nutrients including vitamin D3, choline, zinc, and the B complex vitamins. Co-enzyme Q10 helps the body's energy reserves and supports energy production, and recent studies suggest that its antioxidant function is involved in the physiology of a healthy pregnancy. InNatal also provides additional antioxidant activity from beta-carotene, vitamin C and E plus zinc and selenium.

Lactation: InNatal contains an extensive array of nutrients that are natural components of human breast milk; co-enzyme Q10, vitamins D3, E, B complex vitamins, plus biotin and choline, and the minerals chromium and iodine.

InNatal is now available at nu-leaf, call today to find out about our preconception and fertility programs. **1300 669 834 or visit www.nu-leaf.com.au/Fertility.htm**

nu-leaf special: carb-less syrups

FOR a short time only nu-leaf is taking 5% off all Carb-Less SugarFree Gourmet Flavoured Syrups!



Made with xylitol the SugarFree Gourmet Flavoured Syrups range is tooth friendly, low GI, and suitable for children and adults alike. With six delicious flavours to choose from you can indulge in that great taste with out the sugar and the extra calories.

You can add the SugarFree Gourmet Flavoured Syrups to your protein shakes, as a topping for FibreX pancakes, or a little extra flavouring in cakes, slices, and muffins!

This **offer ends on the 30th April** so come in today and choose from chocolate, vanilla, hazelnut, caramel, maple, and Irish cream, with 5% this months special will add even more sweetness into your

nu-leaf results: jodi's story

Here's what Jodi Blackshaw said in an email after just 4 days of following the Nu-Leaf weight loss diet;

"Well it has been an amazing turn of events since coming to you. For the past 2 months I have felt like I have been in a fog and trying my hardest to come out of it. I have been eating what you have told me to do and feeling pretty healthy. Anyway, I just wanted to say that today has been the first day in 2 months that I feel the fog lifting. I don't feel so drained, sad, angry. I can feel my eyes getting there twinkle back again."

Three months later...

When I first came to Kyeema on 20/09/06, I had been to see everyone possible and taken so many prescription and natural medicine for my PCOS (Polycystic Ovarian Syndrome) with no results to show for it. I was told to accept myself the way that I was or that I was to fat for them to do anything from a number of doctor's. I felt worthless, tired, angry, frustrated and felt like I was going crazy. I was under so much stress and trying to do everything in my life but yet tried to live at the same time.

I was put onto Kyeema from a friend at the Malvern office. I felt really comfortable when I walked in. When we actually went through everything that was going on, I realized that there was no way that I could possible survive. Kyeema helped me to put things into perspective and broke it down into little steps for me to follow. I was 110.7 kilos when I walked into her office that day and to this day I have lost 7.4 kilos and 44.5 cms on my body in 3 months. For me that was amazing when I couldn't even lose anything no matter how much I exercised or watched what I ate.

I stopped putting so much stress on my body by exercising to the point of exhaustion but walking 5kms and running twice a week. We are still working together to get my hormones balanced and I'm following everything that she tells me to a capital T. I couldn't talk more highly about Kyeema and what she has done for me to get my body back in the working order it was suppose to be in the first place. I know I have a long way to go but I know I'm on the right track. The "fog" has lifted, I feel energetic and I have spring in my step. I still have some bad times but Kyeema walks me through them so that I can overcome whatever comes my way. It has been the best thing I could have ever done in my life!

Well Done Jodi. Keep up the great work!

nu-leaf

MALVERN
318 Waverley Road
Malvern East 3145

MORWELL
195 Commercial Road
Morwell 3840

1300 669 834
0410 448 804
info@nu-leaf.com.au

visit us on the
web
www.nu-leaf.com.au

nu-leaf
naturopathic weight
& health specialists

recipe of the month: Spinach pie

ingredients:

- 2 x 250 gram packets frozen spinach leaves**
- 1 kg fresh ricotta cheese**
- 5 eggs**
- 2 tbs fresh dill, chopped**
- Sea salt & Cracked pepper**
- 250 grams cherry tomatoes, halved**
- 150 grams fetta cheese, roughly crumbled**

method:

- 1.** Preheat oven to 160°C (320°F).
- 2.** Defrost the spinach in the microwave, then squeeze out all the liquid.
- 3.** Place the spinach in a bowl with the ricotta, eggs, dill, salt, and pepper and combine.
- 4.** Spoon the mixture into a 12 cup capacity oven proof baking dish. Top with cherry tomatoes, cut side up, and sprinkle with the fetta.
- 5.** Bake for 1 hour or until the pie is set and slightly golden.

- 6.** Serve warm or cold with a simple garden salad.

serves 4

prep time: 10 minutes

cooking time: 1 hour

