

nu-leaf nu-sletter

august, 2007

nu-leaf
naturopathic weight & health specialists

nu-leaf malvern hours

tues: 10am - 6pm

wed: 10am - 6pm

fri: 10am - 2pm

sat: 9am - 1pm

please note: fri is retail sales only

nu-leaf morwell Hours

thurs: 9am - 6pm

fri: 9am - 6pm

healthy tip:

A good balance between exercise and food intake is important, as this helps to maintain a healthy body weight. About 30 minutes of physical activity, such as walking, is recommended every day.

inside this issue

nu-product	1
iridology	1
Trading hours	1
healthy tip	1
nu-leaf results	2
recipe of the month	2
contact us	2

nu-product - protein cookies :

Sick of the same old protein bars day in day out?? At last there is a new alternative, The Protein Cookie!

A moreish, yummy, soft baked, healthy snack serving as a great alternative to all the health/protein bars & shakes. Perfect for "people sick & tired of the bar scene!" Also a great indulgent snack, minus the guilt!

The Protein cookie comes in four delicious flavours: Ginger 'n' Spice, Mochacino, Choc Chop, and Chocolate Fudge. With approximately 25 % protein these cookies make a great snack for dieters, athletes, and busy people on the go!

Drop into nu-leaf today and try them, just one bite and you'll be hooked!



iridology:

Iridology is based on the study that every organ within the body has a corresponding location within the iris and can help a practitioner ascertain whether an organ is healthy or unhealthy just by examining the iris rather than the organ itself.

How can it help me?

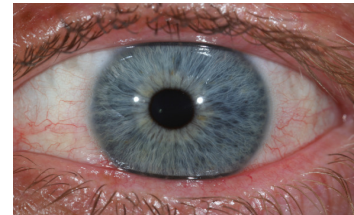
Iridology is potentially an integral part of preventive health care. It has the ability to forewarn of approaching difficulties or signs of "dis-ease". Iridology can be a powerful tool, allowing one to determine what is transpiring inside the body from a simple, painless vantage point. In effect, iridology will reveal how well your body functions.

Nutrition and iridology are inseparable in one's pursuit of a healthy way of life and holistic health care program. Iridology helps us understand our weakness so we may strengthen and cleanse our bodies to obtain our maximum health potential. It brings to us an awareness of how to prevent illness, thus allowing us to earn our most precious earthly treasure-health!

Doctors usually can't tell you much about your potential to develop a disease until the process is already well underway. But iridology lets you know what your health potential is.

Iridology can be used to assess:

- Nutritional issues
- Inflammation - its activity and location
- Organs in greatest need of assistance
- Location and general amount of toxins
- Physical, mental fatigue/stress
- Potential for senility



Iris Photography and Mapping

At Nu-Leaf we have the world's newest digital iridology camera Canon EOS 8 Megapixel Digital SLR camera. This camera's Macro Lens has 7X magnification and fibre optic lighting which produces true colour photos. True color is imperative in iridology to allow an accurate interpretation of the signs and colors of the eye. Poor quality diagnostic tools can lead to inaccurate analysis.

To enhance our ability to accurately interpret signs in your eye we also employ the sensational "The New Iridologist®" software. This software allows mapping of the areas, colors and signs in your eye. A complete, unique, comprehensive report can be produced to give you a detailed understanding of what your eye reveals.

nu-leaf results: Pauline's Story



Pauline before

When Pauline first came to Ky-eema, she was over weight and unhappy with her appearance and was suffering from severe head aches daily. She joined up with the nu-leaf Ketosystem Program, and with in a couple of weeks she noticed a massive difference, not only in her weight but also with her health.



Pauline after

After a few more weeks on the program Pauline was no longer tired and exhausted, she and she felt more energised and better within herself than she had in years! Plus her daily headaches had completely gone!

recipe of the month:

nori & smoked salmon omelettes

ingredients:

2 sheets nori
1 bunch fresh chives
8 eggs
90g (1/3 cup) reduced-fat natural yoghurt
2 tsp wasabi paste
Olive oil spray
200g sliced smoked salmon
40g baby rocket leaves

method:

1. Use scissors to cut each sheet of nori into 4 strips. Place the strips on top of each other and cut crossways into thin pieces. Cut chives into 2cm lengths.

2. Use a fork to whisk together the eggs, yoghurt and wasabi in a large jug until well combined. Add the nori and chives and stir to combine.

3. Heat a medium non-stick frying pan over medium-high heat. Spray lightly with olive oil

spray. Pour in 1/4 of the egg mixture and cook, tilting the pan slightly until mixture covers base. As the omelette sets, use a heat-proof plastic spatula to gently lift and stir so any uncooked egg runs underneath to cook.

4. Cook for 1-2 minutes or until the base of the omelette is set and light golden. Transfer to a serving plate. Arrange one-quarter of the salmon and rocket over the omelette. Loosely fold omelette in half to enclose filling. Repeat, in three more batches, with remaining egg mixture, smoked salmon and rocket. Serve.



serves 4

carbs:
2.5 grams

protein:
25 grams

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