

# nu-leaf nu-sletter

volume 2, issue 3  
july, 2007

## nu-leaf weight loss competition:

**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:

it is important to  
drink plenty of water  
when you are exercis-  
ing and losing bodily  
fluids...

but even if your not  
breaking a sweat it is  
crucial to you health  
to drink enough  
water

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**THE days of a wardrobe full of clothes, but nothing to wear will be gone forever thanks to the Nu-Leaf Nu-You competition! You can win a fabulous make over with Famous Magazine fashion stylist Susan Conturno worth \$550!!!**

### This makeover includes:

- Total wardrobe assessment and overhaul. Considers fit, style and colour of all items and helpful hints a out how to coordinate clothing to create a new look and what styles and cuts best suit your individual body shape
- Problem area fix. Hide your hips, boost your bust or disguise that beer belly!
- Find out how you can alter or revitalise well loved & tired items of clothing.
- How to wear the latest seasons colours.

- Shopping experience to enhance you existing wardrobe & "fill the gaps". This will take place in a convenient location and within your budget.
- Hair and glasses consultation.

### How To Enter:

Simply contact **Nu-Leaf - Naturopathic Weight & Health Specialists** on **1300 669 834** and commence the Nu-Leaf Fat Loss program today. We will also be rewarding individually on this with 4 competitors awarded based on the best result of each sub-category. The winner of each category will receive a runner up prize. Competition ends 1st Dec 2007.

### The winner will be judged on the following:

- Before and after photo.
- Informative and inspiring written Testimonial.
- Body fat, centimetres and weight loss results.
- Attitude and compliance.

## zen chi aerobic massager:

**DO you suffer from back pain, nervous tension, stress, poor circulation, lack of exercise, or menstrual pain? At last there is a simple solution too all these common everyday problems!**

With the zen chi aerobic massager all it takes is a 15 minute session to gain the equivalent exercise to a 4.5km walk!!! So imagine that, been able to relax and rejuvenate you body, while you're exercising! With the special design of the zen chi aerobic massager your feet are elevated which has been proven to relieve the symptoms of painful ailments such as fluid retention, poor circulation, varicose veins, and the list goes on and on.

The benefits of the zen chi aerobic massager don't stop there, the side to side action of the massager opens the vertebrae alleviating stress and tension placed

on the spinal column. Body detoxification is improved via enhanced lymphatic circulation and abdominal peristalsis which will boost your metabolic rate! All of these benefits will help to relieve:

- Lethargy
- Weight problems
- Arthritic pain
- Digestive imbalances
- Stress and tension
- Lack of exercise
- Insomnia
- Aches and pains
- Poor posture

So don't put off your efforts to obtain desired health and fitness improvements, call or drop in to nu-leaf today to make your appointment to try the amazing zen chi aerobic massager!

## nu-leaf results: mandy's story



mandy before



mandy after

"During my thirties and early forties I steadily gained weight, although my eating habits had not changed. I always ate what was thought to be a healthy diet consisting of fruit for breakfast, a salad sandwich for lunch and stir fries and rice for dinner. I always chose items which were low in fat and I also walked regularly. By the time I was 46 I had had enough. I love fashion therefore love shopping, however my favourite pastime had developed into frustration. I had to choose clothes which were gracious to my size, however not at all fashionable.

I was very self conscious about my body shape, I am a tall lady and in summer only felt comfortable in long dresses, however finding dresses which hid my swollen ankles was a nightmare. My ankles, lower legs and fingers had become constantly swollen; this resulted in aching legs, poor fitting shoes and the inability to wear my rings.

Another issue which related to my weight gain was joint pain in my hips. I felt as though I was in a vicious cycle, I needed to exercise more to lose weight however this made my hip pain unbearable, at times resulting the need for anti-inflammatory medication. I had seen an orthopaedic surgeon regarding surgery; however I knew, coming from a nursing background that I was too young for a hip replacement.

Through Nu-Leaf, and being educated about diet and lifestyle changes, I lost 22kg along with my self-consciousness! I no longer take any medication and have maintained my new weight for 4 years. I feel years younger and no longer feel the need hide under 'floaty' dresses!"

## nu-leaf

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nu-leaf  
naturopathic weight  
& health specialists

## recipe of the month:

### cajun chicken and cucumber salsa

#### ingredients:

- 4 small chicken breast fillets
- 2 tbs Cajun spice blend
- Olive oil cooking spray
- 2 Lebanese cucumbers, finely diced
- 1/4 red onion, finely diced

- 1 tbs mint leaves chopped.
- Salad and lemon wedges to serve

#### method:

1. Place chicken between 2 sheets of plastic wrap. Flatten with meat mallet. Rub spice blend over both sides of each chicken fillet
2. Preheat frying pan or barbeque plate to medium. Spray chicken with oil. Cook for 2-3 minutes on each side or until

just cooked through. Transfer to a plate. Cover with foil and stand for 5 minutes. Slice.

3. combine cucumber, mint, onion, salt and pepper in a small bowl.

4. Place salad onto plates. Top with chicken and cucumber salsa. Serve with lemon.

serves 4

carbs: 1.7 grams  
protein: 30 grams