

nu-leaf nu-sletter

nu-product - empower dark chocolate :

November, 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:

Three meals a day is not a hard and fast rule!

5-6 smaller meals throughout the day helps to boost your metabolism and improve your weight loss results!

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Are you a chocolate lover? But worried about what it can do to your waist line? Well now thanks to empower all you chocky lovers can lick your lips without hurting your hips!

We are sure that this super decadent treat will help to overcome those cravings for sugar loaded snacks that we all have from time to time. Next time you feel a craving coming on, reach for a few squares of delicious sugar free dark chocolate. Not only will you satisfy your cravings, but you won't need to feel guilty, because there is no added sugar!

All of the "major" chocolate companies now tell us to that eating dark chocolate is good for our health. We agree that the antioxidants in dark chocolate are good, but all the sugar in a regular dark chocolate is bad. Our sugar free Dark chocolate is not only delicious, but it is actually higher in antioxidants than most standard dark chocolates. The best part is that Empower's Premium Dark Chocolate is a rich source of antioxidants, WITHOUT all the sugar!



vaccinations - stunning new findings:

A recently released survey indicates a strong correlation between rates of neurological disorders, such as ADHD and autism, and childhood vaccinations. The survey, commissioned by Generation Rescue compared vaccinated and unvaccinated children in nine counties in Oregon and California. Among more than 9,000 boys age 4-17, the survey found vaccinated boys were two and a half times (155%) more likely to have neurological disorders compared to their unvaccinated peers. Vaccinated boys were 224% more likely to have Attention Deficit Hyperactivity Disorder (ADHD), and 61% more likely to have autism.

For older vaccinated boys in the 11-17 age bracket, the results were even more pronounced. Vaccinated boys were 158% more likely to have a neurological disorder, 317% more likely to have ADHD, and 112% more likely to have autism. Complete survey results are available at www.GenerationRescue.org. Generation Rescue commissioned the phone survey. Data was gathered by Survey USA, a national market research firm, which surveyed parents by phone on more than 17,000 children, ages 4-17, in five counties in California (San Diego, Sonoma, Orange, Sacramento, and Marin) and four counties in Oregon (Multnomah, Marion, Jackson, and Lane).

The survey asked parents whether their child had been vaccinated, and whether that child had one or more of the following diagnoses: Attention Deficit Disorder (ADD), ADHD, Asperger's Syndrome, Pervasive Development Disorder-Not Otherwise Specified (PDD-NOS), or Autism. The phone survey was chosen to mirror the methodology the Centres for Disease Control (CDC) uses to establish national prevalence for neurological disorders in their national phone survey.

J.B. Handley, co-founder of Generation Rescue, whose son was diagnosed with autism says, "The phone survey isn't perfect, but these numbers point to the need for a comprehensive national study to gather this critical information."

In Washington, Congresswoman Carolyn Maloney (D-NY) has been advocating for such a survey. Co-sponsored by Rep. Maurice Hinchey (D-NY) and Rep. Ron Paul (R-TX), the "Comprehensive Comparative Study of Vaccinated and Unvaccinated Population Act of 2006," or H.R. 2832, was introduced on June 22, and would require the National Institutes of Health to complete this research. From 1983 to 2007, autism rates have climbed from 1 in 10,000 children to 1 in 150 children, a growth rate of 6,000% (boys are significantly more affected by neurological disorders, accounting for approximately 80% of all cases). ADHD currently affects 1 in 13 children. In the same period, the CDC's recommended vaccine schedule more than tripled. The simmering debate over the cause of childhood neurological disorders shows no sign of cooling, but no study had ever been done to look at unvaccinated children.

Lisa Handley, co-founder of Generation Rescue, adds, "Everyone working with autism wants to identify the cause so we can focus on treatment and prevention. A national study like HR 5940 could help end this debate and focus all of our resources on helping our kids. Its time has come, and we hope Congress will choose to put our children first." Visit www.GenerationRescue.org for more information and to see complete survey results.

(the above article can be found at http://www.mothing.com/sections/news_bulletins/july2007.html#survey)

Congratulations Kyeema & Joel

CONGRATULATIONS to Kyeema and Joel on the fabulous news that they will be expecting their first child early in 2008!!!

This is very special news and Kyeema and Joel are very excited to share it with you! So far everything is going well, and Kyeema is absolutely glowing just as every mum-to-be should. With the help of a healthy and balanced diet, preconception, and conception care all those undesirable pregnancy symptoms such as nausea and morning sickness, have been significantly reduced in their pregnancy.

At Nu-Leaf we provide the very best fertility care for you, your partner and your child. This ensures that your pregnancy is as smooth and as enjoyable as possible. Natural Fertility care provides you and your family with holistic, effective and safe solutions for all reproductive health needs throughout life including: puberty, contraception care, preconception health, treatment for fertility problems, pregnancy healthcare through to birth and breastfeeding. At Nu-Leaf we provide you with an integrated approach to modern health care, combining the very best of natural therapies to successfully address yours, and your family's, reproductive healthcare needs - at every stage of your life.

recipe of the month:

Baked chocolate

cheesecake with brownie chunks

ingredients:

Brownies:

2 eggs
125g butter, melted and cooled
25 tablets Splenda dissolved in ¼ cup hot water
1 tsp of vanilla extract
¼ cup cocoa, sifted
½ cup choc protein powder, sifted
½ cup almond meal

Cheesecake:

750g cream cheese, softened to room temperature
300ml cream
½ cup cocoa, sifted
40 tablets Splenda dissolved in ¼ cup hot water
1 tsp vanilla extract
3 eggs

method:

1. Prepare the brownies: In a mixing bowl combine the eggs, butter, dissolved Splenda and the vanilla extract. Add the cocoa, protein powder and the almond meal. Using a hand-held beater, beat until well combined and smooth.

2. Pour into a lightly oiled 8inch x 8inch baking pan and bake for 10 minutes.

3. Remove from the oven and allow to cool.

4. Take half of the brownie mixture, crumble and press into a lightly oiled 9 inch spring form pan.

5. Prepare the cheesecake: In a large mixing bowl place the cream cheese, cream, cocoa, dissolved Splenda, vanilla extract and eggs. Beat until smooth and creamy.

6. Pour half of this cheesecake mixture on top of brownie crust in the spring form tin. Crumble in chunks the remaining brownies over the top of the cheesecake mixture. Pour the remaining cheesecake mixture over the brownies, gently covering the brownie chunks.

7. Bake for 30 minutes, or until top has set. Turn off the oven, open the oven door and leave the cheesecake to cool in the oven.

serves 12
carbs: 2.5 grams per serve
protein: 21 grams per



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