

Natural Health Crusader

issue 13

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FLYING IN YOUR
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**FREE
MAGAZINE**

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THE 2000 YEAR-OLD
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REVOLUTION!**



DISCOVERING THE NUTRITIONAL
BENEFITS OF COOKING WITH HEMP

PLUS • ARE YOU GETTING UP FREQUENTLY AT NIGHT TO GO TO THE TOILET? • ARE YOU LONGING FOR A DEEP, LONG, RESTFUL SLEEP? • REDUCING THE APPEARANCE OF FACIAL WRINKLES! • **AND MORE...**



DO YOU REALISE HOW IMPORTANT YOUR THYROID GLAND IS?

Your thyroid gland and the thyroid hormones it produces affect many systems in your body. Normal thyroid status is dependent on the presence of many trace elements from your diet for the synthesis of thyroid hormones such as Iodine and Selenium.

Help support healthy thyroid hormone production

Caruso's Thyroid Manager contains key nutrients involved in normal healthy thyroid hormone production and metabolism. These include Iodine, Selenium, Tyrosine, Zinc, and Vitamin D.

Iodine is a trace element and one of the most important components of thyroid hormones and is required for normal thyroid hormone production. It is also required for many other different reactions in the body.

Selenium has been added because it is also essential for normal thyroid hormone production as the conversion of iodine is dependent on selenium. Next is the amino acid Tyrosine which reacts with Iodine to form thyroid hormones.

Caruso's Thyroid Manager also contains Zinc and Vitamin D which may help support normal, healthy thyroid function.

May assist with stress

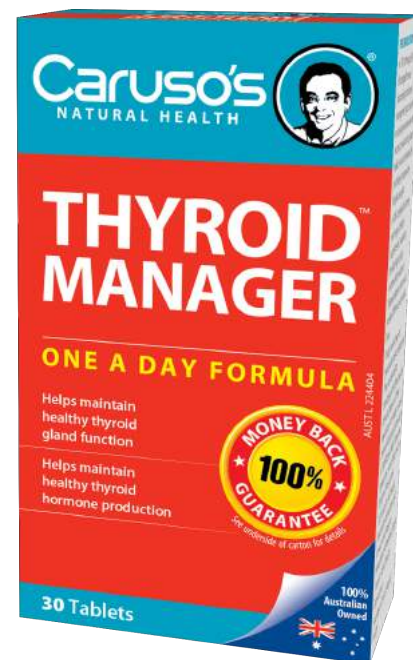
Caruso's Thyroid Manager has been formulated with your stress levels in mind. With regards to stress, Vitamins B1 and B6 may assist stress and may support your nervous system. Tyrosine may help relieve the physical symptoms of stress.

Help support your immune system

Zinc, Vitamin C and Vitamin D helps maintain a healthy immune system. Whilst Selenium and Vitamin B1 may assist with normal immune system functioning.

Caruso's Thyroid Manager is available from where you picked up this magazine from in a 30 tablets size for RRP \$23.95 and in a 60 tablets size.

Always read the label and use only as directed. If symptoms persist consult your healthcare professional. Vitamin supplements should not replace a balanced diet.



In 1979 I discovered the benefits of natural living. I was so excited I couldn't wait to tell all my friends and family. My darling wife Grace then sacrificed having a home to call her own so we could open a health food store and follow my dream in helping my fellow Australians live healthy lives. I've always had Grace's support. She has been my rock!

I opened my health food store on the 1st November 1982, on my 28th birthday. In 1995 I decided to create my own vitamin range. For over 20 years I've been totally committed to developing premium health formulas. My passionate team at Caruso's work tirelessly researching and sourcing quality ingredients that go into every Caruso's product, that's why I'm happy to stand behind my products with 100% money back guarantee. Today I'm just as excited about helping people live healthier lives.

Frank Caruso | Founder of Caruso's Natural Health

CHC 71800-0816

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FEATURED ARTICLE



We Are Changing!

A new premium look and feel to reflect Caruso's premium quality range

I'm so proud and excited to announce our new innovative packaging designs for the Caruso's Natural Health range, which will be coming soon to a pharmacy and health food store near you. It is important that you know that our premium formulas haven't changed and all come with our unique 100% Money Back Guarantee (see www.carusoshealth.com.au for details).

New custom bottles

Many of our formulas currently packaged in cartons will move over to our new custom bottles, which are manufactured in Australia. Our labels and cartons are also printed locally, which helps to keep jobs in Australia.

Colour coded for easy identification

Our design team have been working hard for many months to create packaging designs that are user friendly. Our new packaging is colour coded so you can easily find the product you are searching for to address your health needs. Caruso's range is divided into 4 main categories: Health Solutions, Herbal Therapeutics, Nutritional Support and Kids Health. See the new Super Collagen Builder bottle on page 5.

When will you see the new packaging?

Our aim is to make the changeover as quick as possible. We will start to roll out new packaging from November 2017 aiming for completion May 2018.

Frank Caruso

Frank Caruso
Founder of Caruso's Natural Health

Find this chunky dip and other mouth-watering recipes on page 20!

Do you like what you see in the Natural Health Crusader?

For more product information, or to find your nearest store visit our website www.carusoshealth.com.au. Plus, you can sign up for latest health information and stay informed. **Join our social pages** to get the latest health news, tips, product information, recipes and more. For more information Caruso's Natural Health products call to speak to our Naturopaths on **1300 304 480** 9am-5pm Monday to Friday (Sydney time). For some free, healthy home fermentation recipes, visit carusoshealth.com.au/fermentedfood.



George said: "If you don't change your diet, you are not going to live a long healthy life!"

In 1979, I joined a local gym to lose weight and get fit. About 2 weeks into my training the Gym owner George, pulled me aside and said "Frank, it's great that you are training here to lose weight and get fit but if you don't change your diet, you are not going to live a long healthy life."

I said "George, what do you mean, I eat really well." George said, "Look Frank, do yourself a favour and buy this book, read it and I guarantee it will change your life". I took the book home and read it from cover to cover in just three days. George was right, the book changed my life forever. I went from one day eating everything that my wife Grace put in front of me to the next day not eating anything she cooked.

Eat to live - Not live to eat

I was just so inspired by what I had learnt, that I wanted to educate as many people as I could on the principles of natural health. I had never heard the saying "Prevention is better than cure". I had never heard anyone say, "Eat to live", where as I used to live to eat. I started purchasing every book I could get my hands on about natural health, herbal medicine, nutritional cooking, raw vegetable juices, internal cleansing, bowel health, organic gardening and anything relating to natural living. I couldn't get enough! I couldn't wait to tell all my friends and family, in fact that's all I spoke about.



Quit my job to follow my passion!

I said to my wife Grace "I really would like to do this full time." I thought, why don't I open up a Health Food Store. At the time, that's what made me the happiest, talking to people about bowel health, and the principles of natural living. So that's what I did. I quit my job as a motor mechanic and

I opened the store on the 1st of November 1982, on my 28th birthday.



Talking to customers is what made me happy

From the very first day of opening the doors, I just couldn't keep my mouth shut. I just talked and talked and talked to every customer that came into my store. In fact I think I hold the longest record for talking to one customer, in one period. She came into the store at 9 o'clock and she left at 5 o'clock in the afternoon. I'm not kidding - my wife is a witness to that.

New house or open Health Food Store?

Grace worked at the store and we had two young children at the time and a mortgage. I guess thinking about it now we took a huge risk opening a new business. I said to Grace, "Do we build a house or do we open a Health Food Store?" Grace had always wanted a new house. We discussed it and she said "Look it's your passion, let's open the Health Food Store and worry about the house later." I've always had Grace's support, she has been great.

Totally Natural Products to Caruso's

After a few years of working in the Health Food Store, I realised that there weren't many people in the industry that were as passionate as I was on natural living. So in 1995, I decided to create my own range called Totally Natural Products.

So the idea of starting the company was to originally bring out a small range of internal cleansing programs that would support digestion and take a load off the digestive system, so the body could focus on healing itself.

That's how I started. Since then, the range has expanded to over 100 products. In March 2013, I decided to change the brand name from Totally Natural Products to Caruso's Natural Health. It's my family name and I'm the founder of the company. I just felt that it was appropriate to go out with a brand that was under the family name because there is a good story to tell.

Love my products like I do or your money back

Today, I have a passionate team that are truly dedicated in sourcing the quality ingredients that go into our formulas. That's why I'm happy to stand behind my products with a 100% Money Back Guarantee. The thing that still drives me today is the fact that I am still helping Australian's live healthier lives.



Over 60 and still feel like I'm in my twenties!

I am now in my 60's and can honestly say, I feel just as alert, just as vibrant and have just as much energy today as I did 40 years ago. I'm a good example that if you embrace the principles of natural health you can live a long healthy and vibrant life. If you make time for good health you will always have enough health for a good time!

Yours in vibrant health,


Frank Caruso,

Founder of Caruso's Natural Health

PS: If you would like to receive my monthly Natural Living newsletter please subscribe at www.carusoshealth.com.au/franknewsletter. I look forward to sharing my passion with you. Here's to living a long life in good health, Frank

Why facial fine lines and wrinkles appear as we age!

As you age your collagen levels in your body decline, your features start looking tired and your skin may become loose and saggy resulting in wrinkles and fine lines. Collagen is responsible for your skin's elasticity. A high abundance of collagen is why young skin remains taut and smooth. However, as you age collagen production becomes disrupted and your skin loses some of its natural elasticity and firmness. This can result in wrinkles and fine lines.

In 2015 Frank Caruso's passionate and experienced team began to develop a formula containing key ingredients that are naturally involved in collagen production in the body. Caruso's Super Collagen Builder was launched on the Australian market specially formulated to provide nutrients involved in the production of collagen in your body and the health of your hair, skin and nails. This delicious tasting formula contains a number of active ingredients including Astaxanthin, Silicon, Vitamin C, Biotin and French Marine Pine Bark.

Collagen building action

Caruso's Super Collagen Builder contains Vitamin C and Silicon. Vitamin C is involved in the production of collagen and may assist in the maintenance of collagen and connective tissue. Silicon is also involved in the formation of collagen. Silicon plays a fundamental role in the crosslinking mechanism of collagen and elastin.

Astaxanthin may help support skin health

Caruso's Super Collagen Builder also contains Astaxanthin which may help to improve the condition of skin. Astaxanthin is a powerful red coloured antioxidant. It helps fight free radicals and may help support skin health and also help support the moisture content of skin. Plus, it may assist with wrinkles and skin elasticity. It also protects against skin aging by shielding cells from oxidative damage. Caruso's Super Collagen Builder also contains another powerful antioxidant, French Marine Pine Bark.

Help support your hair

Having beautiful, healthy hair doesn't happen by accident. Your hair needs good nutrition to look its best. Caruso's Super Collagen Builder contains Silicon which helps support your hair and may improve the strength of your hair.

For healthier, stronger nails

With poor nutrition, your nails may become weak and brittle. This could lead to them cracking or splitting. Your nails need vitamins and minerals just like the rest of your body to stay healthy. The Silicon in Caruso's Super Collagen Builder helps support your nails. Whilst Biotin may assist people with brittle nails by increasing nail thickness. It may also reduce the risk of nail splitting.

100% Money Back Guarantee

The premium quality Caruso's Super Collagen Builder formula was developed by Caruso's Natural Health, a proud Australian owned family company, founded by Frank Caruso. Frank is so passionate about helping people with their health he stands behind every one of his formulas with a 100% Money Back Guarantee. Frank's confident because behind him is a passionate team who create all of his formulations. See the Caruso's Super Collagen Builder label or our website for more details.

So if you want healthier hair, skin and nails, try Caruso's Super Collagen Builder today!

Caruso's Super Collagen Builder is available from where you picked up this magazine from in a 500mL oral liquid size for RRP \$29.95. For further information on Super Collagen Builder or if you have any questions please do not hesitate to call my very helpful, experienced, qualified Naturopaths on **1300 304 480** or email advice@carusoshealth.com.au.



Always read the label and use only as directed. If symptoms persist see your healthcare professional. Vitamin supplements should not replace a balanced diet. Vitamin and mineral supplements can only be of assistance if dietary intakes are inadequate. Super Collagen Builder is a registered trademark of Caruso's Natural Health. © 2018.

CHC 72312-04/17

GROWING YOUR OWN VEGGIES Without HARMFUL CHEMICALS

By Simone Barrance
Naturopath
Ad. Dip. Nat.

Do you have a veggie garden but don't quite know how to get the best out of it? Do you want to grow your own fruit and veggies organically but are having trouble with pests and don't want to use chemicals? Does it all seem too hard? Well it's easier than you think and well worth the rewards. **Here's a few easy steps to get you started.**

Choose the right plants

Ensure the plants that you choose for your garden are suitable for your climate and are planted at the right time of year. Plants that are out of their climate comfort zone or are planted out of their preferred season will not be healthy and pests love to prey on weak and unhealthy plants. Plants that are healthy and happy will be stronger, more resistant to pests and diseases and most importantly they'll grow the best tasting crops and more of them.

Companion planting

The idea of companion planting aims to create a harmonious garden where all the plants can grow well alongside each other. Just like humans, not all plants get along and some can hinder the growth and yield of others. Some plants can even improve conditions for their neighbours. For example, some plants such as peas and beans have the ability to take nitrogen from the atmosphere and place it into soil. Plants growing near them will happily benefit from the addition of nitrogen to the soil. On the other hand, cucumber dislikes being planted near cauliflower, basil or other aromatic herbs such as rosemary. Parsley is great for improving the flavour of tomatoes and potatoes. Basil loves to be grown next to tomatoes and is in handy proximity when you are making pasta sauce! Remember, try not to get too caught up in the rules, learning by your mistakes is part of the experience.

Creating an organic vegetable garden is about letting nature do what it does best by encouraging the good guys back in. Who are the good guys? Nature's little helpers, like the birds that eat the snails and caterpillars, good bugs like Ladybirds that help to keep down the aphid and scale insect population and don't forget the bees that pollinate the flowers and increase your fruit yield. Allowing these guys to do what they do naturally will help to create a balanced, harmonious

garden and eliminate the need for those nasty chemical pesticides.

So how do you make these little guys want to hang out in your garden? Entice the beneficial insects into your garden by planting bright flowers such as Marigolds, Cosmos, Calendula or fragrant plants such as Dill, Lavender, Mint or Coriander. Plants such as Pyrethrum can be helpful, grown around the garden bed, they can deter a myriad of pests.

Fertilising

We all need a little boost every now and then and your veggie garden is no exception. There are lots of natural ways to give your plants extra nutrition which are cheap and easy.

Epsom salts - most of us have had Epsom Salts in the bathroom for a nice hot bath to soothe those sore muscles, but your vegetable garden can also enjoy the benefits. Epsom Salts contain both Magnesium and Sulphur. Magnesium is required for photosynthesis and Sulphur is needed for root growth and chlorophyll production, it also gives onions and garlic their well-known flavours. Tomatoes, capsicums and chillies can often become magnesium deficient and love a good spray of Epsom Salts and water. Yellow or curling leaves are often an indicator of low magnesium status so keep an eye out for this tell-tale sign.

Epsom salt recipe: Mix a tablespoon of Epsom salts with three litres of water and spray on foliage every two weeks.

Egg shells - Egg shells are about 96% calcium and are another way to easily improve your vegetable garden. Simply crush the washed and dried shells and add to the hole before planting tomatoes or capsicums. The coarsely crushed shells are also great for providing a barrier against slugs and snails, simply sprinkle the shells around the plants that you wish to protect from these slippery little guys. They'll think twice about eating your

valuable plants if they have to cross a razor sharp barrier.

Composting

Composting at home is not only great for your veggie garden but also for the environment. It's a natural way to use up food scraps and garden vegetation. Composting will help you to improve soil quality and as a result give you healthier, tastier and a greater yield from your garden. There are many ways to make your own compost, you can buy compost bins or simply create one yourself. Once you have a compost bin, the rules are simple:

- Choose a shady position for your compost bin
- Layer your compost with plenty of food scraps, garden clippings and paper but leave out meat, dairy or pet droppings
- Keep the compost moist and aerate it once a week
- After about four months when it is dark and crumbly, dig the compost into your garden or use it on top as a mulch

Reap the rewards and enjoy

Enjoy your vegetable garden. Taking time to tend to a garden is a great stress reliever and the whole family will benefit from the fresh produce. Be adventurous and try to grow new varieties of fruit or vegetables that you may not have tried before, then use them in a new recipe! Some plants are now available in dwarf or miniature varieties that take up less space so you may find that you actually do have room for that watermelon or pumpkin after all.

Happy gardening!

Are you getting up frequently at night to go to the toilet?

Native African Herb, Pygeum may help relieve mild to moderate symptoms of Medically Diagnosed Benign Prostatic Hypertrophy (Enlarged Prostate)!

Every year thousands of men are medically diagnosed with Benign Prostatic Hypertrophy (BPH), otherwise known as an Enlarged Prostate.

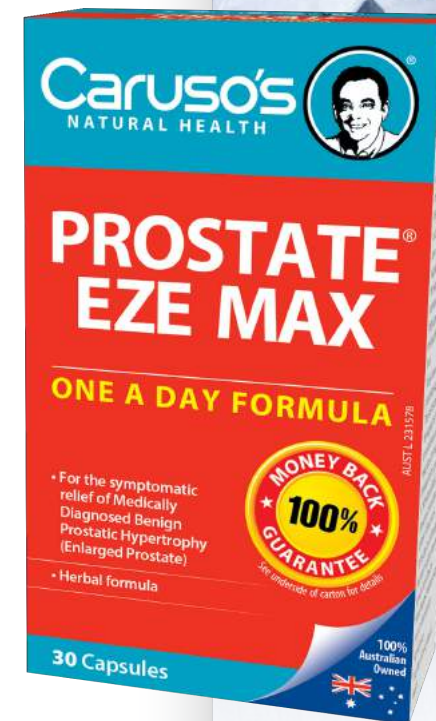
Pygeum is an evergreen tree native to African forest regions. Pygeum may provide relief of mild to moderate symptoms associated with Medically Diagnosed Benign Prostatic Hypertrophy (BPH) such as:

- Getting up frequently at night to go to the toilet
- Trouble getting your urine stream to start

The prevalence of Benign Prostatic Hypertrophy increases as men get older

If you have been diagnosed with mild BPH, the good news is Frank Caruso and his passionate team have developed a quality, herbal formula called Prostate EZE MAX for the mild to moderate symptomatic relief of medically diagnosed BPH. Prostate EZE MAX contains herbal extracts equivalent to 15,000mg of the clinically trialled herb Pygeum. Pygeum may provide support for frequent night time urination, incomplete emptying of your bladder, after-dribbling, weak urinary flow and a hesitant, interrupted flow that's associated with Medically Diagnosed Benign Prostatic Hypertrophy (BPH). Prostate EZE MAX also contains the herbs Saw Palmetto, Epilobium and nutrients Lycopene and Pumpkin Seed Oil. Because Prostate EZE MAX contains a clinical dose of Pygeum you only need to take one capsule a day.

Caruso's ProstateEZE MAX is available from where you picked up this magazine from in a 30 capsules size for RRP \$48.00 and in a 60s and 90s capsule size.



Always read the label and use only as directed. If symptoms persist consult your healthcare professional. If you have not had your symptoms diagnosed or if you experience an increase in symptoms, see a healthcare professional.

CHC 71596 06/16

Would you like to keep the sparks flying in your bedroom?

You know yourself, when the sparks fly in your sex life it's the best feeling in the world. If your sex drive, desire, energy and stamina are all healthy and you have a fantastic positive mood, you may say your sexual mojo is strong. But if you'd like to spice up things in the bedroom, here's some really good news...

There's a special herbal and nutritional formula called Caruso's Male MOJO, which may help increase sex drive, help support mood, energy and stamina in the bedroom.

Aphrodisiac formula may help to enhance libido

The high potency Caruso's Male MOJO formula contains herbs which may help sexual desire. In traditional Chinese Medicine Panax Ginseng is an aphrodisiac and may help enhance libido and sexual desire.

The herb Damiana also included in Caruso's Male MOJO has been traditionally used by Mexican Indians as an aphrodisiac. Tyrosine has been added to Caruso's Male MOJO because it may assist with libido.

Get into the Mojo mood!

When we speak of the chemistry of love, it's not just an idle expression. Different neurotransmitters in your brain play different roles at each stage of the mating game.

Caruso's Male MOJO contains Tyrosine which is a precursor to the neurotransmitter Dopamine.

Whilst Damiana has traditionally been used by Mexican Indians as an aphrodisiac.

Do you suffer from stress?

In today's hectic and stressful world, it's no wonder you may have lost your sexual mojo. Caruso's Male MOJO may help with stress. Panax ginseng is used in Traditional Chinese Medicine and may help you counter the effects of stress and help your body adapt to stress.

Withania, which is traditionally used in Ayurvedic medicine, is best known as a rejuvenative herb with the capability to restore youthful vigour.

Fight fatigue plus increase your stamina and energy levels

Fatigue may rob you of your sexual mojo. The Panax ginseng, Withania and Tyrosine in Caruso's Male MOJO may assist you with reducing fatigue. Ginseng may assist with stamina and energy. Withania may increase energy levels and improve stamina. Caruso's Male MOJO also contains Tribulus and Testofen®.

If you'd like to give your sexual mojo a boost, why not try Caruso's Male MOJO?

For more information on Caruso's Male MOJO please call our qualified Naturopaths or Customer Service Representatives on **1300 304 480**.

Caruso's Male Mojo is available from where you picked up this magazine from in a 30 tablets size for RRP \$39.95



Always read the label and use only as directed. If symptoms persist see your healthcare professional. Nutrient supplements can only be of assistance if dietary intakes are inadequate. Please see website for details on my 100% Money Back Guarantee. Caruso's Male Mojo is a trademark of Caruso's Natural Health. © 2018 Caruso's Natural Health.

CHC 72579 09/17

Vitamin B may help prevent melanoma

by Alana Lowes



An Australian professor of dermatology says Vitamin B3 has the potential to prevent melanoma in high-risk individuals.

In a paper published in the journal Photodermatology, Photoimmunology & Photomedicine, Professor of Dermatology at the University of Sydney, Dr Gary Halliday, calls for the the vitamin to be investigated as a low cost way of preventing the disease in high risk individuals.

He says nicotinamide, other wise known as Vitamin B3, enhances DNA repair and reduces inflammation caused by ultraviolet radiation.

"Nicotinamide has been shown in a clinical trial called ONTRAC to reduce the incidence of non-melanoma skin cancer in high-risk individuals and it would be worthwhile to determine whether it would also be useful for high-risk melanoma patients," Dr Halliday wrote.

Melanoma is the fourth most common cancer in Australia.

Terry Slevin is the Education & Research Director for Cancer Council Western Australia says they'd welcome such a clinical trial.

But he says its important to await the outcome of any trial before recommending B3 as a means of preventing skin cancer.

Until Vitamin B3 trials can be conducted and reported, expanding the SunSmart message should be the focus of prevention.

"There is strong evidence of a reduction in melanoma rates in the under 40 population in Australia, suggesting early skin cancer prevention efforts are having a measurable success in the generation who grew up with 'slip slop slap'", Mr Slevin said.



Have you been taking a course of antibiotics?

After taking a course of antibiotics it may be a good idea to take probiotics to give your digestive system a healthy boost of friendly bacteria.

Formulated by our experienced researchers each small capsule of Caruso's Alive Probiotic contains 25 billion live friendly bacteria. Caruso's Alive Probiotic contains a blend of 3 important probiotic strains that help to replenish crucial friendly bacteria that may be out of balance in your intestine.

"What about if I suffer from other digestive health conditions, will taking a probiotic supplement help?"

In addition to Caruso's Alive Probiotic repopulating your intestines with friendly bacteria, the three high potency probiotic strains may assist in the management of Medically Diagnosed IBS, constipation, flatulence, bloating, stomach cramps, diarrhoea, abdominal pain and bad breath. So if you can relate to any of these health conditions it may be worth giving Caruso's Alive Probiotic a try.

"And what about my immune system and urinary tract?"

Caruso's Alive Probiotic may also help support and maintain the health of your immune system. It may also help keep a balance of friendly intestinal bacteria in your gut and help support the health of your urinary tract.

"How many capsules do I need to take a day?"

You only need to take one Caruso's Alive Probiotic everyday. If you've been taking a course of antibiotics, a probiotic like Caruso's Alive Probiotic may assist with maintaining normal, healthy intestinal flora.

"Do I need to store it in the fridge?"

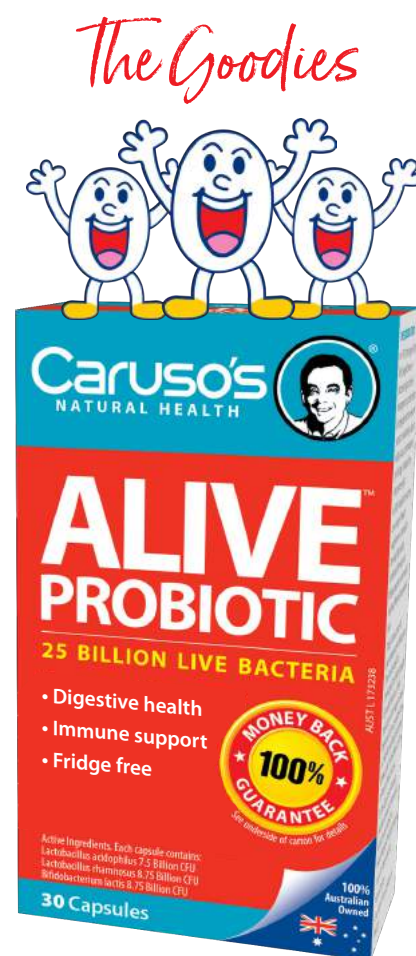
No, Caruso's Alive Probiotic does not have to be stored in your refrigerator and needs to be kept under 25°C, so it is ideal for travellers. Caruso's Alive Probiotic is also suitable for vegetarians.

"Where can I buy Caruso's Alive Probiotic?"

Caruso's Alive Probiotic is available from where you picked up this magazine from in a 30 capsules size for RRP \$34.95. For more information please see our website www.carusoshealth.com.au or call our qualified Naturopaths on 1300 304 480.

"What about if I'm not happy with Caruso's Alive Probiotic?"

My passionate team at Caruso's work tirelessly researching and sourcing quality ingredients that go into every Caruso's product, that's why I'm happy to stand behind my products with 100% money back guarantee.



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CHC 71799 08/16

THE HEMP REVOLUTION

By Fiona Wing
Naturopath
Dip. Nat. Dip. Nut.

After more than 15 years of lobbying, the Australian Hemp Industry has persuaded the Government to follow countries such as the UK, USA and Canada, and pass legislation that legalises the use of Hemp in food products. As of November 12th, 2017 you have been legally able to purchase products such as Hemp oil, Hemp seeds, Hemp protein powder and Hemp flour from your local Health Food Shop for the purpose of dietary consumption. This means that products that were previously labelled "external use only" are now available as foods. But hemp is not just any old food – Hemp is a true superfood!

What is Hemp?

Hemp is a variety of cannabis (Cannabis sativa) which is different to marijuana. It has been specifically bred to produce very low levels of tetrahydrocannabinol (THC) – the psychoactive constituent in marijuana. Hemp therefore will not cause the "high" associated with marijuana use.

Presently, Hemp is cultivated as an industrial product for use in textiles and clothing, body products, paper, alternatives to plastic, biofuel and the building industry, however, it is an extremely nutritious plant. It is gluten free, low in naturally occurring sugars and full of fibre, protein, essential* fatty acids (EFAs), vitamins and minerals.

What are the nutritional benefits of Hemp?

Hemp is one of the most nutrient dense foods on the planet. It is what is known as a complete protein, meaning it contains all 10 essential* amino acids. This is rare for a plant food. Just 30g of Hemp contains almost 10g of protein.

Hemp is the richest source of the omega 3 and omega 6 essential fatty acids of all foods. The seeds are made up of around 85% EFA's which your body uses to maintain skin, eye and nervous system health, as well as to manage inflammation.

It is high in the fat soluble vitamins A and E and is also a great source of the minerals magnesium, phosphorus, potassium, manganese, zinc and iron. 30g of Hemp contains a whopping 50% of your daily requirement for magnesium and phosphorus, and 60% of the Recommended Daily Intake for manganese.

With the exception of Pumpkin seeds, Hemp seeds contain more antioxidants

than any other plant based oil. Antioxidants play a vital role in maintaining cellular health and are involved in healthy cardiovascular function, nervous system function, reproductive function and healthy aging.

What types of food products can be made from Hemp, and how can I use it in my cooking?

All of the food products made from hemp are produced by using the seeds. The seeds impart a delicious nutty flavour to the dishes you create.

After pressing the seeds to extract the EFA rich oil, you are left with a fibrous mass known as "hemp cake". The hemp cake is



milled to make hemp flour. Hemp flour can be used in gluten free baking to make cakes, biscuits, and muffins. The oil is not recommended for use in cooking due to its high EFA content. It is best used in salad dressings, dips and smoothies.

Hemp seeds, as mentioned above, are extremely high in protein so it comes as no surprise to learn that hemp protein powders are now among the most popular types of vegetarian/vegan, gluten free and dairy free protein powders on the market. Just like its dairy counterparts, hemp protein can be

used as a drink after workouts when mixed with water or some type of milk. It can also be added to pancake mix and smoothies for a convenient protein boost.

With the exception of Pumpkin seeds, Hemp seeds contain more antioxidants than any other plant based oil.

Hemp seeds themselves can also be freshly ground and used as a sprinkle to give your salads, muesli, yoghurt or fruit a nutrient kick.

Does Hemp have any other benefits?

Hemp is one of the most sustainable and fast growing crops in Australia. It is also naturally resistant to pests meaning that pesticide, herbicide and fungicide use is minimal in Hemp production. It consumes less water than other crops (such as cotton), and is extremely hardy as it will grow in most soil types. Each plant is able to grow very close to the next and within a very small area so crops can be compact and utilise less space. What all this means is that the demand for similar products that utilise more non sustainable farming practises (such as textiles, fish, dairy and wheat) may be reduced, easing the negative load on the environment.

*With so many benefits to the health of both you and the environment, why not give hemp a try today? **

*An "essential" nutrient (amino acid or fatty acid) is one that your body cannot make, so you need to get it from your diet. Deficiencies of essential nutrients can have a negative impact on your health so it is vitally important that you are getting them from the food you eat.





THE HEALING POWER OF HERBS



NEW

I discovered modern uses of age-old remedies for common ailments 38 years ago.

By Frank Caruso



After reading my first book on natural health in 1979, I read many books on natural healing using herbs. The book that I found most educational and compelling at the time was Bernard Jensen's 'Guide To Better Bowel Care'. In his book Bernard Jensen explained step by step how to use herbs to gently cleanse your bowel and support your digestive system. This was the first time I realised how to use herbs to cleanse and heal. The strong message I got from his book was "Good health begins in the bowel!" Tissue cleansing through bowel management made a lot of sense to me. I was so captivated by the learning's in his book I couldn't wait to start singing his praises to the world.

Mother Nature's Herbal Garden

In 1982 I opened my first health food store so I could share my newfound knowledge with everyone who walked through my doors. That's all I wanted to do, it's what made me the happiest.

After reading Bernard Jensen's book, I wanted to learn as much as I could about herbs and all the healing abilities associated with each herb. The more I read, the more I realised why Mother Nature has provided us with hundreds of single, amazing, beautiful herbs. Over the last 38 years I read every book I could on Mother Nature's garden of healers. It's no surprise to my family and many of my friends that in 1995 I'd decided to create my own herbal products.

Introducing Caruso's Herbal Therapeutics!

Today I would like to introduce to you 10 popular herbs that, along with others, are used by millions of people around the world. It's important to note that we use standardised extracts in all but one of our herbal formulas below. Standardisation is a measure of active ingredients within a herb.

It ensures that the active content within the herb is consistently reproduced each time it is manufactured.

100% Money Back Guarantee!

I always source quality ingredients that go into my products and only develop formulas that I truly believe will help support my fellow Australians. This is why I'm more than happy to stand behind our herbal formulas with a 100% money back guarantee. So you have nothing to lose when choosing Caruso's Herbal Therapeutics.

Manufactured in Australia

I'm proud to tell you that all of my Caruso's Herbal Therapeutics range featured below are manufactured and packed in Australia. Join with me in supporting Australian manufacturing and help keep jobs in Australia. Caruso's Natural Health is a proud 100% Australian owned family company. Make time for good health and you'll have plenty of health for a good time!

"Let food be your medicine and medicine be your food!"

—Hippocrates



Frank Caruso

Founder of Caruso's Natural Health

BERGAMOT CHOLESTEROL SUPPORT

May help maintain: healthy cholesterol levels in healthy individuals; healthy cardiovascular system.

STANDARDISED



GREEN TEA METABOLISM SUPPORT

May help maintain: a healthy metabolism; energy production.

STANDARDISED



BRAHMI 9000 MENTAL CLARITY

May help maintain & support: healthy memory and brain function; concentration & learning ability; alertness & clarity.

STANDARDISED



HAWTHORN HEART & CARDIO CARE

May help maintain: cardiovascular & heart health; healthy heart muscle function. Heart Tonic.

STANDARDISED



CASCARA CONSTIPATION

Traditionally used in Native America to assist in the relief of: constipation; flatulence and bloating.

STANDARDISED



RHODIOLA STRESS SUPPORT

Helps relieve nervous tension, stress and mild anxiety; may improve adaptation and sensitivity to stress; may help relieve mental fatigue.

STANDARDISED



ECHINACEA 6500 COLD & FLU SUPPORT

May help: relieve symptoms of colds & flu; reduce the severity & duration of colds; support immune system.

STANDARDISED*

*Echinacea purpurea is standardised

*Echinacea augustifolia is not standardised



TRIBULUS 30000 LIBIDO & SEXUAL FUNCTION

Help maintain: male sexual performance; healthy sexual function; Healthy libido.

STANDARDISED



AGED GARLIC BLACK GARLIC

May help support healthy blood pressure in healthy individuals. May help maintain: a healthy cardiovascular system; healthy cholesterol levels in healthy individuals. May help support the immune system.

STANDARDISED



VALERIAN SLEEP AID

May help promote: a deeper, sounder sleep; refreshing sleep. May help decrease time to fall asleep.

STANDARDISED



Always read the label and use only as directed. If symptoms persist, see your healthcare professional.

CHC 72757-01/18



Are you planning to fall pregnant?

If you are, then healthy male fertility is also really important.

As you prepare for pregnancy, it is easy to only focus on your own health. However, healthy fertility does not rest solely with you. While normal, healthy men are likely to have normal healthy sperm, it's good to know there are ways to help support and maintain the health of sperm in men.

Healthy male fertility depends on healthy sperm production and quality

Did you know that in normal, healthy men, approximately 20 million sperm per millilitre of semen need to be present which have enough mobility (movement) and strength to swim to the fallopian tube, where conception normally takes place?

However having healthy sperm may be just as important as the total amount of sperm produced. Importantly, at least one-third of your partner's sperm should be of a normal, healthy shape and structure. Even under the best circumstances, in normal healthy men, only 50 to 70 percent of a man's sperm are healthy.

What you can do to help produce normal healthy sperm

Caruso's Fertile MAX, is an herbal and nutritional preconception formula specifically designed for the needs of men. Caruso's Fertile MAX provides a combination of key nutrients to support sperm health.

Healthy sperm production

It is estimated only one in a hundred thousand sperms actually survive the journey to fertilise the egg. Formulated by Frank Caruso and his team, Caruso's Fertile MAX contains Co-enzyme Q10, Lycopene, Selenium and Zinc.

- Co-enzyme Q10 may help promote healthy sperm production in normal, healthy men
- Co-Enzyme Q10 helps with the cellular energy required for the movement of sperm cells
- Co-enzyme Q10 and Lycopene act as protective antioxidants thus reducing the damaging effects of free radicals

- Zinc and Selenium are essential for normal sperm production and male fertility

Help promote healthy sperm movement

Lycopene in Caruso's Fertile MAX may help promote healthy sperm movement. And Zinc is required for the proper formation and maturity of sperm cells.

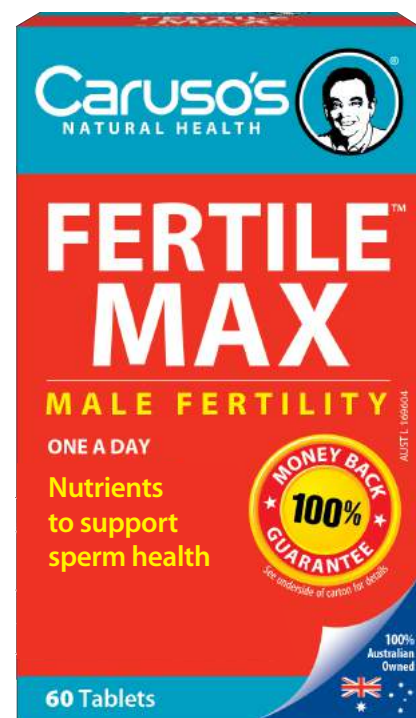
Oxidative stress may damage the sperm membrane therefore Co-enzyme Q10 is in Caruso's Fertile MAX as it is an antioxidant. Also, the energy for movement in sperm cells depends on the availability of Co-Enzyme Q10. As such, Co-Enzyme Q10 may help support healthy sperm movement within the normal healthy range. Selenium is in Caruso's Fertile MAX, because it is essential for male fertility as it is required for testosterone biosynthesis and the formation and normal maturation and development of sperm.

Zinc is found in high concentrations in semen. Zinc may help promote healthy sperm production and also may help maintain healthy sperm.

Traditionally used as an aphrodisiac

Caruso's Fertile MAX contains Korean ginseng, which in traditional Chinese Medicine, was used as a reproductive tonic and aphrodisiac. It was also used to help assist with energy and stamina.

Caruso's Fertile Max is available from where you picked up this magazine from in a 60 tablets size for RRP \$69.95. For more information on Caruso's Fertile MAX please call our qualified Naturopaths or Customer Service Representatives on **1300 304 480**.



Vitamin supplements should not replace a balanced diet. Vitamin supplements can only be of benefit if the dietary intake is inadequate. Always read the label and use only as directed. If symptoms persist see your healthcare professional.

CHC 71907-1016

KOMBUCHA: THE 2000 YEAR-OLD SUPERFOOD

Kombucha

Simone Barrance
Naturopath
Ad. Dip. Nat.

Although fermented foods and beverages have long been part of many cultures, some as far back as 2000 years, we are only now really seeing a big increase in popularity and consumption of these here in Australia. Whilst they may seem just like a trend to some, fermented foods and beverages have a whole host of benefits that you can reap with regular consumption.

The myriad of health benefits of fermented foods and beverages is largely due to the production of beneficial bacteria and acids produced during the fermentation process.

Why ferment foods and beverages?

Fermentation of foods and beverages dates back to the time before we had refrigerators or electricity to store our food and beverages and had to rely on other methods to stop food from spoiling. Fermentation is an anaerobic (without oxygen) process that converts carbohydrates (such as sugar) into either alcohols and carbon dioxide or to organic acids. The process involves the presence of bacteria, yeast or a combination of the two. The bacteria and the yeast are responsible for converting the carbohydrates into bacteria strains that are beneficial probiotics. This increase in beneficial bacteria or probiotics helps us in many ways including immune and gut health. Over 70% of our immune system resides in our gut and relies on a balance between the beneficial bacteria and the bacteria that may lead to poor health. There is sufficient evidence to suggest a strong connection with gut health and brain function, including focus, clarity and energy levels. Not to mention general functioning of the digestive tract, such as reduction in bloating, indigestion and poor bowel function.

So, what are some of the popular fermented food and beverage options?

Kombucha

Kombucha's popularity has been growing rapidly with this drink now being available almost anywhere, from health food stores to cafes, restaurants and even convenience stores. Homebrewing has taken a shift with many people now brewing

kombucha at home, in a relatively simple fermentation process.

So, what exactly is kombucha?

You may actually be surprised to learn that kombucha is not a new creation, but in fact has been consumed for approximately 2000 years. It is believed to have started in China or Japan.

Kombucha is a probiotic and nutrient rich drink that is made from adding a SCOBY (a symbiotic colony of bacteria and yeast) to green or black tea and fermenting with sugar. The good news is that the sugar is needed in the fermentation process and the majority of it (around 90%) is actually utilised during this process so the end product is actually a low sugar drink. (Do keep an eye on the label however as some mass produced products may have sugar added to the drink to help with flavour).

What is SCOBY?

SCOBY is the living culture that is added to the tea and sugar, often referred to as "The Mother" as it is responsible for turning the tea to "kombucha". SCOBY is a blob-like disc that covers the surface of the liquid and provides a seal to prevent air from entering the liquid, ensuring the fermentation happens in an anaerobic environment.

Benefits of Kombucha?

Apart from the wonderful probiotic benefits of this drink already discussed, kombucha is naturally high in antioxidants which assist us in fighting free radicals that may damage our cells. When kombucha is made from green tea, it will contain the powerful antioxidants known as polyphenols. Polyphenols have long been documented as important antioxidants. Another wonderful benefit of consuming kombucha is that it is high in acetic acid due to the fermentation process. Acetic acid may kill potentially harmful microorganisms in our gut, further assisting gut health.

Kefir

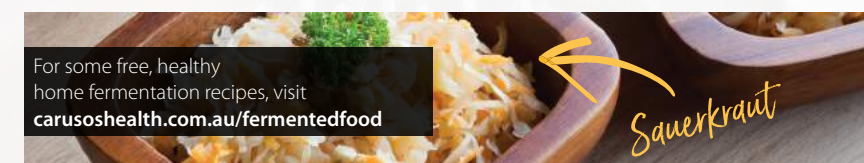
Kefir's popularity may not be as widespread as kombucha in Australia; however it is very popular in the Middle East and Europe with its numerous health benefits make this cultured, creamy product a great addition to your diet. Another great thing about kefir is it can be cultured from dairy and non-dairy making it suitable for most people. The milk-based kefir is generally well tolerated by most, even those with sensitivities to lactose as it contains the lactase enzyme needed for proper digestion of the often-troubling lactose.

Kefir is similar in texture to a drinking-yoghurt, with a tart, slightly effervescent refreshing taste that has been long used throughout the Middle East, Eastern European and Russian cultures. Like kombucha, kefir is naturally high in probiotics, but also has a broad spectrum of yeasts making it very nutritious and a beneficial addition to your diet.

Like any fermented product there are specific bacterial strains needed to produce individual products. In kefir's case it is the kefir grains that are used to create it. These grains contain both bacteria and yeasts, in white/yellow grain-like clumps. The grains are what is needed for the milk to ferment, and the beauty of these grains is that once the fermentation process has finished, they can be strained from the mixture and reused to make new batches.

Sauerkraut

Sauerkraut translates to "sour cabbage" in German and is a fermented cabbage dish that has been widely consumed throughout Central Europe for hundreds of years and is widely known, even here in Australia. Sauerkraut not only provides beneficial probiotics and antioxidants, but it is also a great source of fibre and is low in calories. Keep in mind however, it can be high in sodium as salt is one of the main ingredients in this dish, so stick with a smaller serving size, having it as a snack or a side dish.



Are you longing for a deep, long, restful sleep?

If you suffer from sleeplessness or any one of these sleep related symptoms like nervous tension, mild anxiety, stress, irritability or restlessness: you may find it difficult to fall asleep; you may wake up during the night and then can't get back to sleep; you may wake up too early or you may even wake up not feeling refreshed. So rather than lying in bed, tossing and turning, hoping you'll fall asleep, you should do something about it now!

Caruso's Sleep More is a herbal sleeping tablet developed specifically for people who may need help to:

- Induce sleep and relaxation
- Get a deeper, sounder sleep

May help improve your sleep!

The remarkable Caruso's Sleep More sleeping tablet contains a combination of the highly potent sleeping herbs Passion flower, Hops, Zizyphus and Piper methysticum.

Support for a deep sleep

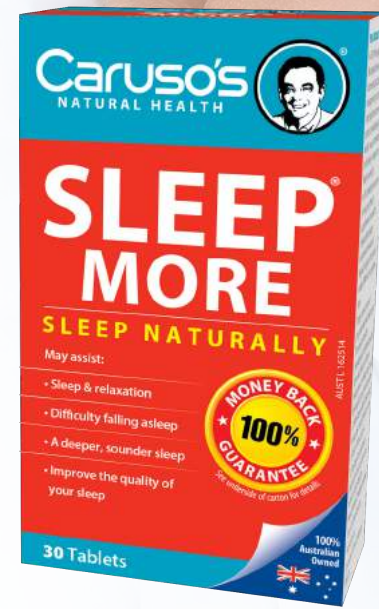
If you're having difficulties falling asleep, you'll be happy to know the herb Passion flower is in Caruso's Sleep More. It may assist with difficulty sleeping. If you are sleep deprived, the herbs Hops may help you sleep. Also, Hops may improve the quality of your sleep as well. Whilst Piper methysticum may help you get an enhanced, restful sleep.

Sleep soundly... don't let nervous tension, mild anxiety, stress, irritability or restlessness get in the way!

Caruso's Sleep More sleeping tablet has been specially formulated to address common symptoms of sleeplessness including nervous tension, mild anxiety, stress, irritability and restlessness. Passion flower has been used traditionally by North American Native Indians & later used in traditional European herbal medicine for tenseness, restlessness and irritability associated with the difficulty of falling asleep. Hops has been traditionally used in herbal medicine around the world: by North American Indians as a sedative, in Ayurvedic medicine for restlessness, nervous tension and as a sedative. Whilst in Traditional Chinese medicine for relief of sleeplessness and restlessness.

Zizyphus may be beneficial during times of stress. It may assist nervous exhaustion, irritability and restlessness. And Piper methysticum may also assist with mild anxiety, stress and restlessness.

If you're desperate for a deep, long, restful sleep, why not give Caruso's Sleep More a go? Caruso's Sleep More is available from where you picked up this magazine from in a 30 tablets size for RRP \$38.95. For more information on Caruso's Sleep More please call our qualified Naturopaths or Customer Service Representatives on **1300 304 480** or visit **www.carusoshealth.com.au**



Always read the label and use only as directed. If symptoms persist see your healthcare professional.
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CHC 72075 01/17

TOP 5 ESSENTIAL OIL HEADACHE BUSTERS



The term "headache" refers to any pain that occurs around the head, face or neck. Headaches are among the most common cause of pain and will effect most of us at some time in our lives. Headaches can be mild and annoying or severe and debilitating.

By
Felicity Downes-Casipit
Naturopath
BNat.

Headaches can be caused by stress, eyestrain, poor posture, dehydration, not eating enough or skipping meals, hormone changes (periods), alcohol, allergies or infections such as colds, flus and sinusitis.

The 3 most common types of headaches are tension headaches, migraines or sinus headaches.

Tension headaches might feel like you have a tight band or feel pressure around your head. The pain can be mild to severe and is concentrated at your temples or around the back of your head – extending from the base of your skull down into your neck.

Migraines are another more serious and common form of headache that can be quite debilitating, often seeing you bed ridden for up to a couple of days. They are usually accompanied by nausea and vomiting, blind spots or flashing lights in your eyes. The pain is described as throbbing, one sided and severe. These headaches will usually interfere with, and inhibit your normal daily activities. If you experience migraines on a regular basis you should see your healthcare practitioner as you may have nutritional deficiencies.

Sinus headaches can also be quite painful and debilitating and are usually caused by allergies or an infection. If you have a sinus headache you will notice pain around your eyes, forehead, and across the bridge of your nose.

Generally speaking, the most common way to alleviate the pain of headaches is with pain relief medicine. However, before you reach for the tablets, it might pay to consider some natural alternatives.

The underlying cause of most headaches is dehydration, even mild levels of dehydration. So please make sure to keep hydrated by drinking 8 glasses (at least 1 litre) of water per day!

Fresh air and some outdoor time also can reduce the occurrence of headaches. Our eyes need to focus on distant objects rather than just looking at things that are close to us. This can cause strain in the muscles of the eye and face which can lead to headaches. This is most commonly seen in people who work in front of a computer or in an office environment. So try going outside for a short walk.

If these two simple things don't work, then consider the use of natural essential oils! Essential oils are a popular addition to first aid kits in many homes. From mild anxiety and sleeplessness to stings and scratches, essential oils have been able to provide useful benefits for common ailments for hundreds of years.



The five most commonly used essential oils for headaches are lavender, rosemary, peppermint, eucalyptus and chamomile. As each of the different oils have their own particular actions, they can be used for different types of headaches.

Lavender oil is one of the most common oils found in Australian households, mainly because it has a wide array of uses for you, your pets and your home. Importantly, Lavender is considered to be a soothing pain reliever. It is also very calming to the nervous system which makes it an ideal choice for assisting with tension headaches caused by stress and anxiety.

Peppermint is another oil which enjoys popularity in bathroom cabinets around the country. Peppermint oil contains menthol which helps to decongest the sinuses, ease pain and relax tense muscles. These actions make Peppermint oil a great choice for both tension and sinus headaches.

Eucalyptus oil is invaluable in the treatment of sinus headaches as it has some very powerful decongestant actions. On top of that, Eucalyptus oil can also open up the nasal passages making breathing easier when you are suffering from colds

and flus. It is the perfect oil to place in a vapouriser in the home to assist with respiratory conditions.

Rosemary oil can be extremely beneficial to use for headaches as it is a potent pain reliever and decongestant. Rosemary also helps to promote healthy circulation – particularly to the head. This makes it a valuable oil to help alleviate the pain of both sinus headaches and migraines.

Chamomile oil is considered to be anti-inflammatory and soothing for anxiety so it can be a very useful oil to use for tension headaches and stress.

These oils can be used on their own or as a blend depending upon the type of headache you have. Tension headaches can be soothed when the oils are used as part of a relaxing warm bath with added Epsom salts. You will only need a few drops of each oil for the best results, and try to stay in the bath for at least 20 minutes. Tension headaches also respond well when the oils are diluted in a carrier base (such as almond oil) and dabbed or massaged onto the back of the neck and temples. Once again, you will only need 1-3 drops of the oil diluted in about 10-20mLs of the carrier oil. Migraines may also be soothed with topical application such as this. Sinus headaches respond well when the oils are placed (diluted) on the temples and on the lower edge of the cheekbones, or placed on a tissue and inhaled periodically. Infusing the air in your home by placing the oils in a vapouriser or diffuser is also great for painful sinuses and sinus headaches.

When using oils topically, be careful not to get the oils in your eyes, and never place oils directly on the skin as some can cause irritation when used undiluted. Remember too that rosemary and peppermint oils are not suitable for use if you are pregnant.

Some headaches however, may need more attention than others. If you are experiencing recurring headaches or your headaches are not being relieved with pharmaceutical medication, it may be best to check with your healthcare practitioner. Otherwise, essential oils are one of the safest and most non-invasive ways to help soothe the painful and bothersome discomfort of your headache naturally.

Outdoors For Creativity

GUEST BLOGGER

Suzanne Robinson
Mummy to Twins Plus One

My twin girls and little boy really love playing in the backyard every chance they get. The twins love climbing trees, making cubbies, pretend play, games with friends, picnics and so much more. Mud pies, and mud cakes are a huge hit with all my kids. Anything that means they can get dirty is a winner. One great idea to keep kids entertained is to create some mud pies with the addition of flowers as decorations. The kids can then have fun playing in the garden. Having a whole lot of mud pies can then influence imaginary play. You will find that you are buying mud pies and pretending to eat many different flavours of mud cakes.



More about our Guest Blogger

Suzanne Robinson is the mummy behind **Mummy to Twins Plus One**. Suzanne lives in Blue Mountains just outside of Sydney. She is a mum to twin girls and a baby boy and yes, three kids keep Suzanne extremely busy. Suzanne is a blogger, writer, speaker, organiser of all, creative, and loves having fun with the family. **Mummy to Twins Plus One** covers everything from parenthood, ideas for dinners, parenting fails, giveaways, competitions, and some great craft and DIY ideas. Suzanne has a degree in Communications and a Masters in Project Management.

Exposing kids to microbes in the great outdoors boosts their immune system

Not only is playing in mud fun, it is also a healthy activity. Exposure to dirt and germs early on in life can help with how your body deals with other things, like dust and pollen. It's also thought that this could assist with lowering allergies and illnesses later in life.

Playing with friends

You might think it was the 1970s at my house. My kids have really good friends just a couple of houses down. The kids from down the street come to us to play and have fun, and my kids go to their place for fun and games. When the weather is hotter it means there is more time to have adventures with their mates.

I like the idea that my kids have the freedom to have fun, explore and to have adventures.

Many parents freak out about not monitoring their children at all times. Kids need to have experiences and learn from accidents, adventures and make decisions on their own. I'm a big fan of unstructured play for kids.

The benefits of unstructured play are:

- Helps kids make their own decisions
- Less stress and pressure to stick to rules of games created by adults. Children can create their own rules and structure
- Better social skills. Playing with other children makes everyone have to sort out their differences themselves
- Imaginary play which allows kids to try out complex scenarios and learn
- Fresh air and exercise
- Sunshine. While outdoors kids will get a good dose of natural vitamin D. This essential vitamin helps bones, development, bodily functions, and makes you feel good
- A break from technology. Staring at screens for hours is not good for anyone. Being outdoors can help kid's eyesight, making kids play outside shows them that there are other things to do than be on a computer or iPhone.

What the outdoors does for me

My brain is always going full throttle. I have so many things to do, to think about and to organise. I suppose this is like most people whether they have kids or are just super busy with work and life.

I find that once I have some down time, not watching a screen, I can refocus. I can think of solutions to problems and be more creative. While walking or just sitting in nature I find that I can solve all my problems... yes, just leave it to me to solve the world's problems after a good walk in the bush.

Fresh air, exercise, a change of scenery and switching off helps you be a better you. Just be. Sit, and have quiet. Finally, hear your own thoughts for a change.

Do you love being outdoors?

This summer make some time for the family to be outside, away from technology and be at one with nature. I'm sure you will be happier for it.

Are you looking for relief for your child's cough?

When your child has a cough, helping them feel better is your priority.

Caruso's Kid's Cough EZE works in 3 ways to help relieve your child's cough:

Ivy acts as an expectorant by removing mucus, **Liquorice** is traditionally used to assist with upper respiratory infections & **Manuka Honey** helps to soothe children's cough.

Caruso's Kid's Cough EZE is formulated to help:

- Reduce cough
- Soothe children's cough

It tastes great so it's easier for kids to take

Caruso's Kid's Cough EZE is a pleasant tasting liquid making it easier for children take. Plus it's suitable for children 2 years and over. Caruso's Kids Cough EZE contains natural active ingredients and does not contain ingredients that are likely to cause drowsiness.

So if your child has a cough, try Caruso's Kid's Cough EZE. Caruso's Kids Cough EZE is available from where you picked up this magazine from in a 150mL oral liquid size for RRP \$19.95.



A personal message from founder Frank Caruso

As always I'm still closely involved in the development of my health formulas from conception to launch. From selecting the quality ingredients and reviewing the educational material. That's why I'm happy to stand behind Caruso's Kid's Cough EZE with a 100% Money Back Guarantee*. I'm also very proud to tell you that Caruso's Kid's Cough EZE is made right here in Australia.

Yours in Vibrant Health,


Frank Caruso



Always read the label and use only as directed. If symptoms persist see your healthcare professional.

CHC 72321 04/17

Recipes

Ingredients:

1¾ cups of organic oats
1/3 cup whole meal plain flour
1/3 cup hulled hemp seeds
¼ teaspoon of fine sea salt
or Himalayan salt
6 tablespoons coconut oil
6 tablespoons coconut nectar
1/2 cup mixed dried fruit, seeds and nuts

Directions:

- 1) Preheat oven to 160°C. Line a 20x20cm square pan with parchment paper, with a little extra over the side.
- 2) Mix together all dry ingredients - oats, flour, hulled hemp seeds, and salt in a large bowl.
- 3) Microwave the coconut oil and coconut nectar in a 2 cup measuring cup for 45 seconds and stir to combine. Pour the coconut oil mixture into the oat mixture. Fold in the dried cranberries.
- 4) Spoon the batter into the prepared pan and smooth it into the sides evenly.
- 5) Bake for 25 minutes. Rotate the pan halfway through baking.
- 6) Transfer the pan to a wire rack to cool for 15 minutes and then put in the freezer for an hour before cutting into 16 bars.

Fruit & Nut Hemp Bars

Iced Coconut, Pomegranate & Berry Soda

Ingredients:

1 pomegranate
Juice of one lime
1 cup of mixed berries
1 L soda water
Handful of mint leaves
½ L coconut water

Directions:

- 1) The day before - pour coconut water into one or two ice trays. Be sure to fill the whole thing and freeze overnight.
- 2) Get a 2L capacity glass jug. Empty the coconut ice blocks into the jug.
- 3) Slice the pomegranate in half and squeeze out the juice into the jug. It doesn't matter if you get some seeds mixed with the juice.
- 4) Keep a few berries aside and add the rest to a blender along with the lime juice. Blend until juicy - add a little water if needed. Add to the pomegranate juice in the jug.
- 5) Pour in the litre of soda water and tear the mint leaves and add them too. Give it a good stir.
- 6) Add the remaining berries to the jug and enjoy!

Chunky Asian Coriander & Hemp Dip

Ingredients:

1 whole large avocado
Small handful of coriander leaves
1 garlic clove
Juice of one lime
½ teaspoon sea salt of Himalayan salt
2 tablespoons hemp seeds
½ - 1 tablespoons of hemp oil
(depending upon desired thickness)
1 chilli
6 cherry tomatoes sliced
½ red onion chopped

Directions:

- 1) Blend avocado, coriander, garlic, lime juice, salt, hemp seeds and hemp oil together in a blender until smooth.
- 2) Remove from blender and gently stir through the tomatoes, chilli and onion, and dip with corn/veggie chips or veggie sticks.

Do you experience hot flushes, night sweats, mood swings or other symptoms of menopause?

Every woman goes through menopause. It doesn't mean the end of good health and vitality, nor does it mean the end of your femininity. But it can be a very difficult time. The important thing is how you deal with the symptoms. Fortunately, there's an herbal and nutritional menopause formula which has been specially formulated for women going through menopause.

Is menopause taking over?

During menopause you can be left fighting the unpleasant symptoms of hormonal changes. Hot flushes, night sweats, perspiration, mood swings, stress, nervous tension and poor sleep can all make life extremely difficult. So can low libido, irritability, low energy, menstrual irregularities. It's no wonder you may feel like menopause is taking over!

Caruso's Natural Health is passionate about helping people with their health. That's why they developed Caruso's Menopause Relief for the symptomatic relief of menopause.

Relief from menopausal symptoms

Menopause is not about 'getting old', it's about 'getting free' and Caruso's Menopause Relief has been formulated with this in mind. Quality guaranteed Caruso's Menopause Relief was specially developed to relieve menopausal symptoms. That's why Caruso's Menopause Relief contains a combination of high-potency herbs and nutrients.

Help relieve hot flushes, night sweats and perspiration associated with menopause

The Kudzu and Black Cohosh in Caruso's Menopause Relief may assist with hot flushes, night sweats and perspiration associated with menopause.

Need help with stress?

Caruso's Menopause Relief was formulated to help you with stress. In Traditional Chinese Medicine, Siberian ginseng has been used to assist during times of stress and it may increase resistance to stress. Siberian ginseng may help your body to adapt to stress.

In Traditional Chinese Medicine, Siberian ginseng is used to increase energy and vitality. It may assist with endurance and performance. For all these good reasons Siberian ginseng was included in Caruso's Menopause Relief.

For sleeping problems and mood swings

The Black Cohosh in Caruso's Menopause Relief may help relieve sleep problems and nervous irritability associated with menopause. It may also help relieve mood changes associated with menopause you may be experiencing.

Help maintain healthy bones

Caruso's Menopause Relief contains Vitamin D to help maintain healthy bones.

For heavy and irregular periods

Caruso's Menopause Relief contains the herb Vitex. This herb may assist with menstrual conditions such as heavy or irregular periods. It may also assist with menopause, reduce pre-menstrual breast tenderness and provide relief of menstrual cramps.

Caruso's Menopause Relief contains Tribulus, which has traditionally been used in Ayurvedic Medicine as a uterine tonic, general tonic and natural aphrodisiac.

If you would like help with hot flushes, night sweats, mood swings, nervous tension, poor sleep and other symptoms of menopause, try Caruso's Menopause Relief.

100% Money Back Guarantee

I always source quality ingredients that go into my products and only develop formulas that I truly believe will help support my fellow Australians this is why I stand behind all my products with my personal 100% Money Back Guarantee. So, you have nothing to lose.

Caruso's Menopause Relief is available from where you picked up this magazine from in a 60 tablets size for RRP \$29.95.

For more information on Caruso's Menopause Relief please call our qualified Naturopaths or Customer Service Representatives on **1300 304 480** or visit www.carusoshealth.com.au



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CHC 72621 09/17

Over 50,000 landmine victims living today are children

There are approximately 300,000 landmine-related amputees in the third world today; 20% of those are children. Many of the amputees have lost hands and arms and are faced with a life long physical burden not to mention the emotional scarring. Often these people feel second best as a result of their physical disability.

Here is how you can help to dramatically change the lives of these children and make them feel loved and valued just like everyone else.

New meaning for helping hands!

The Helping Hands Program (founded in 2012 by Matt Henricks) is a corporate team-building activity with a difference. The Helping Hands Program gives organisations & individuals the opportunity to build prosthetic hands for amputee landmine victims throughout the developing world. It is more than just a team building or training activity. The activity empowers every participant in just a few hours to make a real and lasting contribution and in doing so reminds people what it feels like to be engaged in a truly purposeful activity.

With your help here is the problem that Helping Hands is addressing:

- If you also consider all of those people who need a hand for other reasons, there are at least 1 million people in need
- The people impacted are usually unable to afford to a working prosthesis and the cheapest option costs about \$3,000 (in Australia prosthesis can cost up to \$70,000)
- There are estimated to be 50,000 landmine-related amputees in Cambodia alone based on UN statistics.

Helping Hands Program results so far:

- Over 400 organisations (from a wide-variety of industries) have already been involved in the program including: Commonwealth Bank, Lend Lease, Woolworths, Caruso's Natural Health, etc.
- Helping Hands teams have built 12,111 hands (as at 7th November 2017). The goal is to build 20,000 hands by the end of 2020.

Ways you can help:

- 1 Spread the word about this valuable team building experience to family and friends so Helping Hands can continue to build hands and reach their 2020 target.
- 2 Buy a family pack. There are family packs you can purchase if you want to get your own group together for a rewarding family activity.
- 3 Follow us on Facebook to see recipients receiving their hands to see their smiles.

"My team were honoured to participate in this worthy cause in June 2017. It was a humbling and emotional experience for us all knowing that these prosthetic hands will help so many people. It was very inspiring watching everyone work so closely together as a team for such a worthwhile cause. Within just a few hours every one of us felt proud and privileged to have contributed in a truly rewarding activity."

Frank Caruso | Founder of Caruso's Natural Health

The Helping Hands Program is a truly unique opportunity for organisations to get involved with a worthwhile cause at the same time as super-charging employee engagement. For more information about how the process works, please check out this site: www.helpinghandsprogram.com.au. For a video overview view this YouTube video link: https://youtu.be/kledpv_oX_E.

What **everybody** ought to know about the connection between **blood circulation** and **memory**

By **Frank Caruso**
Founder of Caruso's Natural Health

Just like the rest of your body, your brain needs essential nutrients to perform at its best. It relies on blood flow to supply it with nutrients and fresh oxygen. That's why it is important to maintain healthy blood circulation to your brain.

In the early eighties while researching the history of herbal medicine I discovered 2 particular herbs that may help improve memory. One of them is Ginkgo Biloba which is one of the oldest living tress known to mankind. It may help improve memory because it promotes good blood circulation in the brain. Ginkgo may improve the ability to recall and also aid in the ability to concentrate. Ginkgo is an excellent herb for helping to improve memory and brain function in normal, healthy people. It may also improve working memory and cognitive performance.

The other amazing herb is called Brahmi. About 15 years ago, when I was researching and developing a memory formula for my brand I discovered a special patented ingredient called BacoMind®. BacoMind® is an extract of Brahmi, a popular Ayurvedic brain herb. Brahmi has been traditionally used to improve memory, learning, concentration and mental capacity.

So, I had my team at Caruso's research the two ingredients intensively to ensure

we sourced quality Ginkgo to blend with BacoMind®. I decided to call my memory formula Mega Memory. That's the history behind the development of Caruso's Mega Memory.

So if you would like to help improve your memory, concentration and learning ability, why not try Caruso's Mega Memory.

100% Money Back Guarantee

I always source quality ingredients that go into my products and only develop formulas that I truly believe will help support my fellow Australians this is why I stand behind all my products with my personal 100% Money Back Guarantee. So, you have nothing to lose by trying Caruso's Mega Memory. See website for more details.

Caruso's Mega Memory is available from where you picked up this magazine from in a 60 tablets size for RRP \$59.95.

For more information on Caruso's Mega Memory please call our qualified Naturopaths or Customer Service Representatives on **1300 304 480** or visit www.carusoshealth.com.au.



Always read the label and use only as directed.
If symptoms persist see your healthcare professional.

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HAVE YOU BEEN OVERINDULGING DURING THE HOLIDAYS?

*Why not kick start the new year
with an Internal Cleanse?*

It's easy to over indulge during the holiday months. Plenty of festive food and alcohol, and not keeping to your usual fitness regime can play havoc with your health. By the time the new year rolls around, we've overindulged and our digestive system just feels sluggish. If this sounds like you, try Caruso's Quick Cleanse Internal Cleansing Detox Program for the relief of overindulgence.

Developed by Caruso's Natural Health

Many hours of research has gone into developing Caruso's Quick Cleanse Internal Cleansing Detox Program. The program consists of 28 specially selected herbs and nutrients along with 3 strains of probiotics which have been carefully blended and formulated to help support your digestive system.

The nutrients, herbs and probiotics help the detoxification process during the program.

The Caruso's Quick Cleanse Internal Cleansing Detox Program also includes a nutritional eating plan, which is detailed in the pack. The eating plan is designed to take a load off your digestive organs and give them a well-deserved rest throughout the cleansing and detox period.

Help support your liver, relieve abdominal bloating and constipation and assist with relief of symptoms of Medically Diagnosed IBS with Caruso's Quick Cleanse!

A personal message from founder Frank Caruso

"As always I'm still closely involved in the development of my health formulas from conception to launch. With my team, I am involved with selecting the quality ingredients and reviewing the educational material. That's why I'm happy to stand behind Caruso's Quick Cleanse with a 100% Money Back Guarantee*.

Yours in Vibrant Health,


Frank Caruso."

Caruso's Quick Cleanse is available from where you picked up this magazine from in a 7 day detox kit for RRP \$82.00 and is also available in a 15 day detox kit. For more information, please call our qualified Naturopaths or Customer Service Representatives on 1300 304 480.

*Please see website for details on my money back guarantee. Always read the label and use only as directed. If symptoms persist see your healthcare professional. Quick Cleanse is a registered trademark of Caruso's Natural Health. © 2017.

CHC 71214-05/16



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