

Natural Health Crusader

**FREE
MAGAZINE**

issue 19



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TURNED YOUR BODY
INTO A FURNACE?**

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SUGAR HABIT!**

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GOOD HEALTH

begins with a

HEALTHY BOWEL!

I was born in Australia in 1954. My parents and Nonna came to Australia from Calabria (Southern Italy) in the early fifties.

My Nonna didn't go to school, so she couldn't read or write, but she had a lot of wisdom. She knew that there was a connection between bowel health and good health. She would always encourage us to eat plenty of oranges and fibre foods so we could have a regular bowel movement every day. I know it sounds disgusting but when I was a child, it was normal for us to discuss bowel movements, although preferably not when my friends were around.



Enemas every 6 months!

In my parents and grandparents day (the 1930s up to the 1960s), it was common practice to have enemas every six months. I remember when I was about five or six, lining up outside my bedroom with my brothers and sister, waiting for my turn. It may sound silly now, but my biggest concern was making it to the toilet on time. If it wasn't embarrassing enough having warm water and olive oil pumped up my backside, it would be a whole lot worse if you didn't manage to make it to the toilet on time. I do remember however, that I felt great afterwards.

Somehow, over the last 50 years, bowel wisdom has been lost and the bowel has become a subject which no one wants to talk about. I guess it doesn't make for great dinner party conversation, but as Bernard Jensen says in his bestselling book, *Tissue Cleansing Through Bowel Management*:

"In the 50 years I've spent helping people to overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most of people's health problems."

Most bowel problems start with poor dietary habits, as much of the foods people eat are highly processed and refined. As a result, they lack the fibre needed for elimination and the essential vitamins, minerals and other basic nutrients that assist in proper

digestion and absorption. Many of us still think that it doesn't really matter what we shove down our throats: down it goes and hopefully the rubbish will come out. Well, I have some bad news for you. All too often it doesn't: it goes down ok, but not all of it comes out! Some of it stays within your bowel and it rots. It's enough to make you sick – and it does.

Digestion quite literally means the breakdown of food in the body – your mouth, your stomach, small and large intestines and your colon. In addition, your digestive system is also important in supplying your cells with much needed nutrients and compounds for healing and rebuilding. If nutrients are not properly broken down and absorbed, your body cannot adequately fuel or repair itself, which means that everything suffers, from the smallest cells to the largest organs and tissues in your body.

The most common causes of digestive problems are poor diet, overeating, poor elimination or constipation, a lack of water, a lack of exercise, eating late at night, stress, lactose-intolerance, antibiotics, eating too quickly – just to name a few.

The most obvious symptoms of an unhealthy digestive system include indigestion, abdominal bloating, gas or wind, skin problems, body odour, constipation, heartburn, bad breath, fatigue,

poor elimination, diarrhoea, stomach acid and nausea. Not a great line-up.

Many people I speak to are constipated!

It's amazing how many people I speak to suffer from constipation. I have spoken to people who don't have a bowel movement for 3 days and some don't go for a week. My Nonna would be horrified if she learnt any of her grandchildren didn't have bowel movements at least once a day. "Time for an enema", she would say and we would make a run for it! So needless to say we always ate lots of fruit, wholefoods, fibre foods and drank plenty of water.

The majority of Australian adults will have one bowel movement a day – generally in the morning, but it's not uncommon for adults to go every two or three days or sometimes only once a week. Because constipation is a condition that often happens over a long period of time, starting in childhood and gradually worsening over the next twenty or thirty years, people don't realise that their health is slowly being undermined.

The good news is it's never too late to become Bowel Wise. You can start by adopting better lifestyle habits for maintaining a healthy bowel today. Continue reading to learn about my 8 tips for maintaining a healthy bowel.

1. Dietary fibre

Increase your dietary fibre intake to 35 grams a day for men and 30 grams a day for women. It's important that you calculate the total amount of fibre you are consuming from your foods.

Read the labels of all packaged food you buy to ensure they contain a good amount of dietary fibre. Start by reducing the amount of refined foods you purchase and introduce more wholefoods to your weekly shopping list such as: multigrain/wholemeal breads and pasta, brown rice, raw cereals etc. You can see by this list that it doesn't take much to add up to your recommended daily dietary fibre intake.

2. Drink water

Drink 2 litres (8 glasses) of pure water daily. Drinking at least 2 litres of water throughout the day is essential for bowel health. Particularly when consuming 30 grams of dietary fibre daily. It's also important that you don't consume 2 litres at once and rather over an 8 to 12 hour period during the day. Try and not drink water or fluids during main meals. Best to drink an hour before meals and 30 minutes after main meals.

3. Exercise

Exercise 20 minutes everyday. Moderate exercise stimulates your bowels, helping your intestines do their job and increase bowel movements. Exercising 20 minutes a day reduces the risk of developing chronic disease dramatically! Certain yoga poses increase blood flow to the digestive tract and stimulates your intestines to contract. In my opinion the best exercises that help stimulate the bowels are total functional, bodyweight exercises that focus mostly on your stomach (core) muscles.

4. Don't over eat

Most people over eat their main meal. Even over eating of nutritional food can cause constipation and upset your digestive system. Your digestive system needs time to properly digest the food that you eat and to utilise all the goodness that these foods provide. So by eating five smaller meals daily rather than three large meals takes a huge load off your digestive system. As an example, you should have a good wholesome breakfast which includes fresh fruit, unprocessed cereal, almonds and seeds. It's important that you ensure that breakfast provides you with at least 1/3 of your daily fibre intake. By mid-morning you could eat 2 pieces of fruit, a handful of raw nuts or seeds. Lunch/midday

grilled chicken/tuna salad and pine nuts (with or without wholegrain bread), mid-afternoon another 2 pieces of fruit and a handful of nuts, and in the evening you can have a wholesome meal with a fruit salad afterwards for dessert. If you get a little peckish later at night have another piece of fresh fruit or raw nuts (almonds or cashews). These are easy to digest!

5. Don't eat too late

Many people I talk to who have digestive problems eat just before going to bed. It's best not to eat too late at night or 2 hours before going to bed. Eating just before bed may slow down digestion, may cause unpleasant side effects such as: problems sleeping, nightmares, indigestion and gas just to name a few. Studies have also shown that when food is consumed late at night – anywhere from after dinner to outside a person's typical sleep/wake cycle – your body is more likely to store those calories as fat and gain weight rather than burn it as energy.

6. Eat and chew your food

Eating slowly and chewing your food probably is essential for good digestion. When consuming main meals it's really important that you chew your food slowly and properly before swallowing. The physical process of chewing food in your mouth helps to break down larger particles of food into smaller particles. This helps to reduce stress on the oesophagus and helps the stomach metabolise your food. When you chew each mouthful properly, you also release a lot of saliva, which contain digestive enzymes which break down starch. This goes a long way in preventing digestive problems and preventing constipation.

7. Avoid eating processed food

Try and reduce the amount of processed food that you eat on a daily basis. Most processed food contains little fibre and even less nourishment. As a result it robs your body of the opportunity to receive the nutrition it so desperately needs from whole foods to maintain optimum health and wellbeing. It's what I call a diet saboteur. It's blamed for our nation's obesity epidemic, high blood pressure and the rise of Type 2 diabetes. You can reduce your chances of developing chronic disease dramatically by just reducing processed food from your diet.

8. What you eat today is what you are tomorrow

Your body is continuously rebuilding itself with the foods that you eat, the liquids that you drink and the air that you breathe. Depending on your health and your age, it could take as little as a few weeks or months to feel better. You just need to keep providing your body with foods rich in essential nutrients that will nourish your blood, include daily exercise to help get the blood where it is needed, and allow your body time to rest so it can do its healing. Maintaining your health takes a lot of work but the benefits outweigh the effort by a long shot. So don't take your health for granted! With over 50% of Australians now suffering from chronic disease, the odds are not in your favour. So, I encourage you to embrace the principles of natural health today. It will be one of the best decisions you will ever make in your life.

Yours in vibrant health,

Frank Caruso,
Founder of Caruso's
Natural Health



THE HEALING POWER OF HERBS

“Mother Nature is the Original Healer”

By Frank Caruso

I've read many books on the healing benefits but one of my favourite Australian authors is Dorothy Hall. Dorothy Hall was probably the foremost Australian herbalist/author at the time. Dorothy believed that you could help heal and strengthen your body by drinking herbal teas and using herbal supplements.

Needless to say, after reading Dorothy's book *The Herb Tea Book*, I started drinking 4 to 8 cups of herbal tea every day. My favourite herbal teas were and today still are lemongrass, peppermint and chamomile. I would often mix peppermint and chamomile together and drink it after each meal because it promotes digestion. Lemongrass is so refreshing and has so many health benefits.

The more I read on herbal medicine and nutrition, the more I realise that Mother Nature has provided us with so many remedies. I was convinced then and still am today that Mother Nature was and always will be my first choice when looking for a remedy for healing my body. Throughout all the years I worked in my health food store, I would always recommend specific herbs to address my customer's health concerns, which led to many positive results.

Today, in many parts of the world, billions of people use herbs for their healing and restorative powers everyday.

Plants have been used for medicinal purposes long before recorded history. Indigenous cultures (such as African and Native American) used herbs in their healing rituals, while others developed traditional medical systems (such as Ayurveda and traditional Chinese medicine) in which herbal therapies were used.

Today, researchers are finding that people in different parts of the world actually use the same or similar plants for the same purposes.

The first herbal medicines known to be used by ancient doctors, date back to over 5000 years. The oldest known list of medicinal herbs compiled in China is from 3000 BC and lists even older traditions that were used at the time, some of which are still practised today. The ancient Greeks and Romans were also renowned herbalists who travelled with their armies to spread their herbal expertise throughout the ancient world.

In the early 19th century when chemical analysis techniques first became available, scientists began to extract, measure and isolate the active ingredients from plants. By the mid-19th century (1850's) chemists were able to extract and concentrate traditional plant-based remedies, giving rise to treatments such as morphine and quinine.

Chemists began making their own version of these plant compounds and modern pharmaceuticals were born. Today a quarter of pharmaceutical drugs are derived from botanicals.

In recent years, interest in herbal medicine has skyrocketed, leading to a greater scientific interest in the medicinal use of plants.

Now, with the help of modern science and advancements in biotechnology, scientists are able to fully identify and test the chemical compounds within botanicals that have been used for centuries.

Thousands of clinical studies are being conducted on well-known ancient herbal medicines to determine exactly what their mechanisms are and where they can be used with efficacy.

“I believe that Mother Nature is the original healer and she has provided us with everything we need for healing.”



Are you running on **EMPTY** and looking for that **EXTRA BOOST?**

If the answer is **YES** then get ready to power through your day with Caruso's **GET UP & GO!**

Do you want to feel energised and alert... without the extra sugar and high caffeine of many energy drinks... or the calories of carb-heavy snack bars?

Caruso's Get Up & Go is a unique energy and alertness enhancing supplement containing the stimulant-free nootropic extract enXtra™ combined with Green tea extract and B vitamins.

Boost your alertness and improve your attention span with nootropics

Do you find your mind wandering after a few hours of work, study or gaming? Nootropics are substances that can improve mental cognition and performance. Caruso's Get Up & Go includes the nootropic enXtra™, a stimulant-free extract of galangal (a member of the ginger family), which increases mental alertness and improves attention span.

Supports your energy levels so you can power through your day

If you find it difficult to fire up in the mornings or you run out of energy late in the day, just when you need to hit the gym, then the energy-supporting ingredients in Caruso's Get Up & Go will give you boost you need to get up and go!

- ✔ Green tea extract enhances **energy levels** and encourages **thermogenesis**
- ✔ B Vitamins help with **carbohydrate metabolism** and maintain **energy production**

The good news is that one tablet of Caruso's Get Up & Go contains only 4.17mg of caffeine compared to over 100mg of caffeine in a standard espresso coffee*.

If you're feeling burnt-out from working hard, studying hard, or just keeping up with our 24/7 "always connected" lives, then try Caruso's Get Up & Go today! It's available from where you picked up this magazine in a 30 tablets size for RRP \$39.95.

100% Money Back Guarantee**

At Caruso's we always source quality ingredients to go into our products and we only develop formulas that we truly believe will help support our fellow Australians. That's why we stand behind all of our products with a 100% Money Back Guarantee. So you have nothing to lose by trying Caruso's Get Up & Go today. See our website for more details.

For more information please call our Customer Service Representatives on **1300 304 480** or visit carusoshealth.com.au



THE POWER OF PROBIOTICS

Nature's Internal Healers

By Frank Caruso



I believe the key to good health begins in the bowel, and a healthy bowel is one with a good, healthy balance of friendly bacteria. Your digestive system simply can't function optimally without good bacteria. They are nature's internal guardians. Your body is thriving with trillions of microorganisms, many that live inside your digestive system.

Together, these create a population of friendly bacteria known as your intestinal microbiome. There is a mutually beneficial relationship that occurs between the intestinal microbiome and the gut-host (human body). Friendly bacteria are not limited to the digestive system, they also live on our skin, in our nose and mouth, and in our reproductive and urinary systems.

In the following table we can identify some of the species of probiotic and some of the benefits they have on the body.

Probiotic species	Supportive health indications:
<i>Bifidobacterium animalis</i>	Intestinal bowel health, loose bowels, constipation, immune health, intestinal foreign pathogens, digestive detoxification
<i>Bifidobacterium bifidum</i>	Loose bowels, mood balance, adaptation to stress, digestive foreign pathogens, immune health, found in mother's breast milk, mild eczema and dermatitis
<i>Bifidobacterium infantis</i>	Mood balance, adaptation to stress, abdominal discomfort, immune health
<i>Bifidobacterium lactis</i>	Immune health and function (immune response)
<i>Bifidobacterium longum</i>	Adaptation to stress, mood balance, liver organ detoxification, constipation, intestinal foreign pathogens
<i>Lactobacillus acidophilus</i>	Reproductive health, immune and gut health, mood balance, loose bowels, abdominal pain, foreign reproductive and intestinal pathogens
<i>Lactobacillus brevis</i>	Immune health, female reproductive system health, support beneficial gut probiotic colonies
<i>Lactobacillus bulgaricus</i>	Loose bowels, digestive and liver health
<i>Lactobacillus casei</i>	Helps to increase colonisation of Lactobacillus and Bifidobacterium, constipation, abdominal pain, adaptation to stress, immune health
<i>Lactobacillus fermentum</i>	Immune system health and function
<i>Lactobacillus gasseri</i>	Adaptation to stress, foreign digestive pathogens
<i>Lactobacillus paracasei</i>	Loose bowels, increase colonisation of Lactobacillus species, reabsorption of electrolytes, immune health
<i>Lactobacillus plantarum</i>	Immune and gut health
<i>Lactobacillus reuteri</i>	Loose bowels, abdominal pain, liver and digestive health, children's health
<i>Lactobacillus rhamnosus</i>	Immune health, mild eczema and dermatitis, loose bowels, abdominal pain, digestive and reproductive foreign pathogens
<i>Lactobacillus salivarius</i>	Found in mothers breast milk, breast health, immune health
<i>Streptococcus thermophilus</i>	Immune and gastrointestinal health

What causes an imbalance of friendly bacteria in your gut?

• Antibiotics:

There is no doubt that antibiotics have played a major role in our society thanks to Sir Alexander Fleming. Without them, many lives would be lost or in danger due to infectious diseases. But the goal of an antibiotic is to destroy as much bacteria as it can. This means that when you take antibiotics, they kill the beneficial (good) bacteria as well as the harmful (bad) bacteria that is causing the infection.

• Processed foods:

Regular or daily intake of processed foods is not healthy. Food manufacturers require the food to last longer and look fresher on the shelf, so the addition of preservatives, salt, sweeteners, sugars, artificial flavours, additives, and fats are used. These additives can have detrimental effects on our general digestion and health not to mention our intestinal microbiome. Our intestinal microbiome must overcome the dysbiosis, inflammation and destruction that these types of foods cause.

• Stress:

Our digestive system harbours about 80% of the immune system. The gut microbiome helps regulate and modulate the immune's response and contributes to and aids in the production of anti-inflammatory immune cells, preventing the foreign bacteria from colonising and proliferating. When we are stressed, our bodies go into 'fight or flight' mode which triggers our adrenal glands to release hormones such as cortisol, adrenaline, and noradrenaline. Prolonged stress and continued elevation of stress hormones are detrimental to our health and can result in depleted immune resistance and altered gut microbiome.

• Sugar:

White sugar contains no fibre, vitamins, proteins, enzymes, or fats and for some can even have an addictive quality. A diet high in sugar can encourage unfavourable bacteria to flourish. Sugar contributes to an environment in which they can develop and dominate. The gut barrier can also become compromised.

• Unhealthy fats and high protein diet

A high intake of unhealthy fats and animal-based protein rich foods such as milk, dairy, cheese and meat can deplete the friendly bacteria of the microbiome after just one meal. As a result, the reduction of microflora will therefore reduce short-chain fatty acids (SCFA) production and lead to a compromised gut microbiome and poor gut health. Ideally, a plant-based diet that includes healthy fats is beneficial for encouraging good gut health.

On your way to better health

Over 50% of Australians complain of digestive health problems!¹

Australia's population is growing every 2-3 years by about one million people.² In 2018, the population was 25 million.³ According to The Gut Foundation of Australia approximately half the population will complain of digestive health problems within any 12-month period.⁴

The importance of Probiotics for over 60's

The Australian population is living longer, and health is a prime motivator for keeping older adults active and healthier for longer.

Our body ages, it is a natural process of life, biological changes occur. There is a decline in cellular and tissue function, a reduction in cellular turnover, inflammation of body tissues and other factors such as environmental stressors which contribute to the aging process.

The aging of our digestive system occurs as well. Our digestive enzyme production can reduce, digestive muscles can weaken and lose some tone and the body is slower to expel waste from the colon, leading to constipation.

Our microbiome dramatically changes as well. The balance of different bacteria changes, species that were once dominant become less so, and the production of SCFAs is reduced which can lead to changes in digestive system health and function.

So, is taking a probiotic supplement everyday beneficial?

I've been taking a probiotic supplement almost every day since the age of 28, this year (2022) I will celebrate my 68th birthday. For over 40 years my digestive system has worked like a well-oiled machine and I credit my bowel health to following a healthy lifestyle and taking a probiotic supplement daily for 40 years. When the Gut Foundation of Australia states that approximately half the population will experience issues related to digestive health such as abdominal bloating, gas, and constipation, and of these, 1 in 7 adults experience these types of symptoms in a distressing manner, you have nothing to lose.

So if you make time for good health, you will always have enough good health for a good time!

¹ Belobrajdic, D., Brownlee, I., Hendrie, G., Rebuli, M., Bird, T. (2018). Gut health and weight loss: An overview of the scientific evidence of the benefits of dietary fibre during weight loss. CSIRO, Australia. Co-funded by CSIRO and SP Health.
² (2022). Population Australia. Population Australia. <https://www.population.net.au/>

³ (2018). Australia's population to reach 25 million (Media Release). Australian Bureau of Statistics. <https://www.abs.gov.au/ausstats/abs@.nsw/mediareleasesbytitle/C3315F52F6219DE9CA2582E1001BC66A?OpenDocument>
⁴ Noone, Y. (2019). Dr Michael Mosley's Reset: Why our bodies, minds and guts are what we eat. SBS. <https://www.sbs.com.au/food/article/2019/02/27/dr-michael-mosleys-reset-why-our-bodies-minds-and-guts-are-what-we-eat>

Gentlemen... Do you wish you could sleep at night without frequent trips to the bathroom?

Australian clinical trial confirms Caruso's PROSTATE EZE® MAX relieves the frequency of night-time urination associated with medically diagnosed BPH by over 39%!¹

If you have to get up three, four times a night, sometimes more, to relieve yourself, you'll know how exhausting it can be to experience this particular symptom of medically diagnosed Benign Prostatic Hypertrophy (BPH), also known as Enlarged Prostate.

Caruso's PROSTATE EZE® MAX to the rescue

PROSTATE EZE® MAX is a proprietary blend of five botanical extracts, including Pygeum, which has been clinically shown to be effective at relieving the frequency of night-time urination (also called nocturia) in men who have been medically diagnosed with BPH.¹

What's in Caruso's PROSTATE EZE® MAX?

Phytonutrients are the compounds that give many healing plants their clout. Caruso's PROSTATE EZE® MAX harnesses the therapeutic power of phytonutrients from five botanical extracts in an easy-to-take, one-a-day capsule.

- ✔ 15,000mg of **Pygeum** standardised for its sitosterol content
- ✔ 660mg of **Saw Palmetto** standardised for its fatty acid content
- ✔ Plus **Epilobium, Lycopene** and **Pumpkin seed oil**

Science confirms the benefits of Caruso's PROSTATE EZE® MAX!

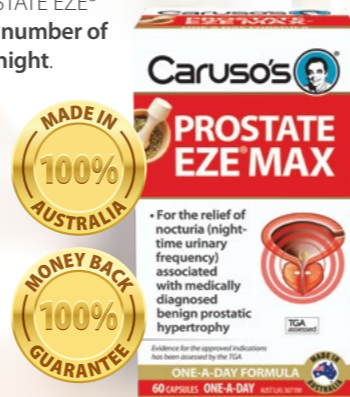
A double-blind, placebo-controlled clinical trial¹ by the Centre for Integrative Clinical and Molecular Medicine at The University of Queensland, School of Medicine examined the effect of Caruso's PROSTATE EZE® MAX herbal supplement versus a placebo on the symptoms of 57 men who had been medically diagnosed with BPH.

The results showed that **after just one month of taking one capsule a day**, the participants in the group taking PROSTATE EZE® MAX reported a **20.4% reduction in the number of times they had to get up to urinate at night. After two months**, the frequency of their **night-time bathroom visits reduced by 36.7%**.

And the results continued to get better over the 3-month duration of the study. **After 3 months**, the participants in the group taking PROSTATE EZE® MAX reported a **39.3% reduction in the number of times they had to get up to urinate at night.**

Imagine fewer night-time bathroom visits, better sleep and waking up in the morning refreshed! What are you waiting for? Try Caruso's PROSTATE EZE® MAX today!

Available from where you picked up this magazine as 30, 60 or 90 capsules starting at RRP \$49.95. If you'd like more information about Caruso's PROSTATE EZE® MAX please call **1300 304 480** or visit **carusoshealth.com.au**.



TIPS TO NATURALLY BOOST YOUR IMMUNE SYSTEM

Felicity Downes-Casipit

If there's one thing that the last couple of years has taught the world, it's how important good health truly is. Many of us who had previously taken our good health for granted, have had to learn the hard way that our immune systems can sometimes use a little support.

Our bodies are constantly fighting off bacteria and viruses, and for most of the time, it does a great job. This doesn't happen by accident. Your immune system is comprised of an amazing defence force which is constantly on guard to help keep your body healthy and ready to bounce back after an illness or infection. While our bodies are naturally set up to cope with daily challenges to our immune system, there are many ways that you can help support your body's immune response and ensure that your body is in the best condition to keep you healthy.

A strong immune system requires the body to have a constant supply of good nutrition and rest. A healthy diet is paramount to good health, we've all heard it a million times, we all know it, but for some of us, it takes a while for it to really sink in.

So how can you support your immune system?

1. Get some quality sleep!

Sleep and your immune system work in a synergistic manner. Studies show that some immune processes are more active during our sleep cycles, while other immune cells are more active during the day time when we are awake¹. It's important that all aspects of your immune system have the opportunity to function at their best, to give your body the best line of defence, so make sure that you get your essential eight hours of shut eye.

2. Get outside!

There's nothing better than feeling the warm sunshine on your skin and breathing in fresh air, but occasionally life gets a bit busy and we may find ourselves spending a little too much time under artificial lights and in climate controlled temperatures. The benefits of getting outside are many and the sun helps our skin to produce vitamin D, which has immune supporting benefits. Sunlight also has a natural mood boosting ability – try getting a few minutes of morning sun while you have breakfast, it's a great way to start the day!

3. Eat real food!

It's been said before, but we are what we eat. Most of what we eat goes on to build every cell in your body, including those in your immune system. What's the use of a defence force if it's frail and weak because it's built out of inferior materials?

Eat more real food and less junk food, it's that simple. Junk food is generally full of bad fats and is high in sugar, which is not conducive to a strong immune system. Foods rich in good fats, such as nuts, avocados and deep water fish give our bodies the healthy fats required to build strong cell walls and support your immune response.

4. Back off the sugar!

Sugar is everywhere it seems and the more we eat, the more we get used to it. It's hard to cut down on our sugar intake, our taste buds get accustomed to the addictive sweet sensation – but it is possible.

Studies show that sugar hinders your immune response², it basically makes it harder for your immune system to fight off infection. Try to be more mindful of the amount of sugar that you are eating every day, try starting with less sugar in your tea or coffee and if you need a sweet treat, try some fresh fruit.

Sometimes it feels like being healthy can just seem like too much work. It's just too hard! But it doesn't necessarily have to take a sudden life change to get healthier. Small, manageable steps in the right direction are better than standing still and going nowhere. There's no time like the present, start today!

1. Besedovsky, L., Lange, T., & Born, J. (2012). Sleep and immune function. *Pflügers Archiv : European journal of physiology*, 463(1), 121–137. <https://doi.org/10.1007/s00424-011-1044-0>

2. Shomali, N., Mahmoudi, J., Mahmoodpoor, A., Zamiri, R. E., Akbari, M., Xu, H., & Shotorbani, S. S. (2021). Harmful effects of high amounts of glucose on the immune system: An updated review. *Biotechnology and applied biochemistry*, 68(2), 404–410. <https://doi.org/10.1002/bab.1938>

Too much screen time linked to eyestrain and short-sightedness in Children!

Felicity Downes-Casipit

It seems that with every generation, comes an array of unique challenges for our children. Rapidly changing technological advances, while creating amazing new learning opportunities, bring with them a whole new range of health concerns for our children. Concerns around excessive screen time and eye health being among them.

COVID lockdowns saw screen time for our children increase exponentially as school was temporarily moved online, activities which were once face to face were converted to on-line versions and too often, free time became filled with online games and social media.

While thankfully lockdowns were temporary, some habits die hard and for some, increased screen time may have become the new normal. While it's possible to break unhealthy habits such as too much screen time, the use of devices won't be going away any time soon.

Current recommendations from the Australian Government Department of Health for screen time are two hours for children between 5-12 years old, with only one hour recommended for those aged between 2-4 years. No screen time is recommended for children under two years old, however as any busy parent or carer will tell you, these guidelines can often be a little tricky to enforce.

So why should we be concerned about too much screen time for our children?

Some of us may recall being told as a child, that sitting too close to the television would make us go blind. Thankfully, these days we know that isn't true, but we do know that spending excessive amounts of time staring into a screen, particularly at close proximity, is definitely not the best for optimum eye health.

While thankfully, too much screen time may not necessarily result in blindness, it has been linked to other vision issues such as eyestrain and short-sightedness¹. When our eyes are constantly focussing on close objects such as a screen, the structure of the eyeball begins to change and elongate. Over time this change in shape alters the way that light is focussed and can result in myopia, or short-sightedness.

Healthy eyes are reliant on good nutrition so it's important that we provide our children with a healthy diet to get them off to a great start.

Healthy eyes need good fats such as omega-3 fatty acids which can only be obtained through the diet. You'll find good fats in foods such as avocados, nuts, seeds and deep sea fish such as salmon.

Vitamin A is a vital nutrient for eye health, particularly when it comes to adapting to variations in light. Vitamin A can often be found in yellow, orange or red fruit and vegetables such as carrots, pumpkins, tomatoes and capsicums. Vitamin A can also be found in milk and eggs.

Colourful fruit and vegetables are all high in antioxidants which help to protect the eye from oxidative damage – try making a colourful fruit salad or a hearty vegetable soup with vegetables of all colours.

Excessive screen time not only affects eye health, but can also have social implications and impact on time for physical activity. Screens are here to stay, so how can we find a balance between screen time and eye health for our children?

1. Set time frames around screen time and most importantly, enforce them – perhaps 30 minutes after homework or chores, or whatever works around your family's daily routine
2. Encourage activities that involve physical activity – take the kids for a walk around the neighbourhood or park, get the scooters/bikes/pram out and get some sunshine and fresh air
3. Boredom can often lead to excess screen time, so get kids involved in sport or other face to face social activities or organise a regular play date
4. Use screen time creatively and search for craft projects to do with your kids. Perhaps download an app to help identify insects or plants to use on your next walk at the park, or maybe watch a cooking tutorial together and recreate the recipe for dinner
5. Create screen free areas. Keep screens out of kids' bedrooms and put them away at meal times. Keep meal times free to chat and catch up with each other
6. Most importantly, lead by example and limit your own screen time. Make the time to engage with children, encourage them to talk and listen to what they have to say

With the seemingly permanent addition of screens into the everyday lives of our children, the suggestion of reducing screen time can seem an almost impossible task. Try following some of the tips above to help find a healthy balance for everyone.

1. Joshua Foreman, Arief Tjitra Salim, Anitha Praveen, Dwight Fonseka, Daniel Shu Wei Ting, Ming Guang He, Rupert R A Bourne, Jonathan Crowston, Tien Y Wong, Mohamed Dirani. Association between digital smart device use and myopia: a systematic review and meta-analysis. *The Lancet Digital Health*, 2021; DOI: 10.1016/S2589-7500(21)00135-7

Is excess fluid making you look & feel fat or bloated?

Caruso's Fluid Away to the rescue!

Yesterday you felt great. Today, your stomach is so bloated that zipping up your jeans is a real struggle!

What happened?

Nothing happened in your body overnight that magically made you gain fat. The usual culprit behind the sudden bloated belly that's making your jeans feel like a straitjacket is fluid retention - and it's a common experience for many women.

There are lots of things that can cause fluid retention. Eating too much of certain foods, like salt or carbs, may cause your body to hold onto extra water. Hot weather, dehydration, inactivity and monthly hormone fluctuations may also affect your body's fluid balance.

But whatever the reason, it's hard to feel your best when you're bloated and uncomfortable.

Caruso's Fluid Away is here to help!

Caruso's Fluid Away contains a blend of herbs traditionally used in Western Herbal Medicine to:

- Reduce **abdominal bloating**
- Temporarily relieve mild **fluid retention**
- Assist your body's natural **elimination processes**

The Dandelion in Fluid Away is a natural diuretic and is used in traditional Western Herbal Medicine to temporarily relieve

mild fluid retention by increasing urine output. By assisting your body's natural elimination processes it helps to reduce abdominal bloating. Dandelion is also used in traditional Western Herbal Medicine to promote healthy liver function.

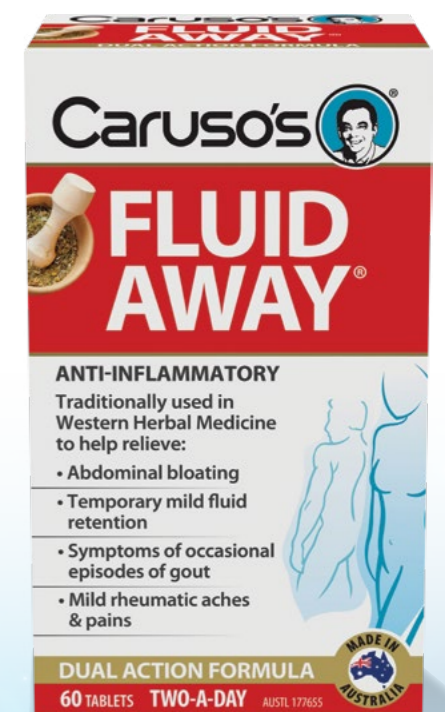
Celery Seed supports urinary tract function and has been used traditionally in Western Herbal Medicine to enhance urine output and reduce abdominal bloating. Celery also reduces inflammation and supports joint health.

The third herb in Caruso's Fluid Away is *Phyllanthus amarus*, also called Stonebreaker. It has a long history of traditional use in Ayurvedic medicine for supporting urinary tract health, enhancing urine output and protecting the liver. It also assists the body's natural waste elimination processes.

Caruso's Fluid Away is Australia's No. 1 fluid retention formula!*

Caruso's Fluid Away is available from where you picked up this magazine in 30 or 60 tablets, starting at RRP \$27.00.

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



Always read the label and follow the directions for use. *IQVIA National Pharmacy, Fluid Retention Sub-Segment Branded Value Sales 52 weeks to 9.4.22. **See product packaging or website for details on Money Back Guarantee. Fluid Away is a Registered Trademark of Caruso's Natural Health.

ARE YOU FED UP WITH THE WAY YOU LOOK & FEEL?

FEELING BLOATED? CONSTIPATED? CRAVING CARBS?

Wouldn't it be great to start feeling good about yourself?

If the answer is YES then get ready to hit the reset button with Caruso's Revivalife 5 Day Body Reset!

Caruso's Revivalife 5 Day Body Reset is a triple action formula designed to help you on your journey to feel better. It includes THREE QUALITY FORMULAS which work together to target SUGAR and CARB CRAVINGS and reduce abdominal BLOATING and CONSTIPATION.

Formula #1 Caruso's CraveLESS

If you often give in to cravings for a mid-morning sugar hit, or find yourself snacking on sweets throughout the day, then the unique 2-in-1 bi-layer Caruso's CraveLESS formula will help:

- You manage your **sugar** and **carb cravings**
- Maintain healthy **blood sugar**
- Assist your body to **metabolise fats**
- Support your liver's natural **detoxification processes**

Formula #2 Caruso's Fluid Away

Eating too much of certain foods, like salt or carbs, may cause your body to hold onto extra water and make you look and feel fat and bloated. Caruso's Fluid Away contains a blend of herbs traditionally used in Western Herbal Medicine to:

- Reduce abdominal bloating
- Temporarily relieve mild **fluid retention**
- Assist your body's natural **elimination processes**

Formula #3 Caruso's Bowel Clear

Constipation can be uncomfortable. The gently stimulating laxative ingredients in Caruso's Bowel Clear help to relieve constipation, improve bowel regularity and get things moving again!

- Reduces **abdominal bloating** and **flatulence**
- Assists with natural body **waste elimination**
- Relieves **constipation** and **bowel discomfort**

Kick-start a new you!

Wouldn't it be great to start feeling good about yourself, instead of fed up all the time?

If the answer is YES, then try Caruso's Revivalife 5 Day Body Reset today. The three unique formulas are designed to help you manage your sugar and carb cravings, reduce uncomfortable abdominal bloating and support your body's natural elimination and detoxification processes.

Caruso's Revivalife 5 Day Body Reset is available from where you picked up this magazine for RRP \$32.95.

100% Money Back Guarantee*

At Caruso's we always source quality ingredients to go into our products and we only develop formulas that we truly believe will help support our fellow Australians. That's why we stand behind all of our products with a **100% Money Back Guarantee**. So you have nothing to lose by trying Caruso's Revivalife 5 Day Body Reset today.



Is your busy mind keeping you awake at night?

At night, your mind should become calmer and quieten, allowing you to drift off to sleep. But for many of us the complete opposite happens... we have so much on our mind we just can't switch off! I'm Frank Caruso, the founder of Caruso's Natural Health and I know how it feels to not be able to sleep properly. I had problems sleeping nearly every night. I'd sleep for a few hours—then at 2am or 3am in the morning I'd be wide awake. **Does this sound familiar?**

You go to bed exhausted but you just can't shut your mind off and fall asleep. And when you do manage to drop off, you can't seem to stay asleep.

When you're wide awake at 3am in the morning all sorts of thoughts start racing through your mind. You start thinking about bills you need to pay, you worry about things that happened at work that day or the "to do" list for tomorrow.

You toss and turn and scrunch up your pillow every which way, and then when you finally get back to sleep it feels as if the alarm clock goes off only a few minutes later!

If you have trouble falling asleep, and staying asleep, you're not alone.

Not being able to get to sleep, and sleep soundly through the night, are two of the most common problems I hear about from my customers.

Research by the Australian Sleep Health Foundation confirms the problem. A 2016 survey found that 40% of women and nearly 30% of men find it difficult to fall

asleep and stay asleep*. And nearly half of Australian adults (48%) reported having 2 or more sleep-related problems such as difficulty falling asleep, waking up a lot overnight, daytime fatigue, or feeling irritable or moody*.

That's a lot of sleepless people!

Introducing Sleep More from Caruso's Natural Health

Caruso's Sleep More is a herbal sleeping tablet that contains a unique combination of potent sedative herbs to calm your mind, help reduce the time it takes you to fall asleep and improve the depth and quality of your sleep.

- **Ziziphus** is traditionally used in Chinese Medicine to calm the mind and induce sleep.
- **Kava** is traditionally used in Polynesian Medicine to relieve sleeplessness.
- **Hops** and **Green Tea** help to reduce mental over-activity and calm your busy brain.

Why toss and turn all night when you could be enjoying a deeper, more restful sleep with Sleep More?

Always read the label and follow the directions for use. Terms and conditions apply to Money Back Guarantee.

Caruso's Sleep More is available from where you picked up this magazine in 30 or 60 tablets, starting at RRP \$41.95.

For more information on Caruso's Sleep More please call our friendly Customer Service Representatives on **1300 304 480** or visit www.carusoshealth.com.au

- ✔ Calms your busy mind and helps reduce the time it takes you to fall asleep
- ✔ Reduces **restlessness** and **disturbed sleep**
- ✔ Supports a **deeper**, more **refreshing** quality of sleep
- ✔ Promotes **healthy sleep patterns** and helps reset your sleep-wake cycle



EXPERIENCING NERVOUS TENSION, STRESS & MILD ANXIETY?

Try Caruso's Anxiety Aid!

- ✔ Help reduce effects of **mild anxiety & nervous tension**
- ✔ Relieve symptoms of **stress**
- ✔ Contains **Lemon Balm**, traditionally used in **Western Herbal Medicine** for **sleeplessness, nervous tension & mental fatigue**

100% MONEY BACK GUARANTEE **100% MADE IN AUSTRALIA**

Always read the label and follow the directions for use. Terms and conditions apply to Money Back Guarantee.





HAVE YOU BEEN EATING TOO MUCH



C.
CARBONATED DRINKS

R.
REFINED CARBS

A.
ADDED SUGAR

P.
PROCESSED FOODS



Is your digestive system overwhelmed with food like this?

What are C.R.A.P. foods?

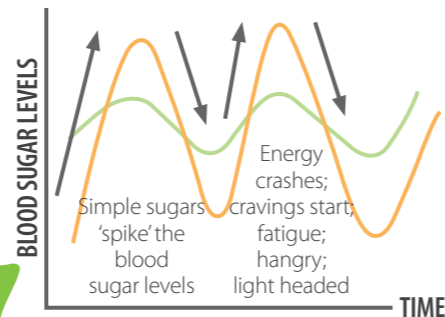
C.R.A.P. is an acronym for foods that are high in calories but often low, or lacking, in nutrients and may even contain ingredients that are not good for your health. Think of potato crisps (high in carbs, fat and salt), carbonated drinks (lots of sugar), cakes and biscuits (lots of sugar and refined carbohydrates) and ice cream (lots of sugar and fat). Too many C.R.A.P. foods can make you feel bloated and cause digestive issues such as constipation, gas and indigestion.

Get ready to **RESET** with Caruso's **QUICK CLEANSE!**

Are you riding the blood sugar roller coaster?

Sugary foods provide a quick energy fix but can cause your blood sugar to spike quickly. When your blood sugar drops again so do your energy levels. Then you crave something sweet again... it's like a roller coaster! Riding a roller coaster all day, every day, is exhausting... and to make it worse, sugary snacks like cake or chocolate are high in fat too, so after a while the calories really start to add up!

Reduce uncomfortable abdominal bloating



'Energy fluctuates all day. Afternoon slump & munchies. Hangry, fighting sugar cravings!'

Caruso's **Quick Cleanse** is an **internal cleansing detox** program developed to help you reset by supporting your body's natural detoxification processes and helping you manage your food cravings. Caruso's **Quick Cleanse** contains 4 different herbal and nutritional formulas, with a total of 33 herbs, vitamins and nutrients, and is designed to:

Caruso's QUICK CLEANSE to the rescue!

- Help manage your **sugar cravings** and **reduce carbohydrate cravings**
- Help your body to **breakdown dietary fats**
- Reduce uncomfortable **abdominal bloating**
- Support your liver's natural **cleansing** and **detoxification** processes
- Relieve **constipation** and assist with natural body **waste elimination**

Quick Cleanse contains 4 unique herbal & nutritional formulas

CraveLESS

Two of the hardest things to cut down on when you're trying to eat more healthily are sugar and carbohydrates. The CraveLess formula in Caruso's Quick Cleanse:

- ✔ Helps you manage your sugar cravings
- ✔ Reduces your cravings for carbohydrates
- ✔ Helps your body to breakdown dietary fats
- ✔ Supports healthy blood sugar

Stomach Clear

Abdominal bloating can make you look fat and feel very uncomfortable. The Stomach Clear formula in Caruso's Quick Cleanse contains herbs used in Traditional Western Herbal medicine which:

- ✔ Help to reduce abdominal bloating and flatulence
- ✔ Relieve digestive discomfort

Liver Detox

Your liver removes the metabolic and dietary toxins in your body and helps to eliminate waste, so keeping it in tip-top condition is important. The Liver Detox formula in Caruso's Quick Cleanse has been formulated to:

- ✔ Help support your liver's natural cleansing and detoxifying processes
- ✔ Support healthy liver function

Bowel Clear

The Bowel Clear formula in Caruso's Quick Cleanse contains gently stimulating laxative ingredients which:

- ✔ Relieve constipation
- ✔ Reduce abdominal bloating
- ✔ Assist with natural body waste elimination



No cabbage, no juice cleanses, no starvation

Caruso's **Quick Cleanse** is not about starving yourself or living on juice! That's why it also includes a **Nutritional Eating Plan** designed to guide you through your detox and ensure you eat sufficient nutrients to maintain energy levels whilst giving your digestive system a rest from **C.R.A.P.** foods. It includes a list of foods to include and avoid as well as 43 delicious recipes.

Are you ready to cut the C.R.A.P. and kick start a new you?

Caruso's **Quick Cleanse** is a great way to kickstart a new you by helping you to manage your food cravings for **C.R.A.P.** foods and assisting your body's natural cleansing and detoxifying processes. It's available as either a **7-day** or a **15-day** program from where you picked up this magazine and is covered by our money-back guarantee.



100% Money Back Guarantee

At Caruso's we always source quality ingredients to go into our products. That's why we stand behind our products with a 100% Money Back Guarantee. So you have nothing to lose by trying Caruso's Quick Cleanse today! See our website for more details. For more information about Caruso's Quick Cleanse please call our Customer Service Representatives on **1300 304 480** or visit **carusoshealth.com.au**

THE MANY THERAPEUTIC BENEFITS OF LAVENDER

Lavender is a well-known flowering plant that belongs to the Lamiaceae family, also known as the mint family. It falls under the genus of 'Lavandula' and some botanical names include *Lavandula angustifolia* or *Lavandulae flos*, although the most commonly used names are *Lavender officinalis* and *Lavender vera*. English and French lavender are among the most widely cultivated of the species used today. Lavender is an aromatic flowering plant that can grow with slight variations based on the species. They tend to grow as narrow leaved shrubs with green, short and irregular stems covered in stellate hairs and a yellow/brown-grey bark like material. Sparsely arranged on the stem tips, the flowers are densely crowded, bluish-purple in colour and feature plant hairs known as "trichomes". The star-shaped trichomes covering the flower, stem and leaves contain shining oil glands that provide the constituents of the plant's fragrance. The volatile oils range from pale yellow, yellow-green to almost colourless and of the many esters found in the oil, linalyl acetate is the primary constituent giving Lavender its delicate fragrance.

The evergreen Lavender shrubs are native to countries that border the western side of the Mediterranean, and grow in low mountain regions. The popularity of the aromatic fragrance has made the cultivation extremely broad. The plant has since been grown in Australia, Italy, England, Norway, Bulgaria, Spain, Netherlands, United States. Although found in various parts of the world, the plant grows abundantly in open, sunny areas and favors stony locations. However, it can still be easily propagated by cuttings and regrown in most garden settings, just ensure that you leave plenty of room for water drainage. During harvesting, the fully developed flowers and flower stalks are cut and within a week or so are ready to be sold on the market or used for distillation of volatile oils. To create the most refined and pure form of Lavender essential oil, the flowering blossoms are carefully removed from the stalk – it's a more expensive way of distilling, however it provides a superior scent as the stalks carry a much coarser odour which tends to overpower the delicate notes of Lavender flowers.

The Lavender plant boasts an extensive history of uses, from ancient times through to modern day. The name Lavender originated from the Latin word 'lavare', translating to 'to wash'. This leaves no

questions as to why Lavender was such a popular bath additive used to add fragrance by the Romans and Libyans. The plant was found growing abundantly in the island of Hyeres in ancient Roman times where the Romans had named Lavender 'Arum', and not too far from this, Greeks called it 'Nardus'.

The ancient Arabians, Greeks and Romans most commonly used it for medicinal purposes, however Lavender has been used in numerous cultures and traditional modalities for a wide range of benefits ranging from culinary, aromatherapy and in various domestic or cosmetic uses. In Spain and Portugal, it was only used during festive occasions, primarily for strewing on floors in churches and larger homes. Lavender's history dates back to World War I and was described in traditional therapeutic literature by Nicholas Culpeper as early as the 17th century. In the times of Pliny the Elder (23/24 – 79 AD) the flower blossoms sold for 100 Roman denarii per pound! Since then, the knowledge of therapeutic uses has traveled to India and Tibet, and is now commonly used worldwide.

Inspired by many of the traditional benefits, some great ideas for the use of Lavender can include:

- An attractive flower that is pleasant to the eye with a beautiful aromatic fragrance, making it a great garden herb. Bonus: Bees often visit Lavender flowers, being a favoured choice for them to collect the nectar for honey making.
- The essential oil has an abundance of uses, mostly to provide fragrance and can be used in perfumes, potpourri, roll-ons, household and room mists.
- A key ingredient in toiletries and cosmetic products such as soaps, bath and shower washes, shampoos and conditioners, body creams and lotions, or laundry wash.
- Aromatherapy applications such as inhalation, essential oil diffusers / oil burners, candles, diluted topical applications, massage therapy,
- hydrotherapies, balneotherapies and at-home spa treatments.
- Dried bunches of Lavender flowers can be hung throughout the household to keep the environment smelling clean. Bunches can be hung in wardrobes to keep linen fresh (plus keep moths away!) or even in the shower as many people do with branches of Eucalyptus. The dried flowers can be added to sachets and placed in drawers or on the bedside table.
- Tip: If you are unable to get hold of fresh or dried Lavender, alternative options could include using the essential oil on a cotton/wool ball, on a perforated cork ball, or a few drops on a tissue paper. They can be kept on your desk during study or bedroom for sleep.
- As a domestic remedy, it is always handy to have a bottle of Lavender essential oil in your first-aid kit or around the house for general cleaning purposes.
- For culinary purposes such as condiments, food and beverage flavouring, herbal teas and distilled waters. It makes a great decorative addition to the display on charcuterie boards.
- Medicinally, it's available in tinctures, fluid extracts, herbal tea, compounding and herbal extract concentrates, commonly seen in tablet or capsule form. The essential oil can also be used for therapeutic benefits, such as being a remedy when used for steam inhalations.

Over the years, there has been a lot of research on the therapeutic and medicinal usages of Lavender. Today, Lavender is recognized for its health benefits such as relieving excess nervous energy, which can be beneficial in reducing the symptoms of mild anxiety, along with relieving restlessness that helps to decrease disturbed or restless sleep, promote a deep, refreshing sleep and enhance overall sleep quality.



Do you lie awake at night worrying?

Do you wish you could turn off your anxious thoughts and just drift away into blissful sleep?

Life has its moments. Especially these days. So, at the end of another busy day, you just want to wind down and drift off to sleep. But sometimes that's easier said than done!

You power down all your gadgets, get comfortable, and turn off the lights, but you just can't fall asleep. You feel restless and full of nervous energy. Your mind is racing. All sorts of anxious thoughts course through your over-wired brain. Did I lock the front door or turn off the oven? How will I afford to get that weird noise the car is making fixed? And, if I'm awake half the night, how will I get through my crazy-busy day tomorrow?

Or maybe you do manage to drop off, but can't seem to stay asleep?

We've all been there. Isn't it amazing how things that seem like nothing in daylight, or sometimes haven't even happened, can feel like huge problems when you wake up at 3am in the morning?

If you're looking for a way to turn off those anxious thoughts, and reduce that feeling of restless, nervous energy, I have some very good news to share.

Introducing new MindEZE® with LAVENDER OIL from Caruso's Natural Health

Lavender has long been known for its beautiful aroma and ability to create a calm, relaxing atmosphere and now its calming properties are available in therapeutically formulated capsules from Caruso's Natural Health.

Caruso's new MindEZE® is a one-a-day soft gel capsule containing lavender oil.

Taking one capsule of Caruso's MindEZE® every day can relieve the symptoms of mild anxiety, reduce restlessness and improve your quality of sleep.

- ✓ Relieves symptoms of mild anxiety
- ✓ Reduces restlessness & excess nervous energy
- ✓ Improves sleep quality & promotes deep sleep
- ✓ Reduces disturbed & restless sleep
- ✓ Maintains and supports refreshing sleep

So, if you'd like to worry less and sleep better try Caruso's MindEZE® today!

It's available without prescription from where you picked up this magazine as 60 capsules for just \$29.95. For more information please call our Customer Service Representatives on 1300 304 480 or visit carusoshealth.com.au.



WANTED: BUSINESS OWNERS WITH HEART AND PASSION

WE NEED **YOUR** HELP TO PUT SMILES ON CHILDREN'S FACES!

Australia's Special Children's
Christmas Party Charity Event

Special Children's Christmas Parties have been running for more than 25 years. The Special Children's Christmas Parties are the biggest events of their kind in Australia for special needs children and their families.



We are working very closely with Make A Wish Australia and over 150 other local charities, community groups, schools and government organisations. The event is an invitation only event and below are the different types of special children who will be attending. The event this year will be held at the Rosehill Gardens Racecourse on the 30th of November 2022.

Who attends and what is the party all about?

Up to 4000 special children from the greater Sydney region who are suffering from one or more of the following:

- Terminal/life threatening illness
- Special needs/intellectual impairment
- Mental and physical impairment
- Victims of sexual abuse/ domestic violence

These special children will be treated to a day of celebrities, entertainment and stage shows, carnival rides and activities and loads of yummy food and treats. They will also experience Santa's toy cave filled with thousands of high quality toys where they will receive 3 or 4 each to take home. We aim pretty high and it is our intention to provide a day that these families will remember and appreciate for years!

Our supporters

These events are only made possible from the very generous support of the business community throughout the country. Every business that supports receives recognition of their involvement through our media partners across a number of different radio stations throughout Australia. The events are also highly publicised through newspaper and television advertising. Every business that sponsors is also invited to attend the event so they can see just how much their support has meant to these special needs children and their families.

The Goal is simple: To put smiles on these children's faces for at least one day this year.

To find out how you can help please visit <https://www.sccpau.com.au/contact.html>, for more information <https://www.sccpau.com.au/sydney.html> or you can get in touch with the event manager:

Dan Stevens
0482 072 459
dan@specialchildrenschristmasparty.com.au

NEW

Are **painful muscle cramps** stopping you from doing the **things you love...** or **waking you up at night?**



Caruso's K2+D3+Magnesium multi-action formula eases muscle cramps, relieves sleeplessness and maintains strong healthy bones!

If you get muscle cramps, you'll know how painful they can be! If they happen during exercise, it can really interrupt your workout. And if they happen at night, it can be difficult to get back to sleep.

Caruso's K2+D3+Magnesium to the rescue!

The magnesium in Caruso's K2+D3+Magnesium helps to reduce and relieve painful muscle and leg cramps, and ease the pain of sore, tense muscles, by improving muscle relaxation and maintaining healthy muscle contraction.

The relaxing properties of magnesium also help your body to relax, relieve sleeplessness, soothe and calm your nerves, and reduce the symptoms of stress and mild anxiety.

Time-release formula with six types of magnesium

Different forms of magnesium tend to be absorbed differently by our bodies so Caruso's K2+D3+Magnesium contains six types of magnesium in a time-release formula which releases magnesium into your body over an eight-hour period.

Caruso's new K2+D3+Magnesium also maintains strong, healthy bones

You may be eating lots of calcium-rich dairy foods but getting that calcium into your bones is a complex process that requires two other nutrients... Vitamin D3 and Vitamin K2.

Vitamin D3 helps your body to absorb calcium and Vitamin K2 activates a bone-building protein called osteocalcin which helps to incorporate calcium into bones. Together they help to promote bone density, healing and strength.

Vitamin D3 is found in foods such as egg yolks, liver and oily fish. Vitamin K2 is present in some meats, dairy foods and fermented foods. Caruso's K2+D3+Magnesium is a convenient way to boost your dietary intake of these two important bone health nutrients.

Caruso's K2+D3+Magnesium gives you the bone and muscle health benefits of Vitamin K2, Vitamin D3 and Magnesium in a convenient daily pack... try it today!

It's made in Australia and comes with a 100% Money Back Guarantee.* Available from leading pharmacies and health stores as 30-day supply for an RRP of \$39.95.

For more information, please call our qualified naturopaths or customer service representatives on **1300 304 480** or visit carusoshealth.com.au.

- Helps reduce & relieve **painful leg and muscle cramps**
- Enhances **muscle and body relaxation**
- Relieves **sleeplessness**
- Helps promote **bone density, healing and strength**
- Supports **calcium absorption** into bones
- Maintains **heart health**



Ladies...
IS YOUR **NEED TO WEE**
ALL THE TIME MAKING YOUR LIFE A
MISERY?

Caruso's Wee Less can help you to control the urge and regain your confidence

Does this sound familiar?

- You always make sure you know where the nearest bathroom is "just in case"
- You often go to the bathroom again "just to be safe"
- You worry about every laugh, cough or sneeze in case of a bladder 'accident'

Worrying about the location of the nearest bathroom can be stressful and inconvenient

As with many things in life, everyone is different, but many women feel that they need to go to the bathroom more often than they'd like.

Overactive Bladder (OAB) is the term for a medically diagnosed group of urinary symptoms which can include the feeling that you need to go to the bathroom really urgently, as well as difficulty holding on until you get there. OAB is not uncommon and can cause feelings of embarrassment and anxiety in those who suffer from these symptoms.

Whatever the reason for your need to wee all the time... it can be stressful and inconvenient.

Caruso's Wee Less is here to help

Caruso's Wee Less is a therapeutic bladder health supplement developed to:

- Relieve the annoying and inconvenient feeling that you need to go to the bathroom too often
- Support bladder health and healthy bladder function

- Reduce the urinary incontinence associated with a medically diagnosed overactive bladder
- Decrease the urinary urgency associated with a medically diagnosed overactive bladder

The exclusive blend of herbs in Wee Less helps put you back in control

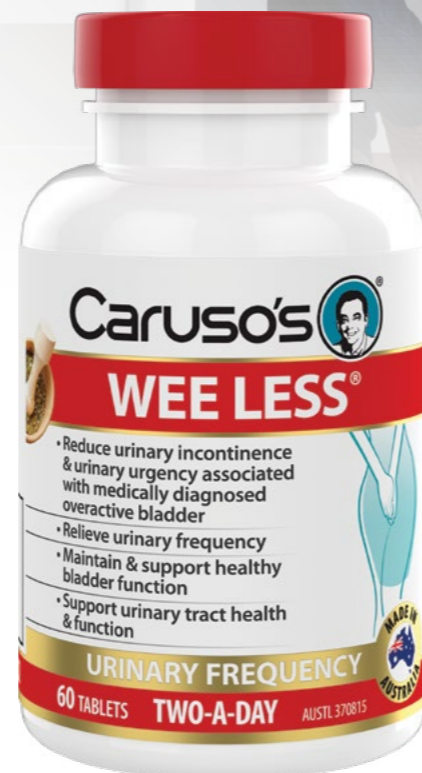
- *Crateva magna* (also known as Varuna) is native to India. It supports urinary health and reduces the urinary urgency associated with medically diagnosed overactive bladder
- *Urtica dioica*, or Nettle leaf, supports urinary tract health and function and a healthy urine output
- Glycine max (soybean) and Pumpkin seed support bladder health and function, relieve urinary frequency and reduce the urinary urgency and urinary incontinence associated with medically diagnosed overactive bladder

Wouldn't it be great to feel more confident?

You really don't want to plan your day around where the nearest bathroom is do you? Or feel self-conscious about disturbing people at the cinema because you need to go to the toilet again?

Then try Caruso's Wee Less today! It's available from where you picked up this magazine in a 60 tablets size for RRP \$39.95.

For more information, please call our Customer Service Representatives on **1300 304 480** or visit **carusosnaturalhealth.com.au**.



Ladies... has
menopause
turned your body into a
furnace?

If you're going through menopause, you'll know how hard it is to cope with one of the most uncomfortable symptoms... **hot flashes.**

Sometimes it feels like nothing can cool you down.

Hot flashes are an unwelcome experience at any time of day, and they can be especially frustrating at night.

Hot flashes at night can make it difficult to fall asleep, and night sweats can wake you up during the night, drenched in sweat. Good news... there is a way to cool down!

Caruso's Menopause EZE™ Cool & Calm takes the heat out of menopause!

Caruso's Menopause EZE™ Cool & Calm supports healthy female hormonal balance during menopause and helps to reduce the occurrence of menopausal symptoms.

It contains the herbs Black Cohosh, Kudzu and Vitex which help to reduce and relieve the uncomfortable hot flashes & night sweats associated with menopause.

Uncomfortable hot flashes and sleepless nights can make you feel tired and irritable

Caruso's Menopause EZE™ Cool & Calm reduces and relieves the irritability associated with menopause, relieves tiredness and reduces the symptoms of stress.

And because feeling tired and stressed doesn't do much to help your libido, we've also included the aphrodisiac herb Tribulus terrestris, which enhances a healthy libido and supports healthy sexual function.

- Helps to reduce and relieve the uncomfortable hot flashes and night sweats associated with menopause
- Supports healthy female hormonal balance during menopause
- Reduces the irritability associated with menopause and relieves the symptoms of stress

- Relieves tiredness and fatigue
- Improves a healthy libido and maintains healthy sexual function
- Includes Vitamin D3 to maintain bone strength and bone density

If you're suffering from fiery hot flashes and night sweats, try Caruso's Menopause EZE™ Cool & Calm today!

Caruso's Menopause EZE™ Cool & Calm is available from where you picked up this magazine in a 60 capsule size for RRP \$29.95.

For more information please call our Customer Service Representatives on **1300 304 480** or visit **carusoshealth.com.au**.



If you love our products, please leave us a review!



I would love to hear how Caruso's has helped you on your health journey! Sharing your experiences with us will go a long way in supporting my crusade in helping fellow Australians live healthier lives!



Scan me to write a review!

"I would never put anything in my products that I wouldn't take myself or give to my family!"

A stylized, handwritten signature in gold ink, appearing to be 'FC'.

Frank Caruso- Founder of Caruso's Natural Health



-  www.carusoshealth.com.au
-  1300 304 480
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