REECE LIGHTNING

NATUROPATH BOLTS ONTO GLOBAL SCENE BY BRINGING HERBAL MEDICINE BACK

THE TRUTH ABOUT FEMALE BALDNESS ◆ BEHIND THE SCENES WITH THE BASE BODY BABES
MIKE McENEARNEY TURNS MODERN DINING ON ITS HEAD ◆ PARTY FOOD WITH NO SUGAR CRASH
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A time to reflect and recharge

The time has come to slow down and reflect on the year that was as the world shifts into a more relaxed mode over the holiday season. It is a time of year I cherish – precious moments with loved ones, a chance to “digitally detox” and be fully present to enjoy holiday traditions as they unfold... what could be better?

Over this period there is nothing I look forward to more than putting my feet up with an inspiring read... and that is exactly what we have strived to bring you this Summer issue. We have continued our search to uncover stories of the brightest stars in the health and wellness industry today... which brings us to our cover star Reece Carter.

Reece is the new face of Australia’s thriving wellness sector – a perfect example of what it means to be built with entrepreneurial bones. He has created his own product range, established a thriving naturopathy practice, soared to the top of the modelling industry and built a tribe of social media followers who adore his unique take on herbal medicine... all by his mid 20s!

Most of all we love the spirit with which Reece worked to his strengths to carve his own niche by putting a fresh spin on the ancient tradition of herbal medicine. We are blessed to have people in the industry like him... and many of his peers.

As the wellness industry morphs and changes, people are uncovering new ways to tap into this market. Like culinary visionary Mike McEnearney, who bravely turned his back on the world of fine dining to create his own version of communal dining with a ‘food as medicine’ twist and his own physic gardening educating diners on the healing benefits of medicinal plants. Fast forward almost three years and they’ve never been busier... now that’s inspiring.

It was also a privilege to bring you our special feature devoted to mental wellness as our way of shining the light on one of the most important social issues of our time.

Our candid interview with the Honourable Jeff Kennett AC about his journey with beyondblue is one of the most important stories we’ve told to date. We hope you enjoy the chance to get to know another side of the tenacious former premier.

Now kick back, enjoy the issue, and take the chance to enjoy a well deserved break. We will rejoin you with an extra spring in our step in 2015.

Yours in wellness
Carolyn J Barker AM
Chief Executive Officer
Endeavour

WIN

Our readers are the heart of Wellspring magazine and nothing makes us happier than hearing from you with your reactions and ideas to our articles. Keep talking to us over twitter, Facebook and Instagram by using the hashtag #wellspringmagazine.

Next issue we will give one lucky reader who posts their feedback a WeWOOD watch worth $129.95 made from 100% natural wood. WeWOOD watches are biodegradable, free from chemicals and lightweight.
THE NEW FACE OF NATUROPATHY

He’s the new guy on the natural medicine scene who has charmed Ellen DeGeneres (yes, she flew him across the world to appear on her show), created his own product range and has been courted by the world’s leading wellness brands. He also runs his own naturopathy practice, is represented by one of Australia’s leading modelling agencies and feeds his hordes of fans daily ‘herb-nerd’ inspiration through social media.

Reece Carter is throwing everything he has into bringing herbal medicine back, and the world is listening.

by Nina Tovey
Melbourne naturopath Reece Carter has burst onto the world’s health and wellness stage with his unique brand of ‘garden pharmacy’ which is making the ancient art of herbal medicine new again.

Reece realised during his naturopathy studies that herbal medicine was becoming a lost art despite it once being a common household skill.

“I could see that years of running to the pharmacy when the flu hit or to the supermarket had left many people without the knowledge to manage daily health complaints with herbs they most likely had at home,” said Reece.

“It struck me that so many people didn’t have the know-how to brew a tea or infuse a tincture that could help them feel like themselves again, and I decided I wanted to use what I was learning to empower people to turn to the garden or the pantry and rediscover the potent medicines masquerading as foods,” said Reece.

Since committing to this vision well before graduating as a qualified naturopath less than twelve months ago, Reece hasn’t wasted any time. He has already launched his own range of therapeutic grade herbal teas called ‘Sum T’, established a thriving naturopathy clinic in Prahan, Melbourne and was recently appointed as athletics wear giant lululemon athletica’s first digital ambassador.

His profile has risen exponentially following his success on Instagram and his contributions to Australia’s leading health magazines and blogs, with an army of followers hanging on to his every word and jumping onboard to support his latest projects.

The fact the 26 year old has remained faultlessly polite with his feet planted firmly on the ground despite his success hasn’t hurt his public image either.

Sarah Ranawake, Partner and Editorial Director of the cult health, fitness and lifestyle website Sporteluxe.com said it was an easy decision to bring Reece on board as one of the site’s exclusive group of expert contributors.

“As soon as we connected I knew he was a perfect fit for Sporteluxe. Not only does he have a wealth of health knowledge, he also has a way of communicating that makes the world of herbal medicine relatable to our readers,” Sarah said.

“Reece makes being a ‘herb nerd’ and embracing holistic health seem stylish and cool. Which it is by the way! The fact he’s a genuinely lovely guy who isn’t hard on the eye is the raw icing on the sugar-free cake!”

Reece counted the first 48 hours after Sum T launched as the highlight of his career to date.

“It was a pivotal moment. We had been working on the launch for months and when
we told the world about it our orders just exploded. It was completely surreal and all the better for having two amazing partners to celebrate the moment with,” said Reece.

Reece said much of the success of Sum T came down to his decision to choose the right business partners which allowed him to concentrate on what he did best.

“I’m at my happiest in the garden playing with herbs and creating unique blends that pack a therapeutic punch, so it was important to get a great team of business minds behind me whose skills complemented mine,” said Reece.

Using his herbal medicine expertise to collaborate with like minded brands, Reece has created new products for his partners which come with his expert stamp. Reece has teamed with organic drinks range Tanka to craft their range of vegan, fructose friendly drinks, and more recently with new Melbourne restaurant Fred Gets to design a range of organic iced teas.

“I have loved working with companies that share my wellness ethos to create products that are naturopathically sound and allow the principles of herbal medicine to shine through,” said Reece.

Reece’s interest in herbal medicine arose when he grew up on a farm in Western Australia and tried his hand at recreating his grandfather’s vegetable garden.

“My pop was such an inspiration to me. I remember running around at his place eating gooseberries and tomatoes from his garden,” said Reece.

After volunteering in Romania and settling in London after graduating from high school, Reece’s interest in natural therapies was reignited.

“ I was already so interested in nutrition and reading everything I could on natural therapies. Support for the industry is so strong in the UK it prompted me to consider studying what I already loved and becoming a qualified practitioner,” Reece said.

Considering whether to study in the UK or Australia, Reece decided to enrol in a naturopathy degree with Endeavour College of Natural Health and move to Melbourne.

A lightbulb moment followed when Reece experienced the benefits of naturopathy firsthand, seeing dramatic results after taking herbal remedies for the chronic fatigue he was experiencing.

“I not only saw my fatigue lift, but my mood became more positive and my love of life returned. It was then I realised ‘this is actually some seriously powerful stuff.” Reece said since graduating he had realised there were infinite opportunities in the complementary health industry for those with vision and focus.

“I’m at my happiest in the garden playing with herbs and creating unique blends, so it was important to get a great team of business minds behind me whose skills complemented mine.”

You have to be prepared to create your own path as there is no one set career. When you have the knowledge base behind you, you have to decide what you want to create with it and think about what your contribution to the industry will look like,” said Reece.

If that isn’t enough excitement for 2014, the US is also beckoning. Based on the interest shown in Reece as a presenter, writer and author during his last trip to America, he has decided to split his time between Melbourne and California next year to invest in the next stage of his career.

“There is no one talking about herbal medicine in the States, and I’d love to fill that space by being a champion for herbal medicine and making it contemporary again,” said Reece.

Combine this with Reece’s plans to write a book and launch a new range of products, and you get the sense Australia’s favourite herb-nerd is just getting started.

www.reececarter.com.au

Reece on...

Social media as a marketing tool

“80% of my business comes from Instagram if you can believe that. It was only when I found my own voice and invested in making a personal connection with followers by sharing my love of herbs that my pages really started to resonate. If you try to emulate what you see on other pages people can see through it.

I have noticed since graduating that those who embraced social media as a form of marketing are seeing the benefits much faster than those who haven’t.”

On finding your own voice

“My thing has always been herbal remedies and creating them from start to finish. At first I thought noone is going to care about this, but it wasn’t until I threw that thought away that I started to find an audience. I have found by doing something you genuinely love you will attract people who are interested.”

On working hard and playing hard

“I make sure my work is something that enriches my life and doesn’t inhibit it. Part of this is making sure I go overseas every year at least once. That way, even if I work long hours and miss a weekend here or there I know when I go away I will enjoy a completely indulgence and guilt-free trip. I have all my R&R time in one hit, and if I want a massage every day I’ll do it!”

How I unwind

“Every Tuesday I meet an old friend at a café and we write stories over a pot of tea (usually ginger). The rules are we aren’t allowed to chat, we simply dedicate the time to writing and sharing our work. I love to write for kids because you don’t have to be at all serious. I work so hard, so this is my chance to play.”
By combining his own spin on communal dining with the use of wholesome and responsibly sourced food at reasonable prices, Mike’s latest venture ‘Kitchen by Mike’ has roared onto Sydney’s food scene. Today Kitchen by Mike serves around 1,000 diners daily, with crowds happily queuing for a taste of Mike’s ever-changing and iconic canteen of culinary treats along with a range of homemade bottled drinks and organic wine.

Mike’s turnaround followed his decision to leave Sydney for England in search of a fresh start after more than two decades cooking in some of the world’s top restaurants. This seachange saw him take up a more humble and earthy existence, working with his family on a farm and selling homemade bread from the back of his car.

“It was an incredible time for me. The farm where my family spent so much of our time was completely self-sufficient and being so close to the food we were eating really changed the way I related to food,” said Mike.

It was shortly after Mike had a watershed moment during a visit to a Wales kitchen garden featuring four garden beds, each representing a function of the body.

“I was looking at these herbs I recognised in a culinary sense, yet this garden was promoting their medicinal use first and foremost. It inspired me to think about eating differently – I wanted to find a way to show food shouldn’t be seen as empty fuel but rather a source of nutrition,” Mike said.

Returning to Sydney with a mind in overdrive, Mike devised the idea of stripping back traditional restaurant dining through creating a large, unpretentious canteen with no reservations, elegant cutlery, printed menus or waiters. Instead, diners would be offered a selection of dishes which would change daily based on the freshest seasonal produce available.

Mike shortly uncovered the perfect location to set up shop – a converted soup factory in Sydney’s Rosebery he now shares with business partner, Australian design company Koskela, and other creative entrepreneurs including stylist Megan Morton.

Kitchen by Mike launched in February 2012, with a long queue of people lining up on the first day to sample Mike’s new take on dining. Word caught on quickly, with his house-baked bread and crisp-skinned pork in particular developing a cult following.

To Mike’s delight, his regulars remained steadfastly loyal since day dot.
“It was a real wow moment for me when I saw we were busier after our first birthday than when we first opened. I realised at that moment we were doing something right and it was extremely humbling,” said Mike.

Mike said his unique business model had helped ensure the business flourished.

“Keeping my operating costs quite low gives me the opportunity to invest in incredible produce and keep our prices reasonable,” said Mike.

Mike named his wife as one of his greatest influences when it came to his interest in food as medicine.

“So much of my interest and inspiration comes from Joss. She’s fascinated by the ways food can boost the wellbeing of our family and this has rubbed off on me. She has had a huge influence on the way I think and cook.”

Mike said he strived to serve food that was nutritionally sound but balanced in its approach.

“There are too many extreme diets being bandied about at the moment. I truly believe by taking an approach that is too restrictive you lose some of the joy of eating.”

“You won’t find me shying away from offering our guests pizza, but I make sure it is made with a sourdough the body can digest. There is always a balance to be found,” Mike said.

Described by acclaimed Australian chef John Torode as ‘just about the hottest thing in Sydney right now’ and one of his favourite ten restaurants worldwide, Kitchen by Mike continues to reinvent itself under Mike’s leadership.

Already working on his second cookbook after his first book “Kitchen by Mike” was released by Lantern Books to wide acclaim, Mike has also created a range of jams and chutneys sold through the restaurant which will also soon be available in food stores across the country and served on select Qantas flights.

Mike said a source of great pride was the launch of the Kitchen by Mike’s Physic Garden, built on site and featuring a range of healing and medicinal plants.

“It is our way to promote wellbeing through educating others about the health benefits of plants. We encourage our guests to wander through, experience the herbs and learn about their medicinal benefits. If people can learn something new – like how nutrient dense parsley is for example – then I’ve kicked a goal,” said Mike.

Kitchen by Mike has also started hosting Physic Garden workshops to shed light on topics like setting up your own kitchen or balcony garden, preparing teas with medicinal benefits and preparing delicious dressing and sauces for your meal to invigorate your body.

“At the end of the day I want people who visit us to realise what they eat will have an impact on how they feel. This simple realization can have a big impact on people’s lives.”

Mike McEnearney

Mike on...

Staying focussed on his vision:

“I deliberately stay away from reading too many newspapers and cookbooks and focusing too much on what other restaurants are doing. It helps me keep my mind clear and stops me questioning myself. I don’t want to be always asking myself things like ‘Why aren’t I using molecular gastronomy?’ It helps me stay true to what I set out to do.”

Serving customers himself everyday:

“I make the time to serve our guests lunch everyday. The thing I really like about that is I can see instantly the way people respond to each dish. If something doesn’t work, I can respond to that really quickly by staying at the coalface.”

kitchenbymike.com.au
MY MINDFULNESS MANTRA

We all face the challenge of staying in the moment to help us cope with the ebbs and flows of everyday life. Wellspring asked seven inspiring Australians to share the insights that help them bring their attention back to the present and feel calm, centered and inspired when it counts.

Being ‘present’ is something I consistently work on. I can get so easily carried away worrying about things that have never even happened.

My tool is to pay attention to the particular thing I am doing at that time. I write lists, then prioritise and focus on doing one item at a time. I also set boundaries between work and play, so when I am working I focus on that, and when I am being a mum I focus on that. When life gets busy I take a few brief moments to take three big, slow and deep breaths. I imagine my breath going deep inside and I visualise it going straight to my heart. This provides instant clarity and calm for me.

Jacqueline Evans
Jacqueline Evans is the founder of Jacqueline Evans Skincare, a natural beauty range founded on naturopathic principles.

That overwhelming feeling of teetering on the precipice of full blown panic means one thing: it’s time to get mindful. I grab my dog, Stumpy, and off we go for an ‘explore’.

There’s nothing quite like a meandering and spirited trot through parkland to bring me back down to earth. The gurgling streams, chirping birds, the beauty of overgrown weeds and wild flowers and companionship of my best buddy work wonders to restore my peace of mind, help to formulate plans and consider options, and best of all provide the opportunity to just breathe, unhindered and renewed.

Lidia Bier
Lidia is a qualified naturopath, nutritionist, lecturer and holistic counsellor, specialising in vegan nutrition.

Yoga is a must in my weekly routine to stay calm, present and inspired. It allows me to switch off and focus on the present moment rather than worrying about every little thing.

My bedtime routine is like my ‘me’ time. I’ll have a hot shower, do some stretching or yoga and meditate by sipping herbal tea in bed. I’ll then write down three things I like about myself, three things I consciously made a decision about that day and three things I want to focus the next day. It is a great way to reinforce I have control over my actions and my thoughts.

Rachel de Corte
Rachel is a holistic nutritionist and creator of Curious By Nature Nutrition. Previously a professional ballerina, Rachel aims to inspire young dancers to live a healthy and happy life through good nutrition.

Too many times the world can whisk me away. I find I really need to step away and seek to center myself again. Personally there is nothing better than opening the door and running around with my rescue dog Trudy.

I am also mindful of having another outlet besides work. I love cultivating my veggie garden and going for a surf in the morning. This is such a great distraction from the world. The feeling of being in the middle of nature really centers me and helps me be grateful for all that we are blessed with.

David Rafter
David Rafter is the creator of D&T Organic Man Care, an Australian range of organic, vegan beard products.
I treat mindfulness as though it is a game. Each time I disengage from my mind and return to the present moment I smile. Sometimes I even laugh.

It’s important not to take spirituality too seriously. Often my clients express their despair at how ‘un-present’ they feel. That’s an exhausting approach. Instead, I focus on how damn good it feels to return to this moment. The fact you were ‘gone’ is irrelevant. What matters most is that you made it back (for now). Anchoring back into the present is a profound journey, and it’s one that deserves celebrating with a light heart.

Tara Bliss
Tara Bliss is a coach, author and yoga teacher dedicated to guiding people to stretch beyond what is reasonable, or what feels possible. She is the author of High: A Party Girls’ Guide to Peace.

tarabliss.com.au

“I have a Pebble Smartwatch and have set it to vibrate on the hour. When that happens, I stop what I’m doing and take a big breath while tensing my body. I hold the breath for a while and then slowly exhale, then breathe deeply for about thirty seconds and let the relaxation flow over me.

The amazing thing is that when I’m in the middle of something and can’t do this exercise, I feel the release anyway – I’ve trained my body to feel the relaxation reaction at the vibration trigger. It helps release the pressure valve of tension throughout my day.

Osher Gunsberg
Osher Gunsberg is an Australian TV and radio host and producer based in Los Angeles. Osher is an accomplished photographer and is the creator and host of “The Osher Gunsberg Podcast”. He is a faculty member of THINK School of Creative Leadership in Amsterdam and will host The Bachelor and Bachelorette Australia in 2015.

oshergunsberg.com

Staying mindful and present is an ongoing, moment to moment practice for me. I check in with myself regularly through the day and if I’m stressed or scattered I step away from what I am doing, take off my shoes and plant both feet on the ground.

I take deep belly breaths while focusing my gaze on an object in front of me to bring my attention into the present. I then choose a word – such as ‘calm’ – and I hold that word and breathe into it. I write that word on a post it note and keep it near me as a reminder of my intention to embody that feeling through the day.

Connie Chapman
Connie Chapman is a coach, speaker and writer teaching principles for living a love-driven and soulful life.

conniechapman.com
The bald truth

Meet the expert helping women around the world overcome the unspoken issue of female hair loss.

Founder of Absolique Hair Health Clinic
Trichologist Carolyn Evans is on a mission to take the shame out of female hair loss and stress the importance of treating the cause and not merely the symptoms of this very common disorder.

Despite the hair loss industry being mostly marketed at men, evidence suggests female hair loss is also on the rise, with an estimated 40 to 50 per cent of women suffering from hair loss by the age of 50. Consumer demand for hair loss support is estimated to be worth $3.5 billion in the US alone.

Carolyn has dedicated her career to developing non-surgical techniques and natural treatments to help women treat hair loss and thinning, with females representing 80 per cent of her client base.

“I simply want to provide women with a refuge which offers everything they need under the one roof. We have diagnosed and treated hundreds of clients experiencing hair loss, thinning hair, hair breakage and scalp conditions,” said Carolyn.

“Our point of difference is we look that little bit deeper into the issue to bring about long-term results. There can be many reasons for hair loss – hereditary, hormonal, environmental, auto-immune and nutritional – and this is the most important thing to understand in order to achieve a great improvement.”

“People are always surprised at how much lifestyle, nutrition advice and supplementation can improve hair health. Nutrition in particular is such an important factor and has a direct link to the way the way hair grows. I like to think of the body as a plant and the hair as the flower,” said Carolyn.

Carolyn is so interested in the role nutrition has to play in treating hair loss she plans to enrol in a naturopathy degree.

“We also make a big difference by physically teaching clients how to use and apply hair loss treatments safely.”

Carolyn has developed a range of non-chemical products and techniques to treat hair loss through Combination Therapy which promotes effective stimulation of the scalp, natural supplements and topical applications.

“We specialise in non-toxic and safe treatments, with no drugs, chemicals or surgery necessary. Our laser treatments are particularly popular. Sometimes hair needs extra energy to grow as over time hair follicles can become damaged. By using low level lasers at the right frequency, the hair follicles can heal themselves very well in combination therapy.”

The stigma surrounding female hair loss was another driving force behind Carolyn’s work to develop new solutions for her clients.

“I have experienced hair loss myself and it impacted my confidence massively. The hair is like our mask and it presents us to the world. I wanted to give people going through the same issue the best possible support.”

Carolyn said female hair loss was rising partly because of societal and environmental shifts.

“Women started to become more susceptible to hair loss due to the increasing use of birth control and synthetic hormones, combined with increased exposure to chemicals through products and food,” she said.

Carolyn initially became fascinated by the science of hair during a hairdressing apprenticeship where she learnt about the hair and scalp.

“I was hooked from this point and became a qualified trichologist to help others understand this other world happening on their heads,” said Carolyn.

When looking back over her career to ponder her biggest achievement, Carolyn’s response was a swift one.

“I have loved learning how to regrow hair holistically and keep it there by teaching people to maintain and care for it themselves. It can literally be life changing for people and that is so rewarding for me.”

Carolyn on:

The importance of finding the right hairdresser

“Finding a knowledgeable hairdresser can get to know your hair as well as you do and will limit damage caused by chemicals commonly used at the hair salon. They can know your hair as well as you do and will limit damage caused by chemicals commonly used at the hair salon.”

Why you shouldn’t wash your scalp with shampoo

“The fact is scalp is skin. Would you wash your face with a hair shampoo? When you wash your scalp with shampoo, it leaves a coating and blocks the hair follicles and skin which can contribute to oily hair, dandruff and worse. It is really important to use a cleanser designed specifically to clean the scalp.”

Why our pH levels have an impact on our hair health

“The importance of our body’s pH levels is one of my biggest learnings so far. The ideal pH level should be slightly alkaline to maintain the ideal environment for hair growth. If our pH level is too acidic due to poor diet, emotional stress or toxic overload, this can damage hair health.”

Carolyn’s clients talk...

“Who knew vitamins and minerals play such an importance to healthy hair growth?”

Craig M

“I had my first maintenance treatment last week after very spectacular results from my initial treatment program. Not in my wildest dreams did I expect such amazing results. Not only is my hair growing profusely, it is also growing back in its original colour.”

Jutta M

“It changed my life. A fully natural approach to regrowing my hair. I didn’t think it’s possible.”

Carolyn B
PARTY TIME!
(WITHOUT THE SUGAR CRASH)

Love to make delicious party food for your kids that is full of pure goodness? Naturopath, author and social media star Meg Thompson has done the hard work for you and has teamed with Wellspring to bring you an exclusive recipe from her new eBook Wholefood Children’s Parties.

Nourishing spelt cupcakes
Nut-free
Makes 8

Ingredients:
- ¾ cup white, unbleached spelt flour*
- 2 ½ tbs desiccated coconut
- ½ tsp baking powder
- ¼ tsp fine sea salt
- 2 small free range eggs
- ¼ cup butter, melted (or coconut oil)
- ½ cup coconut cream, full fat
- ¼ cup plus 2 tbs rice malt syrup
- 1 tsp vanilla extract

* For gluten free replace the spelt flour with 45g of brown rice flour, 2 tablespoons of arrowroot and 2½ tablespoons of almond meal.

Method:
- Preheat oven to 180°C / 350°F and line muffin tin with patty pans.
- Combine the spelt flour, coconut, baking powder and salt in a bowl.
- In a separate bowl, whisk together the eggs, oil, coconut milk, rice malt syrup and vanilla.
- Add the egg mix to the flour mix, and stir gently to combine.
- Add a scant ¼ cup of the mixture to each patty pan, or fill each patty pan until ¾ full.
- Pop into the oven and bake for 18 – 20 minutes, or until just cooked and a skewer comes out clean.
- Animal decorations made with licorice, dried pear and fresh watermelon.

Wholefood Children’s Parties is packed full of 40 wholefood party treats with lots of inspiration for making delicious food for children with allergies and sensitivities. Readers will find recipes for snacks, home-made chocolates, savoury treats, cupcakes, muffins, cakes, ice-cream and drinks, with plenty of options for those who are gluten-free, dairy-free, nut-free or egg-free.

mywholefoodromance.com

$15.95
Join the Wellspring team as we ask Australia’s leading health and wellness experts to share the products, services and experiences that most nourish them. This issue we spoke with one of the hottest duos in the fitness world today – the Base Body Babes.

**VOSS Water**
We love VOSS Water to help keep us hydrated throughout the day. VOSS is an artesian water bottled in glass from the pristine wilderness of southern Norway, naturally filtered and protected from pollutants. The unprocessed nature of this water gives it a fresh and clean taste we love.

[vosswater.com](http://vosswater.com)

**Frends Headphones**
Who doesn’t love these stylish on trend headphones? We love a little bling even when we are training. We definitely need good tunes pumping in our ears when working out and these bad boys keep us moving our bodies around the gym.


**Bare Blends WPI**
We love Bare Blends Whey Protein Isolate (WPI). Vanilla is definitely our favourite flavour and is the foundation of our daily smoothie. We believe Bare Blends is the highest quality and best tasting protein out there. They use organic flavours and no preservatives or artificial sweeteners.


**Stylerunner**
This is our absolute favourite online retailer. We love that we are always guaranteed to find the hottest activewear in one destination. The Stylerunner site is so convenient and their amazing service suits our busy lives perfectly.

[stylerunner.com](http://stylerunner.com)

**GHD**
Every girl needs the best styling tools to maintain their mane. We absolutely love our GHD straightening iron and curling wands. They are easy to use and tame our hair before and after our workouts.

[ghdhair.com/au](http://ghdhair.com/au)
**Base Gym**

Base Gym is our very own gym located in North Sydney. It is our first gym and it is our life now. We have the most amazing team of Australia’s best trainers, the best training equipment in the world and the most beautiful fit out. We love we get to meet so many amazing people here and help them on their health and fitness journey. It’s the perfect place for us to do what we do best... train people.

**Smoothies**

We love making, eating and drinking smoothies and smoothie bowls. They are so sweet, delicious and packed with so many amazing nutrients. We love using Bare Blends WPI and C Coconut Water as the staple ingredients and then we get super adventurous with other ingredients to ensure we are always nourished and hydrated. Check out our blog for recipes: www.basebodybabes.com/blog

**Coffee**

The aroma of freshly roasted coffee beans awakens our senses every morning in our very own café. We use an organic blend from Double Roasters coffee and we love it. Good quality ground coffee beans (organic if possible) are actually good for you and have a number of amazing benefits if they are consumed without all the ‘not so good’ additions like sugar and artificial sweeteners. doubleroasters.com

**Charlie’s Balls!**

Our ‘Clean Treats’ of choice are gluten, dairy, refined sugar, preservative and guilt free balls. We love a Charlie’s Balls as a healthy treat option. They are packed with yummy ingredients that curb that sweet tooth when we want a fix. Our favourite flavour is the Peanut Butter Muscle Balls and our ultimate indulgence is the Choc-Peanut Lust Bars. Yum!!! charliedehaas.com.au

**Nike**

Nike is by far the most worn brand in our entire wardrobe. We are obsessed with Nike shoes and between us we have more than 100 pairs. Their crops are also one of our favourite styles. They come in the best colours, are super comfortable and always look great with any outfit. nikesydney.com

**About the Base Body Babes**

The Base Body Babes are two personal trainer sisters Diana and Felicia who specialise in training women to achieve their health and fitness goals. Specialising in a combination of strength and circuit style resistance training, the Base Body Babes offer personal training, group training, bootcamp or online training. Diana and Felicia became qualified personal trainers with FIAFitnation.
The Junior Gardening Kit

This sweet little kit for children would make a perfect present as an introduction to gardening and encouraging more outdoor play and exploration.

littleveggiepatchco.com.au

$25

Dharma Bums Leggings by Stylerunner

These bright leggings caught our eye as a treat for our fitness enthusiasts. They are cut from four-way stretch performance fabric and we loved the kaleidoscope print.

stylerunner.com

$85

Stainless steel straw

This one is for our smoothie lovers. These food grade, stainless steel straws are a fun and environmentally friendly alternative to plastic straws. They are reusable and BPA free.

shopnaturally.com.au

$16.95
for a four pack plus cleaning brush

Chant Bluetooth Portable Speakers by House of Marley

These Bluetooth-capable two inch speakers come with a built in rechargeable battery and are responsibly crafted from earth friendly materials. Use them as a speakerphone or to fire up your tunes whenever and wherever you desire.

Stocked at Endeavour Bookstores in Brisbane and Melbourne or online at

endeavourbookstore.com.au

$99.95
Lola Berry Gift Pack

This gift pack is made up of treats handpicked by the ‘queen of fruit and veggies’ herself – Lola Berry. It includes her incredibly popular 20/20 Diet Cookbook and the ‘I ♥ My Mind’ Organic Perfume by Sacred Self. This perfume is crafted with essential oils, flower and gem essences and contains no nasties whatsoever.

Stocked at Endeavour Bookstores in Brisbane and Melbourne or online at endeavourbookstore.com.au

After careful pondering, these standout items made Wellspring’s most coveted gift list this summer.

Cacao and Orange Body Polish by Jacqueline Evans

This delicious body scrub gets our vote. Designed by a naturopath, it contains moisturising oils and cacao to rid the body of toxins and improve circulation and skin tone. Just wait until you smell it…

jacquelineevans.com.au

Travel Pack by OrganicSpa

We loved this cute range of mini shampoo, conditioner, body wash and moisturiser by OrganicSpa, a certified organic and vegan range developed in Byron Bay with locally sourced ingredients and eco-friendly, biodegradable packaging.

Stocked at College of Natural Beauty Clinic Level 11, 269 Wickham Street, Fortitude Valley, Brisbane

Perfect Potion Aromatherapy Candle

A candle with pure essential oils of sweet orange, bay, pine, lime, clove and nutmeg… yes please! This luxury item features soy wax with a lead-free cotton wick with a burn time of 18 hours.

Stocked at Endeavour Bookstores in Brisbane and Melbourne or online at endeavourbookstore.com.au

$50 crate not included

$49.95

$24.95

$39.95

$24.95

$50 crate not included

$50 crate not included

$24.95
Liquefy is a new chain of health food hot spots which have recently opened in Brisbane and make their own bottled, cold-pressed raw juices, smoothies, raw foods, raw desserts and superfoods in a grab-and-go format.

There are seven locations open, or soon to be opening, in Brisbane. A rather exciting first is the 24/7 opening hours of its Mt Gravatt cafe. So, when I was asked to sample a meal there and give my verdict as a health professional I jumped at the chance.

It's a cute little cafe with some tables outside for seating. Everything is provided in takeaway packaging, so if you can't eat it all you can easily take it with you, rather handy I think. I can't say there is a large amount of ambience at the Mt Gravatt location. Perhaps the focus has been on the menu rather than the vibe.

Let's get back to the food and the menu. There weren't a huge amount of options for lunch, as the menu is more focused toward cold pressed juices and smoothies. We selected the quinoa and cauliflower sushi, the kale and cauliflower salad, the Italian potato salad and the falafel and tabouleh salad. This was washed down with a Chocolate Buttercup smoothie, and an Eternal Life smoothie for my lunch date.

The salads came with an oil dressing on the side, and were fresh and pleasant enough, though I have to say they were a bit on the bland side ($9 for a small size or $12 for a large). In saying that, the falafel was very nice, and my date polished off his whole large size salad without complaint (other than suggesting a little less onion). The quinoa sushi ($9 for three pieces) was delicious and fresh with soft nori which was easy to bite into providing simple and enjoyable flavours.

Now on to the smoothies - these were SUPER yummy! Once I tried a 'Hershey's Peanut Butter Cup', and the Chocolate Buttercup ($9 small, $12 large) reminded me of this, only not sickly sweet and one hundred times more delicious and better for you. This could really be a meal in itself. My date's Eternal Life Smoothie ($6 for a small size, $9 for a large), was also thoroughly enjoyed with the freshness of berries and young coconut water proving a winning combination. There is between one teaspoon and one tablespoon of good quality hemp protein in many of the smoothies too, which I found impressive.

We sampled the raw slices after our meals (a very reasonable $6 each), sharing the raw caramel slice, and the raspberry tart. These were both scrumptious, with the caramel slice leaving you satisfied without feeling like you have overdosed on sugar. The raspberry tart also tickled my tastebuds and I walked away with the lingering taste of raspberry and the rose petals, which were sitting on top of the slice. The coffee was good, and the use of organic milk just added to the quality of the product.

The principle of raw food is certainly a good one as avoiding heat-treatment means the food retains its precious nutrients and enzymes. Whilst our diet does not have to be 100% raw, it’s great having a cafe proving this healthy and vegetarian option. Also, being organic means no pesticide residues, and this gets a thumbs up from me.

About Tina
Tina Taylor is an experienced nutritionist and naturopath committed to supporting people restore and boost their health and vitality.

Liquefy
22 – 24 Carrara Street, Mt Gravatt

- Open 24/7
- Vegan and gluten free options
- Major credit cards and eftpos
- Wheelchair access
- On-street parking

Food: 7.5 Drinks: 10 Service: 6

RATINGS
10: perfect, 9: excellent, 8: great, 7: good, 6: passable, 5: disappointing, 1-4: needs work
Dear Me
A letter to myself as a fresh graduate

If you had the chance to write a letter to yourself as a first year graduate to share your top insights about what you’d learnt throughout your career, what would you say? This issue Wellspring asked wholefoods queen Janella Purcell to share her most valuable lessons with her younger self.

A letter to my 30-year-old self

Dear Janella,

Before we go into a new century you will have graduated as a naturopath, nutritionist and herbalist. It was fun wasn’t it? You have found your path and you’ve just turned 30.

Combining your background in wholefood cooking and your love of learning new and old ways to achieve better health and wellbeing is spot on. Don’t doubt it.

The mission you went into your natural therapies study with at 26 is still strong: teach people ‘how to use food as medicine’ easily and affordably at home. Strap yourself in dear Nellie, for you are in for the ride of your life.

You will run a great health food store, open your own cooking school and store, write award-winning, best-selling books and articles, have a long running love affair with the media including an internationally acclaimed TV show, have a busy naturopathic practice, and eventually reach many more people around the world via social media. You’ll love it all and feel privileged.

Your years of cooking with your grandma, then commercially in an Italian, then vegan restaurant, will serve you very well, especially when you’re writing the recipes you one day have published in three best-selling recipe books.

Your desire to open a health food store with a herbal dispensary after graduation will not happen as you’d like, and that will be a blessing. Instead you run an existing health food store in Sydney. Here you learn an enormous amount about food, health, different diets and your healing nature shows. As synchronicity would have it, years later you sign as the ambassador to one of your favourite product lines, Lifestream, a range of sustainable, vegan supplements that you passionately recommended to customers in your store. This will be a good decision for you and consumers, with people increasingly confused how to choose supplementation that’s not only quality but also truly natural.

While work fulfils you, you struggle with your own health. Life will be unbalanced: too much work, planning and drive, and not enough relaxation, receiving or play. You give your adrenal glands a battering. Be careful and rest, as you still have the tendency to do too much and the pace isn’t going to slow down anytime soon.

Subsequently you experience periods of loneliness during your 30s. Yet, your inner world will become stronger; your spirituality continues to deepen.

In 2004, after leaving your job in the health food store, your first book Elixir: How To Use Food As Medicine almost writes itself and is quickly published. It sells for years to come and is used in natural therapies colleges around the world and nominated for numerous awards. You will do a second edition in 2012, just as your second recipe book is coming out.

You have also just finished an extensive renovation on an old two-storey building in Sydney’s Surry Hills, in a dingy part of the neighbourhood not yet trendy. You transform it into an upstairs clinic and cooking school, with a health food store and dispensary downstairs. All the while, you have been working on commercial TV for a couple of years.

You open your clinic and cooking school upstairs and run popular seasonal, organic cooking classes and your naturopathic practice takes off. You never saw yourself solely in private practice and you won’t be, but you find this far more rewarding than you thought – your healing abilities strengthen and develop and you study Traditional Chinese Medicine and Kinesiology.

Your dream of moving to the Byron Hinterlands happens in 2010. You are very happy here, growing your own food and being amongst a like-minded community of foodies and greenies also on their own mission to be of service to the planet.

You will still be very busy, and travelling even more, as your determination to teach good nutrition and to clarify the misconceptions around health and wellbeing will intensify, as the general public will have accepted that the food we eat does affect our health. Many people are in the media spruiking all sorts of unhealthy products and compromised information. This just makes your resolve to keep going on this path stronger.

Love,

Janella

Janella is a qualified naturopath, nutritionist, herbalist and wholefoods chef. She has been working with wholefoods since childhood and has shared her “food as medicine” message nationally and internationally, for two decades. Much loved as the first co-host of ‘Good Chef, Bad Chef’ and a special guest on ‘The Biggest Loser’ and ‘What’s Good For You’, Janella has four best selling books including her recently released Janella’s Super Natural Foods.

janellapurcell.com