FROM THE PIN TO THE PEN
ACUPUNCTURIST MAKES MARK ON WELLNESS INDUSTRY AS MEDICAL WRITER

2016 TRENDS TO SHAPE THE WELLNESS SECTOR • FRUCTOSE-FRIENDLY LAMINGTON ICE CREAM • ENDEAVOUR INSTALLS BRISBANE’S HIGHEST ROOFTOP BEEHIVES • CROWDFUNDING NON-NEGOTIABLES
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I loved working with our editor and writers on this issue of *Wellspring*.

This summer 2015 edition marks the third full year since we launched the magazine. *Wellspring* is Endeavour’s extension magazine, conceived to deliver stories about leaders in the field of wellness and natural medicine, wellbeing trends and the future of complementary medicine… as well as to showcase alumni talent in natural and integrated medicine and present views about the multi-billion dollar industry that is here to stay.

We started the flip concept a year ago whereby two sections are presented back and front of the magazine – back to front – or flipped.

We present wonderful ‘star’ profiles from the complementary medicine world in the first half. Well written, well researched and inspirational, and flip it with a theme, usually condition or concept-based.

When we select our cover story, we look for that special someone who has displayed great courage, often going out on a limb, to carve their career niche.

Acupuncturist Karen McCloskey has these qualities in spades, so the decision to feature her in this issue was an easy one. Despite being warned she would likely need a PhD to be successful as a medical writer, Karen pushed ahead regardless and beat hundreds of applicants to secure her dream job as a health writer with Jean Hailes for Women’s Health.

Today Karen spends her days working alongside renowned researchers and acclaimed journalists to transform complex medical data into compelling information to help Australian women make more informed healthcare choices.

What I love about Karen’s story is that it gives voice to the humble but prolific number of natural health practitioners that serve the whole health system in a myriad of different ways… not always as a clinical practitioner. Her journey is proof there are a multitude of ways complementary medicine professionals can use their knowledge to educate or transform the lives of others. Now that’s inspiring…

We are a curious bunch at *Wellspring* HQ, and the New Year provided the perfect opportunity to reach out to the leaders of the health and wellness industry to ask them to share their predictions for our sector in 2016. We have you find their answers insightful, as we did.

I’ve been around business and education in Australia for many years now, and I believe my colleagues, associates and staff will attest to the fact that the pursuit of personal and corporate happiness is close to my heart. So close in fact, that it is embedded as one of Endeavour’s values, which in turn guides every decision we make as an organisation. For this reason I believe this issue’s flip feature on Happiness is particularly timely to share.

When news broke recently of research coming to light which linked happiness to a specific region of the brain, therefore suggesting we could learn to grow a happier brain, we hit the phones to secure an interview with the lead Japanese researcher Wataru Sato. We hope you enjoy the resulting feature, and that our other stories, insights and reflections coax you to see this much discussed emotion in a new light.

Now it’s time to enjoy the stories we present in this issue and, hopefully, take some new insight or learning with you at a personal level or within your spheres of influence.

We’ll be right by your side in 2016, so keep those suggestions rolling on at wellspringeditor@endeavour.edu.au.

Yours in wellness

Carolyn J Barker AM
Chief Executive Officer
Endeavour

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**HASHTAG WIN**

Our readers are the heart of *Wellspring* Magazine and we love hearing from you after each issue is released. Keep talking to us over Twitter, Facebook and Instagram by using the hashtag #wellspringmagazine and #futureofwellness.

Next issue we will give one lucky reader who posts their feedback a stylish, chemical-free, double glassed Fressko LIFT flask worth $44.95.
Melbourne acupuncturist and Endeavour graduate Karen McCloskey is riding the crest of the wellness wave and proving it is possible to change the lives of thousands outside of clinical practice.

by Nina Tovey
Karen proved what a powerful mix tenacity and talent can be when she beat all odds to secure her dream job of Health Writer with leading women’s healthcare organisation Jean Hailes for Women’s Health.

It was a role which would see her spend her days working with renowned women’s health researchers to translate complex medical data into easily digested information to help women across Australia make more informed choices about their healthcare.

“Women are becoming more empowered about their health and they are seeking credible information to help them in their lives. I wanted to be part of that revolution and that was what drew me to becoming a medical writer – it was where I knew I could make the biggest impact,” Karen said.

Karen said the role had surpassed all her expectations.

“I get to turn medical research into news every day – it’s been a rollercoaster of happiness. It is such an exciting time to be writing about women’s health – women are starting to realise they are in control and they can’t get enough of it, Karen said.

Working alongside acclaimed journalists who have reported for the Wall Street Journal and the New York Times, Karen writes across all online and print publications to provide evidence-based information for women seeking health support.

“We are essentially trying to educate people about how to use the internet to learn about their health. Every piece of information we put out there has been verified by experts and that’s why we get 100,000 hits a month. Both health practitioners and consumers alike know they can trust what they find here,” Karen said.

Jean Hailes for Women’s Health has been able to make an even greater impact through a partnership with Monash University which works to ensure research is informed by community perspectives, able to be translated to inform national policy and made accessible to women, their families and healthcare providers.

Karen’s role also involves producing technical documents for medical professionals and even medical ghostwriting on behalf of eminent doctors.

“You need to be able to hold your own in this role. It’s a beautiful thing to be able to speak on the same level as clinicians who are speaking to you using medical jargon. We need to be producing acupuncturists who can talk in both Chinese Medicine terminology and doctor’s speak, and stand strong alongside Western clinicians when it comes to creating scientific papers and reports,” Karen said.

“Working as part of the health content team requires an in depth knowledge of human disease processes combined with a passion for communicating this knowledge to the community. We arm consumers with the latest knowledge about their health so they feel empowered when talking to their physician or families. I love being part of the solution and not part of the problem,” Karen said.

Karen’s tie to the wellness industry began when her father was struck with motor neurone disease when she was a young girl living in Ireland. From that point her teenage years revolved around caring.
There was a lot of illness in my family – my brother also had a brain injury and my sister had Crohn’s Disease. I remember there was no good advice available and no one to turn to. It made me realise how empowering knowledge is and left an urge in me to try and help people,” said Karen.

During her time with Jean Hailes, Karen has developed a strong passion to spread the word about the dangers of chronic disease, especially cardiovascular disease.

“Cardiovascular disease kills more women than breast cancer, yet we don’t hear as much about it and it is most often associated with men. I want people to know there are simple things that can help – walking for 30 minutes a day can reduce your risk by half,” Karen said.

Another highlight of her role to date was promoting new research from Jean Hailes’ recent Women’s Health Survey which surveyed more than 3,000 women and revealed one of the key knowledge gaps for women related to natural therapies.

“The research highlighted both women and health professionals believed women need to know more about the safety and effectiveness of natural therapies. I’m excited to be working in this area to help fill this gap in knowledge for consumers and health practitioners,” Karen said.

Karen said her success in the role was testament to the cutting edge curriculum offered by Endeavour College’s acupuncture degree.

“We’re talking hardcore biology and chemistry – I remember nurses struggling with the course work. It’s a good thing though – I want people to know the degree pumps out scientific writers like me who know what they are doing,” said Karen.

Despite not having the PhD typically required for medical writing roles, Karen impressed the management team at Jean Hailes with her passion for the cause along with her research and communication skills.

“What I did have was an ability to write damn good copy and I was brave enough to be able to say ‘give me a go’. Once I had my health science degree, I knew I was just as good as everyone else,” Karen said.

Executive Director Jean Hailes for Women's Health Janet Michelmore AO said Karen was a standout from the start.

“It was Karen’s passion for providing women with evidence-based information coupled with her enthusiasm for making it easy for people to understand what they need to do that made Karen a standout candidate. A background in natural therapies was a bonus,” Janet said.

A long time fan of her current employer, Karen said it was surreal to look back on the days she used the Jean Hailes for Women’s Health website for research during her studies.

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Karen’s advice for natural medicine students wanting to break into writing

“You need to have a portfolio of work, so start a blog, visit websites like ours and practise writing in that style. Approach an educational textbook supplier and ask them if they are looking for freelance writers. And keep a copy of everything you write so you can demonstrate your work to a potential employer.”

 Five facts about chronic disease that can’t be ignored

1. Worldwide obesity levels have doubled since 1980 (World Health Organisation, 2015).
2. Physical inactivity is the second greatest contributor, behind tobacco smoking, to the cancer burden in Australia (World Health Organisation, 2009).
3. The most important risk factors for cardiovascular disease are lack of physical activity, unhealthy diet, smoking and excessive alcohol intake (World Health Organisation, 2015).
4. 134 women are hospitalised daily due to heart disease in Australia (Heart Foundation).
5. A woman dies because of a heart attack every two hours in Australia – that’s 11 women every day (Australian Institute of Health and Welfare, 2013).
HOW MOTHERHOOD CHANGED MY BUSINESS

Since welcoming scrumptious daughter Ruby into the world eight months ago, naturopath and natural health visionary Kate Reardon has tapped into a new force to take her Bali detoxification retreat to another level.

"It was really hard for me to let go of the reigns when I stepped out of the day to day running of the retreat seven months into my pregnancy. Yet when I surrendered it felt so good to be supported by an amazing team, and by the time Ruby arrived I was well into ‘mama mode’ and so excited to have the time and space to just be with her in those first few sacred months.

Coming back to work hasn’t been easy. There is no magic formula – I just try and find the balance in each day. At this very moment Ruby is crawling around my feet and drooling on my legs! I have realised working and doing what I love increases my vital energy and makes me a better mother.

Since taking a step back from ‘running the show’ I have been able to really get in behind the scenes and work some magic. As a business owner when you reach that milestone of stepping out of the business to work on the business it feels really exciting. I am definitely in my feminine flow a lot more than ever before. If something doesn’t feel right I just let it go now. There is no pushing or fighting unless it is totally worth it.

I have also learnt to really master my time. When you only have 20 minutes it is amazing how much you can achieve in that time. I am also spending more time out of the retreat..."
and connecting with other businesses which I love. I am also doing lots more writing and filming to produce more content.

My outlook is more visionary now. We’ve built Natural Instinct Healing from the ground up and I’m now putting all the pieces of the puzzle together for the ‘what’s next’ phase which is so exciting.

Ruby is teaching me more about mindfulness than I ever knew, and I’ve been studying it for more than a decade! I used to spend so much time agonising over the past or worrying about the future, especially when it came to business decisions. Now I find deep pleasure in the art of simply being present in any situation and because of this I feel like I am ‘showing up’ as a better version of myself for my clients and team.

The first thing I realised about calling for help was that I was really bad at it. It can be hard being in a foreign country and away from family with a new baby, but I find a way to connect with them almost daily. The good thing about living in an expat community is that everyone is in the same boat. The Balinese culture deeply honours and respects children, and I’ve never felt so nurtured and held since having Ruby. My biggest support though is my husband Pat – without him nothing would be possible.

Finding time for myself is a constant challenge. I have learned if I meditate everything around me flows better, especially my own mental state. I believe to be in this game and perform well you have to be constantly working on your own stuff. So I will call on my ‘super team’ when I need them – which includes a business coach, energetic healer, massage therapist and an acupuncturist.

I have also learned to be gentle with myself. I watch my own thought patterns and should any harsh criticism, high expectations and feelings of failure arise then I remind myself I’m doing the best I can and I’m doing enough. Laughter is also a necessity in my house, and we make a huge effort to laugh everyday.

I think it is good for Ruby to watch her mum following her heart and building something she really believes in. I hope I inspire her to go after her dreams one day with her whole heart, whatever they may be.

naturalinstincthealing.com
As we welcomed the New Year the *Wellspring* team found itself pondering what lay ahead for the health and wellness industry after the twists and turns of 2015. To help answer that question we asked some of Australia’s leading health and wellness experts to share their predictions on the top issues for our industry this year.

From diet trend hysteria to intuitive eating

2016 will see a swing back from a hysterical preoccupation with dieting to a calmer approach to nutrition. Nutritionist and spa chef Samantha Gowing (foodhealthwealth.com) recently spoke at the 2015 Global Wellness Summit about how a fixation on certain superfoods was leading towards an environmental collision course.

“Our manic importation of foods like chia seeds, quinoa and goji berries is disturbing global ecosystems. What do I see as the future? Sustainably sourced food from our own backyard and a welcome return to eating for pleasure,” said Samantha.

Medical cannabis to continue to be on the health policy agenda

With medical cannabis coming into wider use worldwide predominantly in North America and Europe to treat a growing variety of medical conditions in recent years, Director of Education for Endeavour College of Natural Health Dr Kate Broderick (endeavour.edu.au) believes it is likely support for legalising the substance in Australia will continue to grow.

“With Australian national and state governmental interest having demonstrably increased in 2015 with respect to the medicinal qualities of this plant, 2016 looks to be the year Australian national health policy will address making medical cannabis available to patients who are looking for relief from various health conditions,” said Dr Kate.

Gut health to take centre stage

The gut may not be considered cocktail party conversation, but nutritionist Emily Holmes (conscious-foodie.com) argues it is on its way to becoming just that. An understanding of how improved gut health can be linked to increased immunity and overall health and how it can be possible to prevent disease through a gut-healthy diet is gaining momentum.

“I expect to see increasing scientifically proven connections between poor gut health and physical disease, chronic disease and mental health. Dietary advice has a large role to play in supporting good gut health, and will focus on high fibre foods like whole grains, beans, fruits and vegetables, and probiotics and fermented foods to increase good gut bacteria,” said Emily.

“Lifestyle will become increasingly important in treating gut health, as it becomes wider known it is adversely affected by stress and lack of exercise.”

Maple water to step up as the new coconut water

For those health warriors going loco for coco, there is a newbie on the health drink market already taking Europe and the US by storm. Nutritional medicine practitioner Fiona Tuck (fionatuck.com) predicts maple water will be the next specialty water to strike gold with the health and wellness market.

“Maple water is believed to have all the health benefits of coconut water and then some. The water is derived from maple sap, tapped straight from the tree. It is unprocessed and full of nutrients such as potassium and manganese. As maple water comes from the water sap, it is low in sugar and lower in calories than coconut water and comes straight from nature,” said Fiona.
An increase in the prevalence of thyroid issues

Nutritional medicine practitioner Kathy Ashton (flourishnutritionalmedicine.com.au) believes 2016 will see an increase in patients experiencing thyroid issues which will likely result in a spike in obesity given the way the condition is often mistreated.

“Thyroid issues are a significant public health issue in Australia. Thyroid hormones are of paramount importance to all bodily functions, and unfortunately many health professionals currently only consider one section of a very complicated chain of events when it comes to thyroid hormones and how they interact with the body. I expect there will be repercussions from this in terms of physical and mental health.”

The future of modern cuisine is purple

While packaged ‘superfoods’ may have ruled in 2015, Sandy Davidson, Endeavour College of Natural Health’s Program Leader Nutritional Medicine (endeavour.edu.au) predicts purple foods will rise in popularity given their multiple health properties.

With purple foods being linked to helping fight the obesity crisis, high blood pressure and cardiovascular disease according to research by the University of Southern Queensland, Sandy believes 2016 will see more people seek out these dark coloured wholefoods.

“A purple monochrome dish provides a chock-a-block dose of anthocyanins. Research has demonstrated that anthocyanins improve fat metabolism, glucose tolerance, hypertension, and insulin resistance. Next time you are preparing a salad, whether vegetable or fruit, think of how these wonderful purple foods can be combined for taste and aesthetic. These foods certainly pack a powerful disease prevention punch!”

Anthocyanins are found in different concentrations in purple foods, such as berries, plums, black raspberries, black grapes, cherries, pomegranate, purple carrots, red cabbage, red onions and eggplant.

Airports to become health hubs

You may not associate airports and long-distance travel with wellness, but Director of Health and Fitness Travel Samantha Lippiatt (healthandfitnesstravel.com.au) believes we can expect this to change in 2016.

“Travellers will have a range of incredible options available to them at airports around the world, including enjoying a moment of peace in meditation rooms in London Heathrow, slipping into a yoga studio to stretch and ditching the hustle in San Francisco, or hopping on their flight straight off a running track inspired by the Olympics in Tokyo,” said Samantha.

And new wellness businesses are creating clever ways to capitalise on the rise of healthy living, such as startup company Airfit which plans to place gym and shower facilities in airports behind security with an app you can use to book on the go.

Once on-board, Samantha believes the in-flight wellness programs will become more accessible as demand continues to grow and airlines look to separate themselves from the pack.

“British Airways already boasts improved lighting to mimic natural light patterns, allowing passengers to sleep better and feel less jetlagged and the Cathy Pacific fleet are fitted with special filtration systems for cleaner air. Closer to home Virgin Australia offer guided meditations on-board, all contributing toward a holistic healthy flight experience,” Samantha said.

Greater focus on preventative healthcare measures

2016 will see an increased emphasis on assessing people’s risk and reinforcing the vital importance of nutrition and lifestyle rather than adopting a ‘medication only’ approach, according to renowned cardiologist, author of Five Stages of Health and radio host Ross Walker.

“Medication may reduce your risk of heart attack or bypass, but ensure you are getting enough good quality rest, eliminate any addictions, follow healthy diet principles, exercise regularly and increase life satisfaction and you can reduce your risk of all diseases by up to 70 per cent with no side effects,” Dr Ross said.

“On the same note, I expect we will continue to see mainstream medicine become more accepting of complementary therapies. It is wonderful to see doctors start to encourage their patients to incorporate meditation practice into their life, and I expect we’ll see much more of this type of integration in 2016.”

A greater focus on the ‘third space’

Transitioning from one place to another, or one role to another is an experience we all share daily. With lines often blurred between work and home, our various roles can be interlaced across our day. Wellbeing educator Dr Jodi Richardson (drjodirichardson.com.au) describes this zone of transition as the ‘third space’, and believes knowing how to transition healthily will become more integral to wellbeing education during 2016.

“Whether we go from changing nappies at home to running a business, from juggling emails, projects and meetings at work to being a supportive friend, our roles are many and varied. Learning to put what we have been through behind us so that we can show up in our next role with the mindset to make the most of what comes next will become more important,” said Dr Jodi.

“I expect to see a greater light shone on the fact that it is what we do ‘in between’ that really matters.”
History made – Endeavour’s first graduate qualifications announced

2015 ended on a high for complementary health educator Endeavour College with the news the Tertiary Education Quality and Standards Agency approved an Honours year of study for the institution’s clinical degrees.

This additional year of study will position students to undertake further research in their chosen field, including a research thesis as the capstone project. Graduates will be well positioned to progress to Masters and PhD study at a university.

“It is significant news as it cements Endeavour as the only natural health higher education provider in Australia to offer an Honours year of study. It also marks a huge step forward for the natural medicine sector and health system,” said Helene Diezel from the Endeavour College of Natural Health Office of Research.

“Up until this point the natural medicine education field has been playing catch up with the biomedical models’ ‘hierarchy of evidence’, based on established bodies of research that have dominated the last 200 years. Now we have the first building block which will see natural medicine enter the highly competitive world of research.”

“We can finally start to develop our voice and articulate evidence supporting our sector in a way that is on par with conventional and allied health fields. I am hopeful it will help us develop a louder and more relevant voice and articulate our evidence in a way that is recognised and understood by mainstream healthcare players and policy makers.”

Helene said the news would see Endeavour offer the highest quality postgraduate research degree available for natural health practitioners.

“No other private college can match what we offer because of our affiliation with ARCCIM at the University of Technology, the biggest complementary medicine research centre in the Southern Hemisphere. We also have an ability to tap into the skills and research of Endeavour’s Office of Research.”

“Our program is of university standard as we have input from those leading the complementary medicine space in the university arena.”

When asked how completing an Honours year would benefit a practitioner, Helene said it cracked open the field of research and knowledge improvement.

“It is an opportunity to make a significant investment in yourself as a practitioner, and is an essential step for any future health or education researcher. This is a chance to become a member of a community of health professionals committed to moving their career forward through research, and to advancing the profession,” Helene said.

Applications for the Honours Year are now open to graduates of Endeavour’s Nutritional and Dietetic Medicine, Naturopathy and Acupuncture degrees.

endeavour.edu.au

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*See website for Terms and Conditions
Students soar after grabbing scholarship with both hands

Giving is said to be the greatest gift, and the inspiring tales of Endeavour College’s 2015 scholarship recipients are clear proof this saying rings true.

Maria Banica from Melbourne and Rachael Favilla and Hannah Purvis from Adelaide have wasted no time in making every moment count since being announced the recipients of the 2015 Scholarship Program for school leavers.

In addition to receiving financial support, with a full year’s tutorial fees, Maria, Rachael and Hannah also had the opportunity to represent Endeavour as ambassadors at large internal and public events over the last 12 months.

Scholarship recipient Maria even secured a spot at a sought after Melbourne event, Brightly Inspiring Leaders, where she had the chance to hear from none other than Sir Richard Branson about his career advice tips.

Maria said receiving the scholarship helped her enormously from a financial perspective, but that was just the beginning.

“Financially I don’t know what I would have done without it. But it has meant so much more than that. I’ve just finished my first year of nutritional medicine and I can safely say it captivated me every single day,” said Maria.

“I love learning what benefits my food is bringing to people and the biochemical aspects of what is happening in the body as a result of the food we eat.”

Nutritional medicine student Rachael Favilla said the scholarship had given her an invaluable head start that she intended to build on to launch a public profile for herself through public speaking, writing books and creating a podcast.

“I see myself leading by example to inspire and educate as many people as I can about the empowering responsibility they have towards their own health care. The number one job of those in natural health professions is to awaken people’s minds to their own personal healing power,” said Rachael.

Endeavour College recently increased the scope of its school leaver scholarship program to cover 12 month’s tuition fees, valued at AUD$15,000, and extended the program to all degrees.

Recipients can choose from Naturopathy, Nutritional and Dietetic Medicine, Acupuncture or Myotherapy at the six campuses where those courses are available, or the online Bachelor of Complementary Medicine.

“We look for academically outstanding school leavers with a passion for health and wellness, advanced communication skills and an interest in community service. This is an opportunity for the next generation of health champions to kickstart their career in the natural health wellness sector and become the future of wellness,” said Endeavour College of Natural Health National School Liaison Coordinator Anne Seville.

There are up to five scholarship places available in the 2016 Scholarship program and applications for the 2017 Scholarship Program will open in mid 2016.

A note of gratitude

Hi Endeavour,

I’ve just finished exams and after so much study and focus I can finally reflect on this full on year – I have learnt so much! Especially the second semester which was amazing, having started the first nutritional medicine specific class.

I also wanted to thank you so much for the scholarship and ambassador opportunity. It has been amazing this first year and has really motivated me to work harder. I know I am in the right place here at Endeavour.

I’ve appreciated it so much. Thanks again.

Maria Banica
Join the *Wellspring* team as we ask Australia’s leading health and wellness champions to share the products, services, experiences and people they find most nourishing. This issue we spoke with the radiant health blogger, nutritionist, author and bride-to-be Jessica Sepel.

A FEW OF MY FAVOURITE THINGS...

**Aro Ha**

Aro Ha is a health and wellness spa in New Zealand I recently visited with my family, who is my absolute rock and my biggest inspirations to live a healthy and happy life. My sister, Olivia, had just finished her HSC exams and my other sister, Gabriella, had just completed her honours year of her fashion degree. It was such a beautiful experience for us all – with daily yoga and meditation practice, as well as hikes in the beautiful New Zealand countryside.

**Oprah Winfrey**

Every day since I was a little girl I’ve watched an episode of her show. I am so inspired by her work ethic and the wonderful energy she brings to people’s lives. It’s my dream to meet her one day – perhaps when she visits Australia next!

**Koh Samui, Thailand**

I am so excited to go back here for my wedding after visiting last year. We want our wedding to be a mini health retreat for all our special friends and family – I am beyond excited.

**Yoga**

I practise yoga at my parents house with a private instructor and it is absolutely divine. I am loving taking a few classes a week in the lead up to my wedding, as I find it really grounds me and ensures I am feeling stress-free.

**My beautiful friends**

How lucky I am to be surrounded by such gorgeous souls – I could never ask for better besties. They’re there for me through thick and thin and a list of my favourite things wouldn’t be complete without them. I also feel so blessed that my friends are inspired by healthy treats and indulgences... that’s what makes doing all this worthwhile!
Raw brownies

These are for my second book and they are simply divine. I can’t wait to share the recipe... but you’ll just have to wait! These brownies are packed with good fats from nuts and seeds (forming a complete protein source), and also contain cacao which is a great mood booster and source of magnesium, aiding the body to heal itself after exercise.

Cinnamon

It is my favourite spice ever! I love adding it to smoothies and every recipe I can. It just gives meals a delicious flavour, and is a great way to help stabilise your blood sugar levels. I add it to my signature Power Protein smoothie which is made from banana, almond milk, pea protein and vanilla stevia.

Cauliflower Pizza

This is one of the signature dishes from my book The Healthy Life. Life-changing! It’s not as heavy on the digestive system as traditional pizza because the base is made from cauliflower – meaning you can have more fun with the toppings too!

Cotton On Body workout gear

I am loving their sports bras and yoga pants at the moment because they’re comfortable and breathable, no matter whether I’m going for a run or taking a pilates class.

About Jessica Sepel

Jessica is a clinical nutritionist, founder of JS Health and author of The Healthy Life book. Jessica’s work focuses on helping savvy women who want to prioritise wellness in their busy lives through well researched information that clears up any confusion about diet and nutrition.

jessicasepel.com
Endeavour home to Brisbane’s highest rooftop beehives

To raise awareness of the global decline of bees and their vital importance to Australia’s food production, education provider Endeavour College of Natural Health has installed Brisbane’s highest beehive habitat on the rooftop of its Brisbane campus.

The move was seen three separate beehives established which house up to 30,000 bees each, with students encouraged to follow the journey of the honey producing insects through a “beecam” and scheduled hive visits.

Urban Apiarist and Director of Bee One Third Jack Stone was tasked with installing and maintaining Endeavour’s rooftop hives and said the development would have a positive flow on effect to areas surrounding the Brisbane campus.

“There will be so many benefits. I’d expect to see a sharp rise in plants being pollinated locally, including those found in neighbourhood gardens as well as the larger parks and gardens in the area. Not only will the rate of pollination rise, but the diversity of honeys being produced will be significantly unique to Endeavour,” said Jack.

“Endeavour staff and students will find great pleasure in coming together as a community to watch the activity and progress of the bees.”

Jack said he was pleased to see Endeavour playing its part in coming together as a community to watch the activity and progress of the bees.

“We’ve seen a massive decline of bees over the past 15 years with the rise of urban infrastructure. We used to see bees everywhere around town, through our parks and back gardens yet now we’ve seen that level fall. The more we build out and up the more we deter these pollinators from taking up residence in the city,” Jack said.

“Through partnering with sustainably minded companies like Endeavour, we hope to help replenish pollinator numbers by converting previously unused ‘grey space’ like the Endeavour rooftop 14 stories up into homes and habitats for bee colonies, all while not disturbing the foot traffic below.”

When asked what he would most like people to know about bees, Jack had the following advice.

“Bees are not aggressive creatures – their main goal is to support the growth of their colony and protect their queen and fellow workers. Stinging humans is the last resort of defence, as bees are passive and gentle in nature.”

He also advised we could support the future of bees by growing a broader range of plants which provide nectar and pollen.

“Diversity is the key to a healthy beehive – the more variety we provide bees to feed off the more eclectic their diet will become. Genetically diverse and healthy hives are stronger and less susceptible to foreign disease and pests.”

Keep an eye on Endeavour College of Natural Health’s Facebook page for more information about the Brisbane campus apiary.

Five sticky facts about bees that might surprise you

1. 80 per cent of the wild bee population in the United States and Spain have already perished.
2. Bees pollinate more than 90 per cent of Australia’s fruit, vegetable, nut and grain crops and produce $60 million worth of honey a year.
3. 2,500 species of bees call Australia home, 99 per cent of which are native to Australian shores.
4. Backyard hives can produce between 10 and 160 kilograms of honey each year.
5. Honeybees can recognise individual faces. So if you’ve ever felt a bee was chasing you specifically, chances are you were right.

beecam.endeavour.edu.au
LAMINGTON ICE CREAMS – WHEN TWO PERFECT DESSERTS COLLIDE

When Wellspring spotted this fructose friendly take on a classic Australian dessert created by Sarah Wilson, we couldn’t resist asking her to share it with you. Both nutrient-dense and delicious, this is the perfect treat for summer.

Makes 18

Ingredients:
- 400 ml can coconut cream, shaken lightly before opening
- ½ cup cashew butter
- 1 teaspoon pure vanilla extract
- 1 tablespoon rice malt syrup
- 200g dark (85–90% cocoa) chocolate, chopped into small pieces
- 1½ cups desiccated or shredded coconut
- ½ cup Raspberry Chia Jam

Method:
1. Line a 22 cm square brownie tin with baking paper. Pour the coconut cream into the prepared tin and place in the freezer for 2–3 hours until frozen.
2. Remove the coconut cream slab and break into shards using a masher or the end of a rolling pin. Pulse the shards in a food processor until they resemble a fine powder. Add the cashew butter, vanilla extract and rice malt syrup and process until smooth and fluffy like ice cream. Pour the mixture back into the tin and smooth the top with a spatula or palette knife. Freeze for 1–2 hours until the mixture is firm to the touch but not rock solid.
3. Melt the chocolate in a bowl in the microwave (or in a heatproof bowl over a saucepan of boiling water, making sure the base of the bowl doesn’t touch the water). Put the coconut into another bowl.
4. Remove the ice cream from the freezer and slice into 36 small squares. (You may want to trim the outer edges for a neater result.) Spread 18 squares with a thin layer of jam. Place the remaining squares on top to make ‘sandwiches’.
5. Using two forks, or a toothpick, gently dip the squares into the melted chocolate, coating all sides, then dip in the coconut until covered, placing them on a lined tray as you go. Store in the freezer in a sealed container for up to three months.

Notes:
If you’re serving these straight from the freezer, let them sit out for 2–3 minutes to thaw slightly and they’ll be crunchy on the outside and soft and smooth on the inside.
You can make these in a lamington tin, too – just cut them into little rectangles.

Extract from I Quit Sugar: Simplicious
by Sarah Wilson.

I Quit Sugar: Simplicious
A 308-recipe kitchen bible for sugarless, waste-free, nutrient-dense cooking. In this book, Sarah Wilson strips things back to the essentials, showing readers how to buy in bulk, freeze and preserve and use leftovers with flair.

sarahwilson.com
Stay posted on your health

Making health resolutions is easy – the hard part can be sticking to them, so it can pay to keep them as simple as possible. That’s where subscription boxes can step in – a relatively new concept that has taken the world by storm. All you need to do is find one you like and sign up. You’ll be sent a weekly or monthly box of handpicked items from the vendor without having to leave your house.

So what makes subscription boxes so popular? Well, they feel personal and can be tailored to your specific tastes. You also get the chance to sample new brands and products without the pressure to fork over wads of cash.

They’re also convenient — and when it comes to the health and wellness varieties, it can be a boost of inspiration to help you stay on track. But the biggest drawcard is the surprise, as receiving a box of unknown goodies in the mail is like Christmas all over again – but this way you get presents you actually want.

While the thrill of wondering what you’ll get is fun, in the end you want a service that saves you both money and time. So we’ve scrutinised the latest health and wellness offerings to learn which delivers the best bang for your buck.

Retreat in a box

Yoga isn’t just a practice – for some it’s a lifestyle. Embrace it and be rewarded with lower blood pressure, a sense of wellbeing, and improved posture and circulation. Although, it’s understandable if you’re struggling to stay zen all the time with the demands of the fast-paced, tech-driven world. Yogi Surprise is a monthly care package from $45 a box with six to eight organic, vegetarian and GMO-free goodies such as raw granola bars, specialty teas, natural beauty items, and even oil to keep your chakras in balance. Namaste! yogisurprise.com

Caring cards

The health benefits of gratitude have been praised by people as varied as the Dalai Lama to neuroscientists. Sign up for Gramr Gratitude Co and you’ll be sent four beautiful, press-printed, FSC-certified cards (finished in either eggshell or matte), envelopes and stamps from $45 each month. It also encourages you to go offline and spend fifteen minutes a week in a world that’s more “social” and less “media”. That means dusting off your pens to handwrite one gratitude card a week for someone to cherish forever. gramr.us
Flower Power

There may be some truth behind the 1960s “flower power” slogan. Researchers from both Kansas University and Wageningen University in the Netherlands have found indoor flowers can increase your mood and wellbeing. For $50 per week you can add some freshly cut and mostly native flowers to your home or office with MyFlowerMan, a Sydney-based florist with clients such as Vogue, H&M and Bentley Bar. Having them delivered means you won’t have to worry about how to get them home in one piece, or one bouquet anyway. myflowerman.com.au/subscriptions

Award-winning Avocados

Did you know an avocado has more potassium than a banana? This low-carb “fruit” is also packed with vitamins, fibre and heart-healthy fats. Barham avocados are pesticide-free and have won multiple “best produce” awards. Boxes start from $35 and are delivered within 48 hours of being handpicked, giving them an unbeatable farm-fresh taste. Toss some through a salad, use it instead of butter on a wrap or whip up some guacamole to serve with dinner. You’ll enjoy the health benefits while supporting a family-run, local business. barhamavocado.com.au

Home Brew

There’s a reason tea has been loved by people of all cultures for thousands of years. It can perk you up, help you unwind and be enjoyed as a moment of peaceful solitude or while socialising with friends. Some studies even suggest that tea can slow down certain cancers and protect against heart disease. Tea with Alice delivers four organic teas for $25 a month from all over the world, catering to your preferred tastes. It also makes the perfect gift for the tea-enthusiast in your life. teawithalice.com
The kids at Wellspring magazine have asked me to ‘review’ my favourite café and meal in Sydney. Now it’s no secret that I’m quite the sweet tooth, so when it comes to finding healthy treats I’m on it! And if you like pancakes then I have the perfect answer for you. This place makes the world’s best healthy pancakes. They’re called “proteini pancakes” and they are made on a base of almond meal and coconut flour. Each day the flavour changes too so it’s always a seasonal surprise.

First up, Proteini has been open for about a year now. The super lovely girl who runs and owns this place Megan (who’s just 25 years old mind you) says she wanted to create a place to provide the local community with nutritious wholesome food.

Now for the food, yes, Proteini does have more than just pancakes, their smoothies are out of this world. My favourites are the warrior (a green combo of kale, broccoli and spirulina with a nice hit of pineapple and coconut water to balance out the greens), and the “Morts” shake, a chocolate protein hit. But today just for this review I wanted to try something new and I can confirm that the “vanilla pudding” which is a banana, chia seed and cashew creation is a winner!

There’s so much stuff on this menu I can’t wait to try, like the “paleo stack” made from a sweet potato and kale hash, then there’s pulled pork, eggies, marties (that’s my word for tomato) and pesto – what a meal! I’m told the “macro bowl” is pretty popular too that’s got all the good stuff with salmon, sauerkraut, quinoa and hummus!

Now for the pancakes – I’m lucky enough to have Megan whipping them up for me today, and the special is banana blueberry. So delish! It’s made like one big pancake and it comes with coconut ice cream and maple syrup, fresh mint leaves and a sprinkle of sesame seeds. It’s the perfect treat, and looks so pretty too.

The reason why I love coming here is because everyone is so nice and you feel like this girl really works hard to make her café come to life. There’s thought and care that goes into every item on the menu and everything comes out looking so pretty.

There’s also great tunes and a positive vibe with affirmations peppered throughout the space with inspiring quotes. There’s even a mirror with writing on it saying “you look good today.” I think that’s what I love about this place – it’s the good vibes you get just from soaking up the space. Even if you get takeaway, the smoothie cups have a sticker on them saying “love your guts.” Haha! It’s really awesome!

At the end of the day I love seeing people who are doing what they love, and I know this girl is doing just that. To me, that’s inspiring.

proteini.com.au

About Lola Berry

Lola is an Australian nutritionist, author, media personality and yoga teacher who recently released her fifth book Lola Berry’s Little Book of Smoothies and Juices. Lola is an Endeavour College of Natural Health graduate and ambassador.

lolaberry.com

Proteini Café

1/256 Crown Street, Darlington NSW 2010

Open 7am to 3pm Tuesday to Saturday and 9am to 4pm Sundays.
**Flipbelt Australia**

This stylish seamless fitness belt for exercise lovers allows plenty of room to stash your valuables whilst you exercise, travel or work. Simply pull it on like a pair of pants, place over or under your clothes and slide in your items through the multiple openings around the belt.

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

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**Coconatural**

These delicious smelling perfume pots are made with organic virgin coconut oil and beeswax, both known for their healing and antibacterial properties. Chemical-free and a fraction of the cost of most cosmetic fragrances, this is a perfect and natural way to smell divine all day.


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**Botanical Face Steam**

These chemical-free herbal products created by naturopathy student Sarah Mould were designed to aid meditation, ease stress and replenish needy skin. Simply steep a heaped teaspoon in very hot water, cloak yourself in a steamy fort and get up close and personal with the potion. Sounds heavenly.

[blackwoodbotanicals.bigcartel.com](http://blackwoodbotanicals.bigcartel.com)

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**Summer TABLE**

We couldn’t leave out this interactive cookbook which boasts its own world-first smartphone app. Simply buy the book, download the app and scan the recipes to create instant shopping lists. It can even compile multiple recipes into one collated shopping list.


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**Made by Fressko**

**Tea flask**

Featuring double walled glass and sustainable bamboo with a leak proof lid, this range is perfect for cold fruit waters, tea, coffee and soup on the go. With a 2 in 1 infuser and solid glass base it provides portable micro brewing perfection and is extra durable.

Stocked at Endeavour Bookstores in Brisbane, Melbourne and Sydney or at [endeavourbookstore.com.au](http://endeavourbookstore.com.au)

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**Sundicators**

Using colour-changing technology to track your UV exposure time, these fun stickers remind you when to reapply sunscreen and when to avoid the sun or cover-up. They are effective with any type of sunscreen, work in both fresh and salt water and remove all the guess work when it comes to sun safety.


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How crowdfunding helped me launch my social enterprise

Wellspring connected with 23 year old social entrepreneur and naturopathy student Emily-Rose Pumfrey to find out what she learned through her recent crowdfunding campaign which raised the funds needed to kickstart her organic body-care range.

Tell us more about your business Wash Away Poverty and where the journey began?

Wash Away Poverty was created during the most challenging period of my life. I had returned from volunteering at a children’s home in Thailand and the trip had completely cracked me open.

I was overwhelmed and depressed by the level of suffering and poverty in the world. I wanted to help but felt so helpless. Sure, I could donate my savings, sell my car or even my house... but it still didn’t feel like enough.

I knew I needed to create something bigger than myself and that is when Wash Away Poverty was created. I loved the idea of transforming everyday products into tools for world change, so I decided to start an organic body-care range that actively funds projects which support sustainable causes and provide clean water and sanitation to children in need from developing countries. Fifty per cent of our net profits are donated to leading Australian charities.

How did you draw on your naturopathy studies to create your business?

Studying naturopathy helped me discover a deep love of herbal medicine and essential oils. The knowledge I gained made the formulation process for my products so much easier. I knew exactly what herbs and oils I wanted to use and how they were going to help our customers.

Your business was sponsored by ING Direct’s DreamStarter program, an initiative to help social entrepreneurs get their ideas off the ground through crowdfunding. How did that come to be?

It had been eight months since I came up with the business idea behind Wash Away Poverty and I hit a road block with financing. I needed a minimum of $20,000 to get the company up and running, money I simply didn’t have.

The next day I woke up and all the water in my house was brown because of construction work being done locally. I couldn’t have a glass of water, make my morning smoothie or brush my teeth. What a wake up call! Although it is impossible to compare this to the 663 million people who don’t have access to clean water, I knew I needed to find a way to launch this business.

That afternoon I stumbled across an ad for the ING DreamStarter program on YouTube and I applied immediately. Two days later I received an email congratulating me on Wash Away Poverty being selected over more than 70 applications. Since that time ING has provided me with funding, social media support and an online platform to facilitate the crowdfunding process.

How did your crowdfunding campaign go and what did you learn from the experience?

Thanks to the incredible support of my family, friends, the community and ING Direct I raised more than $21,000 in just 30 days. I learned connecting with others on a personal level is so important. Social media was a great help but word of mouth and face-to-face connection was so much more powerful. I had friends texting me at 2am, family members telling everyone that would listen about the campaign and the most generous sponsors who donated more than $1,000 worth of products to help us raise more money.

What would you do differently next time?

As I’d never crowdfunded before I thought I shouldn’t start talking about my project until it launched. I now know this is a huge no no. It is better to start spreading the word and creating hype as soon as possible.

What is next for Wash Away Poverty?

Our organic hand washes and body washes are just about to move into production – pinch me! I’m in the middle of finalising product formulas, applying for Australian Certified Organic certification, setting up the online store, chatting to new retail stores and preparing to make my first donation to WaterAid Australia and Carbon Neutral charities. I’ve got the biggest smile on my face and can’t wait to help as many people as possible gain access to clean water.

Emily-Rose’s five crowdfunding non-negotiables

1. Be clear in what you are trying to create and articulate how people can help. A strong call to action is essential.
2. Create an authentic video with your speaking directly to your audience. Your supporters want to know who you are! Keep it under three minutes for the best engagement.
3. Create exciting rewards for your supporters. These can range from $10 to $1000. You can also collaborate with other like-minded brands and ask them to donate products and vouchers.
4. Be prepared! Create a campaign plan, social media strategy, press release, emails and handouts to use during the campaign.
5. Stay positive. I found the first week and the last week of the campaign were the most active, so don’t get disheartened during the middle. Stay positive and try to connect with as many people as possible.
After years of hearing about the work of naturopathic global health organisation Natural Doctors International (NDI), Kathleen decided it was time to take the plunge and join them in late 2014.

Her mission was to travel to the Island of Ometepe in Nicaragua, Central America, to join with experts from both sides of medicine to serve their community, one of the poorest in the Western Hemisphere.

The island’s remote location means that access to healthcare and other essential services is severely limited for many inhabitants. The NDI team has run an integrative health clinic there since 2005, which provides free naturopathic and medical care, psychology services, free medicine, an emergency hospital transport service and long-term support for patients with chronic health conditions.

“The chance to work within an integrative health clinic to help such a large and under-serviced community seemed an amazing opportunity,” said Kathleen.

Once she’d arrived Kathleen and her fellow brigade members from America and Canada spent time learning about Nicaraguan history and culture as well as its traditional medicine practices. They also learnt about public and global health and the work NDI has done over the past decade in the Nicaraguan community.

Kathleen then spent a week working in the clinic, which opened for longer periods over each consecutive brigade to enable more patients to be treated. It was a time she described as incredibly busy, challenging and rewarding.

“It is such a popular clinic people travel long distances just to secure an appointment. One morning I came into the kitchen at around 6am and I could see across to the clinic’s yard, where at least 20 people were already sitting, waiting to be put on the list for an appointment,” Kathleen said.

Another surprise for Kathleen was how warmly her six month old daughter Molly was welcomed throughout the trip. “Nicaragua is a very baby-friendly country and people are used to having infants and children present in almost every setting. I brought Molly to all the lectures, group events and outings, and during clinic days she was babysat by our ‘host mum’ Mireya. I found Molly adapted extremely swiftly and seemed to enjoy herself thoroughly,” said Kathleen.

Throughout her trip, Kathleen stayed with a local host family that had many generations living under one roof, from great grandmother Gloria to five year old Maya. Living with this tightknit family for 10 days gave Kathleen the opportunity to experience life as a local.

“Eating, muddling through conversations and laughing and crying together. All of these ‘normal’ daily experiences played an important role in connecting us to the community,” Kathleen said.

This passionate health advocate firmly believes this trip was a once in a lifetime experience that was extremely rewarding and sharpened her skills as a practitioner.

“It was fascinating to see conditions I would likely never come across in everyday practice – such as chronic parasitic infections and severe malnutrition. It really opened my eyes to the global, grassroots application of natural medicine – something I just don’t see in an inner city clinic. It reminded me this really is the people’s medicine and I can help deliver it in many ways. ”

Natural medicine graduates and students interested in becoming involved can visit ndimed.org. Health brigades run throughout the year and NDI also offer internships lasting between one and 12 months.