WELLSPRING
FOR ALUMNI AND COMMUNITY IN HEALTH AND WELLNESS

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Georgia Barnes

GEORGIA’S MASTER STROKE
NUTRITIONIST BRINGS FOOD AS MEDICINE TO PRIME TIME

DUO INJECT FRESH TWIST TO FAST FOOD INDUSTRY • HOW DINING SOLO IS TAKING OFF
WHY EVERYONE IS COLLABORATING • JESSICA COX SHARES HEALTH MUST HAVE
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Taking some time out to enjoy each issue of *Wellspring* over a cup of tea before we go to print is one of my favourite traditions. To watch our graduates literally change the face of the complementary health industry across the globe never ceases to move me, and I love nothing more than proudly showcasing their stories.

This issue’s cover star Georgia Barnes is the perfect example of just how high our graduates can soar with a combination of tenacity and talent. Fresh from our TV screens as 2015 MasterChef Runner Up, this Brisbane-based nutritionist is determined to put food as medicine firmly in the limelight.

Using the same sharp focus which earned her a spot in the gruelling MasterChef grand finale, Georgia has wasted no time in sharing her unique holistic approach to nutrition with Australia through a series of pop up restaurants, TV appearances and most recently, her role as our new ambassador. Georgia is simply shining – and it is a pleasure to work alongside her.

In our feature story Georgia shares her food ethos with us as well as a collection of her favourite recipes… keep your eyes on our Wellspring blog where we will share the videos for these very special dishes this month.

As the wellness industry goes from strength to strength, entrepreneurs continue to invent new ways to tap into one of Australia’s most dynamic markets. This issue we spoke with a Melbourne couple shaking up the food industry with a new range of vending machines giving commuters immediate access to fresh salads and raw snacks in recyclable jars. Now that’s our kind of fast food...

It was also fascinating to spring into the world of fitness inspiration for this issue’s flip feature. We’ve covered ‘fitspo’ from every angle, starting with the journey of personal trainer Sophie Guidolin. One of the bravest mothers we’ve come across, Sophie shared how she put everything on the line to empower women to challenge outdated stereotypes about exercising during pregnancy. We hope our stories, insights and reflections help get your endorphins pumping.

And in news just to hand, we learned this year’s Nobel Prize for Medicine was awarded to three scientists who had made pioneering contributions to the treatment of parasitic diseases which affect millions globally. What’s fascinating about this is that all three winners had created drugs based on traditional medicine. This is the first time natural medicine has ever been on the radar for the world’s most prestigious prize for medicine, and I expect as a result we will see a seismic shift in positive international attention on complementary therapies.

It has also been widely predicted the announcement will encourage more patients to turn to natural medicine and will see more investment and research generated to unlock the extreme potential for traditional remedies. By all reports, the time is now for our industry. But we already knew that, didn’t we?

I also want to thank each and every reader who takes the time to share their ideas, feedback and photographs with our editorial team. We read every note, tweet and social media post – please keep them coming.

Yours in wellness
Carolyn J Barker AM
Chief Executive Officer
Endeavour

**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
ON A NATURAL HIGH

It didn't take long for nutritionist Georgia Barnes to capture Australia’s heart as a contestant on MasterChef with her humble nature and holistic approach to cooking. Her tenacity and attention to detail saw her still standing at the end of one of the most gruelling cooking competitions ever seen on Australian television. Georgia is now ready to pour her heart into her two greatest loves – natural health and cooking – and the world is waiting with open arms.

by Nina Tovey
It turned out to be a pivotal decision in Georgia’s life, as she quickly proved she had what it took to take on some of Australia’s most talented home cooks with their eyes firmly on the prize. She swiftly caught the attention of both the public and judges through cooking from the heart and thinking swiftly on her feet week after week. It wasn’t long before Georgia started gaining further acclaim for her beautiful desserts, masterful seafood skills and stunning plating abilities. It was Georgia’s talent coupled with a laser-like focus which saw her battle her way to the final challenge of the MasterChef 2015 grand finale after winning the first two challenges. It took the form of a dessert pressure test designed by culinary genius Heston Blumenthal.

Narrowly missing out on winning the series to competitor Billie McKay by two precious points, Georgia emerged humble in defeat and full of praise for the victor.

For 27 year old nutritionist, TV personality, cook and MasterChef grand finalist Georgia Barnes – food was always an integral part of life. It was this overriding passion, combined with a love of working with people, which led her to study nutritional medicine and audition for MasterChef.

For 27 year old nutritionist, TV personality, cook and MasterChef grand finalist Georgia Barnes – food was always an integral part of life. It was this overriding passion, combined with a love of working with people, which led her to study nutritional medicine and audition for MasterChef.
Nutrition and naturopathy are a big part of my life and something I draw on daily.

Reflecting on how her approach to nutrition had changed over the years, the MasterChef alumnus said her average meals now were always ‘oomphed’ with something special.

“I’m obsessed with creating recipes using wholefoods – I always throw in an ingredient packed with nutrition. Take a cheesecake for example – I might make a pumpkin cheesecake with a base made of pepitas and some extra cinnamon and turmeric, and before you know it the cheesecake isn’t looking so bad,” said Georgia.

Although Georgia’s cooking is creative and inventive, she still sticks to the basic naturopathic principles, making bone broths, green smoothies and ensuring she eats plenty of fermented foods on a regular basis.

“I can’t eat anything healthy or not-healthy, unless it tastes good.”

Using her profile to encourage people to become more connected with their food was another important driver for Georgia.

“Food is such a beautiful and massive part of our lives, and for that reason I’m never one to say ‘don’t eat this or that’. The last thing people need to associate food with is guilt. What I do like to encourage people to do is to make their meals at home from scratch where they can,” said Georgia.

“By not making your food you’re not touching your food, you’re not connected to it and you’re being less mindful. The more connected we are to our food the more we nourish ourselves – there is more balance in our lives this way and there truly is a better health outcome.”

Concerned by the fascination with clean eating and fad diets, Georgia is quick to advocate a more balanced nutrition philosophy.

“Life is about balance and happiness,” said Georgia.

“When we fret about food choices we disrupt the mind body connection. The key is to be mindful and in the moment when we eat. For me, I’m not a Size 8 anymore and I definitely break the rules every now and then, but I’ve never been happier.”

When asked what she had learned over the whirlwind of the past 12 months, her response is swift and sure.

“Never underestimate what you can accomplish when you believe in yourself.”

Learning how to nourish myself and helping me understand my body... the whole approach was very holistic and made perfect sense to me.

Georgia’s wholesome recipes:

**Raspberry & Coconut Chia Pudding**
GF | DF | Vegan | Serves 4

**Ingredients:**
- 400ml coconut milk
- 2 cups frozen organic raspberries
- ¼ cup chia seeds
- Extra raspberries, mint and desiccated coconut to garnish

**Method:**
1. Place coconut milk and raspberries in a blender. Process until smooth. Strain mixture through a fine sieve into a jug to remove any seeds.
2. Add chia seeds to jug. Whisk together and allow to stand for 10 minutes.
3. Pour mixture into jars, ramekins or glasses. Allow to set in the refrigerator for 2-4 hours or overnight.
4. Remove from fridge. Garnish with raspberries, mint and coconut.
5. Serve and enjoy!

**Apple, Celery & Dill Salad**
GF | DF | Vegan | Serves 2

**Ingredients:**
- 3 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- Salt flakes
- 2 tablespoons chopped Spanish onion
- 1 green apple, finely sliced
- 1 celery stalked, chopped including leaves
- 3 tablespoons fresh dill, finely chopped
- Additional dill sprigs for garnish

**Method:**
1. Combine olive oil, vinegar and salt in a bowl and whisk to combine.
2. Add remaining ingredients and mix well to ensure ingredients are thoroughly coated with vinaigrette and dill.
3. Arrange on a serving platter and top with sprigs of dill.
4. *Pairs perfectly with fish, such as salmon or trout.

**Raspberry, Strawberry & Rosewater Smoothie**
GF | DF | Vegan | Makes 2

**Ingredients:**
- 1 cup frozen organic raspberries
- 1 cup fresh strawberries
- ½ lemon, juiced
- 1 tablespoon rosewater
- 1 cup sparkling mineral water
- ½ cup ice cubes

**Method:**
1. Place all raspberries, strawberries, lemon juice, rosewater and mineral water in a blender. Process until well combined.
2. Fill a tall glass with ice cubes and pour over smoothie. Enjoy!
Laura Anderson, 28, and Dane Blackburn, 23, created vending machine business The FüD Revolution after becoming frustrated with the lack of ‘on the go’ healthy food options available in Australia.

“As a vegan with an auto-immune disease, I need to modify my diet often to keep my symptoms under control. There were so few genuinely healthy fast food options available to me when I was rushing from one thing to another, and we could see others with specific requirements were experiencing the same issue,” said Laura.

“There was nothing like our idea in the market in Australia and so we threw everything we had behind it to make healthy food convenient to everyone in our busy modern world.”

The FüD Revolution vending machines are custom-built and offer fresh salads, yoghurt and muesli along with vegetarian, vegan, sugar-free, paleo and dairy-free options.

Laura and Dane’s winning formula involves making the meals fresh each day, transferring them into airtight jars and delivering them to the vending machines.

Australia’s fast food revolution offering a fresh alternative

A Melbourne couple is stirring up the fast food industry with a new range of recycled timber vending machines which give commuters immediate access to freshly made salads, drinks and wholefood snacks in recyclable jars.
Laura created all food and drink options in conjunction with a nutritionist using locally sourced, seasonal produce, with menu items refreshed every few months to reflect the changing seasons.

“Our machines are temperature controlled and the food is time stamped every day so our customers have access to the freshest possible meals and snacks,” said Laura.

Laura said they were able to keep their prices low by selling their products through vending outlets rather than from a shop or café.

“We know budget can be a big barrier for some people when considering healthier lifestyle choices, so it was really important to us that our products were affordable and accessible to everyone in the community,” said Laura.

“We have been able to sell meals made from mostly organic ingredients for $10 by adopting this business model which reduces our daily running costs.”

Co-founder Dane, who previously ran his own bricklaying company, built the first vending machine with a friend and pitched the idea to a long list of shopping centres.

“It was initially quite challenging to convince people we could provide them with fresh products through a vending machine. We had many people tell us it was too hard and labour intensive,” said Laura.

After a series of knockbacks retail giant Westfield installed the first FüD Revolution vending outlet in its Doncaster centre.

“This was a breakthrough moment for us and we have kept going upwards from there. Some of the companies that said no to us in the beginning have since come back and changed their minds.

Throughout the whole process we’ve learned more about vending machines and logistics companies than any human should,” said Laura.

“The momentum we’ve been able to generate is a reflection of Australia’s changing attitudes and the public’s desire to have more convenient and healthy food options available to them.”

Laura said the most popular option is currently “Holy Granoly,” an ‘epic combo’ of natural organic yoghurt, house-made sugar free raspberry and chia coulis, topped with paleo Aussie nut granola.

The energetic duo have also incorporated sustainability into every element of the business, providing leftover food to the community initiative Homeless of Melbourne.

With plans to launch five more machines across Melbourne by the end of the year and to expand nationally in 2016, the FüD Revolution is well on its way to shaking up the takeaway food landscape permanently.

thefudrevolution.com
THE PERFECT BRAND COLLABORATION

Brand collaborations are all around us, and for good reason. At their best they can be a highly effective way for businesses to break into new markets, offer unique and new competitive advantages, access new distribution channels and benefit from the halo effect of a positive brand association.
We’ve seen Vivienne Westwood partner with ASOS to design an ethical bag line, Valentino join forces with Havianas to create luxury thongs and you can even hop into a hire car and be welcomed by your favourite playlist thanks to a collaboration between Spotify and Uber.

Wellspring spoke with leading entrepreneurs and experts to get their insights on how to execute the perfect brand collaboration.

Stick true to your vision
When you develop your own authentic voice and stay focused on your goals, the right opportunities will appear. Naturopath and founder of Mayde Tea (mayde.tea.com) Kate Dalton was approached by raw chocolate giant Pana Chocolate to create a line of co-branded chocolate-inspired herbal tea blends by doing just that.

“The way I ‘attracted’ Pana chocolate was by completely being myself, personally and through my brand. My products are all completely natural, handmade and organic – just like Pana Chocolate. Tea and chocolate are my two favourite things – so it has been a really wonderful partnership,” said Kate.

“I keep all of my social media about me and my brand. It’s clear to see on all of my social media how much love is put into my products and with Pana Chocolate being similar, the universe just brought us together into a beautifully matched little collaboration!”

Kate said the collaboration had paid off, with Pana Chocolate investing in photography capturing images of the co-branded tea alongside Pana Chocolate’s vegan cakes, with a flood of enquiries coming in each time the chocolate brand featured the range on its social media accounts.

Remember it is a marathon, not a sprint
Doing your research to ensure you are engaging with the right partners is key, according to founder of award winning, eco-friendly community organisation The New Joneses (thenewjoneses.com.au) Tamara DiMattina.

“Some partners bring things far more valuable than money to the table. I’ve learnt this the hard way after agreeing to unreasonable demands in exchange for funds which jeopardised my sanity and took away enjoyment of what was meant to be a fun, meaningful and inspiring project,” said Tamara.

“We look for partners who are willing to grow and thrive with us in our quest to maximise resources and minimise waste, who understand the value of building awareness and trust over time. In an ideal world, you can be really selective about your collaborations, going for only those that will really take you and your project to the next level!”

Plan an evolution, not a revolution
An effective collaboration should build on your value proposition rather than completely shift gears, said author of From Me to We Janine Garner (janinegarner.com.au).

“This is not about a company that makes glass jars suddenly stopping making glass jars and beginning to make an app for finding your local bottle shop,” said Janine.

“What it is about is working collaboratively with another SME who produces organic chutneys and jams – and reducing production costs, factory space, advertising overheads – and then bringing in a third company who are marketing specialists within the food industry, and in turn having that exchange of intellectual value.”

Get clear on what you have to offer
It is worthwhile to take a step back and be sure you fully grasp the assets you have available to exchange with a potential partner to negotiate more effectively, according to founder of strategic partnerships firm Collabosaurus (collabosaurus.com) Jessica Ruhfus.

“I’m a big believer in the idea that everybody has something someone else wants. Whether you have an engaged social media following, a great email list, excess product, a venue space, photography skills or even media contacts, it’s vital these assets are recognised as valuable negotiation tools,” said Jessica.

Jessica said it was often the case small business owners were duped in a partnership after failing to quantify their assets properly.

“Perhaps you’re partnering with a brand that has a social media following 100 times the size of yours, but you are the only one who has time to implement your partnership idea. Time, in this case, would be your asset. Don’t be afraid to think outside the box and really listen to what your collaborator is looking for in order to ensure a mutually beneficial arrangement.”

Remember not one size fits all
There may be a multitude of partners who can add value to a business over its life cycle, according to renowned spa chef Sam Gowing (foodhealthwealth.com) who has partnered with a number of hospitality and food companies throughout her career.

This included working with Gwinganna Lifestyle Retreat to redesign its menus and culinary philosophy.

Sam said despite the entrepreneurial spirit thriving on an independent vision, an elegant business model would reveal there were many like-minded alliances and brand building cooperatives that help a business grow.

“The beauty of joint ventures is that you are able to source the right accomplice for the initiative. Much like a degustation menu, you don’t always want the same flavour in every business course,” said Sam.

“Synergistic relationships and creative network development will help you create unique events, programs and wellness incentives you simply cannot realise on your own. So buddy up and find those amazing twin flames to co-ignite your passion and purpose.”
Join the Wellspring team as we ask Australia’s leading health and wellness trailblazers to share the products, services and experiences they find most nourishing. This issue we spoke with Jessica Cox, a passionate foodie and nutritionist with one of our favourite Instagram feeds.

A FEW OF MY FAVOURITE THINGS...

Food Photography
I adore food photography. I get lost in Pinterest for hours and hours swooning over food porn. I get so much pleasure from creating wholesome food, then styling and photographing and editing it for my JCN blog. I have to be careful with my time as I’ll go into a trance and forget about everything else there is to do, however it is so therapeutic for me and really fuses all of my passions into one.

Mayver’s Tahini and Peanut Butter
Anyone who knows me would know I’m obsessed with tahini and all things nut and seed spread based. I love that Mayver’s nut and seed butters are so readily available for my clients, while being free from any added cheap oils, sugars and other unnecessary ingredients. Also, I love the hint of salt in the peanut butter...divine!

Olive Oil by The Olive Tree
I adore olive oil and use it in pretty much every meal. It is a rich and wonderful source of fatty acids and also has a higher smoking point than most people realise (up to 200c), making it great for baking too. Everything is better with a generous drizzle of quality Australian extra virgin olive oil in my opinion.

The brand I tend to use is The Olive Tree. I love it because they have a variety of flavour profiles, in particular the robust and fruity. It can also be purchased in larger sizes, which suits how quickly I go through it!

Italy
Travel and experiencing other cultures and environments is essential for my soul. It reboots, refreshes and inspires me. I am particularly obsessed with Italy – the food, wine, culture and its innate appreciation and understanding of how wholefoods work together. It’s about simplistic ingredients of the best quality. Prosciutto paired with rockmelon, kale paired with olive oil and garlic. Italian culture is forever inspiring for a nutritionist foodie!

Working Out
I literally go stir crazy if I cannot work out and expend some pent up energy. I spend a lot of my time on the computer and at a desk with clients, so getting that blood flowing and using my muscles is vitality to my health and wellbeing. Nothing picks me up more than that endorphin hit after a session, along side a good cleansing exercised induced sweat. I enjoy the gym, but I also love getting out in my local area and doing stair runs and hill sprints on the foreshore.
My Yoga Instructor Tracy Gray

I practise yoga with an amazing instructor called Tracy Gray. I love her yoga as she is very focused on a fusion of calming flowing poses, building strength and creating a positive mind and outlook. I practise yoga because physically it gives me core strength and flexibility, whilst mentally it allows me to unwind and focus on the present after such busy and hectic days.

At the moment I only squeeze in one session per week, but just one session makes an infinite difference. I feel more aligned, more focused and calmer as a result. tracygrayyoga.com.au

My Adidas Hoodie

I’m a sucker for Adidas, and being dressed in your favourite sports gear inspires you to get out and exercise! I adore all the black and white and streamline designs. I literally have lived in my Adidas hoodie over winter and it’s had my back (literally) through the cold winter mornings of getting out of bed and getting a workout in.

The JCN Spring Clean Your Gut Program

I’m super excited about our current spring program at the JCN clinic. It encompasses our ethos to the core – creating a healthy digestive system through nutrition to maximise our health and treat a plethora of health complaints relating back to poor gut health. I’m always inspired and excited when we have fantastic stuff going on at the clinic. It keeps me focused and mixes things up.

Noosa Chocolate Factory

On Friday nights after a late finish at the clinic I have a ritual of heading straight to Noosa Chocolate Factory for a hot chocolate on almond milk. The smell as soon as I walk into the shop brings aromas that tell my brain it is the weekend. I just love it. For me, part of overall health and wellness is balance. This is something I aim to educate all of my clients in. Noosa Chocolate Factory is my slice of decadence that keeps my life enriched with a little sweet love. noosachocolatefactory.com.au

Workshop Co

Redcliffe has a wonderful gem called Workshop Co. It is a cafe doing amazing things with fantastic, fresh and quality ingredients. The love is there in everything that hits the table, from the braised pork with zucchini ribbons and salsa verde to the perfectly sourced and made chai. The team at Workshop Co really go out of their way to adapt their meals to suit dietary requirements too. My Sundays are always made more special with a breakfast here.

Jessica Cox

Jessica is a qualified, practising nutritionist who studied with Endeavour College of Natural Health. Jess is the founder and owner of Jessica Cox Nutritionist Clinic based in Brisbane specialising in chronic digestive issues and food intolerances.

Jess is also the creator of the Jessica Cox website and blog, which is an expression of everything she loves rolled into one, including her passion for creating recipes that catering for food intolerances.
jessicacox.com.au
Why living a balanced life is a journey, not a destination
by Dr Bruce Wells

Here’s a concerning statistic – Australia languishes in the bottom 20 per cent of 35 countries when it comes to work-life balance, according to the 2014 OECD report ‘How’s Life in Australia’. We also know a third of all mental stress compensation claims between 2008 and 2011 were caused by work pressure (2012 Safe Work Australia Report).

Many of us find ourselves scrambling to last minute meetings, wading through a barrage of emails and feeling as though we are on call around the clock. That’s before we take into account family and social commitments and trying to prioritise some elusive ‘me time’.

We asked author Bruce Wells to give Wellspring his take on how to find a greater sense of equilibrium.

Realise work and life can be separate or integrated

Gone are the days when our lives were neatly compartmentalised. Technology and the changing faces of work and family life have blurred the boundaries between work and our personal lives. Ultimately, it is your choice whether you want to try and maintain a clear boundary or integrate the two. If your work is your passion you may be happy to work at home and on holidays, whereas if your main motive is to finance your lifestyle it might suit you to leave all your work at the office door.

Define what work-life balance means to you

The key here is the word ‘balance’, which you must define. Be aware that balance does not have to mean 50 per cent work, 50 per cent personal life. Nor does balance have to mean separating the two; work-life integration and work-life harmony are other terms for work-life balance you will commonly see. I think balance is better understood as being able to organise your life so that you are able to comfortably do the things that matter to you.

Know that work-life balance changes over time

What may have worked for a 25 year old may not meet their needs 10 years down the track. As a single and highly ambitious woman you may be looking to convert every dinner invitation into a career networking opportunity, whereas five years into a marriage with young children a dinner invitation may represent a blessed chance to forget about work and family commitments and socialise with friends.

Take full responsibility for your own work-life balance

Once you make the conscious decision to design your own work-life balance it is imperative you take full responsibility for all your choices to give you full control of creating the lifestyle you desire.

Know your priorities

Being granted a finite amount of time each day forces us to use it wisely and to greater appreciate how we spend our time. The secret is to be clear on your priorities by understanding what people, activities, places, and experiences you most value. What things give you the greatest happiness, feelings of contentment, and meaning to your life?

Analyse how you use your time

Ninety per cent of our daily actions are habitual so we can waste time without even being aware of it. Conduct a seven day time audit for an average working week of all of your activities. You may be surprised by your findings. How necessary are all those work meetings? Do you need to be checking your emails every hour? How much quality time are you spending with your children, friends and partner? Once you identify any non-productive periods you can swap them with activities which more closely reflect your priorities.

Set boundaries

After examining your audit results think about setting limits on your work and personal time. Make the choice to only check and respond to emails at certain times of the day. Do the same with your phones and your use of the internet. Also, have set times for when you are in your home office. Finally, inform others of your boundaries.

Single-task as much as possible

Multitasking has been debunked as a myth. Instead of increasing productivity it reduces our abilities to concentrate or be creative leading to a greater risk of work errors. The solution is to practise mindfulness where you free your mind of judgments and give your full attention to the present moment and the activity before you. If you are reading a report, just read the report. If you are eating your lunch, use all your senses to enjoy every mouthful of your sandwich. If talking with your partner, give them 100 per cent of your attention. You will achieve more accurate results, work faster, and expend less energy.

About Dr Bruce Wells

Dr Bruce is a happiness and wellness consultant and the author of Happiness Anywhere Anytime. He speaks at conferences and runs workshops with corporate and community groups committed to improving performance and happiness.

drbryan.com.au
The stuffing

- 1 cup couscous
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 2 teaspoons dried thyme, or 3 sprigs fresh thyme, chopped
- Juice of ½ lemon, squeezed, flesh reserved
- 1 tablespoon extra-virgin olive oil
- ½ cup warm water

Method:

1. Preheat the oven to 190°C.
2. To make the stuffing, place the couscous in a large bowl. Use a mortar and pestle to crush the coriander and fennel seeds into a fine powder and add them to the bowl with the couscous. Add the thyme, lemon juice, olive oil, and warm water and mix well. To stuff the chicken, hold the bird so that the cavity is facing upward, which makes it easier to spoon the mixture in. Fill the bird with the couscous. Use your hands to squash the stuffing down. Plug the end with the reserved juiced lemon half.
3. Pour two tablespoons of the oil over a roasting pan and set the chicken in the centre of the pan. Surround it with the sweet potato, zucchini, and onions. Place the whole garlic cloves around the vegetables and sprinkle with a pinch of salt and pepper. Using a knife, cut three slashes into the chicken legs, as this will allow them to cook at the same time as the breast.
4. In a bowl, mix the chopped garlic, paprika, chilli flakes, and the remaining salt, pepper, and 2 tablespoons of oil. Pour the mixture over the chicken and use your hands to coat the entire surface. You can also use a brush, but I find hands are much easier — just wash them well when you’re done.
5. Roast the chicken for 1¼ hours. To check if it is ready, cut in between the leg and the breast. If the juices that run out are clear, the chicken is ready to be devoured. Spoon the couscous stuffing from the cavity into a dish and serve it alongside the chicken.


danielchurchill.com.au
Gold Digger nail polish by Kester Black
This cheeky bronze gold glitter nail polish is not only stunning – it is free from toluene, DBP, camphor, formaldehyde and formaldehyde resin. A collaboration between Kester Black and Trophy Wife Nail Art, this shade is also Australian made and vegan.
Stocked at College of Natural Beauty Clinic Level 11, 269 Wickam Street, Fortitude Valley, Brisbane

Organic Superfood Sprinkle by Isowhey
We like this mix of buckwheat, coconut, dried berries and seeds as a smoothie topper or sprinkled on yoghurt or cereal. It is packed with healthy fats and fibre and is gluten-free, vegan and paleo friendly.
isowhey.com.au

GoodnessMe Box
Subscription boxes have been taking off around the world for the last few years, but this provider specialising in nourishing wholefoods and health products has caught our attention. Each month subscribers receive a box with between five and ten surprise health food goodies and nutritious recipes.
goodnessmebox.com

Water Garden by Fluid Growers
This truly unique eco-system brings urban, organic farming to the home by combining a fish tank with a vegetable and herb garden that fits on a kitchen counter. The waste from the fish provides nutrients for the plants, and the plants clean the water for the fish. Genius!
fluidgrowers.com.au

Bees Knees Teas
This line of organic, hand-blended health enhancing teas was created by Endeavour naturopathy student Jodie Sellers. With varieties including Bee Clear, Bee Dreamy and Bee Loved, and 10 per cent of profits going towards sustainable bee projects, call us converted.
Stocked at Endeavour Bookstores in Brisbane, Melbourne and Sydney or at endeavourbookstore.com.au

The CarryMaster
This new Australian designed shopping trolley enables shoppers to walk to and from the shops by doing the carrying for them. It’s just what the naturopath ordered for the farmer’s markets too – and we love that no plastic bags are required.
carrymaster.com.au

FAB FINDS
We love nothing more than trawling the world for the newest standout health, wellness and beauty products. Here are our latest favourites.
Fine dining for one

A restaurant in Amsterdam is pushing the boundaries by encouraging diners to disconnect from the world and rediscover themselves.

Dining alone can be awkward, but imagine there was a place that transformed the experience into one full of pleasure, mindfulness and appreciation? This is exactly what is on the menu at Eenmaal, the world’s first restaurant catering purely to solo diners.

Founder of Eenmaal Marina Van Goor heads design agency MVG and has a long resume of impressive projects dedicated to making a social impact. Marina created Eenmaal initially as a two day pop-up restaurant to break the social taboo associated with eating alone and to help people discover it can be a source of joy and peace.

The idea proved so popular Marina took over a 17th century canal house on the banks of Amsterdam to give Eenmaal a more permanent home where it continued to sell out tables night after night.

Eenmaal – a Dutch word meaning ‘one meal’ – now moves locations every month or so to keep things interesting but always sets up in shop spaces with large windows and a simple design for minimum distractions.

“We did this by creating an attractive space where sitting alone can feel comfortable and cool – not sad. Contemporary urban design often uses public space as a place for people to meet and gather as a community, rather than as a central location to be peaceful and introspective on your own.”

“We knew we had struck a chord when we launched and word quickly spread. Before we knew it we’d started a global conversation about the merits of eating out alone in a comfortable and peaceful setting.”

The Eenmaal experience begins with a group cocktail where diners are encouraged to mingle before dinner starts. Guests are then taken to one of 10 tables, where they are encouraged to leave their mobile phones alone for the three-course meal, read a book or magazine and fully appreciate the organic, locally sourced menu and sleek, luxurious décor.

Walls are bare, music plays softly and you guessed it – there’s no Wi-Fi.

Marina has extended Eenmaal’s reach internationally by collaborating with like-minded brands including mineral water company Glaceau Smartwater. Together they launched a pop up restaurant last year in London to encourage workers to stretch their legs and take a real break.

“It was an extremely powerful way to emphasis how important it is to leave your desk to regenerate and work more efficiently in the afternoon. We want to see less ‘al desko’ lunches!, Marina said.

You can also expect to see Eenmaal restaurants pop up in other countries including Berlin and New York, along with a new line of ‘not for sharing’ champagne, food and tea products currently in the pipeline. It seems the ‘one person market’ is here to stay.

eenmaal.com
If you’re happy and you know it...

It’s a firm thumbs up for Australia’s first ‘happiness café’ designed to lift moods through a fitout which both soothes and stimulates and a nutritious and unique menu.

Review by Meg Thompson

It’s a brave move to open a café called Serotonin Eatery. Promising happiness invites high expectations of both the menu and the atmosphere. But as soon as you step through the door at Serotonin, you know you are in a calming and happy place. The main dining space is flooded with natural light from the large windows overlooking the park next door.

The colour palate is neutral with generous splashes of sunshine yellow, and the staff are just as happy as the café’s namesake neurotransmitter, and very pleased to chat through the menu and philosophy of Serotonin Eatery.

The claim of this upbeat, plant-based café is to provide food that regulates our neurotransmitters and hormones to maintain a healthy mood and a happy gut. Much of our body’s serotonin is found in the gut, so there is an important connection there. And looking over the menu, I was not disappointed.

Naturopathic staples of protein, fibre and healthy fat are presented in plentiful amounts. A rainbow of gorgeous ingredients bring essential vitamins to the table, making up an ever changing menu with meals like Positive Pancakes, Smiling Pizza and Happy Zucchini Linguini.

There are plenty of options for dietary restrictions, and everything is clearly labelled. A super ‘Healthy Sides’ section allows you to tailor your meals – I would have loved to see the inclusion of sauerkraut being a ferment addict myself, and given its gut health benefits.

Tempted to try Serotonin Dealer’s version of the Melbourne institution – smashed avocado – I couldn’t go past the ‘Nutrition Bomb’ ($22). A gorgeous bowl full of greens, sprouts, home made hummus, roasted veg, nuts, seeds, sauerkraut and an egg. No food envy for me – hoorah! We also ordered the Wild Mushroom Ragu on Beetroot Risotto ($18), which was nicely balanced and deliciously nourishing.

The drinks menu is fabulously comprehensive, and gives the non-caffeinated loads of interesting alternatives to coffee and tea including a Cacao Coconut Latte, a Plant Protein Latte and a Golden Latte which is a blend of turmeric, ginger, cinnamon, black pepper and almond milk. Then there is a whole page of smoothie and juice combinations, including a very exciting looking Espresso Whole Coconut – served with an espresso shot.

We road-tested the coffee – great (5 Senses beans), and a Golden Latte – spicy and warming.

And then there’s the dessert menu. Full of refined sugar free, plant-based goodies to please all tastes. We ate the ‘top deck’ interpretation of the classic, and it was delish. But what I like most about Serotonin is its holistic approach that incorporates associated exercise programs and an upcoming education program around health and happiness. Definitely one to check out!

serotonindealer.com

About Meg Thompson

Meg is a naturopath, holistic nutritionist and real food devotee. She is also the founder of award winning blog which aims to inspire others to step into the ‘beautiful world of wholefoods’.

mywholefoodromance.com

Serotonin Eatery

52 Madden Grove
Burnley, Vic 3121

- Open Wednesday to Sunday, 8am to 3pm
- Free four hour parking

Food: 8 Service: 9 Ambience: 7

RATINGS
10: perfect, 9: excellent, 8: great, 7: good, 6: passable, 5: disappointing, 1-4: needs work
Dear Me

letter to myself straight after graduating

If you had the chance to share with your younger self the most important things you’d learnt throughout your career, what would you say? This issue we ask Nicole Hannan to share what she’s learnt since establishing a thriving clinic on the Gold Coast and becoming a ‘go to’ gut health expert.

Hi Nic,

Woohoooo, you have finally graduated!!! Congratulations on making it through some of the toughest few years of your life! I can still remember the seemingly never ending hours of assignments and clinic logs, while juggling the commitments of raising a young daughter. You may not believe it now but part of you will actually miss all of those hours of rare “me time” on the train commuting to Brisbane!

In the past few weeks you realised you had almost achieved the goal you set yourself – to become a naturopath. With your inner athlete still in there somewhere you have decided to set yourself a new goal – medical school. I know you are all or nothing and you will be obsessed with this for the next few months until the GAMSAT test is over, but it won’t be until afterwards that you realise this is not actually what you want to do. New opportunities will open up for you faster than you could have imagined and you will be busy in an integrative medical clinic, working alongside some great doctors within two months. It will be in clinic you realise you can still grow, learn and help others to be healthy without going through medical school. It will enable you to see clearly that if you are going to spend more years of your life back at university it will be doing what you are most passionate about, research into gastrointestinal disorders (specifically Eosinophilic gastrointestinal disorders) to help your daughter and others living with this condition.

I think the best way to help you move forward successfully is to share the most important things I’ve learnt so far…

1. Take care of yourself
This is something you will continue to struggle with. You will spend so many hours in clinic telling others this and it is important to take your own advice. You often add an appointment at the end of the day because somebody else needs it, but it is vital you have a proper lunch break and get home on time to be with your family. Try to make it the rule rather than the exception.

2. Exercise
You ALWAYS feel good after exercising. Walking or yoga every day will continue to be amazing for your body, mind, sleep and energy levels. It really is much kinder on your poor joints after a previous lifetime of professional sports. Be at peace with less is more when it comes to the intensity and impact of the exercise you do.

3. Kindness
Continue to be kind. You will get business advice from many people, some who are motivated by money rather than healing. It is your kindness that will build the beautiful connections you have with your clients. Stay true to this part of yourself, as when you leave work each day you will leave knowing you have made someone’s day better, by showing them you genuinely care for them, and want to help them heal.

4. Motivation, knowledge and friendships
You will continue to be motivated by healing, knowledge and learning. In a few years you will have your own clinic and will be able to travel, present and learn in many different cities. You will create opportunities and be surrounded by incredible mentors. You have made some amazing friends throughout your studies – fellow naturopaths and nutritionists who will excel in their chosen areas. It is through these friendships that you will encourage and support each other and grow as practitioners. The bad news is that the more you know the more you will realise you don’t know! This is humbling but also an incredible tool for success.

5. Living the dream
Continue to have faith in yourself. In a short period of time you will have your own successful clinic and you will be living your dream of being able to help others with their health. You are on the right path. In a few months a client will tell you that you have saved their life. You will leave work that day knowing with absolute certainty that you are in the right profession. So this is it, the beginning of a long career – helping others, learning, healing, and some amazing adventures with incredible people. It is only the very start so enjoy the exciting journey you are about to embark on.

Love, Nicole xxx
Change campaign channels collective demand for safer beauty products

Consumers around the world will be reminded that how they feed their skin is as important as the fuel they choose to nourish their body, and encouraged to switch to safer products during Natural Beauty Week on 19 – 23 October 2015.

Presented by the College of Natural Beauty, the change campaign will raise awareness of the health and environmental impacts of chemicals used in cosmetics and beauty products for the third year.

Director Aesthetics Education for the College of Natural Beauty Heddy Macaulay said she was delighted to see so many beauty lovers across the globe pledge to “switch to natural” over the past few years along with the outpouring of support for the campaign from cosmetics companies and manufacturers.

“The proof is in the numbers – we’ve seen 1200 beauty enthusiasts switch to brands with no nasties or roll up their sleeves and concoct their own products from scratch. On top of that, we have a waiting list of cosmetics brands, bloggers and experts interested in partnering with us to support the campaign,” Heddy said.

“2015 will see us build on Natural Beauty Week by offering the public more free events, information sessions and webinars than ever before, along with sharing new research and competitions with our #switchtonatural family.”

Heddy said she wanted to encourage people to remember the enormous power they held as consumers.

“ If we collectively demand more natural products, we will be heard and this will be reflected in the quality and range of eco-friendly beauty products available to us,” she said.

Eco-model and Natural Beauty Week ambassador Amanda Rootsey said the issue of harmful chemicals in beauty products was of huge concern.

“Today’s consumers are realising that what goes on the skin is equally important as the foods we choose to eat and they’re starting to ask the tough questions before deciding where to spend their dollars,” Amanda said.

naturalbeautyweek.com

All natural recipe to help your skin shine

Heavenly Organic Body Scrub
Recipe by Katherine Beerling

Blend lightly in food processor and you will have a heavenly body scrub!

Ingredients:
- Organic coffee beans
- Himalayan salt
- Organic coconut oil
- Organic orange peel
### What is on during Natural Beauty Week?

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>SESSION TITLE</th>
<th>SPEAKER / PANEL</th>
<th>PRESENTATION</th>
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<tbody>
<tr>
<td>Monday</td>
<td>11.30am</td>
<td><strong>Back to the future: Natural Beauty Week ambassador discusses her journey</strong>&lt;br&gt;Natural Beauty Week ambassador Amanda Rootsey will host a free public presentation about her journey from top catwalk model to champion of sustainability.</td>
<td>Amanda Rootsey&lt;br&gt;Brisbane event</td>
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<td>Tuesday</td>
<td>10.30am</td>
<td><strong>Beauty regimes begin in the kitchen</strong>&lt;br&gt;Naturopath and nutritionist Tina Taylor will present a free public workshop called Food For Beauty to give an insight into how the right foods can result in a radiant appearance and great overall wellbeing.</td>
<td>Tina Taylor&lt;br&gt;Brisbane event</td>
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<tr>
<td>Wednesday</td>
<td>12.00pm</td>
<td><strong>Beauty begins in your belly</strong>&lt;br&gt;Naturalist, chef, author, avid beauty formulator and beauty and health expert, Carla Oates, the “Beauty Chef,” will present her firm philosophy that ‘beauty begins in your belly’ addressing how to establish a routine to maintain beauty both from the ‘inside-out’ and ‘outside-in’.</td>
<td>Carla Oates&lt;br&gt;Brisbane event</td>
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<tr>
<td>Thursday</td>
<td>11.30am</td>
<td><strong>Vibrational, organic aromatherapy</strong>&lt;br&gt;Rachael White is a clairvoyant, healer &amp; aromatherapy practitioner who will share the secrets of divinely-channelled aromas for natural therapeutic use.</td>
<td>Rachael White&lt;br&gt;Brisbane event</td>
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<tr>
<td>Friday</td>
<td>10.00am</td>
<td><strong>Clinic day</strong>&lt;br&gt;The College of Natural Beauty Clinic in Brisbane will have a select number of free skin treatments available to the public made purely from fruit and botanicals.</td>
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### Register at [naturalbeautyweek.com](http://naturalbeautyweek.com)
A unique blend

Naturopath Amy Sumner has carved her own business niche by combining her two greatest passions – natural medicine and eco-friendly beauty services. We caught up with Amy about how she created the career of her dreams by bending the rules.

People often ask me how I came to choose my career as a naturopath. It is hard to pinpoint where it all began. With my mother and both sets of grandmothers being nurses, it seems I inherited a desire to heal. I grew up with conventional medicine all around me and had never encountered a naturopath before enrolling in my degree with Endeavour, however I was fascinated with the idea of herbal medicine, nutrition and natural skincare from a young age. I would pore over natural health books from the library and secretly mix up lavender tea and facial masks from things I found in the cupboard and garden.

I endured terrible acne as a teenager and now work to spare others the frustration of an illness mainstream medicine has few answers to. I do a lot of work helping brides clear up their skin during the lead up to their wedding. The best thing about being qualified in both areas is that I can help brides achieve their weight goals and create glowing overall health, as well as doing their makeup on the day!

The main advantage of working as a naturopath and makeup artist is I get to indulge both my logical and creative sides. I’ve found this to be vital for my own happiness. I used to feel my dreams were tearing me in two directions – but since I resolved to embrace both my passions equally everything started to flow.

There are many amazing natural ways to treat acne topically, but for long-term results it is essential to treat the underlying cause. I’d recommend seeing a naturopath who can determine the best treatment for skin woes. Adopting a dairy-free, blood sugar balancing diet can be extremely helpful. Probiotics, silica, zinc and tailored herbal medicines can make a huge difference.

There’s an art and a science to both jobs. Naturopathy is about biochemistry and pathophysiology, but lateral thinking really helps with linking together the details of a case to come up with the best treatment plan. Makeup artistry is very creative, yet it is helpful to have a scientific understanding of ingredients and how topical preparations are made.

I’m proud to have built a makeup kit that delivers flawless results using only vegan, cruelty-free and toxin-free products. I’m the only WA artist with such an eclectic kit composed entirely of natural brands.

I learned my interests were defined as a discipline called naturopathy, and I knew it was what I would do with my life. I spent five years studying under the best naturopaths and nutritionists in Perth and Brisbane. Being a creative soul, I was also drawn to studying makeup artistry and completed my Diploma of Specialist Makeup Services during a short break from my degree. I received the award for best portfolio in the class. I didn’t want to deprive myself of my creative needs again, so when I returned to my naturopathy studies, I set about finding ways to merge my two passions together.

I love having the option to treat my clients in both areas. Naturopathic skills are surprisingly useful on makeup jobs. Bridal preparations and backstage nerves frequently come with nausea, panic attacks, sunburn, gastro and other potential catastrophes. I have learned to always carry my special naturopathic emergency kit with me, which can often bring the day back from the brink of disaster. Naturopathic clients often ask me for makeup advice as well – sometimes it is as simple as writing down some product recommendations along with the rest of their prescription or doing a makeup bag detox or organic makeup lesson.

Amy’s three favourite natural beauty products

Elemental Herbology
Cell Food
A luxurious serum packed with antioxidants and nourishing botanicals to revitalise dull skin and stimulate cellular renewal.
$96

RMS Living Luminizer
An organic, oil-based highlighter that gives a radiant, healthy glow especially in the sunshine and on camera.
$49

Ilia Beauty Lipstick
in Femme Fatale
An organic, highly pigmented, long wearing lippy in the perfect red.
$34
Program offers war veterans greater access to complementary therapies

Experiencing the healing power of yoga after struggling with Post Traumatic Stress Disorder (PTSD) led to a lightbulb moment for war veteran Elaine Gallagher.

Returned soldier and yoga teacher Elaine Gallagher is on a mission to help Australian veterans heal through a new program which provides them with access to free or discounted yoga classes and complementary therapy treatments across Australia.

Elaine said she felt propelled to take action after realising the extent to which yoga and meditation was helping her progress along her own road to recovery from PTSD, triggered after being diagnosed with Stage 5 cervical cancer and the death of her mother.

“Post traumatic stress disorder has become an epidemic among veterans, a group of the population with a much higher risk of suicide, anxiety, sleep disorders and drug abuse. This program is a way we can assist in the rehabilitation of our Australian veterans through holistic healing,” said Elaine.

“I have seen how medication, drugs and alcohol changed friends I used to serve with physically, mentally, emotionally and spiritually. We want to encourage this treasured group of society to meditate and not medicate. “

Elaine said her ultimate aim was to have Project Oscar Mike (OM) approved and implemented by the Department of Veterans’ Affairs (DVA) as part of its rehabilitation programs.

Melbourne University health economist Philip Clarke agrees with Elaine on this point, recently telling The Australian the community needed to prepare for a significant and ongoing cost to look after veterans, many of whom were suffering from PTSD.

Dozens of yoga studios and complementary therapy practitioners have joined Elaine’s Project OM since it launched in July 2015.

“I am looking for yoga studios and complementary health practitioners to come on board who share my vision. Together we can help veterans realise it is never too late to seek help and to start all over again,” said Elaine.

Founder of AcuBalance and Endeavour graduate Adele Bishop joined the program earlier this year and has found the experience extremely enlightening and rewarding.

“My experience with our war veterans through Project OM has absolutely magnified for me the intense recovery often needed to rehabilitate back into the community,” said Adele.

“I’ve realised acupuncture can do so much for PTSD – it is great at balancing emotions and can take off the edge of some of these terribly challenging feelings and experiences.

“There is huge potential for complementary medicines generally to help veterans, particularly those who are medicated for emotional trauma and those requiring support for pain management.”

Adele said she was particularly passionate about ensuring veterans could access acupuncture as part of their treatment plans.

“At present acupuncture is not as easily accessible to veterans as it could be and I’d like to see this change.”

A Senate inquiry into the mental health of ADF personnel recently commenced in Canberra.

Elaine’s advice on supporting people with PTSD

“Ask them what their triggers are or whether there’s anything they need you to do differently so they can continue to feel safe around you. If someone you care about has PTSD, prepare to be in it for the long haul and don’t expect change to happen quickly.”

Our veterans: numbers you should know

- There are 320,291 recognised war veterans currently in Australia.
- More than 73,000 individuals have been deployed overseas since 1999, according to figures from the Australian Defence Force.
- 81 per cent of those who served in Vietnam have had at least one disability accepted by the government, confirmed by a submission by the DVA to a recent Senate enquiry.
- The number of Afghanistan veterans with an accepted disability suffering post-traumatic stress disorder has more than tripled since 2012, to more than 1000, with that figure growing by 300 a year, according to DVA data.
- Homelessness NSW and HomeGround (Victoria) estimate 10 per cent of homeless people in Australia are veterans.