



## Super Foods – you are what you eat...

We all know about the foods that are bad for us. We even know about the foods that are good for us. But do we know about the foods that are super good for us? Foods like Blueberries and Avocados are nutritional powerhouses believed to contain special properties for longevity and disease prevention. Try including some of these "super foods" into your diet.


### VEGETABLES




**Broccoli** - High in calcium, fibre and folic acid, broccoli can help reduce the risk of osteoporosis. It also contains vitamins A and C and beta-carotene, an antioxidant that can help to protect lungs and prevent asthma, emphysema and chronic bronchitis.




**Beans** - contain phytochemicals which can lower cholesterol and help prevent colon cancer. As a great source of vitamin B, they can help boost energy levels. They are high in fibre to moderate blood sugar levels and keep the gastro-intestinal tract healthy.



**Garlic** - Acclaimed for thousands of years as a super food garlic has anti-viral, antifungal and anti-bacterial properties. It also assists in the reduction of cholesterol levels, blood pressure and the risk of heart disease.




**Spinach** - Containing vitamins A and C, folic acid and magnesium, spinach helps control cancer and reduce heart disease. It is also rich in antioxidant carotenoids which are particularly good for eyesight and may reduce age-related macular degeneration - a cause of blindness.




**Sweet Potato** - Containing more than 100% of the recommended daily intake of vitamin E, sweet potato is thought to slow the aging process. They are also rich in powerful antioxidants.


### FRUITS




**Apples** - Are an all-round great vitamin source. They contain vitamin C to help iron absorption, quercetin to help prevent blood clots and strokes and pectin to help lower cholesterol and eliminate potentially cancer causing toxins, ease arthritis, rheumatism and gout.




**Avocados** - Avocado is one of the richest sources of potassium which helps to lower blood pressure and reduce the risk of stroke. Also an excellent source of vitamin E, they can assist in slowing the ageing process. More than half the recommended daily intake of B6 can be found in a small avocado which is thought to assist depression and PMT. Also rich in mono-unsaturated acids, which lower cholesterol.




**Blueberries** - Containing the highest level of antioxidants of all fresh fruit, blueberries are believed to neutralise cell-damaging free radicals, protecting the body from heart disease and cancer.



**Bananas** - Rich in magnesium, potassium and B6, bananas can assist in the protection of the circulatory system, aid in sleep and help reduce the symptoms of depression.




**Tomatoes** - Tomatoes contain lycopene which is an antioxidant more potent than vitamin C. This helps to stimulate immune function, help reduce the risk of prostate and stomach cancers and heart disease.




**Kiwis** - A resource of antioxidant carotenoids, vitamins E & K and magnesium. Just one fruit will provide 40% of your recommended daily allowance of vitamin C, which appears to help in fighting the diseases of ageing and can reduce the risks of cancer, heart disease and stroke.


### OTHER




**Flaxseeds** - Are a major source of polyunsaturated omega-3 and 6 oils and are rich in vitamin E, helping to keep hair and skin healthy and protect against the damaging effects of free radicals.




**Soya** - Contains isoflavones which help lower blood cholesterol and may also help protect against osteoporosis by slowing the rate of bone loss. Soya is also thought to help ease menopausal symptoms as well as reduce the risk of some cancers.



**Oily fish (salmon, sardines, tuna, anchovies, mackerel)** - Are rich in omega-3 fatty acids thought to reduce the risks of clots and irregular heartbeats and improve blood flow through the arteries. Can also protect against arthritis and will keep the brain healthy.



**Tea** - A rich source of antioxidants and polyphenols (antioxidants believed to be instrumental in combating neurodegenerative diseases and some cardiovascular diseases) drinking green tea may help to reduce the risk of heart disease, cancer and stroke.



**Shitake Mushrooms** - Like reishi mushrooms, shitake mushrooms possess immune enhancing properties. They are also rich in calcium and phosphorus, and contain lentinan, which strengthens the immune system.

*As with any food, fresh is best. Farmer's markets are held at Davies Park in West End every Saturday morning. Check your local area for other farmer's markets.*



**LAURA WU**  
Remedial Therapist  
Dip. Remedial Massage  
A.A.M.T

**Specialty:** Deep Tissue, Aromatherapy, Lymphatic Drainage

**Availability:** Monday, Wednesday, Thursday, Friday

**Interests:** Dancing, French studies, Yoga



**JEREMY SYME**  
Remedial Therapist  
Dip. Remedial Massage  
A.N.T.A

**Specialty:** Deep Tissue, Trigger Point Therapy, Rehabilitation

**Availability:** Monday, Wednesday, Thursday, Friday



# What are... SHIN SPLINTS?

Shin splints (otherwise known as 'Periostitis' or 'Tibial Stress Syndrome') is a general term referring to pain in the shin. It is an extremely common complaint among individuals who are active and athletic as it is an overuse injury often caused by the repetitive pressure of jumping and running. When the tibia (shin bone) or fibula (calf bone) become inflamed, micro tears develop pulling the muscle away from its attachment on the bone, causing sharp pain in the lower leg.

### Symptoms:

Sometimes shin splints can present with the same symptoms as a stress fracture in the tibia. It is important to understand this as the two are quite different. Shin splints can actually progress into a fracture if not treated properly, which is why it is important to seek professional advice if you are suffering from one or more of these symptoms;

- Tenderness over the inside of the shin
- Pain in the lower leg
- Swelling in the lower leg
- Lumps and bumps over the bone
- Pain when the toes or foot are bent downwards (plantar flexion)
- Pain that increases with amount of activity and is reduced with rest

### How to treat it:

- **Rest.** The most important thing to do if you've found you are experiencing these symptoms is refrain from activities that are causing the pain in the first place.
- Apply a **cold pack** *after* physical activity when the pain is very bad. This will help to reduce swelling and assist with reducing inflammation.
- A **heat pack** can be applied to the calf muscle *before* physical exercise to help relax muscles but it is important not to place heat on the shin as it will only increase inflammation.
- **Massage** can be beneficial by using myofascial release techniques to relieve pressure and pain and relax muscles. Regular massage treatments will help to prevent shin splints from happening.
- **Acupuncture** can also be beneficial for shin splints to relieve pain and relax muscles. Regular acupuncture treatments will help prevent shin splints.

If you happen to be experiencing any of these symptoms make an appointment to come in and see one of our qualified professionals. The next thing to do, is rest. Apply ice as often as possible and try to refrain from physical exercise for two weeks. If the symptoms persist, see a doctor.



Ref: Journal Of The Australian Association Of Massage Therapists, Volume 5, Issue 1, Autumn 2007

## MOTHER'S DAY!

*We have all your gift ideas covered. Come in today and check out our range of natural products!*





- **Gift Vouchers:** These can be purchased as either a value or specific treatment.
- **Essential Oil Pack:** Contains a Scentual NRG Essential Oil of your choice, a ceramic oil burner and 3 tea light candles. **\$18.00**
- **Pamper Pack:** Contains a Scentual NRG Essential Oil of your choice, ceramic oil burner, 3 candles and any two Scentual NRG products from our range. **\$30.00**



## 20 THINGS TO DO BEFORE IT'S TOO LATE

*With Mother's Day just around the corner, why not organise something special this year with your mum, to show her how much you appreciate her. Go on, try one of these activities below and create a new memory the both of you can share!*

1. Have your portrait painted 
2. Learn to Salsa - in Rio! 
3. Learn a martial art 
4. Buy a couture dress 
5. SAIL ON A TALL SHIP
6. Learn the art of the geisha
7. Learn to meditate
8. Sponsor a child in Africa
9. Sleep under the stars in a Bedouin tent
10. Do the grand tour of Europe

11. Take up yoga 
12. Study cookery - in Italy 
13. Write down your mother's recipes
14. Trace your family history
15. Visit a retreat 
16. Take singing lessons 
17. Publish your memoirs
18. CLIMB A REAL MOUNTAIN
19. Do a serious wine course

Assiram Natural Therapies - 99 Creek St Brisbane 4000  
Ph: (07) 3229 0115 Fax: (07) 3229 2145  
www.assiram.com.au

Remedial Massage

Acupuncture

Osteopathy

Corporate Massage

