



e-Store Sale
**Special Discount and
FREE Delivery on:**

KicStart™ VLCD Shakes & Soups

Plus...

Popular Complementary Therapies

To help you continue on your healthy weight and wellbeing journey, we are offering our HWFL program graduates (and their friends or family)

**FREE delivery PLUS a 15% discount
on all e-Store items**



This offer will end at midnight Monday 31st October 2016

No need to log in to any account, just start shopping. Simply add your KicStart flavours and / or dietary supplements to the shopping cart, enter your special Discount Coupon Code **HWFLGRADUATE** then click on the 'Remit Coupon' button and proceed to checkout and payment.

Shop now - Click on the Healthy Weight for Life eStore button below to make a purchase now. Or phone the team on **1800 226 180**.

Healthy Weight for Life eStore

Complementary Medicines

Research into the effectiveness of complementary medicines is evolving rapidly. There is reasonable evidence to support the use of some supplements to help with certain health conditions.

Complementary medicines have the potential to interfere with other medications, so please discuss with your GP or pharmacist if they are appropriate for you, especially if you take blood thinners.

Turmeric



Turmeric - a spice traditionally associated with South East Asian cuisine - has been making a lot of headlines recently as one of the latest wonder foods. The active ingredient in turmeric is curcumin which has been strongly linked to having [anti-inflammatory properties](#).

Glucosamine and Chondroitin



Glucosamine, naturally produced by the body, is one of the building blocks of cartilage. It is thought that glucosamine supplements, for people with Osteoarthritis of the knee, may relieve pain, slow down the breakdown of cartilage and may even be able to rebuild it.

Chondroitin is also naturally found in the body and is understood to help draw water and nutrients into the cartilage to help keep it spongy.

These 2 supplements are often found together and are generally considered relatively safe with few side effects.



Ginger



Ginger is a popular well known spice from South East Asia, and is widely used in many other cuisines worldwide. Research suggests that in theory it could reduce several substances that promote joint

inflammation and may be beneficial in reducing pain for those with osteoarthritis. It is also helpful in treating nausea.

For more information on turmeric, glucosamine, chondroitin and other complementary therapies some helpful and informative websites include:

- Arthritis Australia
www.arthritisaustralia.com.au
- Arthritis Research UK
www.arthritisresearchuk.org
- National Center for Complementary and Integrative Health (US)
www.nccih.nih.gov

Recipe Idea

Spice up your spring with ginger and turmeric. This spice mix can be used for beef, chicken, pork or fish. If you eliminate the crushed garlic and oil, it can be stored as a dry spice rub. The garlic and olive oil can be added immediately prior to use.

Grilled Spiced Chicken (for 4)



Ingredients

- 600g skinless chicken breasts
- 1 tablespoon olive oil
- 3 cloves of crushed garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- ¼ teaspoon cinnamon
- 1 teaspoon salt (optional)
- pinch of cayenne pepper (optional)

Method

1. Mix all ingredients in a small bowl to make a paste.
2. Rub each of the chicken breasts with spice mix, cover and leave in the fridge for 4-5 hours or even overnight for the flavours to fully develop.
3. Grill on the barbecue and serve with ½ cup cooked couscous and a green salad, or other vegetables of your choice.

