



Super supplements

Something fishy

Elixirs of youth

Build stronger bones - now!

Holiday healers

The ultra antioxidant

Charmaine Yabsley talks to top holistic nutrition experts about their favourite supplements for boosting energy, banishing stress, and improving skin and hair.

# Stay well all year long

## 1 Boost belly bugs

“A big part of your immune system resides in your gut, and beneficial bacteria – or probiotics – are a critical component,” says chiropractor Rebecca Harwin. “Modern day food, chemicals, and our reduced intake of prebiotic foods – which are what the probiotics feed on – inhibit immune system function. Probiotics are an essential and easy way to boost gut function and improve immunity.”

## 2 Fight free radicals

“In winter, when we are more likely to come down with coughs and colds, there is an increase in free radical production – a potent antioxidant offsets this, and is great for optimising energy and boosting vitality,” adds Harwin.

## 3 Savour spirulina

“Spirulina – nature’s multivitamin – is one of the best ways to stay strong all year,” says Lifestream naturopath Shelley Atkin. “Unlike a manufactured multivitamin tablet, spirulina is actually a

complete food: it contains essential nutrients, is easily absorbed, has no binders or fillers, and is high in iron, protein and green phytonutrients. This is the supplement to help you get out of bed in the morning with plenty of energy, clarity and focus. As it is high in powerful immune-supporting nutrients like phycocyanin, it’s a daily defence against bugs.”

## 4 Add vitality

“A balanced diet is the best way to ensure you receive your optimum nutrient intake but there are times when you need a little help, so I’m a big believer in supplements,” says fitness and health expert Michelle Bridges. “For immune support, I recommend ImmuneCare: it reduces the severity of cold symptoms, helping to prevent those nasty bugs, while complementing a healthy lifestyle and exercise program. I also love all my green veggies and super fruits, they’re full of antioxidants, vitamins and minerals to keep you energised and revitalised. With the Michelle Bridges Vitality Greens and Vitality Reds it’s really easy to incorporate these foods into your daily meals, whether it is a sprinkle in a smoothie or on top of yoghurt and muesli.”

## 5 Let food be your medicine

“Antioxidants are like bodyguards for your cells – they neutralise and flush toxins from your body before they have time to make you sick,” explains dietitian Emma Williams. “Every day your body is under attack from harmful substances called free radicals. The antioxidant phytonutrients in plants can – quite literally – save your life: essentially, they step between the marauding free radicals and prevent healthy cells from being damaged. Every time you eat fruit, vegetables or other antioxidant-rich foods, a flood of these protective compounds enters your bloodstream. The best way to get enough of these powerful goodies is to eat at least five serves of vegetables and two serves of fruit per day.”

## 6 Up your iron intake

“The diets of over 70 percent of Australian women aged between 25 and 55 are deficient in iron, and low iron levels are now the single most common cause of fatigue in women,” says naturopath Lisa Guy. “Australian women require up to 18mg of iron daily, but most



The camu camu berry has a very high concentration of vitamin C, a nutrient our body does not make, but which is necessary for over 300 functions.

consume less than 10mg. Get your iron from foods like spinach, red meat or legumes, or take a daily supplement.”

## 7 Do a U turn

“Ubiquinol is the active and reduced form of CoQ10; it is responsible for providing energy to all cells in the body, which helps to power our organs,” says nutritionist and naturopath Stephen Eddey. “Ubiquinol is a powerful antioxidant which is more bio-available than CoQ10 and thus is a more direct supplement for achieving and boosting energy in the body. Ubiquinol is more easily absorbed into the body compared to standard CoQ10, and helps your body’s cells convert energy and soak up oxidative stress and free radicals.”

## 8 With a trace

“Zinc is a trace element which is essential for keeping cells in the immune system strong,” says home economist Mandy dos Santos. “A zinc deficiency can therefore lead to low immune function and impaired T-cells (a form of white blood cells). The best sources of zinc are seafood, meat, seeds, and grains. Garlic is another antibacterial and

antiviral ingredient that fights infection and reduces the occurrence and severity of colds. While garlic is relatively easy to incorporate into the diet, a supplement will boost daily intake and maintain optimum health year-round.”

## 9 Go fish

“While it is best to consume as many nutrients as we can from whole foods, sometimes we need a little boost,” says dietitian Chloe McLeod. “Omega 3 fatty acids have been shown in research to benefit cognitive function, reduce inflammation, and to also protect against, and reduce the risk factors of, cardiovascular disease.”

## 10 Stock a natural first aid kit

“Echinacea, garlic and olive leaf extract are just three of dozens of herbs clinically proven to help boost immunity,” says naturopath Will Shannon. “Aloe vera, rosemary, and thyme are also effective. Keep these in stock:

**Garlic:** Its active ingredient allicin is one of many beneficial chemicals to help beat colds. Garlic kills most known types of pathogenic bacteria on contact.

**Echinacea:** The king of herbs for the immune system.

**Ginger and cayenne pepper:** Good for the circulation, and the immune system.

**Olive, flax, coconut, sunflower oils:** Copious amounts of oils are good for the body - but make them plant-based.”

## 11 Take three

“If you’re getting a cold or flu, go back to more of a liquid diet, rest and have foods very high in heat,” adds Shannon. “The Ayurvedic formula trikatu means ‘three peppers’, and it contains ginger and two peppers which help stimulate circulation and possibly the immune system.”

## 12 Try theracurmin

“Turmeric has been used for centuries in Indian cuisine, most commonly for its anti-inflammatory and antioxidant properties,” says herbalist Stephanie Berglin. “Curcumin – the active ingredient in turmeric – is poorly absorbed in the body and must be taken with other foods; however, a new ingredient has been discovered, theracurmin, which improves the bioavailability by 27 times.”



Anthocyanins, found in berries as well as the superfood maqui, boost collagen production, helping to firm and tone the skin and promote youthful texture.

crucial antioxidant strengthens immunity, clears skin, and fights depression, hypertension, elevated cholesterol, and degenerative diseases. Simply fill a salt shaker with vitamin C powder and add some to all your meals and cold drinks. Make sure you get at least 1,000mg of vitamin C daily, split into several small doses.”

### 13 Sea treasure

“Dulse is a treasure chest of goodness, with vitamins A, B1, B2, B3, B6, B12, C and E, plus the minerals potassium, calcium, magnesium, phosphorus, iodine and zinc,” says nutritionist Cyndi O’Meara. “Iodine is critical for neurological function, brain development in infants and thyroid function, and deficiency has been linked to various ailments. It’s a food I suggest we add to our diets. It’s as simple as adding salt, or an extra herb or spice.”

### 14 Know your needs

“No matter how good your diet is, chances are you’re not getting enough of certain nutrients,” says orthomolecular nutritionist Nathalie Chantal de Ahna. “These are the supplements I recommend to my clients: an organic multivitamin suited to your gender and age; an organic vitamin D3 supplement that provides you with a minimum of 2,000 IU daily – this is especially important in winter to boost immunity; and vitamin C powder – this

### 15 Get help

“People ask me: Why do I need a supplement? My answer is that although obtaining nutrients from your food is the ideal way to go, poor dietary habits, depleted soils, and stressful living all conspire to affect our food quality, digestion, and absorption, so a baseline supplement range can be of assistance,” says naturopath Peter Rule. “I suggest: a multi-vitamin complex which includes vitamins A, C, D, E, and B-complex, plus zinc, selenium, magnesium, iodine, calcium, potassium, the omega-3, – 6 and – 9 essential fatty acids, and a probiotic formula.”

## Meet our experts



**Rebecca Harwin**, chiropractor, PCOS Expert and wellness consultant. [www.drrebeccaHarwin.com](http://www.drrebeccaHarwin.com)



Lifestream naturopath, **Shelley Atkin**.



**Michelle Bridges**, fitness and health expert, is the spokesperson for Michelle Bridges Blackmores. [www.michellebridges.com.au](http://www.michellebridges.com.au)



**Emma Williams**, accredited practising dietitian.



**Lisa Guy**, naturopath, author, and brand spokesperson for FabIron Liquid. [www.fabiron.com.au](http://www.fabiron.com.au)



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