

# Biggest Ever Community Detox!



15th - 21st Feb



## Welcome to aboutlife's Biggest Ever Community Detox and congratulations on your decision to start 2010 feeling refreshed and healthy and looking fabulous!

We have lots of great things in store for the detox week – you are invited along to the talks and information sessions, they are all free and designed to offer you motivation, support and some great tips to make detoxing fun and easy for the whole family. Activities will be held in the Rozelle store, 605 Darling Street. Please book in for any session, call 8755 1311 or email [events@aboutlife.com.au](mailto:events@aboutlife.com.au)

### What's on during the week

Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st
<p><b>10.00am</b> <b>Opening &amp; welcome by our naturopaths</b> What is a detox? What types of detox are out there? What suits you?</p> <p><b>11.30am</b> <b>Julie Wood</b> – Making detox family friendly.</p> <p><b>7pm</b> <b>Julie Wood</b> – Making detox family friendly.</p>	<p><b>10.00am</b> <b>Naturopathy</b> Diet changes plus herbs and supplements.</p> <p><b>6.00pm</b> <b>Cooking demo</b> Learn to cook roast squash, and borlotti bean salad with tahini.</p> <p><b>6.30pm</b> <b>Naturopathy</b> Diet changes plus herbs and supplements.</p>	<p><b>10.00am</b> <b>Naturopathy</b> Detox Superfoods</p> <p><b>6.30pm</b> <b>Gabriela Rosa</b> Detox your fertility</p>	<p><b>10.00am</b> <b>Naturopathy</b> Home detox. What products can be used that are safe when cleaning the house.</p> <p><b>6.00pm</b> <b>Cooking demo</b> Learn to cook chargrilled tuna with warm red quinoa pilaf.</p> <p><b>6.30pm</b> <b>Naturopathy</b> Detox Superfoods</p>	<p><b>10.00am</b> <b>Naturopathy</b> Relaxation and Meditation</p>	<p><b>11.00am</b> <b>Natural Green Chemistry Company</b> Skin care, what are some good skin care products that can help keep your skin detoxified plus young and vital.</p> <p><b>1.00pm</b> <b>Fusion</b> A balanced approach to detox.</p> <p><b>3.00pm</b> <b>Cooking demo</b> Learn to cook tamari flavoured tofu on antioxidant salad.</p>	<p><b>10.00am</b> <b>Naturopathy</b> Conclusion of detox, how to go about it (keep in mind that some may last more than 7 days).</p>

To book your place in a session, please call 8755 1311 or email [events@aboutlife.com.au](mailto:events@aboutlife.com.au)

### Delicious daily detox juices - Available each day from the café

Fresh juices contain enzymes which aid digestion. The right juices help to keep you hydrated and improve kidney function, plus give you loads of nutrients. Each day in the café (both Rozelle and Bondi Junction) we will have a freshly squeezed/juiced detox juice of the day. The juice will be available to detox participants (just show your card) for just \$3.90!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Parsley Purifier	The Tomato Tonic	The Red Beet Detoxer	The Cucumber Cooler	The Grapefruit Guardian	The Wheatgrass Nourisher	The Watermelon Wonder Juice

## A bit too busy to make your own detox dinners?

That's okay, we can cook your dinners for you! Our chefs, together with our nutritionists have designed delicious healthy meals for each day of the detox week. We will make them every day, so all you need to do is pick them up. **These meals must be pre-ordered by 3pm the day prior and will be available to pick up from 12noon on the day.** Vegetarian options are also available on request. Dinners are \$14.95 each or \$99.95 for all 7 days.






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Seared salmon with minted carrot and daikon salad	Baked chicken on quinoa and wild rice pilaf	Steamed Asian greens with cashews and bamboo shoots	Wholemeal pasta with steamed prawns and parsley pesto	Baked king fish with jewelled quinoa and tomato salsa	Spiced red lentil dahl with sweet potato and cauliflower	Saffron chicken on buckwheat risotto with steamed beans and almonds

To order your dinners, please call 8755 1311 or email [catering@aboutlife.com.au](mailto:catering@aboutlife.com.au)

## We will also have a selection of healthy detox lunches available in store each day.

Detox lunches will be available for you in the express fridge – located in the café in Bondi Junction and near the front door in Rozelle.

## Meet our naturopath team

 <p><b>Matthew Douglas</b> is a qualified medical herbalist and nutritionist who has been helping people lead healthier lives for the past 6 years. He is particularly passionate about functional foods and food as medicine.</p>	 <p><b>JJ</b> has been a registered naturopath since 2007, with a Bachelor in Health Sciences. His main interest is the use of whole foods as medicine, focusing on diet plans as well as the use of herbal &amp; nutritional supplements to aid wellbeing.</p>	 <p><b>Emma</b> is premier naturopath at the Golden Door Health Retreat where she helps people to detoxify efficiently and effectively. Her expertise also lies in the fields of women &amp; children's health, and fertility and miscarriage prevention.</p>	 <p><b>Simon</b> is a University trained Naturopath with 5 years of clinical experience. He believes in a holistic approach to health and well-being, and is passionate about using food as medicine and the treatment of children &amp; infants.</p>	 <p><b>Paula's</b> passion is overall wellness of people. She has knowledge and experience in nutrition with a particular interest in women's and children's health.</p>
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## Our guest speakers

<p><b>Gabriela Rosa</b> Detox your fertility</p>  <p>Naturopath, author and natural fertility specialist Gabriela Rosa focuses her expertise in assisting with women's health issues (from puberty to menopause), men's health and natural fertility treatment. With her own radio spot in one of Sydney's popular radio stations, Gabriela is devoted to helping bring healthy babies into the world and empowering individuals through better health.</p>	<p><b>Julie Wood</b> Making detox family friendly</p>  <p>Julie Maree Wood is a registered, practising naturopath and nutritionist. She also holds a degree in International Business and had a career in advertising, building brands, before she became a food nerd. Julie's great passion is wellness education. Her work focuses on boosting the diet and health awareness of Australians through education.</p>	<p><b>Karen Elvin &amp; Nic Royal</b> A balanced approach to detox</p>  <p>Karen Elvin and Nic Royal have been involved in Natural Healthcare for fifteen years, the last six of those with Fusion Health. As a qualified Medical Herbalist and Iridologist, Karen enjoyed several years in clinical practice and Nic worked in Medical Laboratory Research before becoming a Medical Herbalist in 1995.</p>	<p><b>Annalise Braakensiek</b> Natural Green Chemistry Co</p>  <p>An advocate for a healthy and organic lifestyle, Annalise is spokesperson for Natural Green Chemistry Co (NGCco) and their certified organic skincare. Approximately 60% of what we feed to our skin in creams and lotions ends up in the blood stream, so it's important to be aware of what we are putting on our body.</p>
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## Detox participants can take advantage of these great offers!

### \$100 voucher to spend on personal training with Vital Lifestyle Experience in Rozelle.

Vital Lifestyle Experience (VLE) is a personal training company with a state-of-the-art boutique studio based in Rozelle. Their personal trainers will advise you on ways to boost your daily activity levels to help you gain long term health & fitness success. VLE specialise in one-on-one pt and small group pt sessions with people of all different fitness levels and goals, so it's social and fun!

For more information please visit [www.vlestudio.com.au](http://www.vlestudio.com.au) or call 1300 696 113 to book in for your sessions.

### 50% off a 6 week beginner's course at Yoga Studio in Bondi Junction.

Located above our Bondi Junction store, Yoga Studio runs classes in Ashtanga yoga for beginners through to the advanced. Ashtanga yoga is a system of yoga that links breathing and postures to help you increase focus and achieve a balance of strength and flexibility. Yoga Studio are offering all detox participants 50% off a 6 week beginner's course (usually \$120).

Offer expires 30th April 2010. Limited places available. Please email [Nikki@yogastudio@live.com.au](mailto:Nikki@yogastudio@live.com.au) to book your place.

To book your place in a free information session or order your dinners, please call 8755 1311 or email [events@aboutlife.com.au](mailto:events@aboutlife.com.au)